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## Pacific Health Journal.

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**M. C. WILCOX,** - - - **Editor.**

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

WE wish to call the attention of our readers to some of the special features of interest in this month's JOURNAL. First, we wish them to notice the descriptive articles with reference to the Rural Health Retreat, near St. Helena. This institution is also known as Crystal Springs Medical and Surgical Sanitarium. It exists for the purpose of assisting nature to heal the ills to which flesh is subject, in the most natural, approved, scientific, and, hence, best manner possible. In other words, it puts into practice what this journal inculcates in principle. We design to make the PACIFIC HEALTH JOURNAL a messenger of light and health to many homes, as well as a sentinel to warn against the dread foe, disease. But there are many who need experienced minds to guide in the direction of restoration to health. Others are so far along in disease that no rules and directions are likely to benefit them, as they cannot carry these rules out themselves, and they have no experienced help to do it for them, nor have they the necessary apparatus to give proper treatment to assist nature.

They, with many others also, would like to see the principles we advocate in practical operation. To all such, and to all who seek rest, recuperation, and health, we commend the Medical and Surgical Sanitarium of Crystal Springs, near St. Helena. It has proved, indeed, a health retreat to many. At any rate, read what is said in this issue of its good qualities. It is not a money-making enterprise. All profits are used in the enlargement of the institution.

OUR readers will notice that we are giving them more reading matter this month than usual. Considerable space is taken up with matters relating to the sanitarium, as noticed before, but we are sure that these descriptions will inform many of our readers of just what they would like to know. In addition to these features we commend to our readers the articles from the pens of the Doctors Maxson and Dr. Sanderson whom we introduce to our readers for the first time. I am sure that the promise which all these articles give of more to follow will be appreciated.

WE wish to notice one article, the importance of which may be easily overlooked, and that Dr. W. H. Maxson's article on "Fomentations." Of the doctor's qualifications to write on the subject we have no question. We do not mean by this that we question his ability in other directions. But we have had demonstrated to our sensitive cuticle that the doctor knows how to give fomentations so as to get results, for did not a severe attack of influenza and neuralgia almost immediately relax and take up their *grippe* and leave for some other victim, because of the beneficial influences of fomentations and hot packs given by Dr. Maxson?

WE did not, however, specially design to mention ourselves nor the affliction of fomentation, grievous for the present, oftentimes, but, nevertheless, profitable for working out, by assisting nature, the fruits of health. Notice, too, what is said in regard to the requisite qualities of a fomentation. We recall an instance in our own experience of some years ago in the city of Exeter, England. While engaged there with a dear friend, a minister of the gospel, he fell sick with an attack of pneumonia. He took some medicine of a physician who was highly recommended, but, like the woman of Scripture, he "was nothing bettered, but rather grew worse." The case demanded immediate attention. We called on our landlady for hot water and cloths suitable for fomentations. Willing, what she did was done heartily. She sent up to the third story from the kitchen a heavy earthen wash basin in which a quart or two of hot water had been poured. But, the vessel being cold when the water was poured in, by the time it reached us, it was of a delightfully moderate temperature. Of course the good woman did the best she knew how, and as well as four-fifths of the people would do at the present time. We soon procured boiling water, and gave more thorough treatment, and in a few days, by the blessing of God, the congestion of the lung was relieved, and our friend was able to pursue his labor. There is a wonderful power in wisely-directed and thoroughly-applied fomentations.

IN our issue of March there appeared an article entitled "Thanksgiving Day and Hostetter's Bitters." It was published without any thought that there was in it anything which would hurt the feelings of any individual, but solely from the point aimed at by the writer. We would do no injustice to either the living or the dead; in fact, we would rather not even attempt to do justice on the side of condemnation, but rather show mercy and pity, leaving all in the hands of the Just One.

EDWARD EMMONS, known as the "ossified" or "bone" man, died of *la grippe*, the 19th ult. For years he outwardly has been practically turned to bone. The only motion visible was a slight heaving of the chest. He took a little nourishment, though he could not move his lips. Although he could hear and talk, he was totally blind; the lids of his eyes were sealed and hard as the rest of his body. He was intelligent, however, and knew all

that was passing around him, though he could feel nothing, and was to all appearance dead. Neglected by his relatives at first, he was taken by a showman and kindly cared for and made profitable. His relatives then tried to gain possession of him several times. On the last occasion he appeared in court against them himself, carried there by his manager, and defeated them. It has been a most remarkable case.

IN East Millstone, Maine, lives an old lady who is in her one hundred and fourth year, and is hale and hearty. She attributes her longevity and good physical condition to the fact that she never wore corsets. At the party which celebrated her one hundred and third birthday, some months ago, she was among the liveliest and most sociable of the party, says the report. On that occasion she did not hesitate to make it known that her disobedience of fashionable decrees, and especially that which ordains the corset, was the cause of her hale old age. "If our girls would abandon the corset," said she, "they would live longer and be healthier. I always hated corsets, and would never wear them." She was married in 1810, and gave birth to eight children during the fifty-five years of her married life. She expects to live to be one hundred and twenty-five. She is a sensible woman. True, many of the women of those days knew nothing of dumb-bells or Indian clubs, but they did go to excess in some things. It was common for one to milk ten to fifteen cows, and care for a whole family of six to twelve, with no extra help, and many other things they did which would have wilted our domestic lilies of to-day. They weren't so refined, possibly, nor did they know so much about politics, but they were devoted wives, excellent housekeepers, and good mothers, for the lack of which the nation is groaning to-day. For how much of this is the corset responsible?

DR. D. HAYES AGNEW, the celebrated surgeon who attended President Garfield when shot by Guiteau, died at Philadelphia, March 22. He performed all the operations in search of the fatal bullet. He was one of the most successful and daring surgeons this country ever produced. He has probably contributed more to the strides made by surgical science in the past thirty years than any surgeon in America. He was regarded with marked respect and veneration in Europe, and his textbooks had been translated into half a dozen lan-

gages. He was born in Lancaster County, Pa., in 1818.

THE recipes furnished by Mrs. McClure are her own experiments, and have been thoroughly tested by her before publishing. We know they will be liked by our lady readers.

WHAT do you think of this number of the HEALTH JOURNAL? How do you like it? Future numbers will be better still. Dr. Sanderson's article on the human body and its most important parts will be continued throughout the year. With these papers, description of the various organs of the body, their uses and functions, will appear other articles on the most common diseases to which the organ is subject, with such instruction in the way of prevention and treatment as will be invaluable to our readers. Now is the time for the friends of the JOURNAL to increase its circulation. M. C. W.

#### HOW TO GIVE FOMENTATIONS.

THE question is often asked: "How shall we give fomentations?"

That the *modus operandi* of giving fomentations is very little understood by the masses is evident from the fact that often, when called to visit the rich, some member of the family will say, "We have given fomentations, and they don't seem to relieve the pain or do any good." Upon inquiry we find, as a rule, they have used a quart or two of water, a small cotton or flannel cloth, most often a common towel. No wonder they saw no physiological effect from their fomentations.

In order to properly give fomentations, the operator should have definitely in mind several conditions which are essential features of fomentations:—

First Heat sufficient to produce a decided physiological effect.

Second. Moisture.

Third. Time.

In chronic troubles, when fomentations are given daily, it is well to change the cloth from three to five times, covering a space of thirty minutes or more, and follow with cold applications, to produce reaction, given with a piece of ice wrapped in a napkin, and quickly passed over the surface, after which the patient should be dried and gently rubbed with a little oil.

If the fomentations are to be given for the re-

lief of pain, or to reduce inflammation, then they should be given assiduously and continuously until the desired effect is accomplished. Neither is it necessary to follow with a cold application, but dry and rub with oil gently.

The first requisite for good fomentations is good fomentation cloths—and much depends upon the cloths. In size they should be one-fourth that of an ordinary single blanket, and in texture invariably woolen. The one should be folded to present a thickness of six or eight ply, and may be folded so as to be long and narrow for the spine, or less long and wider, more applicable for the stomach or bowels. Plenty of boiling water is of great importance. A bucket of boiling water will serve to give a short fomentation, but too often the fomentation falls short of its best results simply from lack of sufficient hot water. The fomentation cloth, when folded in convenient shape, should be grasped at each end, and the center submerged in boiling water, and held there until thoroughly saturated. The ends being kept dry, the cloth can be wrung without injury to the hands. This, then, should be wrapped in a dry cloth, also of wool, and applied to the parts to be treated.

We expect the patient will writhe some, and exclaim, "You're burning me!" Then raise it for an instant, and pass the hand gently over the surface, and reapply, with the encouraging words, "We want the heat. Please bear as much as possible," and soon he or she will be able to tolerate all the heat that can be applied in this manner. If there is not sufficient hot water at hand, a very convenient method is to fold the fomentation cloth in the desired shape, and wring it from water, preferably hot, dampen a newspaper, and lay the folded cloth between its folds on a moderately hot stove, pressing it down with the hands until the hot steam is penetrating the cloth, when it is ready for use, and should be applied as when wrung from hot water. Care must be taken that the cloth and paper are kept sufficiently damp to avoid scorching.

Mothers, try the fomentations in preference to ginger tea, pain killer, wizard oil, soothing syrups, or paregoric. An experience will make fomentations an endearing household term.

W. H. M.

A MAN never knows how large the world is until he tries to travel on his fame.

## HOW TO TREAT A SPRAIN.

BY W. H. MAXSON, M. D.

PROBABLY among the lists of accidents the world over there are none so common as the strain. They are encountered on slippery walks, in skating, rowing, wrestling, working—in fact, in every walk in life. There is rarely a person that grows to the age of maturity without a greater or less experience with strains and sprains. They are often simple, and transient in their effects. The pain and stiffness subside, and that is apparently the last of them. But too often more unsatisfactory and lasting evil follows the strain than the simple fracture.

Fractures commonly occur in the shafts of the long bones, which simply require coaptation of the fragments, support with splints, with perfect quiet, and in time the fracture is well, having exhibited only local inflammation sufficient to produce healthy reparatory action in the bone. Not so, however, with some strains, which occur about the joints, especially those which complicate fractures about the ankle or wrist joints. These are generally far more serious than the fracture itself. Long after the direct injury from the fracture is practically well, the effects of the sprain remain as a continual reminder of the original trouble.

Sprains about the joints find more or less room in the surrounding cellular tissue for the extension of inflammation, and the consequent infiltration in the tendonous tissue by the very nature of the tissue itself often brings a long, sore trial to the sufferer. It is a tissue in which there is much resistance to inflammatory action, and the absorptive powers are so limited that recovery often extends over a long period of time, as the many chronic rheumatic joints well illustrate.

However, sprains are, as a rule, considered light and transitory ills, and are usually treated with indifference. Consequently, the results are far from satisfactory.

The simple application of household liniments with which every mother is perfectly familiar, is the rule, such as arnica, Pond's extract, alcohol, camphor, and other favorite domestic stand-bys. These generally meet the approbation of the doctor, if he chance to be called, probably because he does not know of anything better to be done, or because he does not care to be troubled with so slight a malady.

But if in addition to the home treatment, as is too often the case, the doctor puts up the sprained limb in a fixed apparatus, and endeavors to prevent all motion until the injury is well, he has done about as much injury, in addition to the original injury, as ought to be tolerated. By the time the first injury is well, because of the long-continued immobility of the joint, the inflammatory exudates infiltrated through the adjoining tissue have become more or less organized, as all such exudates do, and the muscles and tendons have become quite effectually bound together. Then follows—very likely with only partial success—the not very delightful task of breaking up these adhesions in order to restore proper motion to the joint, a work which inflicts strain after strain to undo the evil effects of the treatment. This, I think, fairly represents the current treatment of sprains, and this continues generation after generation, notwithstanding examples of lifelong disability therefrom, simply from the fact that too little attention is paid to this most important subject. A fracture demands coaptation and perfect rest, perhaps for four or five weeks, while a sprain requires nearly the opposite treatment, certainly, at most, a brief rest and then motion, or, if very painful, after a few days' rest, passive movements should be insisted upon, though they be very slight at first.

But first, and above all in importance, is the adoption of those measures that will materially assist nature in arresting the inflammation and disposing of the troublesome exudates which always follow severe sprains, or, rather, to prevent their formation as far as possible.

Immediately after the accident, and while there is a pronounced determination of blood to the part, it is best to wrap the sprained limb in a cold compress, with a view of depressing the circulation and abating, as far as possible, the inflammation.

The pronounced effect of the cold can best be obtained by a persistent use of the ice bag, or, if this is not at hand, use cold cloths wrung from ice water, and changed every few minutes, for it is the pronounced effect of the cold that will abate the inflammatory action and make convalescence a short period.

If, however, the pain is increased, and swelling continues, this treatment should be substituted by fomentation, in this stage the remedy *par excellence* in subduing inflammation, relieving pain,

restoring the circulation, and removing from the affected joint the exudates. There should be most thoroughly applied woolen cloths wrung from boiling water, medicated, if you choose; and these, if applied promptly and continuously for a long time, will give the best possible effect. By this we do not mean that it should be applied long enough only to give the primary effects, redness and congestion, but what is required is the secondary effect, such as is noticeable in the soaked hands of the washerwoman, the emptying of the capillaries, the depletion of the tissues.

If there is any question as to how long the fomentation should be continued, give the patient the benefit of the doubt, and apply them still longer. There is little danger of overdoing it, though continued for hours, or even days.

At the earliest moment advisable, usually within three or four days, according to the gravity of the injury, as soon, anyway, as the acute inflammation subsides, passive motion, with friction or massage, should be administered. This should be done with a degree of gentleness, but at the same time with a positiveness that indicates a well-defined purpose in its employment—that of securing early rather than eventually the proper motion of the part.

There should be no fear or timidity in simple strains in bringing the parts into early active use. In those more chronic cases, when the exudates are more or less organized, a systematic daily use of fomentation for a long period of time will be found of great service, but this treatment should be seconded by a daily kneading, or manipulation of the part with a decided stroking and compression of the parts upward, with the view of squeezing the morbid material into the general circulation. This is often attended with the best results, not infrequently diminishing the deformed joint to nearly its normal size, and as the exudates and adhesions are gradually removed, the pain and soreness proportionally disappear. It is well to use oil not sparingly in manipulating the joint, and after the manipulation, the part should be incased in a closely-fitting flannel bandage.

The Faradic current of electricity can also be used with profit, especially in the more obstinate cases. This I consider the best method of treating sprains, and it will usually effectually reduce even very chronic and troublesome cases. It

aims to do intelligently, definitely, and positively the right thing in the right place, and, as a rule, is followed by excellent results. The let-alone, or expectant plan of treatment, in these cases is often a most mischievous one.

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### QUERIES.

ANSWERED BY W. H. MAXSON, M. D.

#### DIABETES.

“I HAVE diabetes; what shall I eat?”

Much care should be exercised in selecting food in diabetes. The diet should consist of that class of foods as free from sugar and starch as possible. Starchy foods, if taken, are transferred into sugar and pass into the general circulation, there producing much distress and general irritation, great thirst, dry skin, and derangement of the functions of the body generally. If the diet consists of those articles free from starch, all or nearly all the distressing symptoms disappear, and the patient will at least be comfortable, sensibly, for years. The diet should embrace meat, eggs, milk, bran mush, or bread made from bran that has been washed. The bran may be thoroughly dried and pulverized, and then made into gems. Gluten flour, if washed free from starch, and then made into gems, is often very palatable.

Some of the coarsest kinds of vegetables will often be borne without increasing the symptoms. Buttermilk and koumiss are usually well borne. We have also found flaxseed tea to be of very great service in some cases.

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#### SOLUTION FOR CATARRH.

One asks, “What is the best cleansing solution for catarrh?”

The cleansing solution that we quite generally use is the following: Common salt, borax, and baking soda, a teaspoonful of each to the pint of water. The best way to use the solution is with a common spray. It, however, may be snuffed *ad libitum*.

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#### A HAIR TONIC.

Another writes: “My hair is falling out. Can you give me a prescription to stop it?”

Yes, very likely the following will be of service: Common table salt, one-half teaspoonful; quinine, a teaspoonful. Put quinine in glass, add a few drops of lemon juice. Then add one-half

pint hot water. Slowly add to this one-half pint of bay rum, and shake well. A few drops of oil of rose may be added if desirable. This should be applied daily with rubbing, with, preferably, a stiff hair brush.

#### AN EYE DIFFICULTY.

"Can you tell me what the matter is with one of my eyes? An image is formed a few inches in front of it about the size of a mosquito, and moves when the eye moves. Eyesight somewhat impaired in consequence of it?"

The eye is a complicated organ and composed of many parts, a disease of any one of which impairs the vision to a greater or less extent. The greater portion of visual troubles are shown in indistinctness and blurring of vision, which may be wholly due to a derangement of the accommodating powers of the eye. A double image in the same eye comes from a defective refraction, and is due to some irregularity of one of the lenses of the eye, either the crystalline lens or the cornea. The size and shape the false image takes are determined by the character and extent of the defect. This is termed "polyopia." Just where the defect lies, and to what extent, must be left to the specialist.

#### MACARONI—IS IT HEALTHFUL?

"Is macaroni healthy? and of what is it composed?"

Yes, macaroni is a healthful article of diet. It is a paste made of the finest glutinous wheat, moulded and dried in the form of small tubes. It is highly nutritious, and consumed in large quantities by most all civilized nations. In different countries it goes by the following names, "Turundal Itical," "vermicelli," and "Cogliaria paste." A somewhat similar preparation is made of flour and egg and called "noodles."

#### MOLASSES AS A FOOD.

"Is molasses healthy to be used in cooking?"

This hinges somewhat on the question, Can sugar be utilized as a food? The customs of appetite of the people, and their grocer, invariably say, "Yes." The physiologist, after a careful study of the processes of digestion and nutrition, emphatically says, "No." Our hygiene teachers say, "Take the least amount of sugar that will render the food palatable." But the

query always comes to the mind, Was not the food palatable before the process of sugar making was invented?

Molasses is usually the residue after the best of the sugar is extracted, and, consequently, is the poorest grade of sugar, and often adulterated. It is also made from questionable sources.

#### WHAT ABOUT SPICES?

"Should all spices be discarded, including nutmeg, lemon, and vanilla extracts?"

Those named are quite harmless if used in small quantities. They best serve to complicate the diet when simplicity of diet should be the rule. Many spices and condiments inflame and irritate the alimentary canal and should be discarded, from every standpoint.

#### A SOUND BODY. NO. 1.

BY A. J. SANDERSON, M. D.

"A SOUND mind in a sound body" is the motto of the PACIFIC HEALTH JOURNAL, and doubtless is the desire, if not the motto, of all its readers. Such a condition of mind and body would be the ideal of all that could be experienced in this life, and which, though not realized in its fullness, may be approximated to a greater or less degree.

To be sound in body and sound in mind would be that condition in which all the organs and functions of both are free from all taint of disease, and of course free from all causes of the same, namely, the violation of those laws which govern the organs and their functions.

It is hardly to be expected that the ideal in many instances should be realized, for nature has been too long misused, and her liberality abused, either by the sufferer or by their ancestors. The existence of disease, either in its active or latent form, has become so common that one can scarce draw the line between the sound and the unsound. Indeed, one person may have considerable amount of disease, but, because of a well-inherited vitality, scarcely ever be aware that he has anything unnatural; while his brother, with a less fortunate inheritance and the same disease, may become an invalid, simply because his vital powers are not adequate to resist the inroads that the intruder has made among his members.

Herein is the justice of nature, seemingly guilty of inequality, for why should Mr. A. suffer a lifelong penalty for the indulgence of some wrong habit, while Mr. B., indulging it to the same extent, to all appearances, suffers no ill effect? This we say is but a seeming inequality, due only to the fact that Mr. B., through bountiful nature, had come in possession of an inherited vitality that could, without decay, stand the abuse. But nature's laws are met all the same, for while Mr. B. seemingly suffers little, yet piece by piece is that magnificent constitution, so much like that which was originally designed for man, being torn down, so that in future generations, if not in the present one, it will enter upon the stormy sea of affliction, in company with Mr. A., if he still survives.

We have already alluded, in speaking of the diseases that molest our sound body, to the stern justice of the laws that govern its nature, but we would not be kind in speaking of this matter if we did not mention nature's liberality, for, indeed, she is liberal in all her forces. Not only do we find that it takes generation after generation of habits indulged, and unlawful pleasures sought, to cause Dame Nature to lie low before her enemy, but her own organization of organs and functions are so related one to another as to make possible very good health under very discouraging circumstances. For instance, all eliminative processes are so kindly related one to another that when one becomes more or less disabled, her sister in labor will take up her neglected duty and carry it on quite perfectly, as we often find the skin removing impurities that the lungs fail to take away, and *vice versa*. Some, also, of the organs of vital functions are double, so that when one has been disabled by wrong use, or, perchance, has met an enemy in the form of contagious disease and been overcome, or, maybe, accident has caused portions to be removed, its companion in work will take up the whole burden and carry it on quite successfully.

Many a man with average good health is living to-day with only one lung. Again, there is a process in the course of disease known as compensation, especially noticed in diseases of the heart. A portion of a valve may, through disease, become disabled, allowing currents of blood to pass in directions not desired, and extra power is demanded to force and resist these mis-

directed currents. For this purpose each muscle fiber in this vicinity takes on, by exercise, a little more strength and size, so that the organ may continue through life ably performing its functions. These, with numerous other facts, tell us that nature is kind as well as just.

But it is not my purpose in these articles to discuss the diseases that break down the system, so we will return to our subject.

In our motto the sound body is intimately connected with the sound mind, but, doubtless, not more so than they are associated in reality; indeed, they are so closely related that in health or in disease we cannot study successfully the one without the other, and it often becomes a delicate matter to search out cause and effect between one and the other. Still we will try to separate the two for the time being, possibly discussing some factors relative to a sound mind at a later date.

The sound body is the special topic engaging our attention, but for soundness we will not make a definition so perfect that it will exclude the study of ourselves. The perfect body could only have been before the dying process had been experienced by man, and we can scarcely consider it profitable to undertake to dissect or describe the body of Adam, as he sprang upright from the hand of the Creator, with power to enjoy all the realm of nature, and energy to govern and subdue the animate and inanimate world before him. Such a search for soundness could be only theoretical, and we can more satisfactorily come down to practical life and consider a sound body one that yet holds supremacy over its destroying enemy, disease, and perhaps also the one in which it is yet possible to regain that supremacy.

For this purpose we will, for convenience, consider the sound body as outside of ourselves, and, together with our readers, we will take a visiting tour from organ to organ and part to part, noticing some of the coarser and finer structures of the tissue that we pass, stopping to study into the mechanical movement of each piece of machinery, to understand as far as possible how each function is carried on, and perhaps wonder awhile at the mysterious things that we cannot understand, hoping all the time that as we go our appreciation of the body in which we live will be more and more manifest, and the laws which govern each function better and better understood, thus making the possibilities of life brighter and happier.



## A WHIRL UP NAPA VALLEY.

BY CHARLES M. SNOW.

YES, another victim of the quill malady, though not in a chronic form, yet with some doubts as to recovery from the undermining effects of its sedentary influences.

"Prescription; rest and recreation."

This was the short but terrible sentence bestowed upon my devoted head by my health-wise (and sometimes otherwise) adviser. The idea of "sedentary influences" having anything to do with me and my personal surroundings added a sense of vastness and deepness to the already unexplained mysteries of my terrible condition. It could not be a hereditary malady, for all of my respected progenitors had been entirely free from those awe-inspiring "sedentary influences." It might be the influence emanating from a colony of adventurous microbes, or the death-laden breath of some venomous phagocyte carrying destruction into the ranks of the human parasite. Whatever it might be, my naturally nervous temperament could not stand the strain of being subjected to it, and I must forthwith lay plans for ridding myself of its "undermining effects."

The carrying out of my prescription I found was not so much of an impossibility as the ambiguity of its construction would seem to indicate. It might seem to an ordinary man a very difficult undertaking to recreate (in the common usage of the term) and at the same time be resting; but let me state right here that with an individual inspired by "sedentary influences" many marvelous things are possible.

Not very many days had elapsed before I found myself on board the north-bound Oakland train, going I knew not where, and flying from I knew, not what.

This is indeed a recreation, and how pleasingly restful! Oakland is not a bad place for my habitat. There is an air of spaciousness about the city itself that fairly induces one to throw himself into its arms and seek repose among its quivering palm trees and tropic shrubbery. Streets broad, smooth, and generally well kept add much to the beauty of its other attractions. But the train has started, and this beautiful city is soon shut out from our view, as the curtain of distance falls between us and closes us in with our present surroundings, or, rather, those things that are flying by us too quickly to surround us or be surrounded by us.

We are passing through lovely scenery. Now a ranch stretches away, unbroken, toward the foothills; now the foothills reach down to us, and touch the margin of the bay as if to bar our progress; but our steed thunders along, only condescending to plunge beneath them to play at hide-and-seek with the waves along the shore.

Rest and recreation! I am having it. The surroundings are delightful, the people affable, the change so restful. Surely the poet-minstrel was not traveling on this line when he wrote that wonderful ode, "Jordan am a hard road to trabbel."

We stop at a pretty little town on the margin of the bay. Railroad officials are as busy as is their wont, and the travelers, good-naturedly (or otherwise) crowd to the right and left to give them passage, for they are our servants, doing our bidding, that is, bidding us keep out of their way. A gate is opened, and the people begin to file through. It is not a wide gate with many going in thereat, but a narrow gate—exceedingly narrow—indeed, so narrow that one man with a punch (not a combination of liquids, but a railroad implement) can easily fill the entire space.

Passing safely the last-named obstruction, we find another of those most excellent ferryboats,



for which California is so noted, waiting for us, to pass us along to the other shore. This part of the trip is another of its pleasing characteristics. The roominess, and, indeed, the very beat-home-ness of the boat seem to make you feel as though a long-lost friend had met you in a crowd, grasped your hand, and then left you before having time to pour anything displeasing into your ear.

We touch the wharf. On shore once more, we find the iron steed harnessed and ready to take

man is he whose ranch supports no lemon or orange trees. Indeed, when the trees are in bloom, the atmosphere of the whole valley is laden with their perfume. Sometimes they are in bloom twice a year, spring and fall, and their fragrance loses none of its sweetness, while it is no uncommon thing to see on the same tree ripe oranges, oranges half grown, green oranges, and orange blossoms, and at certain seasons the trees themselves seem to be orange. And this is a treat to the eye, a recreation, and a rest.



NAPA COLLEGE.

us on a delightful ride up the beautiful Napa Valley, rich in numerous industries, and turning from her fertile soil the products of temperate and tropical climes.

Although almost every foot of available land is utilized, yet who will assert that the hand of man in this valley has marred the beauty of the landscape? Indeed, that which he has caused to grow here is as natural as nature itself.

The growing of citrus fruits was once considered too hazardous an undertaking to warrant an attempt, but he who doubts this possibility now has only to take a whirl up the valley and see for himself. At the present date a rare

The lemon trees, always loaded with some specimen of their labor, are a never-failing treat, for the hand that reaches for the blossom may pluck the fruit as well.

While gazing through the window for something new, a magnificent edifice looms up before our eyes. Upon inquiry we find it to be a State institution for the benefit of the mentally unfortunate. It is the largest asylum within the borders of California. Besides the credit which it reflects upon the State itself for the tender care it has for those thus sorely afflicted, it is an enduring monument to the architectural taste and genius of those under whose supervision it was erected.

But the train has stopped, and we are at Napa, a city of about five thousand inhabitants, cuddled down in the valley from which it takes its name. We are delighted with its appearance. It is nicely located, and its scenery will compare favorably with that of any other place in the valley. There is an air of neatness about the laying out of its grounds that compels more than a second look from even the most casual observer. The college located here does credit to its founders, and its artistic grounds add much to the beauty of the place. The city shows none of the signs of either boom or decay, but solid, steady-going enterprise is stamped indelibly on all its features.

Our coach is whirled along up the valley, and we are in the midst of vineyards,—vineyards of all sizes—vineyards everywhere; and, although the vines are not bearing at this season of the year, yet we can imagine something of the prodigious quantity of grapes that must be produced in Napa Valley from year to year. Besides the productions already mentioned, apples, pears, prunes, peaches, apricots, plums, cherries, quinces, figs, and almonds yield their annual tribute to the industrious rancher.

We are at St. Helena, and have taken our look. There is nothing displeasing about it, but, on the other hand, very many things to please. It is, indeed, a thriving place for one of only 2,500 inhabitants. Wooden sidewalks, so characteristic of the small esteem in which a village is held by its own inhabitants, are fast taking up their abode in the realms of oblivion, and giving place to those of more recent date. Carefully-graded and well-kept streets and avenues give one a very good chance to place his understandings without fear of having them immersed. One man, who has traveled about a deal in his life, makes the very modest and unassuming statement that California is the garden of the world; that Napa Valley is the garden of California, and that St. Helena is the garden of Napa Valley. I say his statement was modest and unassuming, because he did not state that the valley was his, or even that he made it. By this slight omission he proved conclusively that he was not a relative of that king of Egypt who, according to scriptural record and historical evidence, laid claim to the River Nile as its creator and possessor. But, taking all things into consideration, I believe I shall travel about a deal

more than I have before I attempt to dispute the statement of this thoroughly St. Helenic man.

She is certainly beautiful as she nestles among her vine-clad and ever green hills. Nature has indeed bestowed her beauties in bounty here, and the beautiful scenic views that can be obtained from any portion of the town are absolutely beyond compare. It is a charming spot, and the countenances of the people, brimful of life and joy, speak louder than any words can for the healthfulness of their surroundings.

In addition to all this St. Helena is the center of a large and prosperous viticultural section. Within the corporate limits of the town, and surrounding it on every side farther than our vision can possibly reach, vineyards upon vineyards stretch away in the distance, all cut up into vine farms of from ten to fifty acres, and each little vineyard with its neat and tasty cottage and faultless outbuildings. To prove the immensity of the vintage I need only to state that the wine cellar of one man alone has a capacity of 3,000,000 gallons.

It is here that that particularly interesting and enterprising *Star* concentrates the light of its literary talent and sheds forth the rays of its inspiration over the surrounding country.

On inquiry for other places of interest, the visitor is informed that there is a Rural Health Retreat not very far away. It is not the health that does the retreating, but the possibility of regaining your health is kept there in store, and you retreat to get it. That is the place for which I have been looking, for no doubt I will find combined there the qualities of "rest and recreation." A stage is the means of conveyance, and, stepping on board, we are at once reminded of the word "rural."

It is time to start, and our horses dash away, conducting us through much more scenery as picturesque as that we have already been describing. We cross the creek, and a little farther on enter the cañon,—another one of those spots where nature's hand has tried to outdo itself. Pratt's Valley, into which we next pass, I will say nothing about. I will not describe it—I cannot; and it would be almost desecration to attempt it; we did pass through it; we did drink in some of its sweetness—so quiet, so retired, and yet so—but hold, I will not attempt it.

Rounding a curve, we catch a glimpse of the American emblem floating out over a unique

edifice seated in the side of Howell Mountain. The driver informs us that it is the "Retreat." What a fine airy place it must be up there above the valley; and the mountain extending back of and above it must furnish the purest of water! The ascent to it is quite steep, the stage heavily loaded, and the faithful horses laboring hard in consequence; so, to ease our consciences, some of our party alight, shoulder our dignity (which, of course, was no load at all), and climb the hill on foot.

which to retrieve it. The atmosphere is delightful; the climate all that could be desired. We have heard of benefit societies, of benefits bestowed upon foot races, of benefits bestowed upon horse races, but the man or men who located this institution in this place have bestowed a benefit upon the highest of all races, the human race.

In the first place, the institution is not established as a money-making scheme, as no stockholder has ever received a dividend, it being



RURAL HEALTH RETREAT.

The first impression received was that of a certain unfitness, for the verandas were filled with people on rolling chairs, on stationary chairs, on sofas, and on—their feet. But on mingling with them we did not wonder, or at least we wondered how they could do otherwise. One of the most pleasing views—one of the most keep-still-and-enjoy-it views—with which we had met lay spread out before us, as we turned to look down into the valley below, while the afternoon sun poured down its healthful benediction upon those who, unfortunately deprived of health, were so fortunate as to have this place in

stipulated in the by-laws of the company that all profits shall go to the upbuilding of the institution. It began on a small scale, and has been steadily growing year by year, adding necessary improvements, erecting cottages, and purchasing land. The enterprise was established merely for the benefit of the suffering sick, giving them at once the advantages of skillful medical treatment, a pleasant home, with careful nursing, a carefully-selected dietary, pure air and water, and delightful scenic surroundings.

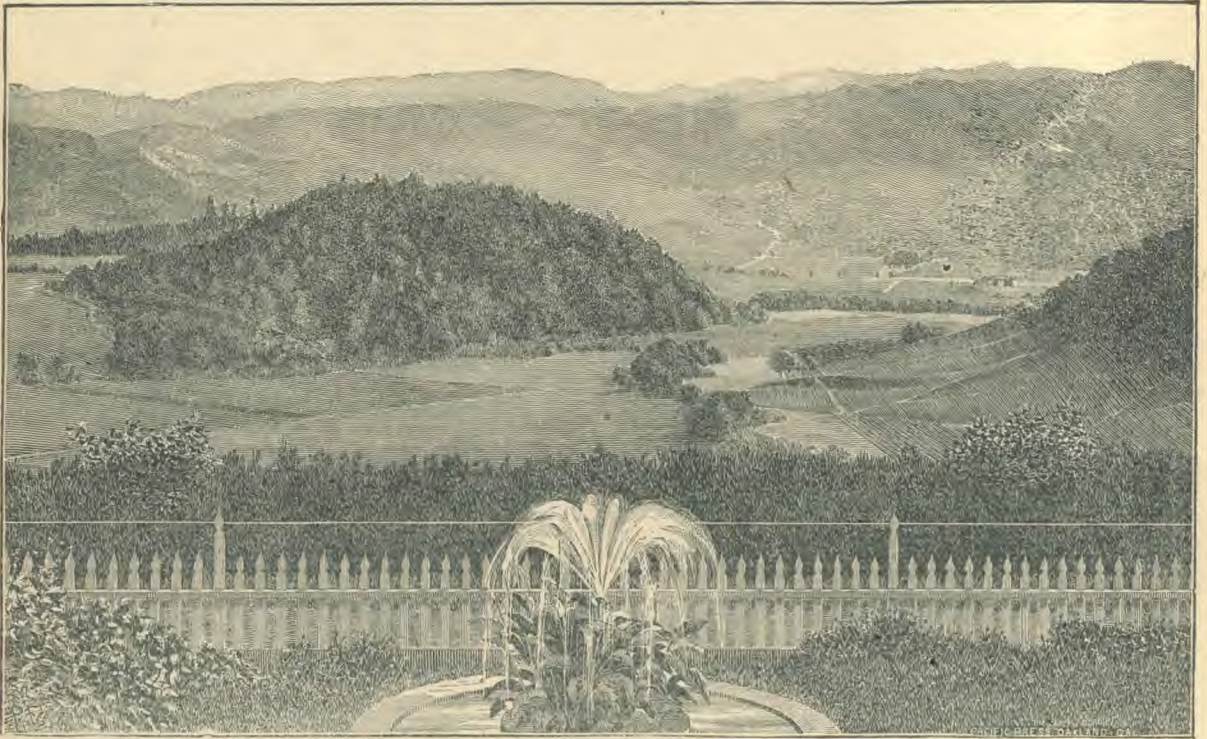
The patient is instructed how to live; then a study is made to surround him with those con-

ditions that will give nature a fair chance to restore to the individual that health which he has lost. The managers do not lay claim to a curing of every case, but, with their improved methods of treatment, it is a very rare case that has to be turned away. All diseases, except those absolutely incurable, yield to the rational treatment they receive here.

The pure water, the even temperature, and the balmy sunshine keep the patient in a hopeful frame of mind, while the remedial influences

The baths and other treatment in this institution are not given indiscriminately, but the condition of every patient is carefully studied, and a treatment prescription given accordingly by an attending physician. These are carried out to the last particular by a corps of assistants.

With all these recuperating agencies in store for me, I was glad I had come. The physician's prescription in my case corroborated that I have before stated, namely, "rest and recreation." That cheery veranda is my resting-



PRATT VALLEY.

of water and vapor baths, packs, galvanic and Faradic electricity, massage, dumb-bells, Indian clubs, free-hand exercise for development of lungs, vital organs, and muscular system, are brought to bear upon him as his condition may require. Appliances have also been introduced for the treatment of eye, ear, nasal, stomach, throat, and lung diseases.

They have found it necessary to erect a number of cottages for the accommodation of their increasing list of patients. Some find it more to their liking to "camp out," accordingly a large number of tents are pitched to suit the taste of this class of their patrons.

place, while the mountain is my place of recreation. I love to recreate, for the resting period which follows is so delightful; I love to rest, in order that I may store up energies with which to recreate among such sublime scenery.

This morning the following prescription was handed to me:—

Fo. ch. ssh. el. MS.

And, as I must away to have it administered, I will take my leave of you, thanking you for your kind attention, and informing you that "sedentary influences" have almost entirely disappeared.

**SLEEP.**

BY R. T. TRALL, M. D.

INVALIDS generally do not sleep enough. The importance of sound, quiet, and sufficient sleep cannot be too highly estimated, as may be inferred from the physiological fact that it is during sleep that the structures are repaired. The materials of nutrition are digested and elaborated during the day; but assimilation—the formation of tissue—only takes place during sleep, when the external senses are in repose. Literary persons require more sleep, other circumstances being equal, than those who pursue manual labor occupations. If the brain is not duly replenished, early decay, demutation, or insanity will result. The rule for invalids is to retire early, and remain so long in bed as they can sleep quietly. If their dietetic and other habits are correct, this plan will soon determine the amount of sleep which they require. Gross, indigestible, and stimulating food, heavy or late suppers, etc., necessitate a longer time in bed, for the reason that the sleep is less sound. And for the same reason nervine and stimulating beverages, as tea and coffee, prevent sound and refreshing sleep, and thus wear out the brain and nervous system prematurely. Those who are inclined to be restless, vapory, or dreaming during the night, should not take supper.—*Sel.*

**A COMMON DIETARY ERROR.**

No greater dietetic fallacy can ever be conceived than that an article of food will prove not only harmless but beneficial if it is "craved," "hankered for," with no regard to its quality or the state of the system. The habitual use of any article in itself unfit for the human stomach, will induce an unusual "craving," the extent of that craving depending on and corresponding with the degree of such unfitness. When the system is in its normal condition, wholesome and nutritious food is always palatable, relished, and that of necessity that the body may be sustained. This fact favors the needed variety, meeting all the wants of the system, preventing the special selection of a single article as a matter of taste preference. It follows that a special craving is largely, if not wholly, dependent on habit, the use of unnatural food, or of an unnatural and unusual amount. As well might the user of tobacco claim that his artificial relish for his quid or pipe will justify their use and render them harm-

less, beneficial even, which powers will not be claimed by any consistent and intelligent victim of the weed. Or the habitual drunkard may urge his almost uncontrollable craving for intoxicants a good reason why he should continue his destructive habit, claiming that intoxication will be prevented by the strength of his appetite.

Food is wholesome or otherwise, of itself considered, with no reference to our freaks or fancies, that is, when in ordinary condition. It is fortunate, however, that in sickness there is an apparent or real exception, which may be accounted for on the principle that the body is then "put on its good behavior," so to speak. It is a fact that the drunkard and the tobacco user, during an attack from an acute form of disease, find their artificial appetites temporarily suspended, the tobacco being nearly or quite as nauseating to them as to the uninitiated. This is fortunate, since the sick are thus relieved of the usually unfavorable effects of these two poisons, while all the powers of the system may unite in a grand effort in the line of recuperation. If one's general habits have been uniformly good, I have faith in the craving then existing. My experience and observations favor the idea that these are the dictations of nature, ever practically on the alert to remove our disease, though the attending physician gets most of the credit for cures.—*J. H. Hannaford, M. D.*

**A TESTIMONY CONCERNING DRUGS.**

THE following are extracts from a letter written to the *A. Y. Voice* by a physician of twenty-five years' practice, A. O. Fuller, M. D., of Austinburg, O. They are worthy of consideration:—

"I am confident I express the conviction of all the wisest men of the medical profession when I say that the restoration of health, as its preservation, depends upon the scrupulous observance of every law of life, instead of the use of any substance not demanded by nature in health. Nature only demands food and water in health, and these, with pure air, sunlight, rest, sleep, activity, temperance, cleanliness, and mental influence, all duly proportioned to the needs of vitality, are nature's *materia medica*, or materials for healing. With these alone are pure blood and living tissues made, and with pure blood is perfect health and the happiness it brings.

"No drug can make pure blood, or make a particle of healthy flesh. A hurt, or wound, or broken

bone is healed by nature alone, when all conditions for her work are secured—why not internal improvements of the body also?

“Why are drugs used then? Not because they are not condemned in the strongest terms by the first medical men of the world. One says, ‘They have slain more than war, pestilence, and famine.’ Another, ‘If all the drugs in the world were thrown into the sea it would be infinitely better for man and infinitely worse for the fishes.’ I could multiply such statements. Why, then, is the use of poisonous drinks and deadly narcotics almost universal among men, both sanctioned till recently by doctors of medicine and divinity?—It is because of evil customs and ignorance of the simple laws of nature, and because hundreds of millions of dollars are thereby transferred annually, impoverishing one class and enriching another.

“I am certain also that this question is of vital interest to the temperance reform, and men will soon ask why poisons should ever be taken into the stomach in sickness or health, and why what is known to be pernicious and health destroying in health should become health restoring in sickness.

“An impregnable basis for the temperance reform may be found in the vital law that nothing but food and water should ever enter into the stomach. To do without drugs in sickness may be no more fanatical than to do without alcohol or tobacco in health. I have treated the sick with the harmless, infinitesimal doses of ‘homeopathy,’ but found ‘little pills’ *unmedicated* just as efficacious, my patients recovering after having been given up to die by the first drug doctors of the country.

“I am not alone in my experience. An eminent physician said, ‘Nature cures the patient and the doctors get the credit.’ He should have added that when the patient is poisoned, nature should not be blamed if death results.”

#### PURE AIR AT NIGHT.

DURING the day the air of living rooms is pretty certain to be changed more or less by the frequent opening of outside doors. During the night, however, not infrequently all outside openings are tightly closed, and the occupants of sleeping rooms might almost as well place themselves for the eight or ten sleeping hours of night in an air-tight box.

In the morning, persons who thus deprive themselves of life-giving oxygen, the great necessity of life, awake unrefreshed and dispirited, languid,

pale and weak, with headache, giddiness, no appetite, and many other symptoms of the foul air poisoning to which the system has been subjected. This accounts for a very large part of the colds and other forms of physical wretchedness of which a good many complain at this season of the year, and which is ordinarily ascribed to the change of seasons. The system is filled with impurities as a result of deficient oxygenation of the blood, and so the body becomes in a high degree susceptible to all causes of vital disturbance. The reception of a few fever germs is all-sufficient to bring on a violent illness, by setting fire to the fever-feeding material with which the tissues are filled as the result of deficient air cleansing.

Ventilation of living rooms is of great importance at all times, but the supply of an ample amount of fresh air to sleeping rooms is doubly important during the hours of sleep.—*Christian at Work.*

#### OPPOSED TO FLESH EATING.

WE find that the discussion of the propriety of using flesh as human food is growing, and much attention is given it in the press at large. Some articles which have appeared in *The Household* recently have taken strong ground against the carnivorous habit, and must please the strict hygienists. One of these articles, by Mr. G. J. Colby, we copy in part:—

“There was no violence in Eden. Gridirons and slaughter houses were not among its furniture. And even after the sad disobedience and fall of our first parents, when driven out from the beautiful garden, they were not allowed to kill and eat the flesh of animals, but commanded to till the soil and eat the bread raised therefrom by their own labor. Nor does the history of the race for near two thousand years give any intimation that flesh was used for food. But it does indicate good health, long life, robust sons and fair daughters, as the result of proper food.

“After the flood, flesh eating was allowed, and, as a natural consequence, the age of man reduced to one hundred and twenty years. Diseases of various kinds multiplied. Doctors of medicine were in demand but, in spite of all they could do, as mankind became more and more addicted to the savage custom of flesh eating, their average term of life grew less, until it was little more than twenty years. Then commenced a reform, which has already doubled the average

length of human life, and which, if continued, may double it again in a few generations.

"The Bible mentions three worlds as the abiding-places of the human race,—past, present, and future; the world that was before the flood, 'this present evil world,' and the world to come.' All Bible religionists will agree that flesh eating was not allowed in the first, and will not be in the last, but only exists as one of the bad habits of this present evil world.

"We have the record of Bible history as to how the first change was effected; but there is such a difference in views as to the manner of the second change, from the present to the world to come, that we are puzzled to know just what to expect, or how to interpret the promises, prophecies, and revelations as to the 'new earth wherein dwelleth righteousness.'

"But however the change may be accomplished . . . it matters little, so long as we are agreed that flesh eating was not allowed in Paradise lost, and will not be in Paradise restored. We can stand with one foot upon each of these great truths, while we consider the propriety of its use in the present time.

"And the fact that it is only allowed in this present evil world, along with other bad habits and customs—the use of strong drink, slavery, polygamy, etc.—which can only claim the negative sanction of Scripture, is strong presumptive evidence that it is not a good or necessary habit, and gives as good a 'warrant' for denunciation as we have for the other customs which are now considered sinful by most Christian people.

"It is no more singular that those who are in the habit of eating flesh should think that they feel the need of it than that those in the habit of using tobacco, beer, etc., should feel such need. Nor is it strange that erroneous opinions should so generally prevail in regard to flesh as food. It is the natural result of ignorance and want of thought. And such opinions will continue to prevail so long as people refuse to read, think, and talk upon the subject. Many good people really think they need flesh food in cold weather to keep them warm. But lean meat is one of the poorest of foods for that purpose.

"Dr. Hanaford, in the article on 'Spring Diseases,' in the May number of *The Household*, names 'the sweets, the starch, and the oils' as the three best classes of 'respiratory' or heat-producing food. And of these the last, includ-

ing meat fats, is condemned as the worst. So meat is not needed for heat. And to suppose it is a good food to give strength, support, and build up the system, is another gross popular error. It is both poor and impure in quality, and at best but a second-hand article, having been once digested and reorganized in the animal body. The natural course of evolution brings the dead, inert mineral and gaseous matter up through the vegetable to the animal organization. Without the vegetable the animal could not exist, for the animal stomach cannot digest, nor the animal organization assimilate, dead matter. Everything must first be digested and organized in the vegetable. Then the animal can take it, redigest and re-organize it into the animal form.

"And now we come to the most important fact in the evolution of matter. It has reached its highest point of organization. Having been twice digested and twice organized in a living form, it can go no higher, but immediately it begins to disorganize and go back to its original condition of dead matter. This process is constantly going on in the animal body, and while one system of tubes is carrying the food throughout the body, to build up and organize flesh, another system is employed in carrying out the disorganized, broken-down, dead matter. And as this last system of tubes must reach and permeate every part of the body, and be always more or less filled with dead matter, it follows that flesh meat must always contain more or less of such impure matter, which cannot be again used in building up the body, and when taken as food can only serve to load the blood with impurities and clog the depurating tubes.

"It is not, therefore, proper or fit that matter should thus pass more than once through the animal organization. And when it does, there must of necessity be more or less trouble caused by it. I think nearly all diseases that mankind are afflicted with have been produced by this pernicious, unnatural habit of flesh eating—using the same food over and over until a large part is disorganized, and the whole saturated with dead matter and infected with disease. Once is enough. When the animal dies, let its flesh go back through the cleansing processes of nature, and come up again in its pure form as a vegetable before we use it as food."—*Phrenological Journal*.

## SLEEP AS A TREATMENT FOR INVALIDS.

BY DR. A. F. PATTEE.

"The death of each day's life,  
Sore labor's bath,  
Balm of hurt minds,"

SLEEP is but another form of food, and is not less essential than the food we take into our stomachs.

No matter what the disease, we know its malignancy has yielded when the periods of long, sound, natural sleep advance. As a prophylaxis, sleep ranks among the most important. Only through sleep can the nerve centers relax and recuperation begin.

During the night of healthy sleep the scavengers of the body are working noiselessly with their implements of conveyance, preparing for the morrow's labors.

Darkness is the period of perfect rest. Until the human mind discovered the means of substituting by artificial light that of the sun, mankind retired with its declining rays. Children—of whom it has been said their life, as it develops, give a fair representation of the lines of human progress—naturally seek repose at sunset. Nature herself at this time seems to be hushing all animated life to sleep upon her bosom.

How different is man under the influences of civilization. Insomnia and neurasthenia are the terrible beasts born of his enlightenment, lashing their victim night and day until he would willingly offer his soul in exchange for the sound, healthy sleep of the barbarian.

Insomnia is to-day the most familiar foe we meet, so prolific in its capacity that without exaggeration or fancy we can ascribe to it the common beginning of a vast part of our chronic ailments. It has come to have an individuality, and is no longer a symptom only. One of the common causes of this is the artificial light which is found in the majority of sleeping rooms during the night, not only of lamps and gas, but the rays of the electric light stream through our windows. Although the eyes may be closed, we are conscious of the changes in its flickering glare. The patient becomes accustomed to it, and feels that he cannot have it excluded, and so we have added another to the "necessities of civilization."

Not the sleep to be had during the day, but the repose at night must be encouraged in the patient.

Discipline will do much toward capturing this sly visitor, other things being equal.

The patient must retire early. He should not exercise his brain by reading or talking after seven o'clock. In summer he should be in bed for the night by eight o'clock, and in winter by seven o'clock. In the summer he should rise in the morning between five and six o'clock, and from seven to eight o'clock in the winter. The room should be of a proper temperature, so he experiences no chill in bathing or dressing.

The nightdress of the patient should be of sufficient thickness to protect the body and allow perfect freedom of movement and position without risk of chill. The flannel undervest worn during the day should be removed at night, and one of lighter weight substituted. Bathing before retiring has a tendency to induce sleep. It should be accomplished in a manner the least calculated to task the patient's strength. If the temperature is normal, a wet cloth passed over the body and wrung out in fresh water may take the place of the bath. Rub the skin well afterward.

If the feet are cold, they must be made warm and kept so. The means to be employed for this purpose are very numerous. Among the best are the wrapping each foot in flannel separately, and the hot-water bag (but the old-fashioned hot soapstone is better). These are only palliative. For the removal of this condition there is nothing equal to manipulation, done after the following: Begin at the nape of the neck, placing the ends of the first and second fingers firmly on each side of the spinal column, carrying them firmly and evenly downward its whole length; repeat this several times. After this rub well the soft hollows in the ankles each side of the heels and around the joints. The patient will soon begin to feel the blood rushing into his feet, and ere many nights he will have the satisfaction of seeing a healthy circulation established in these parts.—*Journal of American Medical Association.*

A FAMOUS French doctor and professor of medicine contended that every disease was attributable to a process of inflammation. On dissecting one of his patients, not a trace of inflammation could be found. He explained the circumstances to his pupils as follows: "Gentlemen, you see that our mode of treatment was thoroughly effective. The patient is dead, but he died cured."





### TAKE A DRINK?

TAKE a drink?—No, not I!  
Reason's taught me better  
Than to bind my very soul  
With a galling fetter.  
Water, sweet and cool and free,  
Has no cruel chains for me.

Take a drink?—No, not I!  
I have seen too many  
Taking drinks like that of yours  
Stripped of every penny,  
Water, sweet and cool and clear,  
Costs me nothing all the year.

Take a drink?—No, never!  
By God's blessing, *never*  
Will I touch, or taste, or smell,  
Henceforth and forever.  
Water, sweet and clear and cool,  
Makes no man a slave or fool.

—*Sunday School Times.*

### STIMULANTS.

BY G. K. OWEN, GRANGEVILLE, CAL.

WEBSTER defines "stimulate," "to excite, to rouse;" and "stimulant," "tending to excite to action." One of the greatest obstacles in the way of physical reform is the false theory that is held in regard to the nature of stimulants. The prevailing belief seems to be that when a person is worn down with fatigue, or weakened by disease, he needs a stimulant to give him strength. But its effect is just the opposite. Instead of giving strength, it steals from the scanty store that still remains in the system. It can only do what its definition indicates, "excite to action" the vital forces when they are already nearly exhausted, so that strength is used up to-day that will be needed to-morrow; that which might sustain old age is consumed in youth. That which stimulates is recognized by the living system as a poison and an enemy, and the vital

forces are aroused to expel the intruder from the citadel of life.

The whip is a stimulant to the tired horse. It gets more strength out of him, but puts none in. After a horse has been driven all day before a heavy load, what he needs is rest and nourishment, not stimulation. The same is true of man. When his vital force is nearly exhausted by disease or excessive toil, he has none to waste upon stimulants. But when it is demonstrated that stimulants excite the living system to action because they contain poison that it recognizes as an enemy, then another very ancient error is brought forward in their defense. It is claimed that "there is poison in everything, even in all the fruits, grains, and vegetables." While some degree of allowance must be made for this statement, in this world of impurity and adulteration, yet the cause of physical reform demands that the idea, as held by the great majority, should be corrected. The opinion seems to originate from the fact that alcohol and other poisons can be produced from grains and other vegetable substances, and the conclusion is drawn that, therefore, these poisons are contained in all these forms of vegetation. But this false idea is corrected when we learn that the alcohol or other poison that is produced by fermentation is not there till the vegetable is disorganized by the process of decay. How many ounces of poison does a pound of wheat contain? You take that pound of wheat and pass it through the process of decay until it is entirely disorganized and thus resolved back to its mineral elements, and you have a pound of poison produced from the wheat that before contained no poison. Plants take up the inorganic mineral elements from the earth and air through their leaves and roots, and organize them into cell structure. Their food is mineral; but the mineral elements cannot be used as food for man or any other animal. Any vegetable substance that is used as food for animals

becomes a poison to them when disorganized by decay. Then they can no longer nourish the animal; but the stimulation that they cause proves them to be poison. But there is another class of stimulants obtained from plants without the process of fermentation or decay. There are plants that contain poisons in every stage of their growth and maturity. We may not be able to determine whether the cause is in the imperfection of the process of organization, or whether it is a peculiar manner of organization that is antagonistic to the animal economy. During the process of growth of all plants, there is, no doubt, a time when poisons are contained in the juice and the green fruit, because the work of organization is yet incomplete. Among the plants that are always stimulating in their effect, because always poisonous, tobacco, tea, and coffee are used in large quantities by the human race. But many who use them do not understand the real nature of stimulation; and probably but few fully realize the harm there is in them. There is still hope in the fact that thinking men are beginning to honor their profession by sounding the note of warning. The article that follows I have just clipped from the San Francisco *Examiner* of March 10.

DEMORALIZING EFFECTS OF OVERINDULGENCE IN  
COFFEE.

"It may surprise many readers to know there is such a thing as coffee tipping, yet it exists to a great extent. Few people realize the extent to which coffee is used in these days. The ladies, with their dainty after-dinner coffees, in which they take so much pride, revel in it. Our cafés and restaurants supply it by so many gallons per day. Most people think it but a slight stimulant, considering it 'the cup that cheers but not inebriates,' and it is a little alarming to find the contrary true.

"From studies recently made by a celebrated German physician, Dr. Mendel, of Berlin, it appears that there is such a thing as 'coffee inebriety,' a form of intoxication which very frequently leads to the most alarming results. The term inebriety applied to this form of drunkenness is no misnomer. It is a term that well fits it. It approaches in both kind and degree to delirium tremens, for the whole nervous system is deranged if not utterly ruined.

"The muscles become weak and trembling, and the hands shake when at rest in a manner resembling the semi-paralysis of the confirmed drunkard, whose nervous system has been shattered to its

center. An increasing aversion to labor and any steady work is noticed; the heart's action becomes irregular and more rapid, and palpitation, with a heavy feeling in the pericardiac region, makes its appearance. Last of all comes dyspepsia of the most persistent character and of an extreme nervous type, rendering the life of the coffee tippler a burden to himself and to all around him.

"In the course of his investigations Dr. Mendel found very few instances in which the coffee drunkard is cured. The symptoms gradually grow worse, and are only to be relieved by large quantities of the beverage the abuse of which caused them.

"After beginning with the agreeable infusion of the roasted berries, they are driven, in the search for something more powerful, to swallow the tincture, which, though it operates for a time in the direction desired, soon loses its efficacy, and has to be swallowed in increasingly greater quantities, the evil influence of the coffee, of course, being heightened by the alcohol used to extract its essential ingredients.

The last stage of this peculiar disease shows itself in the sallow face and chilly hands and feet of the victims, coupled with an expression of dread and agony which settles over the countenance—a form of melancholia, alternated by hysteria.

RUMSELLERS.

HISTORY proves that Tullia, wife of Tarquinius, was the incarnation of iniquity. Her name has come down to us associated with deeds that are infamous beyond description. All nations and ages loathe the memory of her guilty career. Scarcely a woman has lived so thoroughly be-deviled and iniquitous.

It is told of her that she was riding through the streets one day, when the dead body of her father, lying in its gore, was lying across the way. Her charioteer reined up his horses, and was about to stop, when the unnatural daughter cried out at the top of her voice, "*Drive on! drive on!*" With the crack of the whip, the fiery steeds sprang forward, and dashed over the lifeless body, crushing it to pieces, and spirting the blood upon the daughter's dress. How shameful has been the name of Tullia for this dreadful deed! The blood curdles in our veins when we think of the cruel wretch. Mankind can scarcely find language to express their detestation of the worse than murderess.

Yet this deed is not more heartless and cruel than the acts of many a rumseller, running his traffic in spite of virtue, happiness, and tears. Dead men do not stop them, no, nor live men going down to ruin and shame. Point them to the bloated, staggering wreck of manhood, still dear as life to some heartbroken wife or mother, and beseech them to stop their traffic, that not merely mangles dead men, but kills live ones, and they cry out, in utter defiance of appeal and threat, "Drive on! drive on!" and away dashes the Juggernaut of rum through town and city, crushing hearts and hopes, life and limb, rich and poor, high and low. Every rumseller in the land is plying his trade in spite of entreaties and appeals more powerful than dead men's mangled forms. The crushed hopes and happiness of the living are really a louder call to cease their traffic than any fact or reason belonging to the dead.

If the rumseller's business were only insult to the dead, even robbing the graves of loved ones, and dragging the mute tenants forth in fiendish derision, it could be borne. But the traffic lures and destroys the living. It enters blessed homes and curses them. It attacks happy hearts, and crushes them. It degrades manhood, womanhood, everything. It puts vice in the place of virtue, poverty in the place of riches, misery in place of bliss. There is nothing fair, noble, just, or lovely in mankind that it does not blight and wither. It transforms kind fathers and husbands into demons. It converts sons into brutes, and makes daughters more remorseless than Tullia herself. It not only inebriates but murders six hundred thousand men and women of our land annually. And what a wail of lamentation and mourning ascends from the wretched families which these dead men represent! It is a long, loud appeal from one end of the land to the other for rumsellers to desist. But they sell on, bidding defiance to God and man, and cry, "DRIVE ON! DRIVE ON!" Pulpits interpose and plead; churches exhort and pray; legislators enact laws to prohibit the sale; authorities denounce it; prisons threaten; officials arrest and incarcerate; the courts condemn; governments punish. And still the rumsellers, defying all that is good and true, snap their fingers at public benefactors, and shout madly, "DRIVE ON! DRIVE ON!"

—*National Temperance Advocate.*

THE man who loves his duty will never slight it.

#### TOBACCO IN SPAIN.

THE *Christian Advocate's* editor, Dr. J. M. Buckley, is just now traveling in Spain. In his last letter, from "Proud Seville," we find, among other interesting paragraphs, this one:—

"Of modern things the most extraordinary and monstrous is the *tobacco factory*. The Government of Spain has the monopoly of the manufacture of tobacco in Spain. Hideous and yet fascinating is the interior of that factory. The building is about a tenth of a mile square. Five thousand women and girls work in it making cigars. Every room is filthy, the stench pungent, reminding one of the traditions of the Black Hole of Calcutta. It is a common thing for visitors to be taken ill and compelled to retire. The tales told of the beauty of the women are false, and properly denounced by most standard books. A very few are of more than ordinary comeliness, but even those are of the cigar-box type of beauty. The majority are as repulsive in face, dress, and filthiness as they are disgusting in conduct and brazen in manner. They eat and smoke as they work, chatter like magpies, and beg of the passer. Through the building are scattered wretched infants of a few weeks old in cradles, or strapped to their mothers while they are at their work. Ten thousand pounds of cigars are made there each day, and if tobacco were not worse than dirt, it could easily be affirmed that they are too dirty to be used. If there be any organized manufacturing institution that exhibits women in a more degraded aspect, I am thankful to Divine Providence that I have not seen it. The degradation of the five thousand women and girls is bad enough, but when it is considered that they represent probably more than two thousand families, the widespread demoralization may be inferred."—*New York Evangelist.*

It is well to remind our readers, especially in the colder sections of the country, to make thorough work as the spring approaches in cleaning cellars, putting drains in order, removing from near their dwellings every pest hole and germ breeder, and thoroughly disinfecting all places of this character. This is a rule which should be followed at all times, but the warm weather of the spring releases many germs which the cold of winter has held in bondage. "An ounce of prevention is worth a pound of cure." Cleanliness means healthfulness.



### SHADE AND SUNSHINE.

INTO all lives some rain must fall,  
 Into all eyes some tear drops start,  
 Whether they fall as a gentle shower,  
 Or fall like fire from an aching heart.  
 Into all hearts must sorrow creep,  
 Into all souls some doubting come,  
 Lashing the waves of life's great deep  
 From dimpling waters to seething foam.

Over all paths some clouds must lower,  
 Under all feet some sharp thorns spring,  
 Tearing the flesh to cruel wounds,  
 Or piercing the heart with bitter sting.  
 Upon all brows rough winds must blow,  
 O'er all shoulders a cross be lain,  
 Bowing the form in its lofty height  
 Down to the dust in bitter pain.

Into all hands some duties thrust,  
 Unto all arms some burdens given,  
 Crushing the heart with its dreary weight,  
 Or lifting the soul from earth to heaven.  
 Into all hearts and homes and lives  
 God's dear sunlight comes streaming down,  
 Gilding the ruins of life's great plain—  
 Weaving for all a golden crown.

—Selected.

### THE BARTONS' TRAVELING.

BY MRS. M. J. BAHLER.

(Continued.)

As Miss Annie had said, the stay of our friends at Black Hawk was brief, and another August morning we find them equipped for traveling, waiting in the parlor of the depot hotel at the junction for the train to Georgetown. But no train came, and finally there came a telegram that an accident down the road would cause a delay of perhaps half an hour.

Whiling away the time as best they could, by feasting their eyes upon the grand scenery which they were soon to leave behind them, their conversation was cheery, and their solitary travel-

ing companion, a fine looking gentleman somewhat past the meridian of life, manifested by many interested glances a desire for an introduction. He had stopped at the same hotel with them at Black Hawk; but as our friends spent little time in the parlor, they had met only in the dining room, and there not at the same table.

There was about them an atmosphere of quiet happiness marked by an absence of nervous irritability which is often very apparent in travelers—especially in mothers traveling with children—which impressed this gentleman and made him desire an acquaintance. Mr. Barton noticed the gentleman's interest in their party, and, as in this delay there was a favorable opportunity for conversation, he approached the stranger and spoke of the delay, adding the hope that the accident which occasioned it was not of a serious nature.

Mr. Wellman—this was the stranger's name—replied that waiting was rather tedious.

"Somewhat tedious, it is true," replied Mr. Barton, "more so for one who is traveling alone, as you are, than for us. We have quite a merry party."

"You have that. A pleasant company, too," and he glanced appreciatively over the little group. Some further desultory conversation followed in regard to travels, scenery, etc., and then Mr. Wellman said:—

"I wish to ask you a question, Mr. Barton. I noticed your company at the hotel at Black Hawk, and that always you all declined both tea and coffee. I wish to ask your reason for this departure from so universal a custom."

"I will give it with pleasure, Mr. Wellman. We believe the use of tea and coffee to be injurious mentally, morally, and physically. Undoubtedly it will seem strange to you that I speak thus, and especially strange that I say morally injurious; but whatever enfeebles our

physical *nerve*, makes us the more easily fall a prey to temptation to evil, and unfits us to discharge the duties of life in the most acceptable manner. Therefore they are morally injurious. Tea and coffee both contain properties which stimulate the system to action above its normal tone, and injurious results always follow when any portion of the human organism is excited to abnormal action; for invariably, as a secondary result, there comes depression of vital action. Alternation of excitement and consequent reaction *must* result in injury to the nervous system. This paves the way for disease, and we believe it a duty which we owe to God, to ourselves, and our fellow-beings to preserve ourselves in as good physical condition as possible, for thereby will our mental and spiritual powers be invigorated and strengthened."

Mr. Wellman mused in silence a few moments, and then said:—

"Your words, Mr. Barton, have brought to my mind a sad picture from memory's halls, and though I do use both tea and coffee, no one surely ever had clearer evidence of the deleterious effects of tea than I."

These words were spoken with a sadness which made Mr. Barton question the advisability of asking what the evidence was of which he spoke, so he only replied:—

"It is strange how we often act contrary to our convictions. Habit is a strong master, one from which we can only break by seeking strength from a higher source than our own hearts."

"Yes, yes, Mr. Barton. Habit, *habit*, a tyrant truly is evil habit."

"And the worst of it is, Mr. Wellman, we ourselves weld the chains that bind us."

"Yes, yes. Well, if you will listen, I will tell you my sad story. Perhaps you may use it for the good of others. I am alone in the world now. I once had a lovely wife, and I spent a fortune trying to save her life. I traveled with her far and wide. I employed the best medical skill to be obtained, but all to no avail. She died in terrible agony, a victim to tea poisoning. She was troubled with a loathsome skin disease which baffled all medicines administered internally or applied externally. Finally a counsel was called, seven eminent physicians consulting over the case; they decided that it was tea poisoning, but said she was beyond help. I

then entreated her to tell me if she had used tea otherwise than to drink it at her meals. She said she had, that she had eaten the grounds, and carried dry tea in her pocket, eating it often when sitting alone at her sewing. But it was too late to save her; the poison had done its work, and, as I said before, she died in dreadful agony. And yet, with this evidence before me of its evil properties, I continue to use it. Of course I would never use it as she did."

"You are not strong, Mr. Wellman?"

"No; I am traveling now for my health. My stay in Colorado among the mountains, drinking in their pure air, has done me some good; but I am on the downhill side of life."

"True, Mr. Wellman, but if you were to discard the use of tea and coffee, I believe you might derive much benefit thereby. With energies enfeebled by approaching age, you need all the more freedom from that which wears out the nerve force. Tea and coffee do this by exciting vital action above the normal standard without supplying extra force to support the extra expenditure. The consumption of the body is greater under the influence of tea and coffee than otherwise. In the case of your wife, vital force was consumed, and the blood filled with poison, which the lack of vital force made it impossible for the system to throw off. It is a well-known fact in medical circles that the use of tea and coffee is a common cause of dyspepsia, and, if I judge aright by your countenance, you are not altogether free from its torments."

"Torments! well you may say torments. But here comes our train; perhaps we may talk farther another time. I see we are each bound for Georgetown."

"Yes, and when we can talk again, I have a story for you, not as sad as yours, but containing a forcible lesson."

(*To be concluded.*)

#### MAKING HOME ATTRACTIVE.

Don't you want the boys to have a warm place in their hearts for home, and to carry its good influence out into the world? Don't be fussy. Too many tidies. Too many ribbons tied to chair legs. Too much muslin and thread lace on lamp shades. Too much shutting out of the sun. Too much nagging, like, "Boys, don't touch that tidy with your dirty fingers." "Boys, go out of this parlor

with your muddy shoes." Boys look upon fancy work as a bore and a nuisance.

Now, suppose you have something in your parlor that they can sympathize with and help you in making beautiful. For the same money you spend in knickknacks you can buy Chinese lily bulbs, and get the boys to find the pretty pebbles to prop it up in your best glass dish. Or they will gladly go off into the woods to get rich soil for the plants. But the best thing to interest the boys is a fern case. With a little ingenuity the boys can make one, and stock it, too. There are lots of lovely things growing in the woods you can set their keen eyes to discovering, and bringing home for their care.

The girls, too. Instead of bending over a crazy quilt, that may contain a thousand small pieces, and all embroidered, encourage them to make the window garden beautiful.—*United Presbyterian.*

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### TOM'S PROMISE.

BY DR. J. W. REDDIN.

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THE tobacco habit in any form is neither neat, necessary, natural, cleanly, nor decent. We have all heard something about a smoking chimney and a scolding wife, but the tobacco smoker largely discounts the combined deleterious influence of the other two. I speak candidly and earnestly, from the standpoint of a physician, a sanitarian, a Sabbath school worker, and a Christian.

Tobacco smoking, like opium smoking, is an unnatural vice, as well as a filthy habit. It cannot even be said in its defense, as in the case of liquor drinking, that it is a mere abuse of a natural appetite; for, at the best, it is an ingenious mechanical contrivance for introducing a poison into the system, and damaging the powers of the brain. It is wholly an acquired habit, and its increasing prevalence is mainly due to the monkeyish love of imitation on the part of the little folks, who have seen the large folks indulge in it. Its most perilous form is found in cigarette smoking, by those who are still in physical immaturity. Now and then an illustration of its pernicious influence stands out in startling prominence, but it is the great sweep of its evil, rather than its particular instances of destructive power, that is cause for profoundest alarm and sorrow.

Now we will visit a boarding school; we see a group of five boys; four are smoking cigarettes, and one is not. The four invited Tom to smoke;

he replied, "I don't smoke." It was spoken with such earnestness and firmness that they said, "Tom, suppose you tell us why you don't smoke." Says he: "I will give you three reasons why I don't smoke. In the first place, I heard a physician say one day that nobody could use tobacco without injuring the nerves, digestive power, and running a great deal of risk in other directions; and I made up my mind that I would not be a fool by going around doing things that only hurt me, and I said I won't do it, and I don't smoke. In the second place, I have a great liking for handsomely-bound books, and I made up my mind that every day I would put into a little stone jug all the money I would spend if I had smoked cigarettes; and every day I find out how much or how little different fellows spend, and I strike an average, and every day it goes in. At the end of the year I am going to have an edition of Macaulay or Scott, handsomely bound. I am going to buy and add all through the year. At about twenty-five years from now I would like for you to come and look at my smoke library. I don't smoke. And the third reason is this: I have got the best mother that ever lived, and the day I left home for this school, she was afraid I would smoke, and she took me aside and said, 'Now, Tom, I want you to make me one promise; will you do it?' I said, 'I don't know whether I can do it or not; I don't like to make promises.' But she said, 'I know you can keep it, and I simply ask you if you will make a promise that I know you can easily keep.' Well, I remembered that she was my mother, and how good she had been, and I said, 'Yes, I will keep it; what is it?' And, fellows, she put one hand on top of my head, and one hand under my chin, and she just twisted my face so I looked right into her blue eyes, and she looked me squarely in the face and said: 'My boy, I have watched over you night after night when you were ill; I have sat up six weeks, almost without undressing, for my love for you. Tom, I would die for you; I love you that much. I want you to promise me that you will never touch tobacco while I live.' Fellows, I looked into those blue eyes, and I remembered all she was, and I said to her, 'While I live, mother, I will never, no, never, touch tobacco.' Fellows, I don't smoke, and I am never going to."

Now, that was manliness, true, moral heroism, just such as we need in every Sunday school and church in our land to-day, so that the boys will come to feel that it is honorable, and right, and

just to be loyal to conscience, loyal to mother, loyal to God. May the Lord bless our mothers.  
—*Report of Kansas S. S. Convention, 1890.*

#### A NOVELIST ON NOVELS.

It may be safely assumed that most of the novel reading which people fancy is an intellectual pastime is the emptiest dissipation, hardly more related to thought or the wholesome exercise of the mental faculties than opium eating; in either case the brain is drugged, and left weaker and crazier for the debauch. If this may be called the negative result of the fiction habit, the positive injury that most novels work is by no means so easily to be measured in the case of young men whose character they help so much to form or deform, and the women of all ages whom they keep so much in ignorance of the world they misrepresent. Grown men have little harm from them, but in the other cases, which are the vast majority, they hurt because they are not true—not because they are malevolent, but because they are idle lies about human nature and the social fabric, which it behooves us to know and to understand, that we may deal justly with ourselves and one another.—*W. D. Howells, in Harpers' Magazine for April.*

#### A CASE OF THOUGHTLESSNESS.

THE other afternoon I got into a car of the Sixth Avenue elevated road, going up town. At the next station above where I entered the car, a father, mother, and a boy about five or six years old got into the same car. A seat was given to the mother, who made room for the boy beside her; after a time the father got a seat, and tried to persuade the boy to come over to him. The boy very irritably refused, and with pouting lips clung closer to his mother. A few stations further on a seat beside the mother was vacated, and then the father changed his seat to the vacant one beside his wife. Each moved, and the small boy was persuaded to kneel between them and look out of the window. No sooner was he comfortably settled than the father began amusing himself by pulling the boy's ears pinching his cheeks, shoving his elbows off the window sill, pulling his feet. At every manifestation of anger or impatience the father would throw his head back and laugh. At last he made the boy cry, and his enjoyment reached a climax, as he

now kept saying in an audible whisper, "Cry baby! cry baby!"

The poor little fellow was a painful object. He was very thin, had tiny bones, and was evidently worn out nervously, and without doubt his physical condition was due entirely to the thoughtless cruelty of his father, a big, healthy, careless, fun-loving man—I had almost written monster—selfish and dense to every finer emotion. The patient expression on the mother's face, as she mechanically soothed the boy, proved that the experience was too common to even arouse comment in her mind.

The next morning I picked up the *Tribune*, and turned at once to a report of the doings at Chautauqua; the proceedings of the woman's club were reported, the principal subject being the training of children.

"Question—How would you break a child of the habit of teasing? Answer—By breaking older people of the habit of teasing the child," were question and answer that brought vividly to mind the incident of the evening before.

What a future of rasped nerves and false standards of amusements was being established through a father's thoughtlessness!—*Christian Union.*

#### TWO VERDICTS.

A MAN who would have friends must show himself friendly. A man stopped at an inn overnight. He had just left a town where he had been staying several years. The landlord asked him why he had left the place. He replied, "Because my neighbors were so disagreeable and disobliging there was no living with them." The landlord replied, "You will find just such neighbors where you are going."

The next night another traveler happened to come from the same place. He told the landlord he was obliged to leave the place where he was living, and that it cost him great pain to part with his neighbors, who had been so kind and obliging. The landlord encouraged him by telling him that he would find just such neighbors where he, too, was going.

What kind of neighbors do you find?—*Sabbath School Visitor.*

THE less complaining a wronged man does, the more people will hate the man who wronged him.



# Mother's Helper

## AT THE BEDSIDE.

O MOTHERS whose children are sleeping,  
Thank God by their pillows to-night,  
And pray for the mothers now weeping  
O'er pillows too smooth and too white,  
Where bright little heads oft have lain,  
And soft little cheeks have been pressed!  
O mothers who know not this pain,  
Take courage and bear all the rest,  
For the somber-winged angel is going  
With pitiless flight o'er the land,  
And we wake in the morn never knowing  
What he ere the night may demand!  
Yes, to-night, while our darlings are sleeping,  
There's many a soft little bed  
Whose pillows are moistened with weeping  
For the loss of one dear little head.  
There are hearts on whose innermost altar  
There is nothing but ashes to-night;  
There are voices whose tones sadly falter,  
And dim eyes that shrink from the light.  
O mothers whose children are sleeping,  
As ye bend to caress the fair heads,  
Pray, pray for the mothers now weeping  
O'er pitiful, smooth little beds!

—Selected.

PROF. PARVIN states that of the entire number of deaths among children, thirty-three per cent are from diarrhea; of this thirty-three per cent about ninety-six per cent are under five years of age. Further, of that ninety-six per cent, some sixty-three per cent are of children under one year of age. It has been estimated that one-fourth of all children die, and this is rather an under than an overestimate. This mortality usually arises from disorders of digestion.

LITTLE JESSIE, who has been much interested in collecting butterflies, asked her papa one day, "If butterflies couldn't fly, and couldn't do anything but walk, we'd have to call them *butterwalkers*, wouldn't we?"

## A BIT OF ACTUAL EXPERIENCE.

BABY MARIAN, through an unfortunate train of circumstances, had fallen into a very bad habit. For several weeks her mamma or nurse had been lying down with her at night until she should fall asleep. Her mamma thought this was waste of time, and of no advantage to baby, and so concluded the habit must be broken. Accordingly, after a quiet little talk with baby—for babies of one year understand much that is said to them—little Marian is clothed in her night attire and laid in bed, while mamma takes her seat beside her with work in hand.

Then commences a little scene. Baby cries for two straight hours; she becomes very hoarse, and her head is hot and eyes swollen. Mamma is distressed; grave fears that she will make herself sick crowd upon her anxious heart; she feels almost tempted to yield the point, and other members of the family think she is very cruel that she does not. She holds out, however, and at length the little one falls asleep, but sobs and grieves even in slumber.

The following evening the same course is pursued by mamma. Little Marian, having been once conquered, seems desirous of making the best of the situation, so she shuts her eyes and *tries* to go to sleep. Being unused to the situation, she does not succeed readily, and tosses and sighs for another two hours, which is even more trying to the fond mother than the experience of the first night. At length she falls asleep from sheer exhaustion. The third evening she sweetly kisses mamma good-night, and gently lies down and is asleep in a very few moments. The work is done. Many valuable hours have been saved for mamma, and baby has learned a most valuable lesson. H. S. M.

A LAWSUIT is an ill-fitting garment.



**HEALTH HINTS FOR MOTHERS.**

THE hot wave that has recently swept over the Pacific Coast, together with some experience with its consequences, admonishes us that some of our mothers may be anxiously looking for some hints that will aid them in steering their little ones safely through the season just before us. It has been our experience that, as a rule, children suffer most from what are commonly called "summer complaints" during those seasons when the temperature is subject to frequent, sudden, and marked changes.

There are many things which enter into the causes of these diseases of the stomach and bowels which yearly lay low so many of our precious ones. These will be considered in subsequent articles during the coming months.

A word of admonition, however, may be profitably given at this time. We believe that the lion that lies in the pathway of these little ones at this season consists largely in a lack of knowledge and thought on the part of mothers in reference to the matter of dress. We are persuaded that the bodies of children should be clothed according to the temperature of the weather; that when hot days come a portion of the clothing, which has been necessary for the child's comfort during the colder winter days, should be removed for the time, if, indeed, it is necessary to replace it the following day. The bowels afford a large, unprotected surface, which imparts its heat readily. Therefore, in children under three years of age, at least, we believe the bowels should always be protected with a flannel of varying thickness, according to the season and temperature. Attention to these things would obviate many an attack of diarrhea, which so often proves serious.

H. S. M.

**STUDY YOUR CHILDREN.**

HERE is a family of children, boys and girls. They have the same father and mother, yet what differences in temperament. One daughter is quite a tomboy, always romping. Another is timid and nervous. This boy is adventurous, full of curiosity, and does not stop to think of consequences. That one is cautious and cool-headed. Another is timid and excitable. Such is the composition of almost every family. Besides these varying dispositions, there are the different ages, each requiring differ-

ent treatment and guidance. One is too young to be reasoned with, yet must be controlled and trained. Another is old enough to be reasoned with, but he is self-willed. The trainer in the midst of these ages and temperaments needs a wise head and a loving heart. To establish one law and administer discipline accordingly, irrespective of age and temperament, would be cruel. There must be a method for every child. Some may say a method for every child would make family government impossible. No, it facilitates it. It leaves each child to govern herself, while the parent only directs. It enables the child to do what otherwise the parent would be obliged to do for each, which would be a grievous task.

Such training requires the parent to study the child. The home is a good place to study human nature. In a family of children some will resemble the father, others will be like the mother, others will have the appearance of a grandpa or a grandma. One will be in appearance like the father, but will have the disposition of the mother. A thorough knowledge of ourselves will, therefore, be helpful in bringing up those whom God has graciously given us to train. It has been truly said that we see ourselves over again in our children. But we often find those under our care that are individual and peculiar in their disposition and habits. What must we do with such oddities?—Study them. Let common sense guide. A rule of application will be found.—*The Housekeeper.*

ILL-FITTING SHOES.—Ill-fitting and outgrown shoes are causes of further mischief and sometimes deformity. If a shoe will go on, and it is not worn out, the poor child must wear it, no matter if ingrowing toe nails, corns, and bunions are the result. Not that mothers would willingly inflict such infirmities upon their children, but they are careless and ignorant of results. A child's shoes should be changed, as a rule, as often as every six months, no matter whether they are worn out or not. Natural ease and grace of movement is impossible if the feet are hampered in tight, uncomfortable shoes, and a mincing, crippled gait will almost surely be acquired.—*Good Health.*

A GREAT many men who imagine they are perched on the shoulder of Fame, have not climbed as high as her knee.



#### LOVING WORDS:

LOVING words will cost but little,  
Journeying up the hill of life,  
But they make the weak and weary  
Stronger, braver for the strife.  
Do you count them only trifles,  
What to earth are sun and rain?  
Never was a kind word wasted,  
Never one was said in vain.

When the cares of life are many,  
And its burdens heavy grow  
For the one who walks beside you,  
If you love them, tell them so.  
What you count of little value  
Has an almost magic power,  
And beneath their cheering sunshine  
Hearts will blossom like a flower.

So, as up life's hill we journey,  
Let us scatter, all the way,  
Kindly words, to be as sunshine  
In the dark and cloudy day.  
Grudge no loving word, my brother,  
As along through life you go,  
To the ones who journey with you.  
If you love them, tell them so.

—*Golden Days.*

#### RECIPES FOR APRIL.

BY MRS. F. L. M'CLURE.

**MOLASSES CAKE.**—One cup New Orleans molasses, one cup hot water, one tablespoonful butter, one-half cup brown sugar, half teaspoonful soda, two heaping teaspoonfuls baking powder, two eggs, two and one-half cups sifted flour. Put butter, molasses, water, and sugar together, adding the soda to the molasses and water. Then beat the eggs light and add to the ingredients. Sift baking powder with the flour, and stir all together. Bake in a dripping pan in a moderately hot oven for about forty minutes.

**GRAHAM CREAM ROLLS.**—One quart of unsifted

graham flour, half teaspoonful salt, one teaspoonful baking powder, one teaspoonful sugar, wet with thin cream, making a dough of medium stiffness. Roll out and make finger rolls about one and a half inches in diameter and about four inches in length. Bake on the grate in an oven hot enough to brown nicely, for about twenty minutes. These rolls can be made without the baking powder, and are just as light, if all the conditions are right; that is, have the dough the right stiffness, and the oven the proper temperature. For dyspeptics, bake them through thoroughly. Will keep for any length of time.

**SWEET POTATO SERVED WITH SAUCE.**—One quart of sweet potato, pared and cut into oblong slices about half an inch thick by two and a half inches long, and about an inch wide. Cut them all the same shape if possible. Boil or steam until tender; then make drawn butter or cream sauce; pour over and serve hot. **SAUCE FOR THE POTATO.**—One pint of thin cream or rich milk, one teaspoonful flour, half teaspoonful salt, one teaspoonful sugar. Bring the milk to the boiling point, then add the flour, after wetting it with a little cold milk. Cook for a minute and add the sugar and salt. Pour over the potato, and serve hot. This sauce can be made with water by using one tablespoonful of butter.

**SQUASH PIE.**—One quart of squash, one and a half quarts of sweet milk (fresh with the cream on is best), three eggs, two crackers, one cup sugar, flavor to suit the taste. Strain the squash through a colander after steaming; add the milk to make it run through easily; separate the eggs, and beat them until light, not making the whites too stiff; add the yolks to the squash and milk, then the sugar and crackers after they are rolled fine. This amount will make two deep pies, which are much nicer than shallow ones. **CRUST FOR THE SAME.**—

One cup white flour, one cup middlings, half teaspoonful baking powder, and a little salt. Sift all together, and moisten with thin cream to a soft dough, stirring with a wooden spoon in a bowl.

**GRAHAM PUDDING.**—One quart of unsifted graham flour, one-half cup sugar, one-fourth teaspoonful salt, cream enough to make a dough that will roll out like bread dough, one cup English currants, and a half a cup seedless raisins. Mix all the ingredients and place white flour on the board, and make into one large roll. Flour a cloth after wetting it, and roll the dough tight in it. Pin at one end and in the middle, and tie the opposite end. Then place in boiling water with the tied end between the lid and upper edge of the kettle. Allow to boil three and a half hours. Serve with rolled wheat sauce. This pudding will keep for several days, and is just as nice as at first by placing it in hot water and heating it over again.

**PINEAPPLE DESSERT.**—One quart of boiling water, one cup sago, one cup sugar, one pint of sliced pineapple, one pint of pineapple juice. Boil one quart of water, and stir into it one cup of sago, that has not been soaked. Cook until clear, then take off the stove, and add a pinch of salt and a cup of sugar, stirring as little as possible. Turn into this the sliced pineapple. Then pour into cups, and mold into shapes. Turn out into a sauce dish and serve the pineapple juice over it. The syrup or juice is made by placing alternate layers of pineapple and sugar in a dish, and allowed to stand until sufficient syrup is formed, which will be about three or four hours. This dessert is nice served with whipped cream instead of the syrup.

### THE BEST BED.

Of the eight pounds which a man eats and drinks in a day, it is thought that not less than five pounds leave his body through the skin. And of these five pounds considerable percentage escapes during the night. This, being in great part gaseous in form, permeates every part of the bed. Thus all parts of the bed, mattress, blankets, as well as sheets, soon become foul and need purification. The mattress needs this renovation quite as much as the sheets.

To allow the sheets to be used without washing or changing three or six months would be regarded as bad housekeeping; but I insist if a thin sheet can absorb enough of the poisonous excretions of the body to make it unfit for use in a few days, a

thick mattress, which can absorb and retain a thousand times as much of these poisonous excretions, needs to be purified as often certainly as once in three months. A sheet can be washed. A mattress cannot be renovated in this way. Indeed, there is no other way of cleansing a mattress but by steaming it, or picking it to pieces and thus in fragments exposing it to the direct rays of the sun. As these processes are hardly practicable with any of the ordinary mattresses, I am decidedly of the opinion that the good, old-fashioned straw bed, which can every three months be exchanged for fresh straw, and the tick washed, is the sweetest of beds.

If in the winter season the porousness of the straw bed makes it a little uncomfortable, spread over it two woolen blankets, which should be washed. With this arrangement, if you wash all the bed covering often, you will have a sweet, healthful bed.

Now, if you leave the bed to air, with open windows, during the day, and not make it up for the night before evening, you will have added greatly to the sweetness of your rest, and, in consequence, to the tone of your health.

I heartily wish this good change could be everywhere introduced. Only those who have thus attended to this important matter can judge of its influence on the general health and spirits.—*Health and Habit.*

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## SOME OF THE EVILS OF WEARING CORSETS. NO. 2.

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

I HAVE shown in a previous number how the wearing of corsets or tight-fitting garments must of necessity interfere with the free normal action of the lungs, that in so doing the blood cannot be properly aerated; this being true, no organ of the body can perform its function properly, as all organs receive their supply from the blood.

Were this the only way in which evil results follow, it would be bad enough, but these are not to be compared with the facts as the intelligent physician sees them. Other vital organs suffer directly as well as indirectly from this mode of dress. Indeed, we can safely say that no organ of the trunk escapes direct injury from the wearing of close, stiff clothing. We will briefly consider the function of that most essential organ, the stomach, in this relation.

The stomach, one of the chief organs of digestion, is located beneath the diaphragm just below the sternum, or breastbone, and extends some distance on either side beneath the ribs. It is in reality an expansion of the alimentary canal, and may be briefly described as a hollow muscle; its coats are provided with three distinct layers of muscles,—the circular, extending around the stomach in its smallest diameter, and by its construction produces elongation of the organ and compresses its contents; the longitudinal, running lengthwise of the stomach; the oblique, taking the direction indicated by the name—the combined action of all of which shorten the organ and roll the contents in such a manner as effectually to “churn” the food, bringing each particle in intimate contact with the juices which are to digest it. This muscular action then reduces the whole to

that homogeneous mass which is necessary for its proper digestion. This motion also has to do largely with stimulating the glands of the lining membrane to the secretion of a proper quantity of digestive fluid. In short, were it not for this action of the muscles, the stomach could but very imperfectly perform its part in the work of digestion. Those ladies who followed the fashion of a few years past, and have been disabled by the wearing of very tight sleeves, know how impossible it is for a muscle to perform its function of contraction while subjected to great pressure. If, then, the space allotted by nature to the stomach is encroached upon on either side by the compressed ribs, and in front by a stiff, unyielding corset steel, the organ must perform its work in a very cramped position, and, therefore, in a very imperfect manner. The consequence of this condition of things can be readily seen. The food thus left half digested and subjected for a long time in this condition to the heat and moisture of the stomach, undergoes fermentation and is worse than useless to the system. The poisonous materials thus formed, being absorbed, clog the system, benumb the brain, dull the eye, and sallow the complexion.

Inasmuch as it is the function of the stomach to elaborate to a certain degree those portions of the food elements which are emphatically tissue builders and nerve restorers, it follows that a failure on its part to perform this work must be followed by a corresponding weakness of the whole body, and great prostration and irritability of the nervous system.

In the influence upon this organ alone, then, we find sufficient cause for great physical suffering. There is the source of the mental gloom which invariably accompanies dyspepsia, unfitting the individual for every great and noble purpose in life, rendering her existence a burden to herself and a source of annoyance to her associates.

# Rural Health Retreat.

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## **RURAL HEALTH RETREAT ASSOCIATION.**

THIS is the name of the corporation managing the Rural Health Retreat, located at Crystal Springs, St. Helena, Napa County, California. This is a philanthropic institution. It is expressly stipulated on the face of the certificates of stock issued to the shareholders, that "this stock bears no dividends, all profits thereon being devoted to increasing the facilities of the association, according to section two, article two of the by laws." Managers, physicians, and employes at the Retreat gladly take less for their services than is paid for like labor performed in money-making institutions, that the work may be extended, and that the needy and unfortunate may be treated at reduced rates. During the last eight years the institution has given away treatment to the amount of upwards of twenty thousand dollars.

## **WHO OUGHT TO VISIT A SANITARIUM.**

ALL invalids do not need the advantages of a sanitarium, although most or all may be benefited by a short sojourn in such an institution as this, through the excellent dietary and regimen to be secured, the advantages for physical culture, etc. Nearly all invalids may be benefited; but we specially desire the patronage of those chronic invalids who have been long sick, and who are not likely to get well at home, yet whose cases are curable. It is a good plan for those contemplating a visit to some health resort, to consult their family physician, whose advice will be found a safer guide than advertisements in newspapers and flaming circulars.

Persons who may not be dangerously ill may find it worth their while to spend a few weeks at the Sanitarium for the purpose of learning how to live healthfully. Mothers may gather information which will prove invaluable to themselves and their families, from the instruction imparted in the lectures which are given. Young mothers particularly may gather in a few weeks' stay here,

knowledge concerning self-care and the care of their families, which will be invaluable.

The friends of persons whose cases have been pronounced hopeless, and which seem to be so, and of persons suffering with epilepsy or mental disease, should correspond with the medical superintendent respecting the case before bringing the patient here.

## **MENTAL AND MORAL INFLUENCES.**

No persons are employed in the institution but those who are believed to be Christian ladies or gentlemen, and it is the constant effort of the managers to maintain in the institution a spirit of genuine, elevated, unobtrusive Christianity, believing that religion is one of the most helpful of all means by which the suffering, despairing, will-weakened invalid may be brought into right relations with the laws of God which govern his physical well-being. Persons who do not hold to any religious faith are made welcome as others, but are requested not to disturb others by irreligious talk or conduct. Talking about one's diseases and sufferings is not allowed except to physicians or attendants. All are expected to co-operate in the effort to make "mental sunshine" throughout the institution, to cultivate hope, good cheer, and contentment. Those who persist in spoiling others' happiness as well as their own by an opposite course, must expect to be invited to leave on short notice.

## **WOMAN'S DEPARTMENT.**

SPECIAL attention is given to diseases peculiar to women. Inasmuch as the majority of woman-kind are more or less afflicted with ill health, and inasmuch as the many who have rarely endeavored to regain their health, while burdened with home care, be their physician ever so skillful, testify to the hopelessness of the task, we have made every effort to supply in this department special advantages for the relief of such.

We do not lay claim to the possession of any mysterious remedy whereby all diseases of this

character may be speedily banished, but we do claim to be abreast with the rapidly-advancing scientific method of the profession of to-day. Great advantages are to be attained at a well-equipped sanitarium, inasmuch as the broken health of the sufferer is restored as much by the aid of the general tonic treatment received as by the local treatment itself. In this respect, however, we feel we can with some confidence invite our suffering friends to our home.

Special study has been given by those in charge to the most advanced methods of using electricity in its various forms. We would especially invite those suffering from fibroid tumors and long-continued, deep-seated inflammations which have not yielded to ordinary means of treatment.

Among the special advantages to be enjoyed by women at this sanitarium may be mentioned a quiet, most delightful retreat, pure air, pure water, and good food prepared by other hands than her own, and the great advantage of hygienic methods of treatment in the form of massage, general electricity, tonic baths, etc., rest from home cares, and, last but not least, may be mentioned the weekly parlor talks by a competent lady physician on most important subjects relative to healthful womanhood and maternity. "An ounce of prevention is worth a pound of cure," and it is our highest function to instruct.

#### EXPENSES, ETC.

THE following rates for board and treatment include in the price for each room, table board (two meals a day), medical attention, and regular treatment:—

Single room in main building.....	\$12 to \$22
Two persons in single room (each).....	10 to 18
Single room in cottage.....	12 to 20

The difference in price of rooms is chiefly due to difference in location, style of furnishing, etc. The cheapest rooms are furnished simply but neatly. All rooms are well heated and ventilated.

Board of children, under 12 years of age, in parents' room.....	\$ 2 00 to \$ 4 00
Nurse, per week.....	10 00 to 12 00
Half nurse, per week.....	6 00 to 7 00
Examination of new patients.....	5 00

No charge for office consultation or examination of old patients.

For office treatment for eye, ear, or other specialties, a small extra fee is charged.

For surgical operations a charge is made accord-

ing to the nature of the operation and the circumstances of the patient.

Special rates are made to physicians and clergymen and their families, and to worthy objects of charity.

A steam laundry connected with the institution does laundry work at moderate rates.

*What to Bring.*—Each person should bring with him the following articles for use in connection with treatment; or, if preferred, they may be cheaply purchased or rented here: Two Turkish or cotton bath sheets, one woolen blanket, four towels (Turkish preferred), and two yards of heavy white or gray flannel.

Hacks will be found at all trains, and patients are received at the Sanitarium at all hours, night or day.

Telephone and telegraph connections.

Feeble persons requiring special assistance should, on starting from home, telegraph the time at which they will arrive, and they will be met at the train by an assistant from the institution.

Any further information desired may be obtained by addressing the Rural Health Retreat.

Estimates to cover total expense given when desired.

Managers Rural Health Retreat.

#### CALIFORNIA LOVELINESS.

ON the mountain-side at the Retreat we get a view of some of the loveliness of a California April. The late rains have so moistened the soil that the vegetation is of a deep green, and more luxurious than ever. The wild flowers of the valley are abundant, and exquisitely fragrant, while the flowers of the gardens about the Retreat seem to vie with those in the valley below. Never did it look so delightful to us here before. Patients who are now here are, to use a common phrase, "feasting *hugely* on nature." It does the well ones good to see the sick ones enjoy these lovely surroundings. We wish others to come and reap the benefits of this health-giving climate, and the hygienic remedies of this "Mountain Home."

It is the determination of the managers, physicians, and helpers at the Retreat to do all in their power to maintain surroundings of brightness and good cheer, that those coming to the institution, and who avail themselves of nature's potent remedies here used for the recovery of their health, shall have its elevating influence, which may do them as much good "as a medicine," and without which all other remedies might be of no avail.

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## LITERARY NOTICES.

We acknowledge receipt of the *State Board of Health Bulletin*, Nashville, Tenn., February 20, 1892. Subscription price, 25 cents per annum.

A paper on the "Treatment of Laryngeal Phthisis," by Robert Levy, M. D., of Denver, Colo., comes to us from the Avil Printing Company, Philadelphia, and is worthy of perusal by the profession.

In a paper on intestinal anastomosis, the author, Robert H. M. Dawbarn, of New York Polyclinic Institute, argues that rings or plates made from vegetable matter are far superior to the rubber or metal rings commonly used.

Received from George S. Davis, publisher, Detroit, Mich., a paper prepared by Charles B. Kelsey, M. D., on the "Indications of Colotomy." The author's extensive practice and standing entitle his opinion to great weight.

The fourteenth annual report of the Presbyterian Eye, Ear, and Throat Hospital of Baltimore shows a total of 2,030 operations performed in 1891, and a grand total of 15,543 operations since the founding of the institution, thirteen years ago.

"Stricture of the Rectum," second edition, enlarged, by Charles B. Kelsey, M. D., of New York, gives the results of the study and treatment of 138 cases of this disease by the author, who speaks from a large medical knowledge and extensive practice.

The University of California sends us a neat pamphlet of seventy-four pages, containing four addresses given by University professors before the California Teachers' Association at Riverside, December, 1891. We also acknowledge the *Register* of the University. This shows an enrollment of over 1,000 students in the various departments.

We are pleased to greet as an exchange the *California's World's Fair Magazine*. It gives the progress of the preparations for the great exposition, and the part California

proposes to act in the national exhibit. It contains much of interest to all, especially to the sons of the Golden State. Published by B. Fehneman, 75 Flood Building, San Francisco. Price, \$3.00 per annum.

We have received from the publishers, W. N. Swett & Co., 42 Charles Street, Lynn, Mass., "Queen Mab," a novel of 288 pages, by William Westfall, price 25 cents. While this novel is probably no worse than any of its class, the world would be far better off without such publications. We do not believe in the perusal of such literature, and are sure our readers will be much better off without it.

We note with thanks the reception of the fifth and sixth annual reports of the State Board of Health and Vital Statistics of the Commonwealth of Pennsylvania for the years 1891, 1892. These reports are quite extensive volumes, having nearly 740 pages each. These volumes show a great deal of careful painstaking and thorough labor and research. The work done in relief at Johnstown after the great flood is given in an interesting and instructive way. These reports contain many valuable papers on various phases of health, some of which we will quote in future numbers. Instructive diagrams are given. The efficient secretary of the Board is Benjamin Lee, M. D., 1532 Pine Street, Philadelphia, Pa.

We are glad to welcome into the field of health and social reform another earnest and candid advocate. Volume 1, No. 1, of the *Health Exponent* comes to our table full of timely topics and useful advice. It hails from Mt. Vernon, Ohio, with O. G. Place, M. D., and W. H. Gilmore as editors. The initial number bears date of January, 1892; 32 pages, monthly, 10 cents per single copy, 75 cents per volume. Four departments, or lines of thought, are considered: Editorial, Health Miscellany, Nurses and Nursing, and Dietetics. From this number we learn that the sanitarium of which Dr. Place has charge is in a growing, prosperous condition. For this we are glad. We wish the *Exponent* abundant success.

*Demorest's Family Magazine* for April gives a paper on "The Evolution of a Great Exposition," one of the best things of the kind that has yet been published. From it you may learn all the interesting points about the coming World's Fair. The illustrations are good, including a comprehensive view and the plan of the grounds, pictures of all the magnificent buildings, and portraits of some of the leading officers having it in charge. "A Talk about Trees and Arbor Day" is a timely and deeply interesting paper, profusely illustrated with pictures of the favorite trees planted in different sections of the United States, so accurately delineated that each may be easily recognized when met with; "German without a Master" gives invaluable suggestions for the study of that useful language; "A Snap Shot at Washington Etiquette" furnishes an insight of the rules that govern society at our national capital; "Easter Legends and Customs" is specially interesting. Every department is full of good things. There are over 200 handsome illustrations. The subscription price is \$2.00 a year. Published by W. Jennings Demorest, 15 East Fourteenth Street, New York City.

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