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GREETING.

WE take pleasure in greeting our readers in this our first number for 1892, and adapting the words of St. John the aged, "We wish above all things that thou mayest prosper and be in health," for "health is the vital principle of bliss."

We are late in coming to you this month, for which an apology is due to you, and for which the appearance of this number will, we hope, be atonement for us. Of its new cover, its new department headings, its new arrangement—we will let them all speak for themselves. We wish they were better in some respects, but we are sure that our readers and patrons will consider them a great improvement on our old style. The engraver has been hurried in these holidays of rush, and in the changes which have been made we have been necessarily delayed. After the whole set was complete, we had them changed, softened, and brightened, so as to greet our readers with a hopeful aspect for the year 1892, and some will have to undergo further change still.

Our readers will see that we have made some changes in our department headings. In our editorial columns, as heretofore, will be given articles on health topics, instruction in healthful living,

and such other matters as will be of benefit to our readers. In "General Articles" will be presented matter relating to all phases of health and disease. Our departments entitled "The Family Circle," "Temperance," "The Housekeeper," "Mother's Helper," and "Healthful Dress," will contain instructive matter, suited to the department in which it is found.

By the way, we beg to apologize for the headings of the last two departments. "Mother's Helper" is worthy of a better, brighter start-off than is given in our present engraving. The one who executed the work must have had unpleasant recollections of home,—of home, perhaps, where a cloud rested instead of light and peace. And the fashion plates of the day, or the moving, existing fashion figures of everyday life, have perverted the taste of our artist as regards *healthful* dress. Perhaps he wished to show a contrast. However that may be, we propose to have a change in our next issue.

We are sure that our readers will appreciate what we have endeavored to do amid a great press of duties. Our further endeavor shall be, under God, to serve them as best we can in the year to come. We hope to make the HEALTH JOURNAL a worthy exponent of the gospel of health and peace and light and comfort to many bodies and souls in the year to come. Shall we not have the co-operation of our friends in giving the JOURNAL a wider circulation than ever before? In thus doing, happiness will be brought to others, and, if our readers are engaged in this work, it will result in bringing to them what we heartily wish them all, a Happy New Year.

DIET.

WE believe if people would eat proper food in right quantities and at proper times, many acute and chronic diseases would be unknown. It is plain that the numerous ways in which man's transgression invites disease is appalling. Perhaps there is no transgression more disastrous to man's entire economy than the abuse of his digestive organs, with the resulting disturbance of function, both in the portal and lymphatic systems and kidneys. We are aware that functional perversion soon leads to organic change. Albuminous foods produce more disturbance in the liver and kidneys than fat, sugar, and starch. These latter, however, disturb the liver and block the lymphatic glands. How far tissue change results from blocking up the lymphatic channels by imperfect products of digestion circulating in them, is a question, but we see it daily in our practice. Some advise a lean-meat diet for these troubles brought on by an excessive use of the hydrocarbons (sugar, starch, and oil). While I believe much good can be accomplished by a few days' diet of lean meat, we are not of the number who believe fibroid tumors, etc., can be driven away by a diet of lean meat. Fatty growths and fatty degenerations might be made to undergo a change by a nitrogenous tissue-forming food, *provided* the liver and kidneys could stand the elimination of the effete material resulting from such a diet.

Fruits thoroughly ripe and well preserved from decomposition favor digestion, and by their mildly laxative effects upon the bowels, and a certain diuretic effect they have, are conducive to the relief of portal congestion and functional inactivity in the kidneys. Much of our fruit, however, which would have been of great value in our dietary, has been spoiled by mixing with it in the cooking an excess of cane sugar (common sugar). Many can take fruits, mildly acid, and be benefited by them, but when eaten along with an excess of sugar, they give great distress.

Fruit eaten with grains furnishes a good meal and is quite digestible, but mixed with beans, potatoes, cabbage, and other vegetables, is found to ferment in the stomach before it is digested. Should fruit be taken as dessert, harm is likely to result. In fact, dessert is a relic of days gone by, when the laws of health were not as well understood as they now are, when intellectual entertainment was not

as important as pandering to the physical man. The object was to fill up to absolute repletion. It was necessary to reserve a tempting dish to the last, spring it as a surprise upon the guest, to tempt them to take "just one dish more." Dr. Jackson advised eating the dessert first, then eat of the subsequent courses as much as you need. Perhaps the better plan would be to have no dessert at all, but eat of good wholesome food without made dishes of any kind.

W. P. B.

WINTER.

SPRING, summer, and autumn have their blessings and curses. The same may be said of *winter*. Many of the diseases of the air passages during the winter are from our own neglect. Too close confinement, *re-breathed* air, overcrowded and overheated houses, then passing too quickly into a chilly atmosphere, give trouble of some kind in the respiratory tract. In frosty weather, or when the ground is covered with snow, then it is that the air abounds in oxygen. The lungs then become better inflated, the muscular system braced, the spirits are revived; in fact, the whole system is braced up in a way that can never be done by the brightest spring, mellowest summer, or the most luxuriant autumn. Taking into the system extra amount of oxygen hastens out the effete matters, thus purifying the blood, which will render it able to nourish the whole body. When the balance between construction and destruction of tissue is maintained, winter acts as a glorious tonic.

We are aware that colds, croup, bronchitis, pleurisy, pneumonia, etc., attend imprudent exposure. Add to this exposure *damp cold*, and tubercular diseases, rheumatism, some forms of skin disease, and chilblain, known in medicine as *erythema pernio*, result often. Intense cold may contract the skin capillaries, thus obstructing the circulation, causing internal congestion. Again, by the action of severe cold on the nerve endings in the skin, disease may be caused reflexively. Or, by checking the secretions of both skin and mucous membranes, a great many troubles arise. All undue exposure can be avoided and so prevent much of the winter sickness.

W. P. B.

OUR war upon intemperance will be more effective when we make equal war upon social sins; for each grows and fattens on the other.—*Interior.*

EDITORIAL NOTES.

SOME time ago Dr. Keeley put before the world his Bichloride of Gold Cure for Drunkenness, and it was looked upon by many as a great boon to the race, but its sad failures in some respects have proved its futility in curing confirmed alcoholism. Now there has an institution similar to his been started in Southwestern New York which claims to have a remedy far superior to the bichloride remedy. This is called the "Cyanide of Gold Cure," and this institution claims to be able to cure alcoholism, opium and morphine habit, tobacco, cigarette, and cocaine habits, as well as *neurasthenia* (nervous exhaustion), and to "bring back the victim of those habits and vices to the freshness of youth, and encourage hope and physical vigor." This is all very good as a matter of promise, and we presume that thousands will embrace it as they did the Blue Glass Cure, Electric Pads, and other devices of quacks, as one of the means by which they can restore broken-down systems, and, what is worse than all else, broken-down manhood and womanhood. But the poor victims will be disappointed, and for them we feel sorry. But the victimizers—well, some of them we suppose are deceived. Those deserve little mercy at the best who prey upon human woes.

As one who has given special study to this subject wrote us a short time since: "Just at this time, when so much is being said in the public journals about the Keeley and other specifics for alcoholism, it would seem the proper thing for those who have made the subject a study to inform the people that all this notoriety about specifics is the veriest trash, and will soon pass by as one of the day's wonders." "The only treatment that will stand the test of time is the scientific application of the treatment which comprehends normal nutrition," and with that, we say, a will which must many times be strengthened by the power of God, or the victim of alcoholism will make certain and sure shipwreck. The fact is it is impossible to cure people who do not wish to be cured. What we mean by this is that you cannot cure people of the *results* of a habit when they wish to continue its *indulgence* for the pleasure it gives them, neither will they break from the habit.

AMONG the evil things left us by the old year is the return of *la grippe*, or Russian influenza. The

disease has become epidemic, and in our large cities many hundreds have already died. One of the serious things about the matter is people do not consider it to be dangerous, when, in fact, it is one of the most dangerous diseases, not because of the mere disease itself so much as the condition in which it leaves the system. The enervating effect which it has renders the patient peculiarly susceptible to pneumonia and other diseases affecting the lungs and heart. Among the best hints which we have seen in the treatment of the disease lately are some given by Dr. E. H. Woolsey, of Oakland. He says that the reason why the disease is much more severe when it first comes is because people do not take proper care of themselves. Among the remedies for the treatment of the disease is that of warmth. He says:—

"Warmth is the most essential factor in the management of the disease. A person in a very warm room, without any other treatment, will, in my opinion, be safer with the disease than if he were in a cold room, with the best possible treatment otherwise. Again, a person seized, as patients usually are, with a chill, or with headache, or with general aching of the body—the usual initial symptoms—is liable to the greatest danger unless he immediately seeks the protection of warmth."

This advice is certainly worthy of consideration, and is generally quite easily carried out.

It is pretty difficult to know just what we may depend upon in regard to tuberculous milk. There are some physicians who contend that tuberculosis is frequently caused by eating the flesh or milk of tuberculous animals. But now Dr. Gallavardin, of Lyons, and also the *Lyon Medical*, of France, contends that it is well-nigh impossible for milk to transmit tuberculosis. It is said that the experiments which have been made are not at all true to nature. But, however this may be, these same physicians allow that those who eat much meat oftener die of tuberculosis than those who live more on a vegetable diet. It is always well to be on the safe side, and even though we may know that milk from a tuberculous cow would not transmit the disease to our system, it certainly would be far from pleasant to know that we were eating diseased milk. Too great care cannot be taken in this respect, especially if those who consume the milk are in feeble health or susceptible to lung and throat diseases.

NEW YORK CITY, or, rather, the association for improving the condition of the poor of New York City, has done one excellent thing for the poor in providing a first-class bath room on Center Market Street, between Center and Elizabeth. Anyone who has five cents can go and get a warm or cold bath of pure, clean Croton water in a private bath room all by himself, with a sweet, clean towel and a cake of soap never before used, and which he has the privilege of taking with him if he desires; and if he has not the five cents, he can just say so and get his bath free. These bath rooms are as good as one finds in almost any except first-class bath establishments. The building cost something like \$24,000, and some of the best men of the city have contributed towards it. When it was first thrown open, the people came by the crowds, especially men and women of the working classes. Whole families at a time availed themselves of the opportunity of getting a full, clean bath. It would be a good thing for the poor of every city. The privacy of the thing is to be commended. Public, indiscriminate bathing of the sexes is degrading.

WE have received from Dr. Albert E. Carrier, of Detroit, Mich., an interesting paper of his which was read before the Michigan State Medical Society, on a subject which is always of interest to one class of people in both sexes, viz., bald heads. The doctor shows the interest that is taken in this matter by the enormous sale of nostrums that are warranted to restore to bald heads their natural hairy covering, and then he goes on to discuss the growth of the hair and the cause of baldness, and gives some excellent directions for treatment of baldness in its incipient stages. He says with persistent treatment he believes that most cases of baldness may be cured, but that cases should not be considered incurable so long as the finest lanugo, or downy hairs, are discoverable, although he gives no hope for the bald individual in the patent nostrums of the present day.

IN a society paper called *Chatter*, a wealthy young lady of New York, who belongs to an athletic club, says that after her exercise she went home, "drank a pint of blood, went to bed, slept three hours, and got up looking absolutely pretty. Don't gasp. That's the very latest innovation. All the athletic women follow some such program. It's

a fearful dose—the blood, I mean—but there is no cosmetic that can approach it. I have it brought from the slaughter house every morning and held over the gas jet long enough to take the chill off. I bandage my eyes, and swallow a pint of the warm gore at a gulp."

It is simply horrible, and we do not know of any sensible, refined woman (there may be *females*) who could thus partake of the horrible drink. It is animal, it is devilish! What wonder that pugilism is popular!

AND now a physician claims that modified opium smoking is a success in the treatment of tuberculosis, or consumption. The opium is mixed with tobacco. He says: "We certainly do not inject an unknown poison into the system to work its wicked will independent of our control, but, on the other hand, we may be the means of introducing a moral poison, the terrible nature of which can only be realized by those who have had the painful task of trying to cure a victim of the opium habit, and for this reason I have never allowed my patients to know what they are smoking, merely calling it medicated tobacco."

But why introduce into the system two poisons,—tobacco and opium, there is not much difference—when neither or both will cure the disease, while they may fasten upon the patient a habit from which he can never break.

DR. H. N. AVERY, of Minneapolis, Minn., in speaking of typhoid fever, in the *New York Medical Times* of December, says that if we have a true case of typhoid fever, we may know that we have a poison in the system which is working out its destruction, and the treatment should be that which would prevent the formation of the poison and cause its elimination from the system. And then he says: "If the temperature does not run over 103°, it will hardly be necessary to use any antipyretic, but if the temperature should go higher, then it would be necessary to use something to reduce the temperature and eliminate the poison from the system." And the remedy which he advises for this is, to properly supply the old-fashioned agent, cold water, either in the form of baths, coils, or sprays, especially in the first half of the disease. At the same time it is well to give water or milk freely, and injections of cold water may be used. In addition to this, we say that many patients are

not able to endure cold water, through nervousness. In such cases use hot water or tepid water instead. Neither would we wait till the fever had reached 103° before applying such remedies. Prevention is better than cure, and it is easier sometimes to keep the temperature low than to bring it down from a high degree. Sometimes hot water will reduce the temperature as quickly or quicker than cold, without the consequent nervous shock.

ONE of the latest foods in the market is "kumyssgen," a substitute for "kumyss," or "koumiss," as it is variously spelled. It is made up into convenient tablets. These tablets are put up in air-tight bottles, and from them is quickly prepared a drink very similar to that of kumyss. These tablets are said to be prepared from pure sweet milk, and to contain every important constituent found in the best kumyss. We notice that it is recommended by some of our medical journals as an easily-digested food and more uniform and suitable than that of kumyss itself.

THE National Anti-Nuisance League has for its purposes "to prove before the courts, by suits in equity, injunctions, and for damages, that the fascinating, acrid, and deadly poison of alcohol is the most dangerous enemy of our health, homes, and country, a public nuisance, and as such to be abated. Every sentiment of humanity and patriotism calls for its utter prohibition as a beverage, and the only safe and just treatment of this colossal evil is to outlaw the manufacture and sale of it as a crime to be punished with the utmost rigors of the law." It will hope to prove its case by (1) the Supreme Court decision on the original package case, and (2) the investigations and decisions of such eminent chemists as Baron Liebig, proving that alcohol is "nothing more nor less than the excrement of microbes, and that it can be made in no other way. They live upon the starch in the malt, and this subsistence produces alcohol. This is a deadly poison, more so than arsenic or strychnine. That is because of the terrible affinity for water which pure alcohol has. Half an ounce on the tongue will produce instant death." So says Mr. W. Jennings Demorest, of New York. We have no doubt that all Mr. Demorest claims can be proved, and much more. The results of alcohol demonstrate its inherent evil as no scientific test

can; nevertheless, the deadly upas tree is fostered, cherished, and nourished by the governments of earth, and will be as long as men's appetites remain.

M. C. W.

GOOD WORDS FROM A JUDGE.

THE judges of the city of Dublin, Ireland, recently refused license to sell intoxicating liquors to seven or eight applicants. One of these men came before Justice Kay and pleaded his necessities; he needed the business to make a living. The judge said:—

"I don't care what his necessities are. I have been for a whole week trying cases such as no Christian judge ought to have to try—cases of outrage and violence in the city, every one of which originated in public houses. I tell you, I will give you no assistance in this matter. The drinking system of Dublin is responsible for three sentences of penal servitude, and seven heavy sentences imprisonment which I had to impose, varying from twelve to twenty-four calendar months. I marked the evidence in every single case, and every one of them began in the public house.

"It is the drink system, and the drink alone, that leads to all this crime, misery, and sorrow. Yesterday I went through a mile and three-quarters of miserable, wretched streets, manifesting on every side the penury and wretchedness of the unfortunate people who live in them. The only bright spots were the public houses, which, brilliantly lighted up, reflected and contrasted with the surrounding misery. I look upon it with scorn. There is no one, unfortunately, to denounce this but myself. I know it but too well. As each case of crime and violence comes before me, the same wretched story is told—the drink demon is as necessary a part of every case as the police or myself.

IN France, when a patient is under chloroform, on the slightest symptom appearing of failure of the heart, they turn him nearly upside down—that is, with his head downward and his heels in the air. This, they say, always restores him; and such is their faith in the efficacy of this method that the operating tables in the Paris hospitals are made so that in an instant they can be elevated with one end in the air, so as to bring the patient into a position resembling that of standing on his head.—*Scientific American.*



TO A YOUNG PHYSICIAN.

BY JOHN G. WHITTIER.

THE paths of pain are thine. Go forth
With healing and with hope;
The suffering of a sin-sick earth
Shall give thee ample scope.

Smite down the dragons, fell and strong,
Whose breath is fever fire;
No knight of fable or of song
Encountered foes more dire.

The holiest task by heaven decreed,
An errand all divine,
The burden of our mortal need
To render less is thine.

No crusade thine for cross or grave,
But for the living man.
Go forth to succor and to save
All that thy skilled hands can.

Before the unveiled mysteries
Of life and death, go stand
With guarded lips and reverent eyes,
And pure of heart and hand.

So shalt thou be with power endued
From Him who went about
The Syrian hill paths, doing good,
And casting devils out.

That holy Helper liveth yet,
Thy friend and guide to be;
The Healer by Gennesaret
Shall walk the rounds with thee.

—Selected.

PROTECTION OF CHILDREN FROM DISEASE.

BY MRS. H. S. MAXON, M. D.

THE winter season is upon us with its varying degrees of moisture and temperature, which are the cause of great anxiety on the part of many an anxious mother. "How shall I protect my little ones from the prevailing diseases of these cold months?" is the question which often perplexes her.

We look upon some households, and we see the children pale and anemic, always suffering from colds and coughs and susceptible to every prevailing disease, while in others we look upon a group of bright-eyed, ruddy-faced children, and are told that the doctor has never been called to that home. The former, perhaps, is ruled over by parents who are even more thoughtful and anxious for the welfare of their children than the latter. What, then, is the reason for this difference?

We will briefly consider a few of the most prominent causes for the peculiar susceptibility to disease on the part of some children and also some of the means of preventing the same.

1. First on the list, perhaps, should be mentioned hereditary tendencies. Much has been said and written upon this subject of late, and it is safe to say that the influences of heredity upon the present generation are far reaching and strong. Nevertheless, I am persuaded that in all cases the influences of early physical training far outweigh that of hereditary tendency; and that, however baneful may have been the physical conditions with which the ancestors were afflicted, the influences of good care and healthful surroundings in early youth may, in nearly all cases, overcome them all.

2. *Proper Feeding.*—Under this head, first and most important, we will consider the matter of a bounteous supply of oxygen. We can live longer without food than without air, and we can live as long and as well with poor food as with poor air. How essential, then, to the healthful development of a child is its supply of fresh air. There is no doubt that the open stoves and close houses of the Americans of the present day are one of the prominent causes of the great prevalence of such diseases as dyspepsia, catarrh, consumption, etc. The open grates and close stoves universally used in the German and English houses are much more conducive to the health of the occupants.

As a nation we are too much afraid of fresh air, especially for very small children. Experience has demonstrated that it is well to take very young infants, even in the first week of life, properly protected, into the open sunshine. We cannot pay too much attention to the proper ventilation of our homes and the healthful and continued exercise of our children in the open air. Fortunate indeed is that individual the foundation of whose organism has been laid in pure, life-giving oxygen, instead of poisonous carbonic acid gas.

Neither do we believe that children—even very young children—should be altogether protected from drafts. If, when properly clothed, children are subjected to moderate drafts at an early age, I believe there would be avoided many of the unpleasant results which so often follow the necessary exposure of later years.

A healthful digestion is as necessary to the health of the individual as is a good engine to the progress of a steamboat. We think it can safely be stated that the majority of mankind acquire dyspepsia in infancy. To avoid this: (1) The babe should be nursed only at regular intervals; (2) when the child is so fortunate as to be fed in the natural manner, at the mother's breast, the greatest care should be taken on the part of the mother to furnish to her offspring the best quality of milk possible. To produce this she must know that the very best materials are required, - foods containing the most nutriment, as grain, milk, such vegetables as contain albumen, like beans, peas, lentils, etc., eggs and meat also, when these articles best suit the digestion of the mother. All stimulating articles of food and drink should be avoided for the sake of the child. (3) Other articles of food should not be given until the digestive organs are sufficiently developed to dispose of the same.

It were better to avoid all feeding until the tenth month, at least. At that time cows' milk, which has been thoroughly sterilized with well-cooked grains, may be given with safety.

The juices of some fruits may be allowed, but as a rule, raw fruits should be avoided until the second summer is passed. All sweets should be particularly avoided, as they are sure to ferment, causing acidity of the stomach and bowels, with colic, and often diarrhea. Crust coffee, saffron tea, sage tea, catnip, sugar teat, etc., etc., are always unnecessary and absolutely injurious. The founda-

tion for a lifelong poor digestion has often been laid in these.

It should be remembered that young infants require water, the same as older persons, and often suffer for the want of it. Pure, clear, boiled water is all that is required.

Regularity in the time of eating and in the articles taken throughout childhood will, we believe, go a long way toward making healthy children.

3. From the earliest infancy great care should be given to the matter of bathing. Baby's first bath has been considered in a recent number of this journal, but this is of such great importance and so generally misunderstood it will bear repeating. Right here is laid the foundation of many a lifelong troublesome catarrh, and through this many have finally fallen victims to that great enemy of mankind,—consumption. It should be remembered by every nurse that the babe has for months been surrounded by a medium of uniform temperature, not varying perhaps half a degree during all that long period, and that temperature is ninety-eight and one-half degrees. Among all the changes to which the child is subject at the eventful period of birth, a change in temperature should be avoided if possible. Bathing the child immediately in warm olive oil, wrapping in warm flannel and placing beside a warm stove, is the best treatment for a newborn babe. After a few hours the surplus oil may be removed by wiping carefully with a soft linen cloth, care being taken not to expose the body more than is absolutely necessary.

No water need be touched to the child except, perhaps, to its face for twenty-four or forty-eight hours. From this time the baths should be given in the form of full baths, in a warm room, free from all drafts, the water, at first warm (ninety-seven degrees), being cooled by adding cold water before removing from the bath. From this the temperature of the water should be gradually lowered, until, at the age of ten months, the temperature of the bath should not be above 92° or that of the room above 68° to 74°. The healthiest child of two and one-half years the writer ever saw was one who every morning of its life had taken a tepid full bath, followed by a dash of two quarts of water fresh from the hydrant. After which he was received quickly into a large turkish towel and thoroughly rubbed. This child had never had a single cold or the first symptom of catarrh, though he lived in a country farmhouse in New England, and

had passed two winters subject to the severe changes of that climate. Daily sponging of the surface of the body with tepid or cold water, rendered slightly saline by the addition of a little table salt, is a great protection against taking cold. The sponging should be quickly done, wetting only a small portion of the body at a time, and followed by brisk rubbing with a coarse towel. It should be indulged in only by those who can react to the treatment and feel warm upon dressing. If the habit be taken up in the summer season, there are few who cannot endure the treatment all the year.

4. The matter of clothing also has a large influence in the maintenance of a healthy condition; while many children suffer from lack of proper clothing, perhaps quite as many suffer from too much clothing. The abdomen furnishes a large surface which imparts heat readily; on this account it is necessary that this part should be well protected, in order that the bowels may be maintained in a healthy condition.

We believe that the wearing of flannel affords the best means for this protection, and it should be worn by children until after the second summer is passed, at least.

The feet and limbs should be well and evenly clothed, but care should be taken not to dress the child so warm as to induce perspiration upon light exercise, as in this case a constant cold is almost sure to be its portion.

Much more might be written touching these points and many others which have an influence in the healthful development of our children, but I think we will find that careful attention to these things will help us greatly in this most important work.

LESSONS FROM THE LOWER ANIMALS.

BY W. S. RITCHIE.

THE animals below us furnish some wonderful lessons to us who are searching for the golden gem of health. Who can overestimate the value of health? And should we not be willing to learn lessons from even the dumb creation or anywhere else that the truth may be found? What the dumb brutes suffer in the way of ill health comes largely from the abuse they receive at the hands of man, and not from their own deliberate choice to transgress the laws of nature. So their marvelous vi-

talities and endurance may be regarded as more a natural condition of the animal economy than the same powers of man in their present condition. This makes a study of their habits and the resultant constitutional strength of special value to us.

Look at the coarse and unprepared nature of the food they get, and notice the difference there is between it and the nicely-prepared food of man. Man's food comes to him in the very best state for the digestive operation to commence. Heat has prepared every particle of food to be easily digested. But the horse or cow must do all that preparatory work by the strength of their stomachs.

Then see the difference in the variety or range of foods. The cow, on her green carpet of grass, gets only that and some fresh water at the brook. If there are no untoward circumstances, she becomes sleek and fat in a few weeks. Think of it—on one article of food! I will not say that she would not be *better* off with, perhaps, a little grain or a few turnips, etc., but does not the fact of her good health argue better than words in favor of simplicity of diet? In the winter she gets hay, or, if the exceptional man's cow, some grain. Think of it again—going through the winter on two articles of food! Why should man think he cannot subsist unless he has so many varieties of food that his stomach hardly gets used to one before it is called to try to assimilate something clear to the other extreme in the range of food.

Right here we should notice that the lower animals get none of those stimulants and condiments that humanity sometimes thinks so necessary—no tea, coffee, or warm drink, no spices or vinegar. Isn't it a wonder how they get along? Nothing to "key them up" but slow-going, sure nature herself. No wonder they enjoy life much better according to their capacity than man. They are a great deal smarter and keener in the senses that they have than man is in the corresponding ones. They are "keyed up" in the right way and would enjoy life were they not starved or abused by man.

Now next compare the *quantity* of food. Who ever heard of a horse or cow being given all they wanted to eat except of grass. Are they not more often just as hungry after eating their small allowance as before commencing to eat? Very often they are fed just enough to sustain them. Considering the coarseness of their food and its unprepared nature, it would seem to be scant justice only to give them plenty of it.

Having now considered the wonderful disadvantages when compared with us that the brute creation suffers, let us now compare their vitality and power of endurance. At the very first mention of this the imaginary scale in which we have placed man goes mentally bounding aloft into the air. It would be no abuse of figure of speech to say that in this man stands no comparison at all. The hardships of privations and exposures, etc., that the dumb creation is often called upon to endure, will astonish and amaze the inquirer, and yet they are so common as to excite not even interest. Think of the labor a horse must perform when he pulls a heavily-loaded wagon ten hours a day, or the one that, hitched to the family carriage, takes a long drive through the country. Study the amount of exposure the cow must be subject to when she lies on the wet or frosty ground at night or stands in the drizzling rain. A careful study of the endurance of animals will bring out astounding evidence of vitality and endurance. I have scarcely hinted at the subject in each of the several points mentioned. We have become so accustomed to take such things as a matter of course that we have well-nigh missed the wonderful lessons in favor of simplicity of diet, abstinence, etc., that may be learned from these grand object lessons that have a part of their nature so nearly like ours.

There are many other lessons to be learned from them. One is their freedom from care and anxiety. A wonderfully profitable subject is also opened up making a comparison between the strength, beauty, etc., of flesh and vegetable eating animals. I hope what has been said will lead to genuine observation of these things, and I am sure the study will be found both interesting and profitable. Of course we should study the subject wisely and not curtail ourselves of any *real* advantage because the animals do not have it. They as often get too little of food, etc., as we get too much. But they will help us set the bounds, and, perhaps, show us that sometimes we get too much food, rest, stimulants, etc., for our good. Also the difference in the health between well-cared-for and neglected animals, their quiet, rest, etc., will teach us when we get too little.

THERE are two things needed in these days: First, for rich men to find out how poor men live; and, second, for poor men to know how rich men work.—*Edward Atkinson.*

DISEASE AND ITS CAUSES.

BY MRS. E. G. WHITE.

ANOTHER case came under my observation. I was brought into the presence of a female, apparently about thirty years of age. A physician was standing by her, and reporting that her nervous system was deranged; that her blood was impure and moved sluggishly, and that her stomach was in a cold, inactive condition. He said he would give her active remedies, which would soon improve her condition. He gave her a powder from a vial upon which was written, "Nux vomica." I watched to see what effect this would have upon the patient. It appeared to act favorably; her condition seemed better. She was animated, and even seemed cheerful and active.

A second time her case came before me. The patient had appeared better under the influence of nux vomica, she was sitting up, folding a shawl closely around her, and complaining of chilliness. The air in the room was impure. It was heated, and had lost its vitality. Almost every crevice where the pure air could enter was guarded to protect the patient from a sense of chilliness, which was especially felt in the back of the neck and down the spinal column. If the door was left ajar, she seemed nervous and distressed, and entreated that it should be closed, for she was cold. She could not bear the least draft of air from the door or windows. A gentleman of intelligence stood looking pityingly upon her, and said to those present: "This is the second effect of nux vomica. It is especially felt upon the nerves, and it affects the whole nervous system. There will be, for a time, increased forced action upon the nerves; but as the strength of this drug is spent, there will be chilliness and prostration. Just to the degree that it excites and enlivens, will be the deadening, benumbing results following."

Again I looked upon the case to which nux vomica had been administered. She was being supported by two attendants from her chair to her bed; she had nearly lost the use of her limbs; the spinal nerves were partially paralyzed, and the limbs had lost their power to bear the weight of the person; she coughed distressingly, and breathed with difficulty; she was laid upon the bed, and soon lost her hearing and seeing, and thus she lingered a while and died. The gentle-

man before mentioned looked sorrowfully upon the lifeless body, and said to those present: "Witness the mildest and protracted influence of nuxvomica upon the human system. At its introduction, the nervous energy was excited to extraordinary action to meet this drug poison. This extra excitement was followed by prostration, and the final result has been paralysis of the nerves. This drug does not have the same effect upon all. Some who have powerful constitutions can recover from abuses to which they may subject the system; while others, whose hold on life is not as strong, who possess enfeebled constitutions, have never recovered from receiving into the system even one dose, and may die from no other cause than the effects of one potion of this poison. Its effects are always tending to death. The condition the system is in at the time these poisons are received into it, determines the life of the patient. Nuxvomica can cripple, paralyze, destroy health forever, but it never cures."

My attention was called to another case. It was that of a young man who was in a high fever. A physician was standing by the bedside of the sufferer with a potion of medicine taken from a vial upon which was written, "Calomel." He administered this chemical poison, and a change seemed to take place, but not for the better. He was a great sufferer; his lips were dark and swollen, his gums were inflamed, his tongue was thick and swollen, and the saliva was running from his mouth in large quantities. The intelligent gentleman before mentioned looked sadly on, and said: "This is the influence of mercurial preparations. This young man had sufficient nervous energy remaining to commence a warfare upon this intruder, this drug poison, to attempt to expel it from the system. Many have not sufficient life forces left to arouse to action, and nature is overpowered and ceases her efforts, and the victim dies."

Again I was by the bedside of this young man. He was a pitiful sufferer. His limbs were crippled, and he was greatly deformed. He stated that his sufferings were beyond description, and life to him was a great burden. The gentleman before mentioned was present. He looked upon the sufferer in sadness and pity, and said: "This is the effect of calomel. It torments the system as long as there is a particle left in it. It ever lives, not losing its properties by its long stay in

the living system. It inflames the joints, and often sends rottenness into the bones. It frequently manifests itself in tumors, ulcers, cancers, years after it has been introduced into the system.

Drugs never cure disease; they only change the form and location. Nature alone is the effectual restorer, and how much better she could perform her task if left to herself. But this privilege is seldom allowed her. If crippled nature bears up under the load, and finally accomplishes in a great measure her double task, and the patient lives, the credit is given to the physician. But if nature fails in her effort to expel the poison from the system, and the patient dies, it is called a wonderful dispensation of Providence.

VENTILATION.

HOUSE ventilation is a perplexing problem. Even among heads of families who are intelligent above their fellows the subject is generally ignored.

It might be supposed that the olfactories would give warning of impure air, but the sense of smell adapts itself to environment. Often a foul atmosphere is only discernible to those coming from fresh air.

You enter the drawing room of a charming family, one in which the parents are foremost among cultivated society in the town. The room is close, stifling, overheated. By the rush of blood to the head, and the ringing in the ears, by the collapsed lungs, you are certain that not a window has been opened in that room for weeks. The atmosphere is stagnant and devitalized, all the inmates suffer in one way or another, but none connect colds and headaches with poor ventilation. In such a place are engendered congestion and pneumonia.

Let us see how this is brought about. Pure air is composed of three-fifths nitrogen, one-fifth oxygen, and one-fifth watery vapor. Oxygen is the life-giving agent. So powerful is it that, unless largely diluted with nitrogen, everything in nature would dry, shrivel, or burn with furious energy. In proper proportions this mixture is the native food of the lungs, and the stimulus of the brain.

During every respiration, fresh air in the lungs is brought into contact with dark red blood, which has just been pumped from the heart and which is defiled with the sewage of the system. A great portion of this sewage is thrown out with the ex-

haled breath. So noxious is this vapor that candles refuse to burn in a close receiver filled with it, and a rabbit into whose veins is forced the condensed moisture of the breath speedily goes into convulsions and expires.

In order to throw off these noxious, worn-out materials, the twenty-eight pounds of blood circulating through the adult pass through the lungs three times every hour. During twenty-four hours thirty-three hogsheads of air have been breathed and have parted with their life-giving elements.

Scientists estimate that at least forty per cent of all fatal diseases are indirectly due to the lack of pure air. Add to this the amount of illness which is not fatal, and it is certain that three-fourths of the diseases that inflict humanity arise from breathing impurities.

The air of the ordinary dwelling house is often vitiated by decaying matter left in sinks, soiled clothing, refuse vegetables, garbage, and unused closets. In addition to the breath, the effluvia, or insensible perspiration, continually thrown off from the body, amounting to several pounds each day, corrupts the atmosphere. Slow and insidious are the results, but no less deadly. Nor is this all. Effete animal matter is absorbed by the walls, the woodwork, the paper, the hangings, the furniture covering, and the bedding and clothing.

No matter how cleanly in their habits persons may be, this imperceptible vapor is afloat in every room. In time, small particles of matter attach themselves to all surface. Everyone is familiar with the peculiar musty smell of old dwelling houses. In hospitals where contagious diseases, such as typhoid fever, are treated, these emanations refuse to be dislodged even by the scrubbing brush, whitewash, paint, and disinfectants. The authorities in charge then raze these wards to the ground and build afresh.

To change the air and sweep away the secretions from lungs and skin, thorough ventilation is necessary. This cannot be secured by opening a window two inches once a day. It is best to begin with the construction of the dwelling.

The chief agent is the chimney, with a bright fire upon the hearth. Heat produces a powerful upward draft that, displaced, must be supplied by that which is purer. If fresh air, brought from the outside, is first warmed by passing through air chambers at the back of the grate and then discharged at a high temperature into the room

through a register, the most perfect mode of heating and ventilating known will be combined.—*Home Magazine.*

HYGIENE.

THE correct principles of health are constantly coming in the front and being acknowledged by physicians generally. Dr. Noyes has this to say in "Living Issues:" "The impression held by many intelligent people that children must have scarlet fever, measles, mumps, whooping cough, and the like, and that, being inevitable, the sooner they have them and are done with it the better, is not only erroneous, but it is a dangerous belief as well. In the first place, there is no more necessity for a child to have scarlet fever than for an adult to have typhoid fever. Both are preventable, and they are preventable by hygiene and healthful, careful, and intelligent living. In the second place, the longer we shield the child from these diseases, the less likely will they be to prove fatal. That is to say, with every year added to the age of the child, the liability to these diseases becomes less and less, while at the same time the ability to successfully overcome them, should they occur, becomes greater; and when we know that the majority of children born into the world die during the first few years of their existence, and know that they die of diseases that are now regarded as preventable, it becomes our very great duty to study and think and learn all we can of physiology, biology, sanitation, and hygiene; for it is in this kind of knowledge that we seek for the secret of health and longevity as well as the secret whereby diseases are escaped.—*St. Louis Magazine.*

BLACK EYE.

THERE is nothing to compare with a tincture or a strong infusion of capsicum annuum, mixed with an equal bulk of mucilage of gum arabic, and with the addition of a few drops of glycerine. This should be painted all over the bruised surface with a camel's hair pencil, and allowed to dry on, a second or third coating being applied as soon as the first is dry. If done as soon as the injury is inflicted, the treatment will invariably prevent the blackening of the bruised tissue. The same remedy has no equal in rheumatic, sore, or stiff neck.—*Medical Times.*



WHERE THERE'S DRINK THERE'S DANGER.

Write it on the liquor store,
Write it on the prison door,
Write it on the gin shop fine,
Write, aye, write this truthful line,
"Where there's drink there's danger."

Write it on the workhouse gate,
Write it on the schoolboy's slate,
Write it in the copy book,
That the young may at it look,
"Where there's drink there's danger."

Write it on the churchyard mound,
Where the drink-slain dead are found,
Write it on the gallows high,
Write it for all passers-by,
"Where there's drink there's danger."

Write it underneath your feet,
Up and down the busy street;
Write it for the great and small,
In the mansion, cot, and hall,
"Where there's drink there's danger."

Write it on your ships which sail,
Borne along by steam and gale;
Write it in large letters—plain,
O'er our land and past the main,
"Where there's drink there's danger."

Write it in the Christian's home:
Sixty thousand drunkards roam,
Year by year, from God and right,
Proving, with resistless might,
"Where there's drink there's danger."

Write it in the nation's laws,
Trampling out the license cause;
Write it on each ballot white,
Politicians, read it right,
"Where there's drink there's danger."

—Selected.

EVERYONE for himself is the world's golden rule,
and—

"In times of prosperity, friends will be plenty;
In times of adversity, not one in twenty."

WILES OF TOBACCO DEALERS.

THE city of Philadelphia was recently the subject of an unpleasant illustration of the means which tobacco dealers take to further their own interests and swell the tide of impurity, concerning which a writer in the *Christian Statesman* says:—

"Unchaste pictorial representations of actresses and ballet dancers have for some years past, as is well known, been employed by manufacturers and dealers in cigarettes (so largely made use of by boys and young men), to advertise their unclean and hurtful wares. Not satisfied with confining their cards to shops associated with the trade, a certain New York firm has lately gone the length of making use of the mails to carry their circulars and libelous pictures directly into our homes, having evidently brought the city directory into requisition, and copied names ready at hand by the tens of thousands."

The city postal authorities, being appealed to, concluded that, as like pictures were to be found in cigar shops generally, and were tolerated there, it was quite useless to do anything to stop the invasion of such through the mails. Speaking of the reasons why such things are tolerated, the same writer says:—

"The host of cigarette users continues to increase daily, and very few of them have sufficient moral strength or manliness to lay the finger of condemnation upon their sympathizers, even though these, the dealers, the actively interested promoters of the baneful habit, may have flagrantly offended against the obligations of decency.

"Witnessing such offenses, it seems but fair to ask, What ought one to have to do with tobacco save to reject and condemn it?"

"One cannot, it has been sagely said, 'take fire into his bosom, and not be burned.' Now, it is the spirit of judgment and of sacrifice that the

times call for—when men shall be willing to ‘come out, be separate, and touch not the unclean thing,’ and when there shall be a readiness manifested to do, in effect, as did at an earlier day those Florentines whom the searching testimony of Savonarola pricked to the heart, and who, in the grand plaza of their beautiful city, burnt in one vast heap the pernicious books and all the other wretched trash which they were conscious had been instrumental in keeping them away from their God.”—*Ex.*

DRUNKENNESS AND HEREDITY.

A GENTLEMAN of position, himself an hereditary drunkard, and so violent that his wife and children have had to leave him, has a sister an imbecile through drinking, and with suicidal tendencies. She will do anything for drink—will beg, borrow, or steal, pawn everything she can lay her hands on, and even essay robbery with violence, in the hope of obtaining money to gratify her morbid craving for alcohol. Another sister (married) is also an habitual drunkard, who gets into fits of ungovernable fury when in drink, and, being dangerous to both herself and others, is under restraint.

Thus all the family are dipsomaniacs. The fatal legacy in this case was from both parents. The father shot himself in alcoholic mania; the mother was an inveterate drunkard, and the grandfather a confirmed drunkard.

The inherited drink crave, where it exists even when, from the absence of temptation or from the strength of resolute will, it has never been made manifest, is always latent, and ever ready to be lit up at the faintest alcoholic provocation. The smallest sip of the weakest form of fermented or distilled liquor has the power to set in a blaze the hidden, unhallowed fire. Persons ignorant of the inexorable law of heredity in alcohol, indiscriminately rebuke and denounce the vicious drunkard and the diseased dipsomaniac. But to medical experts it is as clear as their own existence that there are multitudes of persons of both sexes and in all positions of life who, though they may never have yielded to the enticements around them, are yet branded with the red-hot iron of alcoholic heredity. The only safety for all such lies in entire and unconditional abstinence from all alcoholic drinks.—*Family Herald and Weekly Star.*

DRUNK OVER HIS CHILD'S COFFIN.

THE following, from the *International Royal Templar*, contains a whole sermon in itself. What new thing as brutalizing as the liquor traffic would be tolerated for a week. But “vested interests” hold it, and chain the governments of earth in the power of the infernal business.

“Constable E. Malhiot, of the Seigneurs Street police station, Montreal, witnessed a sickening scene the other morning. While on duty, near Ogilvie’s Mills, he saw two men who were very drunk, drive across the canal bridge toward the city. One of the men carried in his arms a small coffin containing the body of his child, which he was conveying to the Catholic cemetery for burial. The officer followed the carriage. When near Ogilvie’s Mill both men fell out and the carriage upset. The little coffin also fell out and rolled over several times down the steep hill. The horse took fright and made a jump to run away, but the officer got the reins just in time, not, however, before the carriage was broken. The coffin and the men were taken to the Seigneurs Street station, where the owner of the coffin said he lived at Point St. Charles. The other was a friend. Both men were so drunk that they could hardly talk. Word was sent of the affair to the son. He procured a new rig and took the coffin to the cemetery. The father was released as soon as he sobered up.”

IRELAND AND WHISKY.

SIR WILFRID LAWSON, M. P., in an address before a meeting in London, March 17, 1891, stated that two years before a memorial was sent up to the Lord Lieutenant of Ireland, signed by *two thousand Irish magistrates*, stating that there were *seventeen thousand public houses* in Ireland; that drink was the cause of discontent and poverty there; that there were thirteen thousand more public houses than were wanted to meet the needs of the people; that in the town of Bessbrook, with its five thousand inhabitants, where there were no drinking shops, no police were required.

This is the Irish question in a nutshell: The amount paid for strong drink is twice as great as the amount paid for rent; and the mischief of the drink traffic is doubly greater than all the mischief wrought by absentee landlords, and other matters which are so constantly paraded as the

woes of Ireland. Let Irishmen boycott dram-sellers instead of men who read their Bibles. Let the men spend their money for bread instead of for whisky and dynamite, and it will not be long before they will find that the troubles which they suffer from others are light compared with those which they bring upon themselves by evil practices, habits, and appetites.—*Sel.*

WHAT IT WOULD DO.

THE money paid for one glass of beer would pay for one loaf of bread.

The money paid for one glass of whisky would pay for one pound of beef.

The money paid for two glasses of beer would pay for a peck of potatoes.

The money paid for three glasses of whisky would pay for a dressed fowl.

The money paid for four glasses of beer would pay for two dozen of eggs.

The money paid for four glasses of whisky would pay for three pounds of butter.

The money paid in one month for two glasses of beer a day would pay for a ton of coal.

The money paid in one month for two glasses of whisky a day would pay for a suit of clothes.

The money paid in one year for three glasses of beer a day would pay the rent for a small suite of rooms for one year.

The money paid in one year for three glasses of whisky a day would pay for an outfit of household furniture.

The money paid in one year for four glasses of beer a day would pay for a carriage.

The money paid in one year for four glasses of whisky a day would pay for a horse and harness.—*Wooster Herald.*

FOR AROUSING INTEREST.

A WOMAN sends these "ideas" for arousing interest in scientific temperance study:—

Instead of the old-fashioned spelling match have a temperance match, in which rival schools answer questions on the temperance text-books they have studied. Offer prizes for the best examination papers on this subject, the examination to be given at the close of the year, and cover the ground gone over during the year. Let the county union offer prizes, to be awarded at the county fair,

for the best temperance essays written by pupils in the public schools. Special prizes could be offered to boys for essays on the effects of tobacco. Let the best essays from each of the competing schools be read on the fair ground. Demorest contests on the fair grounds are excellent educators.—*Union Signal.*

TURN ABOUT.

THE New York *Observer* thinks there is nothing remarkable about the statement that whisky is now manufactured out of old rags, when everyone knows that nearly all the old rags now in the country are manufactured out of whisky; and there is no apparent reason why the process of conversion may not work as well one way as another—from whisky to rags, and from rags to whisky. What a beautiful business it is!

On a sign over the door of a saloon in our city we notice "Exchange." The exchange must be poverty for riches, shame for honor, misery for comfort, delirium for bright intellect, feeble knees, aching hearts, orphans, and poverty-stricken mothers, for bright homes and happy hearts.—*Homeopathic News.*

SAYS the Oakland *Morning Times*: "A man named Cummings, a railroad telegraph operator at the Point, in West Oakland, is suffering from a peculiar affliction resulting from the excessive use of tobacco. On Wednesday he was seized with a sudden blindness. His sight entirely disappeared, but came back to him in the course of a few hours. About the time his sight returned, he was seized with a paralysis of speech, and has not been able to utter a word since. His tongue and all the articulating muscles of the throat are paralyzed. Dr. Woolsey, who is attending him, says Cummings will, in time, recover his speech, but that he must always be careful about the use of tobacco."

SPEAKING of the enormous increase in the consumption of spirits and tobacco, Dean Lefroy said that what struck him was this, that, notwithstanding all the sorrows of the working classes, and all the depletion of their homes, they had plenty of money to spend upon both alcohol and tobacco. Yes, and the solemn part of that was, that we had not had such a severe winter for years, so much labor unoccupied, so great a conflict between labor and capital.—*Present Truth, England.*



FAREWELL.

OLD YEAR, depart in peace!
Thy flying, creepingly, strangely lighted days
Have waned to the last feeble, flickering rays
That bring thy life's release.

Old Year, thy work is done!
With vernal miracles of loveliness,
And autumn's stores the tribes of earth to bless,
Well has thy course been run.

Old Year, we render thee
Thanks for thy many brave and kindly deeds;
For ceaseless ministries to countless needs
We thank thee gratefully.

Old Year, I love thee not!
Thou broughtest blessings with one potent hand;
The other of our treasures didst demand:
The gain was thine, God wot.

Old Year, I blame thee not!
Thy functions were ordained by higher powers;
To bow to God's decrees is thine as ours,
Or sad, or blest the lot.

Old Year, thou canst not take
From our full hearts the love that they have known,
The stature whereunto our souls have grown,
The thoughts that in us wake.

Old Year, go on thy way!
Sink to the depths of that deep, tranquil sea
Where ages of the past eternity
Dissolve in dark decay.

Old Year, one boon I crave:
The memory of wrongs that we have done,
The tale of triumphs o'er our weak souls won,
Take with thee to thy grave.

Old Year, now fare thee well!
Thy young and puissant successor waits
Impatient, at time's leaden-hinged gates,
His deeds who may foretell!

Old Year, again farewell!
Would we could bury in the tomb with thee
The sins and sorrows of humanity.
Old Year, farewell! farewell!

THE NEW YEAR.

FOR a brief space we pause on the threshold of the new year. It is a suitable time to take our bearings and see if we are tending upward, and making progress in whatsoever things are noble and intrinsically good. Our plans for the year we may revise and adapt to present exigencies. Reviewing the past, taking note of our failures and our successes, we can see where and how to change our methods, and improve in our former courses of action. As we cannot tell "what a day may bring forth," this revision is called for in some lives much oftener than once a year. Vicissitude, losses, gains, bereavements overtake us continually, are waiting for us, and, though perpetually we need, like the captain of a ship, to consult our charts, to watch the barometer, to see that the pilot is evermore at his place, with his eye on the compass and his hand on the wheel, yet there is a feeling with almost everybody, New Year's is the time for a general "taking of stock" in character, in acquirements, in reasonable prospects, in well-grounded hopes.

Though outward circumstances may be largely beyond our control, and we be hemmed in by barriers, social, conventional, domestic, yet within even the narrowest life there is a chance for growth. Let us not, in longing for what is beyond our reach, overlook or slight the opportunities, however small, that may be vouchsafed us. Whatever the outward life we lead, the true life is within, and for the regulation and management of this we are accountable. Virtue dwells in lowly cottages quite as often as in lordly palaces. Honor and honesty, and loyalty to truth, ask not the textures of the fabrics that clothe their habitation. How often do we need to recall the words of Naaman's servant "My father, if the prophet had bid thee do some great thing, wouldest thou

not have done it?" There are very few to whom it is given to do any "great thing;" the lives of most are made up of little things, but, in the aggregate, one life thus composed may have as much of actual good done to show, as lives called great by those who see from the outside. There is not one of us but may reach some human heart near us, and comfort it with kindly words, or strengthen it with sympathy, or enrich it with love. Often the best service we can render others is to be ourselves exemplary, patient under burdens, charitable toward our own and others' faults, slow to anger, free from jealousy, envy, malice. "He who is of this spirit does good often when he knows not of it. He is among men like the showers which pass over the earth, which, falling everywhere, sometimes may fall on the desert, but more often on the soil that needs and is prepared for them. A virtue goes out from him to those who, unwittingly, but touch the hem of his garments."

If, every day, the minor duties of life, as they come up, are faithfully discharged; if the petty annoyances to which we are all subject are patiently endured; if, resolutely turning our eyes away from vanities, we fasten them earnestly upon the "best gifts" and keep in sight the ideal, that represent to us truth and honor and virtue, making our way as we can toward them,—a year thus spent will show at its close larger returns, ample rewards.

Let this moral force be conserved and drawn upon day by day as it is needed, keeping it reinforced by constant recourse to the fountains of wisdom and virtue, found in the word of God.—*Sel.*

THE BARTONS' TRAVELING. NO. 1.

BY MRS. M. J. BAHLER.

"I GUESS Jean will be at her wits ends now. For once in her life I think she will have to call a doctor."

"Why? Is she sick herself?"

"No; but Millie is, and I fancy she will find she can't carry out her notions of water treatment in a hotel."

"Is Milfred very sick?"

"Yes, very. I was in their room a little while ago. Elder James was there to call on them. Millie was feverish and fretful, and you know that isn't at all like Millie. Whenever she is fretful, you know that she is sick. She kept coming to her

mother, and finally she cuddled down in Jean's arms and lay very still, moaning occasionally. Her cheeks were very red and hot, and Elder James felt her pulse and said they ought to do something for her immediately. He said she was very sick, and that if she were his child he should be frightened.

"Albert and Jean took it very cool indeed. They said it was only a cold, and that some good water treatment would soon set her all right. Water treatment indeed, in a hotel! Now, Annie, I really do admire Jean; she is a fine, nice lady, but I *am* out of patience with her notions about water treatment."

"She is always successful, though, May. You certainly know that."

"Well, yes, I suppose so. But just see how much work she makes for herself and sometimes for others."

"I don't know, May, that her method of treating the sick can properly be objected to on that account. You certainly are aware that she saved Millie's life when she had congestion of the brain. I doubt if any doctor could have saved her."

"Well, but it looks so fussy never to call a doctor."

"She never presses her ideas upon anyone else, does she? I never knew her to."

"No, I don't think she does."

"Well, May, I do think you are unnecessarily sensitive over this matter."

"Perhaps I am, Annie, but it is extremely mortifying to me to always have to tell people when Albert or Millie are sick that we have not called a physician. It does look strange."

"I don't care a fig about that, May, and I am sure you need not; but come, I want you to go with me for a walk. I want to improve this lovely weather to see all I can of Denver while we are here. I'll just tap at brother's door and see if we can help them in any way."

In a moment Annie Barton returned with the word that no assistance was needed, and the sisters started for their walk. As they left the house, Annie said:—

"By the way, Elder James is a fine gentleman, isn't he?"

"Yes, he is certainly. I am going to hear him speak to-night, unless Millie should be so sick that Jean should need assistance."

"If she does, I will stay and you and Albert can

go to church. If Jean needs assistance in giving treatment, I will help her. I rather like her methods."

"Well, perhaps I may some day. She has made a thorough convert of Albert. I verily believe that to-day were his own life in danger he would sooner trust Jean and 'Kellogg's Handbook' than all the medicine doctors in the United States."

"Well, one thing is certain, anyone who has known the circumstances, knows he has reason to trust Kellogg, Jean & Co. But see, isn't that a lovely view? I wish Albert and Jean were with us. They haven't been out this way."

"That is a lovely view, surely. I was in hopes we should resume our travels to-morrow, or the day after, at farthest. I long to get up there among those grand old hills again. Denver is pleasant as a city, but I didn't come to Colorado to see cities, I came to see mountains. I want to see Boulder Canyon. I wonder if the scenery there will be as grand as through the Royal Gorge of the Arkansas."

"I think not; you know there is no railroad through Boulder Canyon. To my mind the view of the smooth, even track winding in and out around the mountain curves adds considerably to the beauty of the view. I am very thankful that I have had the pleasure of this trip. There is one view in the Royal Gorge that seems photographed on my memory. It is that they called the cathedral; those towering, perpendicular walls of brown granite seemed to shut us in on every side. Truly that seemed God's own temple. I see it now, the river foaming and tumbling at our feet, those curving, lofty walls with the blue sky for a canopy, so far above us; truly it was awe inspiring."

"Yes, it was. I do hope we can go on soon. I am enjoying our trip very much. Jean is a very pleasant traveling companion only for her water-treatment notions. I wonder she didn't bring Kellogg's great book with her."

"Probably she would only that she has studied it so thoroughly. But stop a moment, see how those little irrigating streams sparkle in the sunlight. Aren't they pretty? They remind me of Buena Vista. May, water is a grand thing."

"Yes, it is in its place, and Denver has a generous supply; but see, there comes Elder James now."

Scarcely were the words spoken ere Elder James joined the ladies, with a pleasant greeting, and inquired:—

"How is the little one now? Her fever was so high when I left that I feel anxious about her."

"We left the hotel soon after you did," said Annie. "Sister said she did not need us, and we wanted one more nice walk before leaving Denver."

"But you will not go on so soon as you intended, now? The little one will surely not be well enough to travel with."

"I don't know, I am sure, how that will be," responded Annie. "If we were at home where they could treat her with water, I think she would soon be all right. As it is, stopping at a hotel, I suppose brother will call a physician, and we may not be able to go on for several days."

"Are you in a hurry, Elder James?" asked May.

"No, nothing is pressing this afternoon. I should have remained at your brother's room much longer only that I saw that the little one was too sick to admit of my staying. I am tired of writing and studying, and was only out for a walk to get my brain in better condition for the evening. I would as soon walk with you ladies as any other way."

"OUR OWN."

If I had known in the morning
 How wearily all the day
 The words unkind
 Would trouble your mind
 I said when you went away,
 I had been more careful, darling,
 Nor given you needless pain;
 But we give "our own,"
 In look and tone,
 What we never take back again.
 For though in the quiet evening
 You may give me the kiss of peace,
 Yet it might be
 That never for me
 The pain of the heart should cease.
 How many go forth in the morning
 That never come home at night,
 And hearts have broken
 For harsh words spoken
 That sorrow can ne'er set right.
 We have careful thoughts for the stranger
 And smiles for the sometime guest,
 But oft for "our own"
 The bitter tone,
 Though we love "our own" the best.
 Ah! lips with curve impatient,
 Ah! brow with that look of scorn,
 'Twere a cruel fate
 Were the night too late
 To undo the work of morn.

Mother's Helper

OUR CHILDREN.

I LOOKED at the happy children
Who gathered around the hearth;
So blithe they were, no children
Could happier be on earth,
Could happier be on earth,
With their merry plays, and their winsome ways,
And the sound of their silvery mirth!

Then I thought of those other children
So wizened, and hard, and bold,
Who huddle in slum and cellar,
And shiver with want and cold;
Not fresh as the dew, or the morning's hue,
But haggard, and lean, and old.

But yet may they still, those children,
Be taught to forget their pain,
And, gathered in arms that love them,
Their laughter may come again,
And the stare of woe and the craft may go,
And the spirit be washed of stain.

But it is not in cold book learning
Those children's hearts to move;
And the stony eye of the serpent
Is death to the stricken dove;
'Tis an angel alone can touch them,
And that angel's name is love.

For whatever the world may fancy,
And whatever the wise men say
Of our nineteenth-century progress,
Of a new and better way,
Still it takes a soul to make a soul
Now, as in the olden day.

—Spectator.

BABY'S FIRST FOOD.

BY MARY A. ALLEN, M. D.

THE babe at birth is not a starveling. He comes into the world replete with nourishment, and can well wait a few hours before anything is put into the little stomach, which, as yet, has never done any labor. It is a superstition of many nurses that baby must at once be dosed with oil or tea, or at least be given sweetened water. This

plan is well adapted to produce indigestion, and thus prepare for an irritable infant, whom the same nurse will in all probability quiet with soothing syrup. I am well convinced that the brandy and soothing syrup given to my first child in the first two weeks of its life by the nurse, and without my knowledge, was the cause of its early death. Dr. Johnson, in his little book "How to Save the Baby," says: "It is my honest conviction, founded upon extensive observation, that the abuse of the digestive organs in early childhood by overfeeding, condiments, soothing syrups, etc., leads in after years to the development of the drunkard's appetite and the misery of the drunkard's career."

The babe may be put to the breast in a few hours after birth, even though there may be no evidence of milk. The act of sucking tends to induce a flow of milk, and is, in other respects, a benefit to the mother, while at the same time the watery substance which the breast has secreted is the most appropriate thing that the child can take, acting as a gentle and natural laxative. It is advantageous for the child to receive his first idea of obtaining food in this way, for if he is fed on gruels or other artificial food at first, he will, in all probability, refuse to take the breast. In the generality of cases there will be no need of giving artificial food, if the friends have patience to wait for the mother's milk to come. From twenty-four to forty-eight hours at least may elapse without the slightest harm to the child. He can be put to the breast every four hours, for, although there may be no milk, there is a watery or whey like secretion which is ample to supply all his wants.

The greatest danger to guard against is too much and too frequent feeding. The weight of the infant during the first week is not a criterion of his condition, for he will lose weight for the first few days, no matter what he be fed. The question how often to feed the baby is of the greatest im-

portance. Most authorities say every two hours during the first month or two, but there are now physicians of experience who maintain that this is too often. One rule may be given as absolute, that is, never waken a baby to feed him. If he sleeps, it is the surest evidence that he is not suffering for food. Dr. Johnson advocates, from his own experience, the feeding of all babies but three times a day, at 6 A. M., 12 M., and 6 P. M., and in support of this idea instances the fact that animals leave their newborn progeny hours at a time without food and without harm. The farmer feeds the new calf but twice a day. During an epidemic of cholera infantum in an orphan asylum in Rochester, N. Y., the attendant physician ordered the babies to be fed regularly every three hours during the day and not at all at night. On his next visit a marked improvement in the condition of all was reported, no deaths having occurred, and an unprecedented vigor being manifested. He accidentally discovered that his orders had been misunderstood, and the infants had been fed but three times in the twenty-four hours. While this may not be an argument in favor of feeding infants from birth but three times a day, it is strong proof that they can live and thrive under such a regimen.

I do not intend to advocate the three-meal system absolutely, but simply to call attention to the fact that the greatest evil we have to guard against in the majority of cases is overfeeding. We may say, at any rate, that between 9 P. M. and 5 A. M. the babe may, from the beginning, do without food, to the benefit of himself and the comfort of his attendants. The interval between meals can be regulated by a careful observation of his condition. Does he thrive? Does he, after a few days, gain in weight from four to six ounces per week? That he is irritable and restless is quite as apt to be evidence of overfeeding as of underfeeding. That he takes food with avidity may be an indication of an irritated stomach from too much food. Dyspepsia is not a disease of adult life only, and in infants it arises from irregular feeding, and from a quantity too great for the capacity of the stomach. A diagram of the exact size of the infant's stomach at birth, shows it capable of holding not more than two ounces, or about four tablespoonfuls. It should not be distended to its utmost capacity, and under six weeks the amount of food at a meal should not exceed one and one-half ounces, or three tablespoonfuls. If a greater quantity is given, the

stomach is distended and uncomfortable, and the result is restlessness and the throwing up of food. The babe that is well will eat and sleep during the first few weeks of life, and be very little care to anyone. A few weeks ago I saw such a one, a comfortable baby, who, at three months old, does little but eat and sleep and smile. His mother calls him "Happy Heart," and happy indeed is he in having a sensible mother, who feeds him at regular intervals and lets Mother Nature develop him in her own wise way. Where the child is so fortunate as to find in his mother's breast

"The cup of his life,
And couch of his rest,"

little need be said except to warn against irregular feeding. Establish his hours in accordance with the best information you can obtain, watch him, and observe all his conditions, and by the aid of common sense, or by the advice of the competent physician, make such changes as seem desirable.

If the little one is so unfortunate as to be dependent upon artificial food, the case is more serious. We are now in danger of not giving the right thing, of giving food too often and in unsuitable quantities, in danger from soured foods, from unclean bottles, from careless nurses, from injudicious friends. To be pitied is the mother who must pilot her darling through all the dangers which will beset him because of artificial feeding. The concensus of opinion now is that cow's milk is the best substitute for nature's food, and physicians are now no longer decided advocates of "one cow's milk," as formerly. Milk from a well-kept herd of cows is surer of maintaining an unvarying consistency than that of one cow. As cows' milk tends to coagulate in large curds, water must be added, but as this lessens the fat and sugar, cream becomes an important addition for fat, and sugar of milk for sweetness.

Lime water, one part to three of milk, may be added to prevent formation of large curds. The proper dilution of cows' milk for the newborn baby should be three parts of water to one of milk, gradually increasing the milk until at four months a healthy child may thrive on equal parts of milk and water. Pure milk will probably not be well borne under a year. If we remember that the child's stomach during the first six weeks will hold comfortably about one and a half ounces, two and a half ounces at three months, and four and a

half to five ounces from the third to the tenth month, we will be able to judge whether he is being fed judiciously or not. No matter what the amount of food, if the child vomits soon after eating, it is evidence that he is being overfed. The vigor of the child, his increase or loss in weight, and other symptoms, must be constantly borne in mind and the diet varied accordingly.

The question of nursing bottles is one of importance. All complicated arrangements should be avoided, and if a bottle is used, let it be of the simplest. It is well to have two, and a supply of nipples, and let one soak in water impregnated with bicarbonate of soda while the other is being used. Many physicians advocate teaching a child to eat from a spoon from the very outset, as it does away with the trouble of weaning from the bottle.

A word as to the diet of nursing mothers may not be amiss. The milk glands secrete milk from the blood, and the quantity is increased or lessened by the amount of water which is taken into the system. Teas or malt liquors are of use only in proportion to the water they contain, and their other constituents are injurious. Meals should be regularly taken, and the quality of milk will be affected by the quality of food. The simpler and more wholesome the diet of the mother, the better will be her milk. Indigestible food will affect the child by vitiating the mother's blood and thus causing a deterioration in the quality of the milk secreted. Simple food, pure air, and a serene mind in the mother, are the best creators of healthful food for the baby.—*Advance*.

THE CONDITION OF MOTHERS—ITS EFFECT ON NURSING CHILDREN.

BY S. WILSON, M. D.

THE food and drinks of nursing women are no less important than the food given to the child, as it draws its supplies from her, and as the quantity and quality of her milk depend on her mental and physical condition.

The diet of nursing women should consist of wholesome, nutritious food, plainly cooked, in moderate quantity. It should be mainly nourishing soups, milk, rice, bread of unbolted flour or corn meal, ripe fruits, beef, mutton, etc., excluding highly-seasoned dishes, rich gravies, fat pork, pastries, acid and unripe fruits, pickles, and, in short,

all highly stimulating and indigestible food and drinks.

The food should not only be of the proper kind, but also reasonably moderate in quantity.

It is a great mistake of nursing mothers to think that they must eat meat in large quantities, drink beer, and indulge in what they consider strong food, under the idea that they "have to eat for two."

In the first place, meat is by no means the most nourishing food, corn bread and unbolted or whole-wheat bread being much more so. In the second place, it is only the food that is digested and taken up into the blood that goes to nourish mother or child; and all that is not digested oppresses the mother's stomach and impairs her health in many other ways; and thus is the milk secretion impaired in quality or diminished in quantity, jeopardizing the health and life of the nursing.

As a general rule, vegetables, with such breads as I have mentioned, should be the principal diet of nursing women, as of all others who do not take active exercise. But unless the mother's digestion is very good, such vegetables as peas, potatoes, turnips, etc., should not be freely indulged in if they cause flatulency, colic pains, or other symptoms of indigestion.

The drinks of nursing women should be pure, simple water, chocolate if it agrees, hot water, tea and milk, which is both food and drink. In some cases where the secretion of milk is very scant, coffee may be used to increase it. But the common practice of resorting to coffee, tea, wines, cordials, beer, ale, and all kinds of stimulating drinks, because a woman is nursing, is ruinous to the health of the mother and child.

Many, perhaps most, drugs pass unchanged into the blood, and from the blood through the milk and other glands. In this way the milk may be affected by almost any medicine, and especially by opiates and alcoholic stimulants, acting on the nursing in the same way as if poured into its mouth. Fortunately, much of the medicine taken by mothers is disseminated through other channels beside the milk glands, and its virulence may be considerably diminished in the rounds of the circulation; but the fact that many drugs mingle with the milk secretion should make mothers very careful in taking medicines unless prescribed by a physician. It is better to so live as to make drugging unnecessary than to saturate your blood with drugs that are destructive to your child.—*Woman's Work*.



BLESSINGS OF THE YEAR.

THE grain is garnered in,
 The apples ripe are stored,
 The yellow pumpkins gleam among
 The farmer's treasured hoard.

The earth is brown and bare
 That once was green and gay;
 Where regal autumn charmed the eye
 Dead leaves bestrew the way.

Though clouds be dark o'erhead,
 With wind and unshed rain,
 The good which once has crowned the earth
 Will make it bloom again.

Then let us thank our God
 For springtime soft and fair—
 For April rain and May-day sun,
 And June's delicious air;

For July showers and heat,
 For dreamy August haze,
 For cool September's purple field,
 For glad October days;

For dull November skies,
 And barns with harvest filled,
 We thank thee, Lord, who richly blessed
 The land thy servants tilled.

The year to come is thine;
 Thou knowest what will be;
 Send rain and dew, and wind and sun,
 As seemeth best to thee.

—Herald of Peace.

THE DINING ROOM.

I ONCE read of the wife of a noted man who was poor and struggling, making this remark: "If our guests do not like the way our beans are seasoned, they do not come again; if they like us better than the beans, they come often."

A very severe test of friendship that, and yet a very good one. Surely no one, in these days, who has good health, and who managés well, need set a poor table. But, if sickness in the family has

caused the doctor's bill to assume gigantic proportions, or if misfortune has stepped athwart your threshold, do not let it make you a misanthrope, but, with cheery face and a hearty hand clasp, bid your friends welcome, and set before them the best-seasoned "beans" that you have.

Have you not visited in homes where the rooms were elegantly furnished; where the table was laid with choice silver, and china, and crystal; where the cake was excellent, and yet everything seemed stiff and stilted, and you felt ill at ease, and longed to be through with it. Ah, the home atmosphere of that grand establishment was at fault? If you would have your friends enjoy their visits with you, be your true self.

And when you return these visits, don't be overfastidious,—don't cut your peas in two, or swallow your cherry seeds. I once heard a minister tell of a young lady at a party who was conversing with him when the refreshments were passed. As cherries came, she exclaimed delightedly, "Ah, cherries! they are my favorite fruit!" Then she took out—one cherry and ate it. The minister said he knew that if she had been behind the door she could have eaten half the dishful.

Never put dark paper on your dining-room walls. It may be cheap, but it need not be gloomy-looking paper. One of the brightest, cheeriest rooms of the whole house ought to be chosen for the dining room. Pictures of fruits, and flowers, and game upon the walls need not be expensive, though nice. When the State Horticultural Society of Missouri held one of its sessions in our little city, one of the loveliest fruit pictures I have seen was a large one on the wall, owned by some member of the society. I have seen many fruit medleys, but none like that. It consisted of pictures of fruits, vegetables, and flowers, arranged in an artistic manner. They had been cut from catalogues and fruit cans, and even the frame was

covered with them. A pine frame could thus be used, and the cost would be very little, while a fruit picture thus made would grace any dining room.

If one has a south window in the dining room, one can have it filled with growing plants and flowers, and what is more cheerful company, aside from a sunny human face, than these sweet flower faces that fill the room with fragrance?

If one has plenty of flowers indoors, throughout the winter, the table can be made to "blossom as the rose," and in summer there is, surely, no need for any flower lover to let her table go undecorated.

Is it not good taste to dispense with such things as give a heavy air to the table? Overcrowding should be avoided, both in dishes and edibles. Not how much we can have, but how well it can be cooked and served, should be our first thought in preparing a meal. One can have snowy linen, shining glassware, and sweet flowers for the table, if one does have to dispense with costly china and silverware.

If "John" occasionally brings home a friend, or other unexpected company arrives at the "eleventh hour," let us not get in a "stew" about it, but do the very best we can under the circumstances. Greet our friends cordially, put down an extra plate or plates, as occasion requires, and, with a genuine smile, proceed to make our guests feel at home. We need not offer any excuses, for our friends will know that we have done our best, and will respect us accordingly.—*Housekeeper.*

THE HYGIENE OF THE HOME.

THE first consideration of the home should be in reference to its healthfulness. It is only by a due attention to particulars that the household is maintained at its best, and this includes not only the indoor arrangements, but the immediate outdoor surroundings. That "order is heaven's first law" has passed into a proverb, and order embraces fitness, arrangement, simplicity, and, above all, neatness. It should begin with the cellar and end nowhere. Too often is it the case that certain unfrequented rooms, especially those below ground and under roof, are quite overlooked on the occasion of periodical house cleanings, and yet the air of the living rooms is made foul by emanations of decayed vegetables from below, and the

accumulated dust of the lumber garret is a standing invitation to the pestiferous microbe.

In populous cities the drain pipes and sewers are a prolific source of disease, to repel which even the most efficient safeguards are incomplete, but much is gained to health by keeping the run clear of obstruction, with an occasional flushing, with the addition of lime, soda, or salt to hot water.

The back yard, however ample or contracted, should never be used as the depository of rubbish. On moving or clearing-out days we look upon the dusty pile of worn-out and utterly useless truck brought to light, and wonder where it all came from. Not one thing of all is worth saving or carrying away, and the whole obtruding collection of good-for-nothings should have been long before discarded from the family storehouse.

We are apt to be too indifferent in respect to the environments of our country homes, which are not accessible to any general system of sewage. All waste water should be carried a considerable distance from the house, and never suffered to stagnate in the open air. For want of better means, it is customary to lead it in drain pipes to a covered cesspool, but this method, oft-times the most convenient and economical, is a continual menace to healthfulness, for the neighboring earth soon becomes saturated and sends off its inordinate moisture in poisonous exhalations from the surface. If the water supply is from a well, it should be located beyond the possible impregnation of objectionable deposits. We have in mind the corruption of well water—in one instance by a cow yard, and in another by a petroleum refinery, located at a distance of a hundred feet or more. The trouble may be years in manifesting itself, but it is sure to come in time. Open wells in frequent use are preferable to closed ones, inasmuch as they have the advantage of continual fresh-air purification. The needful appurtenances of a country home are a series of outbuildings, including a stable, cow shed, henhouse, etc. While these should be conveniently accessible from the dwelling, they should never be suffered to encroach upon its sanitary requirements. Good health is the foremost consideration, and nothing should be allowed to stand in the way of it. In this regard a great responsibility rests upon parents, which the exercise of prudence and sound common sense will wisely meet and gratefully fulfill.—*Hall's Journal of Health.*

TO REMOVE STAINS.

To remove paint stains from linen, moisten the stained places with a little water, then hold them over a lighted brimstone match in such a way that they catch the fumes without burning. The stains will yield to the fumes, and may be washed out. Avoid soap before the remedy is applied.

Hot sweet milk will also remove fruit stains if used before soap is applied.

To take out stains of acids, fruits, etc., rub the place, each side, with yellow soap; then lay on a paste of starch made with cold water, rub it in, and bleach the linen in the sun till the stain comes out. Scorches may be removed from linen by spreading over them the following mixture: Juice pressed from two onions, half an ounce of white soap, two ounces of fuller's earth, and half a pint of vinegar; mix and boil well. Let it get cold before using it.

Stains and Grease, to Remove from a Carpet.—A mixture which is excellent for removing grease spots and stains from carpets and clothing, is made from two ounces of ammonia, two ounces of white castile soap, one ounce of glycerine, one ounce of ether; cut the soap fine, dissolve in one pint of water over the fire, add two quarts of water. This should be mixed with water in the proportion of a tea; other spots in silk are to be rubbed gently with a linen rag dipped in this mixture.

Stains on Silver Plate, to Remove.—It frequently happens that, from long neglect, plate becomes so stained and spotted that it cannot be immediately restored by any of the usual plate powders. Whenever this occurs, mix one part of sal ammoniac with sixteen parts of vinegar. Rub the stains or spots gently with the mixture; they will soon disappear. The plate should then be well washed in soap and water.—*Mail and Express.*

INK STAINS.—To remove ink stains from rosewood, mahogany, or black walnut furniture, with six or eight drops of niter mix twice that quantity of water. Dip a feather in the mixture and apply to the stain. Then rub with a cloth dipped in cold water, or a white spot will be left. To remove ink stains from paper, dissolve quarter of a pound of chloride of lime in a quart of soft water; after standing twenty-four hours, strain through a clean cloth. To an ounce of the lime water, add a teaspoonful of acetic acid, and apply to the blot. Dry with blotting paper. Bottle the remainder for use.

QUERIES.

ANSWERED BY DR. W. P. BURKE.

THE BABY.—We are asked what food to feed the baby. You should nurse the baby. Don't say you have not milk enough for it when the truth is you don't want to nurse the baby. Go to your physician, get directions by which your supply of milk will be increased and enriched. Nowadays patented foods by the score are vaunted. Anything is sought for food but that which was designed for the child by the Creator.

We find that maternity comes to many as an unwelcome and annoying accident, and they shift the little outcast over to the care of hirelings as soon as possible. They have forgotten that maternity should be accompanied by maternal love.

These remarks are not for those who cannot, for good reasons, nurse their babies, but for many who can, but will not.

ELECTRICITY.—We have had so many letters asking us what battery we would recommend them to get, and how to use it, after giving symptoms, etc. We are always glad to advise patients to do all for themselves possible, but I am sure medical electricity requires a philosophical mind, and this mind well trained, to master what little is known of this agent in therapeutics. It requires a great deal of patient practice to master its details, and for these reasons I cannot recommend its use to the novice.

FETOR OF THE FEET.—A subscriber wants a remedy. We say, Keep the feet clean. Change socks every day. Wash the feet in cold water every night, and rub them dry (don't forget to rub between the toes), say about ten or fifteen minutes. Afterward bathe with a saturated alcoholic solution of benzoic acid. You will be paid for your trouble.

"DR. HALL'S" TREATMENT.—We are asked what this treatment is. It is simply injection of large quantities of warm water into the bowel daily. He charges \$4.00 for tickets on this *Water Route*, with a contract to allow no neighbor to see your ticket. Indeed, he considers the rectum the hub of the human body, the sun of the solar system of man, the head of all the ills and benefits of mankind. Please send to Dr. J. H. Kellogg, Battle Creek, Mich., or to Rural

Health Retreat, Cal., for leaflets telling you how to use injections of water. Inclose a one or two-cent stamp.

THE PHYSICAL ACTION OF ODORS.

THE direct action of odors on the nervous centers is a subject worthy of careful research and study. Goethe had a strong dislike to the odor of apples; Schiller liked the odor. Some persons are made absolutely ill by the odor of onions that are being cooked, whilst other persons rather like it. The odor of the lily has a most potent effect in many instances, and I believe there is no person on whom it does not produce a sense of depression and nausea; I have known it to cause positive faintness. I am myself always disagreeably affected by the odor of carbolic acid, and can never remain many minutes in a room where a trace of it prevails. In cases where the effect of an odor is instantaneous, it is fair to suppose that the impression made on the olfactory surface is transmitted direct to the olfactory center of the brain; but there must also, in certain examples, be a further transmission to the sympathetic ganglia.

The central seat of the olfactory sense must be very near to the central seat of memory, for it is noticeable that nothing recalls a past event like an odor. A little child was accidentally thrown out of a pony carriage in a country lane. Near the spot where the fall took place there was a manure heap, which gave forth the peculiar, dry, ammoniacal odor so often recognizable from such heaps, an odor distinctive, yet not altogether unpleasant. The child was stunned by the fall, and, on recovering and returning to consciousness, smelt this odor powerfully. Over fifty years have elapsed since that little mishap, and yet whenever the person referred to passes, in country lanes, a heap giving out the same odor, the whole scene of the accident recurs, with every detail perfect, and sometimes with a recurrence of the giddiness and nausea which were experienced at the moment.

In some of the lower animals, memory by odors is often singularly exhibited. In the dog the memory by odor seems a special part of the nature of the animal. The "scent" of the fox hound and of the stag hound is of this character. In the trained collie the remembrance of an object hidden, a stick, for instance, may be retained for three-quar-

ters of an hour so perfectly that the animal will fetch the object at command. But if the object be coated with something giving an odor which the animal is familiar with, the time is infinitely more prolonged.

Some odors lead to sleep, like the odor from dried hops; others lead to wakefulness, like the odor of dead flowers or leaves. Still others allow sleep, but provoke the most terrible dreams, like the odors arising from a pillow in which feathers are decomposing.

Habit modifies the effects of odor. Merciless smokers laugh at the "faddery" of women who become faint if a smoker charges the air they breathe in a confined space, a small room, or a railway carriage, and are ready to compare the objection of a lady unaccustomed to the odor from the pipe or cigar with the carelessness on the matter shown by another lady who has become accustomed to the effect. But if a smoker gives up smoking and all contact with smoke for a few years, he is astounded at the unpleasantness of an air charged with smoke when he is then inclosed in it. I was once summoned, professionally, to a youth who was temporarily poisoned by inhaling the atmosphere issuing out of a small window of a club-room in which a number of men were smoking freely. They, in the body of the smoke, were not perceptibly affected; he, partly in the open air, was positively smitten to faintness by the impoisoned current from the room which flowed out of the window, and is still affected whenever he comes within the cloud of a pipe.—*Asclepiad.*

IN cases of chronic bronchitis with difficult breathing and scanty expectoration, the use of banana juice has been highly praised. The juice is prepared by cutting up the bananas in small pieces and putting them, with plenty of sugar, in a closed glass jar. The latter is then placed in cold water, which is gradually made to boil. When the boiling-point is reached, the process is complete. Of the syrup so made a teaspoonful every hour is the proper dose.—*Sel.*

Stains of Ink on Books and Engravings.—They may be removed by applying a solution of oxalic acid, citric acid, or tartaric acid, upon the paper without fear of damage. These acids take out writing ink, but do not interfere with the printing.



THE NEW STREET SWEEPER.

BY GEORGE TOWNER.

It is not the starving girl, with fingers bony and blue,
Who sees the gleam of gold in a penny's coppery hue;
It is not the wrinkled crone, hardened to misery's doom,
Who could ride on a witch's jaunt by mounting her worn-out broom;

It is not the huge machine, with clank of its iron rhyme,
That murders your sleep serene, and strangles the steeple's chime;

'Tis a queen of form so fair that a colder heart might deign
To kiss in a rapture sweet the hem of her regal train.

But I pause in wonder mute to see that queenly train
Sweep through the dust that clings, and drag through mires
that stain,

Careless of costly lace, reckless of sheen that shines
From the rich brocade that weaves suggestive sinuous lines.

I think of the fable traced by poets in myths of old,—
A sorceress fair to the waist, and below a snake unrolled;
And I fear the legend is true, as I look on her forehead
pale,

For the woman I dreamed I knew leaves behind her a serpent's trail,
—*The Century.*

FASHION.

FASHION rules the world, taxes without reason, and collects without mercy. She has a fascinating power, ready to criticise, and ridicules all those who do not follow in her ways.

Satan, the prime mover in the ways of fashion, seems to be busy offering something new that will prove to be an injury to moral and physical health. He triumphs that his devices succeed so well.

We see the world spending their thoughts in vain amusements and dress, and even so among professed Christians, while the culture of the body and mind are neglected. When women make the customs of the world their criterion, they become unfitted both mentally and physically for the duties of life, and many are led to ruin by self-adorn-

ment. Many have ruined themselves by trying to follow the customs of dress in wearing corsets too tight to take a full inspiration. If they are mothers, they rob their children of their needed vitality. If the waist is compressed, circulation of the blood becomes impeded and the internal organs cramped and crowded out of place so they cannot perform their work properly. It is impossible to take a full inspiration under such circumstances. If woman could understand the necessity of *absolutely dressing* the waist free from pressure or constriction, so the blood could have free movements through the veins and arteries, their clothing would be worn so loose that it would not hinder free movement of the muscles concerned in breathing.

How important and necessary it is that perfect ease and freedom of movement be allowed all parts of the body. The arms, shoulders, legs, and body generally should be dressed so loosely that free movement will not be prevented with a feeling of discomfort. The perfection in dress is reached when the wearer feels easy, natural, and neat in appearance. Here we mention another error in the dress of woman, the wearing of skirts so that the weight is wholly sustained by the hips alone. The heavy weight presses the bowels, drags them downward, causing weakness of the stomach and female organs. It tends to cramp the lungs, preventing their proper action, therefore impure blood is the result, and health and beauty are gone.

Every woman who values her health should avoid the weight from the hips; the shoulders should bear this weight. This will go far to prevent the weaknesses which are so prevalent among women of fashion. Perfect health means perfect circulation; therefore the limbs should be properly clothed, the feet protected from damp and cold.

True dress reform means reform in every article of clothing. If ladies of this day and age would lay off their fashionable clothing and dress themselves to enjoy outdoor exercise in the open air, increasing the exercise as they can endure it, many might recover health, beauty, and live out their full measure of days to bless the world with their example and work. God's will is not that men and women should die, leaving their work unfinished, but to bring habits of life in conformity with the laws of their being, and to live in obedience with the moral and physical requirements of God.—*Sel.*

FASHION A MENTAL STANDARD.

THE corset, the bustle, the hoop, together with stiff hats and bonnets, should at once be consigned to their inevitable doom, and do penance in the relentless manipulation of the boy's pet goat. And as for the man who invented starch, where shall we find a place bad enough for him? Where are the scales big enough to weigh the pain, the grief, the soul-corroding effects of these things? Fashion is a sort of criterion by which we may know the mental state of the people; as the weathercock above a house indicates which way the wind blows, likewise do fashions express the sentiment of the people. So when the fashions are adopted regardless of any merit they possess from a utility or moral standpoint, we may know that the minds of our people could to their own and country's advantage undergo a mental house cleaning, and be refurnished with something less shoddy. Would people eat and drink and dress for utility, and not for fashion, want and misery would be unknown.—*Sel.*

THE EFFECTS OF TIGHT LACING.

THE *Monitor*, in commenting upon the labor of a scientific physician who has been experimenting as to the effects of tight lacing upon monkeys, suggests that the gentleman need not have been at so great trouble, since the world witnesses every day upon the streets the effects of tight lacing upon monkeys.

GOOD thoughts are blessed guests, and should be heartily welcomed, well fed, and much sought after. Like rose leaves, they give out a sweet smell if laid up in the jar of memory.—*Spurgeon.*

Publishers' Department.

GO ON!

WE now set our faces against the conflicts of another year. The year just passed we have fought disease by trying to give instruction to prevent it, believing prevention is better than cure. Do our readers think they have read and applied the advice which has been given from time to time in the pages of this JOURNAL? Have you studied it as you should? Let it be your ambition to become well acquainted with the laws of health, not alone for your own good, but for those with whom you may be associated. This is certainly a worthy ambition. But you say, "It is too hard to carry out these instructions." True, perhaps, but is it not harder and more serious to be sick? If you only do that which is easy, you will never do much that is worth doing. When you climb the hill, you have a more perfect view of the valley below. Some day there will be a true science in eating and drinking. See what you can do this year to help it along. Concentrate your thoughts and energies upon this one thing until you have the natural way. When you have achieved or discovered something, tell the fact to your neighbor for his good, with the advice to tell others of it, and thereby benefit more than yourself. To all who take an interest in the important work of benefiting the suffering, sorrowing one, we send a cordial New Year's Greeting.

MEMBERSHIP in the American Pharmaceutical Association is obtained only by election at the annual meeting. Every pharmacist and druggist of good moral and professional standing, whether in business on his own account, retired from business, or employed by another, and those teachers of pharmacy, chemistry, and botany who may be specially interested in pharmacy and materia medica, are eligible for membership. For blank application and further information, address Dr. H. M. Whelpley, 2729 Washington Avenue, St. Louis, Mo., chairman of Committee on Membership.

A VERY handy device for practical use on the desk of an editor or any business man is the Columbia Daily Calendar for 1892. The calendar is in the form of a pad containing 367 leaves, each $5\frac{1}{2} \times 2\frac{3}{4}$ inches; and each slip bears a short paragraph pertaining to cycling or some kindred subject, and at the bottom of each leaf is a blank for memoranda. The stand is an entirely new departure, being made of sheet metal finished in ivory black, and is very compact. This is the seventh issue of this now well-known calendar, issued by the Pope Manufacturing Co., Boston, New York, and Chicago.

WE have received the "Transactions of the Thirty-fourth Annual Session of the Medical Association of the State of Missouri," held at Excelsior Springs, Mo., May 19, 1890. It contains a list of officers, committees, etc., with the essays read at the session. Corresponding secretary, John H. Duncan, M. D., Kansas City.

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THE PROBLEM OF AERIAL NAVIGATION.

IN the absence of any governmental or concerted effort, the *Cosmopolitan Magazine* has determined to attempt the solution of the problem of aerial navigation, and under its direction a series of experiments will be made, which it is hoped will be brought to a satisfactory conclusion.

Unquestionably, the greatest mechanical problem unsolved is that of aerial navigation. When one considers the far-reaching effect which it would have upon the civilization of the age, and the benefits which would accrue to mankind, the wonder is that the affair has not been ere this seriously studied by some of the governments of the world. The *Cosmopolitan* does not enter lightly upon the undertaking. A portion of the plans to be put into execution were submitted to the French Government by a member of the *Cosmopolitan* staff, as long ago as 1867. There are undoubtedly great difficulties in the way, but the attempt will be steadfastly pursued by the *Cosmopolitan*, under the direction of the ablest scientists whose aid can be obtained, until success is secured, even if it has to be carried on through a series of years.

No patents will be applied for as the result of inventions made. If success crowns the work, the result will belong to the public.

Mr. Thomas A. Edison, in response to an offer by the *Cosmopolitan* of \$100 per hour for services in consultation, said: "This matter is of so great interest to the public that I freely give my services without pay—and the use of my laboratory too, if you need it for experiments." The services of Professor King, of Philadelphia, who has made more than three hundred ascensions and is recognized as the most experienced living aeronaut, have been engaged as adviser in practical aeronautics. The supervision of the engineering work and mechanical construction has been intrusted to Captain Lewis M. Haupt, late of the engineer corps of the U. S. Army, now professor of engineering University of Pennsylvania.

Plans and suggestions will gladly be welcomed from all sources, and due credit given for ideas utilized.

The *Cosmopolitan* offers \$500 in prizes for three essays upon aerial navigation:—

1. Two hundred and fifty dollars for the most valuable paper suggesting the best methods of accomplishing the navigation of the air.
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The papers to be in the possession of the *Cosmopolitan* before February 1, 1892.

[See full-page advertisement of *Cosmopolitan Magazine* in this issue of the HEALTH JOURNAL.]—S. el.

OUR thanks are hereby expressed to Dr. G. W. H. Kemper, of Muncie, Ind., ex-president of the Indiana State Medical Society, who sends us a report of "One Thousand Cases of Labor, and Their Lessons," a very interesting little pamphlet, giving the summary of a carefully-kept record of twenty-five years' practice.

THE thirty-sixth annual announcement of the Kentucky School of Medicine has been received. Catalogue may be obtained by addressing William H. Wathen, M. D., Dean of the Faculty, "The Fonda," Fourth Avenue, Louisville, Ky.

Lippincott's Magazine for January contains an interesting article on the "Editor-in-Chief," by Col. A. K. McClure; and another, "The Decline of Politeness," a reform which, the writer, Amelia E. Barr, contends, must come from the women.

THROUGH the courtesy of the postmaster general, Hon. John Wanamaker, we have received a copy of the annual report of the postmaster general of the United States for the fiscal year ending June 30, 1891. The report shows that the annual deficit in the finances of the department is gradually disappearing. The increase in revenue the last year was \$5,000,000, notwithstanding a loss of \$1,000,000 on the transportation of lottery mail. The postmaster general recommends postal telephone as well as postal telegraph. The need of these may be seen when it is understood that the average distance of the post offices on the Pacific slope from the nearest telegraph offices is thirteen miles. Postal savings banks and one-cent postage are also recommended.

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