



# Pacific Health Journal

Vol. VII.

Oakland, Cal., May, 1892.

No. 5.

## Pacific Health Journal.

A 32-PAGE MONTHLY.

SUBSCRIPTION PRICE, : : \$1.00 PER YEAR.

*Entered at the Post Office in Oakland, Cal.*

M. C. WILCOX, - - Editor.

All Drafts or Money Orders sent in payment of subscriptions should be addressed and made payable to Pacific Press Publishing Co., Oakland, Cal.

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

WE are glad indeed to hear the many good words coming from every quarter in praise of the PACIFIC HEALTH JOURNAL and its improvements. Last number, it is safe to say, was the best number issued during the year. We are glad to give our readers so good a variety of matter this month. The article by Dr. W. H. Maxson with reference to the purification of drinking water is alone worth much more than the price of the JOURNAL for a year to any family which will put it in practice; and who cannot? It presents one of the cheapest and best methods of rendering water comparatively pure which we remember ever to have met. The articles by Mrs. Dr. H. S. Maxson in our Healthful Dress and Mother's Helper departments, the other articles by Dr. W. H. Maxson and Dr. Sanderson, are all worthy of mention. We are sure if the series which Dr. Sanderson is now presenting is carefully studied by our readers, they will be much better acquainted with the human body at the close of the series than before. There are other articles worthy of a special reading, but we

desire the entire journal to speak for itself. We hope our readers will be pleased therewith, and will help us in spreading the gospel of health.

ONE of the greatest preventives of disease is absolute cleanliness. This is emphatically true at this season of the year, and especially so in the colder latitudes, where nature has just thawed out from her long winter sleep. With the warm weather countless germs spring into life, and many places of filth become breeding-places of disease microbes. The cesspools, the back yard mudholes, the damp cellars, the decaying vegetables, in fact, every place of the above character, should be thoroughly looked after, cleaned, purified, disinfected. A little delay and carelessness has cost many a sweet life. So many escape contamination we are prone to think we all will. But many a parent or husband has shed unavailing tears over cold white faces of children or wife which a little intelligent, timely effort would elsewhere have preserved, with the rosy flush of health, a comfort and joy continually.

How easy it is to be stirred up to lock the barn after the horse is stolen! How this principle obtains in the matter of health and disease! How often have gormandizers been warned of the consequences of keeping the poor, uncomplaining digestive organs at work continuously endeavoring to utilize or eliminate from the system what was never demanded by nature, the needs of the system, or anything else except a perverted appetite or barbarous fashion; and how, in a little while, these same gormandizers became confirmed dyspeptics, who could scarcely eat anything! Why is it not better to be wise betimes? Why is it not

better to preserve the health by simple, plain, nourishing food, and the faithful observance of a few common-sense rules, than it is to spend years dying and dieting to regain lost health? Why is it not better to preserve the horse than it is to lock up an empty barn? Why is it not better to curb an unnatural or unwise appetite in time than to suffer from the effects of its indulgence for years? Why is it not better to keep well than to get well?

WE have been asked if we considered the recipes printed in the HEALTH JOURNAL last month to be in harmony with the principles of hygiene. No, we do not, nor do we suppose the writer did. They are much better than the worst recipes, and are also better than the general average. The less artificial sugar and oils used in food the better, and we do not believe that baking powder or soda is necessary in any case. They are deleterious articles—of food, we were about to say, but they are not food. They are needed only to meet the demand of perverted appetite for a multitude of unwholesome dishes. If our readers have been using worse dishes than our worst recipes, come *up* to the recipes. If they have been using better, let them adopt the best we have furnished. If they have reached that plane, by all means let them go on to the perfection of hygienic and healthful cookery. Let the watchword be "progress," in the culinary department as well as elsewhere, measured rather by a few excellent dishes than by a large number of ordinary ones. In other words, let the watchword of hygienic cooking be "quality instead of quantity," and let quality be measured by healthfulness.

OUR readers all know, from the newspapers, somewhat of the terrible sufferings which from ten to twenty millions of Russians are now undergoing. It is probable that the reports are not exaggerated. America has responded promptly to the needs of Russia, and much more provision and help are to follow. Those of our readers who wish to help may safely, we believe, send money to the Russian Ladies' Famine Relief Society, American Bank and Trust Co., corner Montgomery and Commercial Streets, San Francisco, Cal. It is thought that a ship may soon sail from this coast with provisions for the sufferers.

"EVER follow after that which is good."

ONE of the fashionable fads in the cure of phthisis, or pulmonary consumption, is dog meat. A report from a case in Springfield, Ohio, says that Miss Lizzie Jones, of 438 Jones Street, Indianapolis, had eaten four dogs, a shepherd, a water spaniel, and two large Newfoundlands. Others, of course, will do likewise simply because it is a growing fashion. M. C. W.

#### PURIFICATION OF DRINKING WATER.

BY W. H. MAXSON, M. D.

MUCH might be said, in fact, too little has been said, about the care that should be taken in reference to drinking water. It has been proved beyond a doubt that drinking water is a medicine through which contamination often comes. From this cause many suffer the direful effects of malarial and typhoid fevers, when a little care exercised on the part of those who have the care of families might prevent many of these prevailing diseases and their evil consequences.

Many have been the times we have been called to attend cases of typhoid fever when a careful inspection of the surrounding premises discloses the fact that the water has received the seepage from some cesspool or privy that had been located above the water source and at a convenient distance for contamination. Another quite common cause for typhoid fever has been traced to the use of milk that had been adulterated with water impregnated with the typhoid bacilli, or that the cows from which the milk was taken had had access to and drank of the same. Thus we see that the contamination of water plays quite an important part in the suffering and death rate of this fever, as also it does in malarial fevers.

It has been found by a series of experiments conducted under the auspices of the University of Michigan some years ago that seepage under ordinary circumstances and in sandy loams will take place a distance of six hundred feet; and no doubt there is safety only in a much greater distance intervening between the water supply and the source of contamination. If the source of water supply is at all suspicious, a little care and attention in the application of a few simple rules will guarantee immunity from that source of infection.

Impure water may contain both organic and inorganic impurities, which may be easily detected in several ways. First take a clean bottle and put some of the water to be tested in it; then add a

pinch of pure white sugar and allow it to stand in a warm place uncorked. If cloudiness appears within two days, the water cannot be used with safety. This is called the fermentation test.

The permanganate of potash test is also reliable, and is as follows: Dissolve in an ounce of water twelve grains of caustic potash and three grains of permanganate of potash crystals. Keep in glass-stoppered bottle. Add a drop or two of this solution to a gill of water, to be tested. It gives to the water a pink or purple color. After a few hours' standing if the color changes to a brown or disappears, it is evidence the water is unfit for cooking or drinking purposes.

There are three ways of cleansing impure water: (1) by boiling, (2) filtration, (3) chemical action, any one of which alone is not perfectly safe or practicable. Boiling water one-fourth hour destroys a large portion of organic matter.

Professor Vilchier, of St. Petersburg, found by experiments that the action of boiling water was destructive to the typhoid bacilli. Simply boil the water in the evening, let it cool during the night, and it is ready for drinking purposes the next day. This process will prevent many a case of malarial, intermittent, and typhoid fever. This is not, however, always proof against these diseases from that source, and so we would recommend in addition to boiling that the water be also filtered.

Filtration alone has been relied upon to a great extent, and a multitude of filters have been designed and thrown upon the market, some of them performing very poorly the work for which they were designed. Some of them, indeed, have added to the contamination, as it is known that bacteria thrive in the material of some filters after it has been in use for some time. Some of the filters contain alum in some form, which has been found to act chemically and to advantage in rendering drinking water harmless.

Professor Leeds long ago called attention to alum as a water purifier. In the course of his investigation in an outbreak of typhoid fever at Mt. Holly, he found that the water furnished to the inhabitants was swarming with germ life, being capable of forming 8,100 colonies of the typhoid bacilli when spread out in a suitable surface.

He tried the experiment of adding a minute amount of alum, only one-half grain to the gallon, and found that not only were the dirt and coloring matter precipitated, but instead of the same quan-

tity of water containing 8,100 colonies of the germ, it contained only 80. Then, filtering the water through filter paper, he found that the filtered water contained no germs, but was as "sterile" as when subjected to prolonged boiling. This amount of alum is too small to be evident to the taste or harmful to the health.

It has been said that the only material that will render a filter perfectly reliable is sponge iron, or "carbide of iron," a substance made from the mixture of iron ore and charcoal, subjected to a high temperature in a reverberatory furnace. While this is proof against all germs, it will, however, transmit iron to the water, and is, furthermore, quite expensive. Chemical agents, as a rule, are not practicable as purifiers of drinking water, from the fact that the amount required to sterilize the water would prove injurious to the stomach and system in general.

Fortunately, there are simpler and less expensive ways of rendering drinking water harmless. It has been proved that absorbent cotton makes a very effective germ screen. A few cents will buy enough for a fair-sized filter. Surgeons' absorbent cotton should be called for, which is usually kept in stock by all druggists. A filter may be made in the following manner,—take a long-necked beer or brandy bottle and tie a string that has been soaked in kerosene oil, around the bottle near the bottom; set the string on fire, and while the bottle is hottest set it in cold water, when the bottom will break off, generally very evenly. Then take a file and file off all the rough edges. Set the bottle mouth downwards in a frame, or through a large hole bored in a board. Moisten the absorbent cotton and lay it in layers in the neck of the bottle to the extent of about two inches, and you have a very good filter for all practical purposes. A larger filter can be made in the same manner by taking a bucket or barrel and fitting in a false bottom, some distance above the bottom, with holes in it, and a faucet between the bottoms with which to draw off the filtered water.

The absorbent cotton can be placed on the false bottom the same as in the neck of the bottle. In the large filters a clean perforated board should be placed upon the cotton to prevent streams of water from displacing it. A small filter is, however, quite sufficient for the use of the family in cities where the water is suspected of containing impurities.

As it is very little expense or trouble, we would advise all persons living in a malarious district or typhoid region, to boil the drinking and cooking water fifteen minutes, and then decant the water through an absorbent cotton filter, and if further precautions are deemed necessary, to add alum, a grain to the gallon of water, a convenient solution being 128 grains of alum to the pint of water. When dissolved, use a teaspoonful of this solution to the gallon of drinking water. If these simple foregoing rules are observed, very much sickness, suffering, and death might be avoided.

### A SOUND BODY. NO. 2.

BY A. J. SANDERSON, M. D.

As we proceed on our way to become acquainted with the house in which we live, and of which we have the charge to keep or destroy, let us bear in mind that the more we learn to appreciate its wonderful completeness, the less we will be inclined to do those things that will interfere with its perfect working, and which if we do not do we will find ourselves entitled to a good measure of the soundness that we have desired.

It may be well for us to mention here that our study of the perfect body is not to be able to make one, but to keep one, for we cannot by taking any extra amount of thought add one cubit to our stature, though it is possible by neglecting to take thought and allowing the many evils that so naturally creep into our habits and customs to diminish something from the stature we might have possessed.

All life develops spontaneously and unconsciously from that which enters into it, and it is its province to need no care when it is fed and provided with things adapted to its purpose. This is a law which is often not appreciated and which should be remembered by the seekers after health.

Oftentimes when we find ourselves disabled by the failure of some member of our body to do its work, we begin to give the unfortunate one a series of lessons on health, and the efforts usually only seem to add confusion to discord in the unhealthy action, and the patient will often be heard to say, "I think I will quit doctoring, for the more I do the worse I get."

Let us remember that the body is naturally healthy, so much so that if it is not hindered it will go a great way in curing all curable diseases. The

hindrances arise from the unwholesome food that enters into it, or the unwholesome influences that act upon it; so we must aim the effort of reform in the right direction.

Viewed as a whole, the natural human form and structure are the most wonderful in beauty and magnificence of anything under the sun, yet in this thoughtful, or thoughtless, busy world, we scarcely ever stop to admire their perfection. The world wonders at the telephone as an invention of mankind for hearing, but scarce ever thinks of the delicacy of the ear that takes waves of air too slight to be felt, and transforms them into all varieties of sounds and music, and which is no more wonderful than all the other members of the body.

Then these are all built together with such form and expression that few sculptors have ever been able to approximate an imitation on clay or marble. But these outward beauties of the body are visible to all who will stop to consider, so let us leave them to enter upon the unseen parts.

To suit the occasion, suppose we imagine ourselves to be in company with the minute unseen microbes that fill the atmosphere, and with them enter upon a short tour through the respiratory passages, consisting of the nasal cavities, larynx, trachea, bronchial tubes, and lungs. First, we find ourselves in a very irregular space, prepared especially for the first reception of the air. This place, like the rest of the air passage, is lined with a mucous membrane, a thin, delicate structure, having a layer of very fine cells on top, and loose tissue filled with blood vessels beneath. The membrane in the nasal cavity has the peculiarity of having a cilia, or very fine hair, grow upon each cell and project into the cavity. These, by their constant motion, perform the work of cleansing the air as it passes.

The irregularity of the space is caused by ridges of bone that lie along each side over which the mucous membrane passes, giving it a larger extent of surface, not only allowing the cleansing work to be more complete, but also affecting the temperature of the air before it passes on to the lungs.

The membrane at the upper part of the space is the seat of the nerves of smell, so that any odor in the atmosphere is at once detected.

On leaving this space we find our way crossing the alimentary canal passing back from the mouth, but the way is so guarded by little doors that so quickly close when the act of swallowing begins,

that accidents are seldom met with, though on many occasions the messengers in each direction are passing in quick succession. As we proceed, the lower door, or epiglottis, opens to receive us, and we enter the larynx, a short, narrow box surrounded by hard cartilage on all sides. In this locality we find the beautiful organ of speech, the vocal cords. They lie horizontally along each side near the upper part of the larynx and perform their work by producing vibrations in the air as it rushes past them. Their tensility, controlled by nerve influence, makes the variety of sound, which we all understand to be very great.

---

### BLUSHING.

A BLUSHING maiden of twenty-two years calls our attention to the fact that she suffers no little mortification from a rush of blood to the end of the nose whenever the cheeks flush. She no doubt recognized the resemblance to the similar condition known as toper's nose or "rum blossoms," and writes: "My health is good. I do not drink. Can it be cured?"

It is indeed unfortunate for a lady to be so far out of the fashion as to blush on the end of the nose. We will add that the best way to avoid it is to forget all about it.

The phenomena of blushing is interesting from several standpoints, and doubly so from a physiological standpoint.

The reddening of the surface of the body is due to an increase of blood in the capillaries that ramify throughout the skin, the supply and ever varying quantity of which are governed by nerve centers located in the brain and called "vasomotor centers."

These centers, if healthy, represent sufficient tone to keep the caliber of the capillaries contracted to that extent that the flow of blood to the surface of the body is only sufficient to keep up the warmth and nutrition of the skin; but if in any way the influence of the vasomotor centers is inhibited, lessened, or cut off, the capillaries enlarge, the blood pressure diminishes, and the blood rushes into the capillaries until that particular surface becomes quite the color of blood. An injury or excessive heat will overcome the tone of the vasomotor centers and produce a blushing of any part of the body. When the irritation subsides, the vasomotor centers gradually obtain control of the capillaries, and the redness as gradually fades away.

The action of this bit of physio-mechanism is admirably shown when the nerves controlling the capillaries of a rabbit's ear are severed, thus shutting off all influence from the nerve centers. The capillaries become greatly expanded, and as a consequence there is a permanent and deep blushing, with enlargement of the rabbit's ear. The blushing of the cheek, and, we might add, the blushing of the nose also, does not vary from the above action, except that the vasomotor nerve, which has control of the capillaries of the face, is more easily influenced by the mind than others, hence a thought or the sense of shame can cut off the action of those particular centers, and blushing ensues. Likewise anger or intensity of thought will often have the same effect, and the blush following is a physiological emphasis of the thought that excited it.

From this standpoint, blushing is normal, and when it comes unbidden to enliven the countenance and intensify expression, it is a welcome adjunct to personal charms. But too often the person is cognizant of the fact that he or she blushes, the very fact of which intensifies and deepens the hue, much to the mortification and chagrin of the individual. Thus blushing becomes annoying only when the thought is directed to it, and this will suggest the remedy. Pay little voluntary attention to blushing; study to be innocently oblivious to personal appearance and charms when in company. Concentrate the mind more upon the thought and less upon the way of expressing it.

Should blushing on the nose become constant irrespective of the usual exciting causes, it would indicate some pathological condition somewhere as the cause of it, either in the nose itself or in the stomach. In this case the proper measures would be to remove the cause. W. H. M.

---

PROFESSOR V. C. VAUGHN, who, it will be remembered, was the discoverer of the poisonous alkaloid, tyrotoxin, which sometimes occurs in cheese not milk, announces the discovery of another form of poison which has been found in cheese and containing tyrotoxin. The substance has not been fully investigated as yet, but appears to belong to the class of poisonous albumens. It is quite probable that the poisonous effects of certain samples of sausages and canned meats are due to this or allied substances.—*Sel.*

---

THE Lord prepares his workmen for his work prepared.—*Sel.*



### EATING IN THE OLDEN TIME.

A THOUSAND years ago, when the dinner was ready to be served, the first thing brought into the great hall was the table. Movable trestles were brought, on which were placed boards, and all were carried away again at the close of the meal. Upon this was laid the tablecloth, which in some of the old pictures is represented as having a handsome embroidered border. There is an old Latin riddle of the eighth century in which the table says: "I feed people with many kinds of food. First, I am a quadruped and adorned with handsome clothing, then I am robbed of my apparel and lose my legs also."

The food of the Anglo-Saxon was largely bread. This is hinted in the fact that a domestic was called a "loaf eater," and the lady of the house was the "loaf giver." The bread was baked in round, flat cakes, which the superstition of the cook marked with a cross to preserve them from the perils of the fire. Milk, butter, and cheese were also eaten. The principal meat was bacon, as the acorns of the oak forests, which then covered a large part of England, supported numerous droves of swine.

Our Anglo-Saxon forefathers were not only hearty eaters, but, unfortunately, deep drinkers. The drinking horns were at first literally horns, and so must be immediately emptied when filled.

Later, when the primitive horn had been replaced by a glass cup, it retained a tradition of its rude predecessor in its shape, for it had a flaring top, while tapering toward the base, so that it, too, had to be emptied at a draught.

Each guest was furnished with a spoon, while his knife he always carried in his belt; as for forks, who dreamed of them when nature had given man ten fingers. But you will see why a servant with a basin of water and a towel always presented himself to each guest before dinner

was served and after it was ended. Roasted meat was served on the spit or rod on which it was cooked, and the guest cut or tore off a piece to suit himself. Boiled meat was laid on the cakes of bread, or, later, on thick slices of bread called "trenchers," from a Norman word meaning "to cut," as these were to carve the meat on, thus preserving the tablecloth from the knife. At first the trencher was eaten or thrown upon the stone floor for the dogs, who crouched at their master's feet. At a later date it was put into a basket and given to the poor who gathered at the manor gate.

During the latter part of the middle ages the most conspicuous object on the table was the saltcellar. This was generally of silver in the form of a ship. It was placed in the center of the long table, at which the whole household gathered, my lord and lady, their family and guests being at one end, and their retainers and servants at the other. So one's position in regard to the salt was a test of rank—the gentlefolk sitting "above the salt" and the yeomanry below it. In the houses of the great nobles dinner was served with much ceremony. At the hour a stately procession entered the hall. First came several musicians, followed by the steward bearing his rod of office, and then came a long line of servants carrying different dishes. Some idea of the variety and profusion may be gained from the provision made by King Henry III. for his household at Christmas, 1254. This included "thirty-one oxen, one hundred pigs, three hundred and fifty-six fowls, twenty-nine hares, fifty-nine rabbits, nine pheasants, fifty-six partridges, sixty-eight woodcock, thirty-nine plovers, and three hundred eggs."

Many of our favorite dishes have descended to us from the middle ages. Macaroons have served as dessert since the days of Chaucer. Our favorite winter breakfast, griddlecakes, has

come down to us from the far-away Britons of Wales, while boys have lunched on gingerbread, and girls on pickles and jellies, since the time of Edward II., more than five hundred years ago.—*S. S. Classmate.*

### HINTS FOR HOME NURSES.

BY MARY L. PALMER.

It seems needless advice too oft repeated to urge upon mothers and housekeepers the warning that bottles of medicine and liniment be so labeled and arranged that mistakes cannot possibly occur. Yet again and again do we read of accidents from taking wrong medicines quite unnoticed.

However sure one may be he or she will never err, it is not safe to keep liniments, dangerous acids, and poisonous lotions on the same shelf with other medicines.

In haste, the dark, excitement of the moment, or other cause—sometimes totally unexplainable—the wrong bottle may be grasped and fatal consequences result therefrom.

Hence I emphasize the point, place all dangerous lotions and mixtures far from your medicine tray, box, or closet. And wherever placed, have such distinctly labeled, and, if possible, in odd-shaped bottles. The outward appearance will sometimes call one's mind to a fact when the regular prescription bottle would not.

In caring for the sick it is well to remember that nervous people—and nearly all sick people are somewhat nervous—are easily influenced by outward change, susceptible to slight things that may have serious effect.

It is a good rule that medicines and whatever pertains thereto be kept from their sight. Everything must be convenient to the hand of the nurse, but not where the patient's eye falls continually.

Sometimes a very nervous person will imagine himself very ill if an array of medicines is before him, and as the mind affects the body, this will retard recovery. Hence, everything suggestive of unpleasantness should be kept out of sight and hearing. A mind at rest, cheerful and content, is one of the best of medicines.

When sickness comes, many people who take the place of nurse do not know how to make a simple poultice or plaster. Doubtless they may think they know, or perhaps it is a first experience, and everything in the line of nursing practically new.

A trained nurse gives as her idea that where one mustard poultice is made right, twenty are made wrong.

A poultice or plaster to be of the right consistency must not be too thick or too thin, too large or too heavy, and must be properly mixed with other ingredients to do good work and relieve pain.

The following is tried advice: "A good mustard plaster that will both relieve pain and soothe is made of equal parts of strong yellow mustard and Indian meal and one tablespoonful of wheat flour. If this is mixed with white of egg or molasses, it will not blister, and can be kept on for an unlimited time. It is very valuable when warmth is necessary, as in stomach or bowel troubles. If the plaster is required to act quickly, it must be stronger, say two-thirds mustard and one-third meal, but always mix with white of egg or molasses, as this prevents blistering the most delicate skin."

Never put on a plaster cold. It would seem that every person who attempts care of the sick should know this, yet I have seen plasters stirred with cold water brought to the bedside. Guard against making a poultice too heavy. Light and warm is a better rule than heavy and warm.

Meal poultices are made much as mush pudding. Into boiling water stir meal about the consistency of mush. Just before spreading stir in a tablespoonful of lard. Use a thin cloth next the body, linen if at hand.

After the plaster or poultice is removed, anoint the skin, which may be red and burning if mustard has been used, or sensitive and tender with a common poultice, with a little vaseline, or, failing this, good sweet oil.

In hard, severe pain, where relief must be had at once, as in many forms of neuralgic pain, a flannel wrung out of hot water, as hot as can be borne, will often act like magic in alleviating the difficulty.—*Christian at Work.*

### HOW TO REDUCE FLESH.

IN France a colonel who was threatened to be obliged to retire from the army, as he was so heavy that it required two men to lift him into the saddle, became thin in a few weeks, and to such an extent that he had to take means to recover, in a measure, what he had lost. His flesh was reduced simply by never eating more than one dish at each meal, no matter what that dish might be. A person may consume as much as the stomach can

bear and satisfy the appetite without the least reserve. Nevertheless, nothing but the one dish should be taken; no condiments, or soups, or supplementary desserts should be allowed.

His system was recommended to a lady who was slightly obese, and she put it into practice with the best results. She suffered no inconvenience whatever from this diet, but found that the partaking of only one dish, whether it be meat, fish, or vegetable, brought on a sense of satiety much sooner than if she had partaken of a variety of dishes, whence the effect of relative abstinence.—*Sel.*

#### DIET FOR NERVOUS PEOPLE.

THE following is from a work entitled "The Stomach and the Brain," by a noted French physician, Dr. M. Leven, of Paris, and translated by the *Good Health*. We commend its good sense to our readers:—

"An exaggerated alimentation excites the plexus and the brain, and produces a nervous state. The following example is a proof of this statement. A young girl of nine years presented herself with her mother at my consulting room. She had been sickly for many months. The skin was yellow, and she suffered continually with pain in the head, was sad, weeping much of the time, and unable to work. The skin and muscles of the entire body were very sensitive to the touch. She suffered continually from nausea and constant eructations of gas during the entire day.

"I questioned her mother respecting the treatment which she had been following for some months, and I learned that her physician had administered iron, quinine, and flesh food three times a day. This regimen produced in the child excitability of the solar plexus, and consequent excitement of the brain. I completely changed the medication and the food. The food which produced irritation of the plexus and caused the disease was replaced by the following: A quart of milk each day, with a couple of eggs, and simple soups. I allowed flesh food only twice a week, and then only fowl, avoiding such stimulating meats as beef or veal. After two months and a half of this regimen the young invalid was again brought to my office. She was so transformed as to be unrecognizable. In place of her pale countenance she had rosy cheeks, and had recovered freshness and vigor. The headaches, tenderness

of skin and muscles, nausea, and gas had disappeared. Her appetite had returned, and the little girl was so well satisfied with the regimen that she requested it should be continued. I might cite a great number of facts of the same sort. I have cured a large number of invalids by similar regimen.

"The physician who prescribed for the child the improper regimen to which I have referred, had evidently an incorrect idea of her disease. Observing a great number of nervous symptoms and a pale countenance, he concluded that the condition was one of impoverished blood, and prescribed iron, quinine, and meat three times a day. Poverty of the blood is in vogue in our day, as were inflammations in the beginning of this century. For sixty years everybody believed himself threatened with congestion and inflammation. Everybody was bled. To-day another error has become popular. Everyone believes his blood impoverished, and thinks himself obliged to take iron and quinine to fortify himself, according to the popular term. Impoverishment of the blood has certainly produced as many errors from a dietetic point of view as did the inflammation of Broussais. They stuff the child with raw flesh, with cooked flesh, and with pure blood. Everybody eats and drinks to excess, and in all classes of society people make themselves sick under the pretext of avoiding anæmia, or impoverished blood. The excess creates not only organic diseases of the stomach, liver, kidneys, and heart, but has a pernicious influence on the brain, thanks to the relation of the brain to the plexus.

"Up to the present time we have had no knowledge upon the subject of dietetics; we have known only that man loses in twenty-four hours certain quantities of nitrogen and carbon, in consequence of which he is obliged, in order that he should not lose weight, to take each day a mixture of these elements. The quantity of food which we really need to repair the losses of the body is very small; for example, two pounds of bread, or two quarts of milk, associated with two or three eggs, is sufficient to nourish an adult. I have observed in a great number of invalids that the last-named regimen is sufficient even to increase the weight. I am now treating a woman who, within a few months, has gained thirty-six pounds. Her food consists of one quart and one-half of milk each day, five or six eggs, and a biscuit. The quantity



of food which we need to take, then, is quite small. The quantity usually taken by both rich and poor is much greater than necessary. The greater part is useless, must be eliminated, and is only a burden to the body.

"Chemistry teaches us what the body loses each day in nitrogen and carbon, and how much food is necessary to repair the loss, but it says nothing about the nature of the foods which should be supplied the body to preserve health. Is the nature of our food a matter of indifference to the body? Can man nourish himself according to his tastes, his caprices, his fancies? Can he, as he finds convenient, adopt a flesh diet or a vegetarian regimen,—eat of flesh or legumes? Can he replace the nitrogen and carbon which his body consumes, by milk exclusively? Many opinions without foundation have been expressed upon this question. Certainly there is a tendency to the abuse of flesh foods, for the double reason that they are easily procured, and that they are believed to be necessary, even indispensable, elements of a complete dietary. It is certain that lentils, beans, potatoes, bread, and milk are able to supply us all the nitrogen and carbon necessary, as well as is flesh food.

"Flesh certainly is necessary not more than once or twice a week. The use of flesh or fish repeated twice a day is harmful to the digestive organs and to the brain. The peasantry of the South take meat only once a week, and enjoy excellent health, and are able to endure the hard labor of the fields."

#### A NERVE-QUIETING SPONGE BATH.

THE following prescription was given by the actress, Sarah Bernhardt, and is said to make the skin soft and smooth. This is the prescription as Mme. Bernhardt dictated it:—

"EAU SEDATIVE.—Two ounces of spirits ammonia, two ounces spirits camphor, one and a half cups seasalt, two cups alcohol. Put all into a quart bottle and fill up with boiling water. It must be shaken up when used. It leaves the skin smooth and soft and renders the flesh firm. It is also a defense against wrinkles."

Then she described, says the *S. F. Examiner*, how a small quantity of the liquid is poured into a little porcelain bowl, and with a soft sponge her maid bathes her in the fluid undiluted. Very slight friction is necessary, and after drying gently with a smooth towel, she slips on a warm bath robe, and lies

down for a while, with all the stiffness and soreness gone from joints and muscles, and a stimulated circulation tingling with beautiful warmth her entire cuticle. In this way she is enabled to rest and even sleep in very brief intervals, and recovers herself for fresh efforts marvelously soon after the most exhausting ordeals.

#### A PURE BODY, A PURE MIND.

OUR work, whatever its character may be, even if it be mechanical and muscular, the work upon which depend success and fame, is strangely affected by the physical status. The healthy man, sweet and clean, writes healthy books, paints wholesome pictures, conceives refreshing poems; but the fetid exhalations from an abused body taint all the finest productions of the mind. Contrast Wordsworth and Byron. Wordsworth, orderly in his life, regular in his habits, simple in his tastes, moderate in all his desires and gratifications, a devoted lover of nature, whose scenery of mountain and lake was his inspiration, whose fields were his study, whose woods were his daily resort—Wordsworth, whose frame was receptive of all nature's loveliest influences, whose clear brain, unclouded by fumes of tobacco or steam of punch, comprehended the grand lessons that she taught him in her solemn way, wrote poems pure as mountain brooklets and healthy as mountain air—the instruction and the delight of all innocent and good people—he need not regret a line of his maturest works. Byron, irregular in his life, unnatural in his habits—the creature and the victim of a depraved social state—intemperate, licentious, and an epicurean, surrounded by artificial luxuries and excitements, owing the occasional and transient periods of nervous tranquillity to his doses of Epsom salts, wrote poems which are the delight of the profligate and the passionate, poems which are found in the haunts of low pleasure, and are devoured by the young in their season of impulse, but which the pure and innocent for the most part regard with anxiety and terror. Over them is the odor of tobacco, the flavor of strong coffee, and, still worse, the reeking scent of the gin under whose inspiration they were written.

The work will savor of the workman, and the finer the work is the more is this truth perceived. Charity and devotion feel the poisonous taint as quickly as thought and imagination; and he who

desires for himself a clean heart, affections warm and true, a moral sense bright and unswerving, an insight into spiritual things that is deep and clear, and a calm, steady communion with truth, must look to it that his temple is purged of the vile spirits which make of the house of prayer a den of thieves.

If what we have said be true, and true it is, according to the wisest books and experience, do we use too strong terms when we speak of the sacredness of the body? Is it not sacred? Are not its wonderful and beautiful laws the laws which God has made and decreed to be observed? We bend in admiration before the majestic forces which hold the universe together, which keep the sun in its place and guide the myriads of suns that circle around it, which heave up the adamantine pillars of the world, which are the strength of the mountains and the rules of the sea; but do we not know that there is not a single one of all these forces, call it by what name we will in our vocabulary, that is not active every instant in the preservation of our mortal frames, strengthening the bones, stretching the living chords of nerves and muscles, mixing the chemical fluids and atmospheres, and passing up and down in perpetual movement the golden buckets of life?—*Herald of Health*.

#### HEARTACHE.

THIS is what the *Herald of Health* has to say of literal heartache, or heart weariness: "Women often have the heartache, and a tired heart is no unusual thing. The heart is just as liable to suffer from weariness as is any other muscle in the body. It is not mentioned in the books, but the condition may be recognized as positively as any other abnormal state of the organ. A positive diagnosis cannot be made at once in most cases, because of the resemblance of the physical conditions to those present in dilation of the heart. But under rest and proper treatment the heart returns to its normal condition in a comparatively short time, which is almost an impossibility in the case of a dilated heart. Not a few cases of so-called nervous 'prostration' are nothing more than fatigue of the heart.

"Life would be prolonged by a little more attention to the heart, by paying a little respect to the most faithful servant we ever have. A good deal of good might be done, also, if parents would teach

their children the danger of overtaxing this organ. They should teach them to stop and rest a few moments during their play when they begin to feel the violent throbbing of their hearts against the chest walls.

"The heart is sometimes cramped by our clothing, especially by our corsets; more often by a bad position in sitting, which narrows the chest, so it is smaller than it ought to be. A little study of the subject would help to remedy it. A strong, healthy heart is one of the requisites for good health and happiness."

#### JAPANESE HEALTH CUSTOMS.

ACCORDING to an editorial in a recent number of the *British Medical Journal*, the Japanese take a bath at least every two or three days, and in most cases every day. Often baths are taken several times a day. Baths are usually taken very hot,—at a temperature of from 110° to 120°, or even higher, but not continued more than three or four minutes. The effect of these hot baths is said to be to warm the body in winter and to cool it in summer,—results quite paradoxical, it would seem, and yet quite in accord with the known facts of physiology. Instead of being relaxing, as it might be supposed, these hot baths are found to be very stimulating, producing a feeling of increased vigor, whereas a prolonged warm bath would have the opposite effect. The women never drink alcoholic drinks of any sort. Men drink sparingly of a light wine made by fermenting boiled rice. Drunkenness, however, is rarely or never seen among the native population.

Mothers nurse their children until they are two or three years old, and carry them with them wherever they go. Usually while the child is small it is carried in a bag upon the mother's back. The main diet of the people is rice, flesh meat being scarcely ever eaten. Milk is used very little, being rather taken as a medicine during sickness. The Japanese speak of cheese as "putrefied cow juice," both its taste and odor being intensely disliked by them.

Beans, radishes, and other vegetables are greatly used. A jinrikshaw man will draw a traveler in his little two-wheeled vehicle at the rate of from four to eight miles an hour, and thirty miles a day, for many days in succession, on a diet consisting solely of rice. These facts should be very sug-

gestive to the beef-fed Englishman, who imagines that strength can be obtained from no other article of food so readily and in such abundant supply as from the flesh of animals.—*Sci.*

#### CONSTIPATION AND ITS RELATION TO PELVIC DISEASES IN WOMEN.

DR. ROOT (*Southern Medical Record*, May, 1891) calls attention to constipation as a frequent factor in pelvic diseases of women. The habit of constipation is largely due to carelessness, especially in childhood. In the adult female, constipation is very frequent, and many of its symptoms point to pelvic disease; pain in the back, pain in the top and back of the head, a feeling of weight in the limbs, dysmenorrhea and leucorrhœa, subjecting the patient to local treatment, when changes in the modes of life, with relief of constipation, would restore health.

It is also very evident that this disease acts as a most active factor in the production of pelvic disease in women, for where endocervicitis and even retroversion exist, rapid improvement is made as soon as constipation is relieved. Pelvic disease results from constipation through pressure and keeping up a constant condition of sluggishness of the pelvic circulation, amounting practically to a chronic congestion. Many cases of pelvic disease can be cured by the proper regulation of the bowels, and he cites cases in proof of this statement.—*Daily Medical News*.

#### TIMING LIGHTNING.

PHILADELPHIA scientists are preparing to find out how fast an electric current travels. An experiment will be made, probably from the Franklin Institute, by connections over the Atlantic cable to Liverpool and return.

A recent test appeared to show that an electric current is a slow coach as compared to light, being only able to get over to Europe and back in something like a second, or at the rate of only some four hundred thousand miles a minute, while light ambles along at a million-miles-a-minute gait. The Philadelphia scientists who are proposing to make further investigations are not satisfied to give up the record to sunlight, and hope to prove that the electrical current, if not handicapped, is the swifter element.

The most recent experiment was tried at McGill

College, Montreal. The current was transmitted in Montreal, was transferred to the cable at the Newfoundland cable station by means of Thompson's mirror galvanometer, sent across to the station at Liverpool, and returned to Montreal by the same method. The distance traveled, partly by overhead wire and partly by cable, was 8,000 miles. From the time the current left the key in Montreal until it returned to the receiver in the same office just one second and one-twentieth of a second had elapsed, and the conditions were not as good as they might have been; hence the further experiment to be made here.

The rapidity with which the current travels over short wires with no delay indicated unlimited possibilities in the direction of practical tests. Professor Marks, of the Edison Electric Light Company, is authority for the assertion that if the globe was encircled with a continuous cable, a current would travel the entire distance in a trifle over three seconds. At this rate a current would travel to the sun, covering the distance of 96,000,000 miles, in three and a half minutes, or twice as fast as light.—*Philadelphia Record*.

#### TAKE TIME TO EAT.

THE opinion that hurry in eating is a prolific cause of dyspepsia is founded on common observation. The ill results of "bolting" the food have been attributed to the lack of thorough mastication, and to the incomplete action of the saliva upon the food. Two-thirds of the food which we eat is starch, and starch cannot be utilized by the system as food until it has been converted into sugar, and this change is principally effected by the saliva.

But there is a third reason why rapidity of eating interferes with digestion. The presence of the salivary secretion in the stomach acts as a stimulus to the secretion of the gastric juice. Irrespective of the mechanical function of the teeth, food which goes into the stomach incompletely mingled with saliva, passes slowly and imperfectly through the process of stomach digestion. Therefore, as a sanitary maxim of no mean value, teach the children to eat slowly—and in giving this instruction by example, the teacher, as well as the pupil, may receive a benefit.—*Sanitary Inspector*.

YOU will limit the number of your troubles if you limit the number you tell them to.

## ELECTRIC LIGHT AND HEALTH.

BY H. C. STICKNEY, M. D.

AMONG the many unintentional sanitary improvements of recent years, the introduction of electric light is not the least. It is a curious thing that the matter of greatest importance to the human race, the preservation of health, is the last considered. No one thought of electric lighting from a sanitary point of view. Its introduction has been and is entirely economical. Yet just in proportion as it displaces gas and kerosene will the health of the people improve. Electric light is rich in the so-called "chemical rays." It is the nearest substitute for sunlight possible. Introduced into cellars and foul places, it is a powerful sanitary agent. The health of clerks and others employed in dark offices where gas was formerly used, has been noticeably improved by the introduction of the electric light. It is said that in a manufacturing establishment in London, formerly burning gas, but now using electricity, the health of the employes has been so much improved that their increased capacity for work more than pays for the cost of the light.—*St. Louis Magazine.*

A POISONOUS THIMBLE.—Among the numberless causes of blood poisoning through the skin one which was lately recorded is worth noting on account of its evident simplicity and the ease of its prevention. In the case referred to the sufferer was a seamstress, and the mischief resulted from her using a dirty metal thimble marked with verdigris, a little of which appears to have entered a scratch on the thimble finger. We can well believe that this accident was not the first of its kind. Verdigris, it is true, is a mere metallic irritant, and not comparable in virulence to most living germs of disease. It is quite enough, notwithstanding, to excite local inflammation, which friction, contact with dyed cloth material, or the entrance of dirt in any form, would quickly convert into a dangerous and general disorder. There is really no excuse for women who trust their fingers in these cheap and worse than useless articles. Steel thimbles are much safer and cost very little. Another variety also in common use is enameled within, and is, if possible, even freer from objection. Let us not forget to add a caution that cuts or scratches on the hand should never be neglected by sewing women so long as dyes continue to be used in cloth manufacture.—*Lancet.*

THE Medical Council of the College of Physicians and Surgeons of Ontario recently passed the following resolution: "On and after July 1, 1892, every student must spend a period of five years in actual professional studies, except as hereinafter provided, and the prescribed period of studies shall include four winter sessions of six months each and one summer session of ten weeks; the fifth year shall be devoted to clinical work, six months of which may be spent with a registered practitioner in Ontario and six months at one or more public hospitals, dispensaries, or laboratories, Canadian, British, or foreign, attended after being registered as a medical student in the register of the College of Physicians and Surgeons of Ontario; but any change in the curriculum of studies fixed by the council shall not come into effect until one year after such change is made.—*Selected.*

## AN AUTOMATIC DOCTOR.

THE London *Lancet* describes a single device for developing the lungs and enlarging the chest. The device is a small belt or cord which encircles the chest at the point of its greatest expansion, and a take-up mechanism to which the ends of the belt or cord are attached, this take-up mechanism consisting of a coiled spring, adapted to tighten the belt at intervals, and a train of wheels, by which the speed of the spring in taking up the belt may be regulated.

Upon the exhalation of the breath, after the full expansion of the lungs, the chest returns to the size natural to it in ordinary breathing, thus leaving the belt loose; immediately the take-up mechanism begins to gather in the slack of the belt, which it continues to gather, and finally it tightens the belt about the chest until the pressure is uncomfortable to the wearer, compelling him to take another full inspiration, thus lengthening the belt.

This lengthening is accomplished by the withdrawal of the strap from the case, which act again coils the spring; the spring, in turn, when the breath is exhaled and the chest resumes its natural size, again begins to gather up the slack of the belt. These processes are continued as long as the device is worn, full breaths being induced at intervals, thus naturally strengthening and enlarging the lungs and chest.—*Selected.*

Two bad seats: Conceit and deceit. A good seat: Receipt.

## IMPORTANCE OF CLEANLINESS.

FLIES, aside from being pests, are actual conveyers of contagion. The fly can communicate virus from an open sore, and can carry this from one person or place to another. This may not be credited, but it has been proved by direct experiment to be not only possible, but an actual fact. The common house fly, by lighting on a diseased spot, either in an animal or a man, and thence passing to a healthy subject, has been known to impart the infection to the latter. Whether the poisonous matter be an animal virus or a germ of disease, a bacillus, does not matter; and in this connection it is well to speak of other common methods of possible disease infection. A postage stamp may in various ways convey contagion. One of the simplest and most plausible is that in which a postage stamp, partially attached to a letter to pay return postage, is sent by a person infected with some disease to another person, or the stamp, having been exposed in a room where a diseased person lies, may become slightly moistened and thus retain the germ.

We often see a person holding change for a moment in the mouth, probably not knowing that investigation has shown that disease germs can be carried by money. If one could see through what hands the money has passed, he would hesitate before using such a third hand. Silver money is as bad as paper money; but while many would hesitate to hold a dirty bank note in their mouth, they think that a silver piece, because bright, is apparently clean.

Cigars may convey contagion, especially syphilis. Cigar wrappers are, in the cigar factories, especially in Cuba, moistened with the lips and tongue, and the girls who roll the wrappers are by no means of the highest reputation. Disease can be carried in this way. Tobacco, contrary to the common belief, does not destroy disease germs, and smoking will not confer immunity from contagion.

Anyone who uses a towel in common with the public, or a piece of soap, or brush and comb, or any requisite of the toilet, runs the risk of possible infection. The subject of antiseptics—simply another word for cleanliness—has not necessarily brought to light many new facts, but has set people to thinking of old ones. The germ theory of disease is to most people a very vague one. There is a general idea that disease is carried by germs, and that the air is filled with these, and it is a

wonder to most people that everyone is not so afflicted. The laity conclude that the germ theory is an absurdity and a contradiction. They do not consider the element of a fertile soil. The germ is the same as a seed, and all organic bodies are reproduced by a seed. We must plant seed in a soil suitable for it, and the surroundings—heat and moisture—must be adapted to it if it is to grow. As we descend in the scale of organic life, we find that some of the lower animals can hardly be distinguished from plants, and these are reproduced, not by seed, but by a process of division or budding. A part of the animal is divided and separated, and forms a new animal.

As we descend in the scale we find that instead of seed we have spores, as in ferns; but these serve the purpose of seeds, and demand a fertile soil before they can grow. Of many million spores but one or two may serve their purpose; the rest will die without giving any result. As we descend still lower, we find that fungi and molds need not only a fertile soil, but a peculiar soil, and many of them will not grow except in or on another organic body.

In medicine, a common example is the ergot of rye. Another is corn smut. These, in addition to requiring a peculiar soil, undergo an "alternation of generation." For example, corn smut is first reproduced on the barberry leaf as "rust," and this rust in turn produces corn smut. The theory of disease germs is founded on the knowledge of the actions of the lower animals and plants. The bacillus may be an animal or it may be a plant, poisonous in itself or simply a carrier of contagion. It may even be a result of disease, and have nothing to do with its cause except as a foreign body. Still, as we find it present, and find it always present, we are necessarily induced to believe that it is an active agent, but in order to reproduce itself it must have a fertile soil. This it finds, as a rule, in a person whose constitution is run down from overwork, lack of rest, poor living, or disease. It may be introduced into the system directly into the blood through an open wound, thus inducing septicaemia, a state of poisoned blood, or it may be introduced indirectly into the blood through the alimentary system. In this case it must be inhaled or eaten with food. In either case it is absorbed, or perhaps actively works itself through the mucous membrane. Once in the blood the bacillus grows, as a rule, by division, and multiplies to an enormous extent. Disease may also be carried by

a virus, which may in turn consist of bacilli or of organic putrefactive matter. The common example of this is the virus of cowpox or of a snake, an actual poison.

Either of these factors may be present on a piece of soap or money, or a soiled towel, or a book that has been in constant use, in fact, any article that has been handled by a number of people, and we can perhaps realize how omnipresent disease germs are when we consider that washing our hands is an antiseptic solution, and wiping them on a perfectly clean antiseptic towel, we shall find they are still, scientifically speaking, unclean. Cleanliness, then, is above all to be inculcated as a preventive of disease. If not next to godliness, it is surely next to health.—*M. T. E., in Technics.*

#### HAPPINESS A HABIT.

EVERY permanent state of mind is largely the effect of habit. Just as we can perform an action so continually that it comes to be habitual, so we can encourage conditions of mind till they, too, come to be habits of thinking and even of feeling. Every thoughtful parent or teacher recognizes this in the training of youth. The child constantly thwarted or scolded or ridiculed has constantly aroused within him feelings of resentment, of discouragement, or misery, and these grow to be habitual, and a character for ill-temper or moroseness or despondency is formed.

On the other hand, the child who is wisely treated, whose faculties are brought into action, who is encouraged to do well, who is surrounded with cheerful faces and orderly arrangement, becomes accustomed to corresponding habits of thought and feeling. The exercise of self-control, of truthfulness, of honesty, and other essential qualities, not only results in habitual actions of the same nature, but in habitual feelings or states of mind that induce those actions.

So the condition which we call happiness is likewise acquired to a considerable degree. It involves within it many things, but they are not impossible to secure, and when we have discovered them it rests with us to encourage or to discourage them. Happiness is not only a privilege, but a duty, not a mere outward good that may perhaps come to us, but an inward possession which we are bound to attain. When we remember the contagious character of happiness, the strength, courage, and hope it excites by its very presence, and

the power for good it exerts in every direction, we cannot doubt our obligation to attain as much of it as possible.—*Philadelphia Ledger.*

#### REST THE BEST MEDICINE.

MANY times rest is the only medicine needed by the sick. If a dog is ailing, he rolls himself into a ball in a warm corner and eats little or nothing until he is well. Quiet and warmth are the medicine of the fourfooted philosopher. The biped loses the instinct of the animal, fumes, frets, takes stimulants and medicaments, and gives no chance to the recuperative forces of nature. If he, too, would retire to his chamber, keep warm, and eat next to nothing, those waste and poisonous matters which produced the disorder would be expelled in due time through the organs of excretion. That machinery which carries on involuntary motion when the body is at rest, pushes out of it from two to eight pounds of waste material in every twenty-four hours. The physician of experience says so. He also says that, with bathing and half fasting, the system, in ordinary cases, will take care of itself.—*Selected.*

#### INTERNAL USE OF WATER IN TYPHOID FEVER.

BEVERLY ROBINSON, M. D., believes that free diuresis should be obtained in order to promote recovery in typhoid fever cases; that free drinking of water promotes that effect. He refers to the experience of Debove, Meigs, Beaumetz, and Cantania as factors in inducing him to try the treatment in his practice and at St. Luke's Hospital. His experience corroborates the others that in the free use of water internally free diuresis is established, elimination promoted, temperature lowered, and course of disease favorably modified. He had no difficulty in giving four to six ounces of water every two hours, in addition to three or four pints of milk that were taken daily. This amount of fluid caused no trouble, patients taking it without a murmur. Urine increased, temperature lowered. He does not say it will be as beneficial as Brand's method of cold baths, but considers it nature's prescription, and can do no harm.—*Medical Record, July, 1891.*

ALL who start down the precipice of drunkenness are certain to reach the gutter of shame, disgrace, and despair.—*Observer.*



### WINE AMONG THE ANCIENTS.

THE following extract from the writings of Eubulus, one of the poets of the "Middle Comedy" of Greece, shows the estimate of wine in ancient times:—

"Let them these parts of wine all duly season  
 With nine of water, who'd preserve their reason;  
 The first gives health, the second sweet desires,  
 The third tranquillity and sleep inspires;  
 These are the wholesome draughts which wise men please,  
 Who from the banquet home return in peace.  
 From a fourth measure insolence proceeds;  
 Uproar, a fifth; a sixth wild license breeds;  
 A seventh brings black eyes and livid bruises;  
 The eighth the constable introduces;  
 Black gall and hatred the ninth beneath;  
 The tenth is madness, arson, and fearful death,  
 For too much wine poured in one little vessel,  
 Trips up all those who seek with it to wrestle."

### THE DEVIL'S MISSIONARY ENTERPRISE.

THE Rev. S. Augustus Cole, author of interesting works on African secret societies, custom, and religions, stopped a short time in England during January, 1887. He remained a week in Liverpool, and made a daily memorandum of the shipping returns posted every day in that port as received from Madeira, where all vessels bound for West or South African ports from Europe or America stop. During one week these bulletins of the cargoes reporting at Madeira contained the following amounts of liquor and tobacco. Brother Cole vouches for the correctness of the list below, as he daily copied it. The valuation is his estimate, and may not be strictly correct, but is under rather than above the truth. This is the terrible list for one week:—

960,000 cases of gin.....	£ 240,000
24,000 butts of rum.....	240,000
30,000 cases of brandy.....	90,000
28,000 cases of Irish whisky.....	56,000
800,000 demijohns of rum.....	240,000
36,000 barrels of rum.....	72,000

60,000 hogsheads of tobacco.....	£ 1,800,000
30,000 cases of Old Tom.....	90,000
15,000 barrels of absinthe.....	45,000
800,000 barrels of ale and beer.....	1,600,000
600,000 barrels of claret.....	300,000
500,000 barrels of port wine.....	100,000
40,000 cases of vermouth.....	3,000
1,800,000 boxes of cigars.....	270,000

Total..... £5,116,000  
 Equal to..... \$25,000,000  
 —New York Witness.

### FOR SHAME.

LIQUOR haing been carried into Mohammedan countries by Christian England, the natives are wont to say when they see one of their number drunk, "He has left Mahomet and gone to Jesus."

This seems to us almost sacrilegious, and we turn away with a feeling of condemnation that we have even read such a thing. But we have only to look at the course England and America have taken in sending liquor to foreign lands to see the poor heathen have some ground for making such a statement. To their minds all who come from these Christian lands are models, and they begin to follow their example.

The missionary tells them about Jesus. They cannot comprehend it. They do not see him. Some other man comes with whisky. They see that. They taste of it. It makes them "feel good," and they are won. Missionary and whisky drinker are from Christian England and America, and to their unenlightened minds one is as much religion as the other.

There is a mighty responsibility somewhere. We may put it all upon the rulers of the nation. But as they are utterly unable to grant the right to manufacture or import liquor without the consent of the people, it puts the responsibility upon every citizen of the United States. We may sit complacently in our velvet-cushioned pew, and listen to a brilliant discourse upon the advantage of

Christianity in heathen lands, and, as the collection box comes along, throw in five or ten dollars, or more, but if our vote or influence is in favor of the liquor business in any way, we shall awake to find ourselves terribly deceived. Instead of rejoicing, there will be "wailing and gnashing of teeth."

The protective law for Kongo is good as far as it goes, but it should cover every heathen land. We have no right to send to their land that which will make them worse than they are. God's curse will rest upon us as a nation if we do not stop this soul destroying work.—*Vanguard*.

#### WHAT TWO NOTED FRENCHMEN SAY.

THE French Society against the Abuse of Tobacco has recently published an essay containing the testimony of many eminent men of letters on the weed. A few justify it for reasons of sense or sentimentality. Says M. Dumes:—

"I have already replied to-day to one letter on the subject. I forget the name of my correspondent, I receive so many letters. I have advised him to go to Augier and Feuillet, who are great smokers before the Lord, and who have almost died of it. I, who had, fortunately, begun very late to smoke, have given it up, notwithstanding its having become a great habit, quickly acquired, as are all bad habits, when I found that tobacco made me giddy, the giddiness disappearing six months after I ceased smoking. . . . Tobacco, in my opinion, together with alcohol, is the most formidable enemy of intelligence, but nothing will do away with the abuse, the majority being imbeciles in whom tobacco finds nothing to destroy; but since it is not imbeciles with whom we are occupied, try to convince the intelligent."

M. Octave Feuillet is equally eloquent in his denunciation:—

"I have been a great smoker, and it cost me a great deal of trouble to give up tobacco. But I have been absolutely compelled to do so, some years ago, by the aggravation of fits of nervousness, which for a long time I refused to attribute to nicotine, but which in reality had no other cause. I was obliged to surrender to the truth when the nervous fits became more frequent and more intolerable. On the whole, I think tobacco is very injurious, especially to nervous persons. It produces at first a slight excitement and intoxication, which ends in somnolence. It blunts the faculties of the mind. One is compelled to fight against its action in a reaction which fatigues and wears the will."

#### WHAT'S IN A MUG OF BEER.

A WRITER in a German newspaper has had the temerity to jot down the ingredients which go to make up a glass of beer in Germany. The pharmacopœia of the beer barrel lists this scientific man sets forth in alphabetical order. We give the German nomenclature, for fear of spoiling the brew. It consists, says the writer, of alcohol, athloplenol, aloe, belladonna, bierecouleur, bilsenkraut, bitterklee, buchenspane, caraghenmoos, coloquinten, enzlan, fichtennadeln, gogel, gelantine, glycerine, haselnuzspane, housenblase, herbstzeitlose, hofenaroma, hopfenbittsaure, ignatiusbohne, ingwerkamille, kartoffelzucker, kardobenediktenkraut, kokelskorner, koriander, lakritzensaft, laugensalz malzextract, metallsalze, mohn, moussirpulver, natron, nieszwurz, nux vomica, pikrinsaure, potasche, quassia, reis salicylsaure, schafgarbe, spanischer pfeffer, soda, starkezucker, starkemehl, strychnin, syrup, tannin, tausendguldenkraut, tischlerleim, wacholder, waldmeister, weidenschalen, wermuth, zuckercouler, etc.—*Sel.*

A MINISTER in New York recently visited a number of the best liquor stores in his neighborhood and bought pint samples of their best gin, whisky, port wine, etc.

In the analysis of the "pure Holland gin" were found neutral spirits, rotten corn, juniper berries, turpentine, and vitriol. The fine old hand-made Kentucky whisky contained neutral spirits, glycerin, sulphate of zinc, chromic acid, creosote, unslacked lime, and fusel oil; and the rare old port had licorice, zinc, mercury, antimony, muriatic acid, and alum.

SAYS the *California Christian Advocate*: "A man in this city [San Francisco] kept a keg of beer for his own use, and drew it by means of a brass faucet. He drew a glass one evening, drank most of it, and gave his little son a taste. They were both poisoned. The little boy died; the father barely escaped death. Beer drinking is a deadly habit at best, and makes more drunkards and criminals than any other kind of drinking."

A BRAVE LADY.—One is never too old to give up a bad habit. A lady in Islesboro, eighty-eight years old, who had used tobacco all her life, has discarded the weed. She hasn't given up work, though, as she makes it a rule to knit a dipnet every day besides doing her other work.—*Lewiston Journal*.





KEEP NOTHING FROM MOTHER.

THEY sat at the spinning together,  
 And they spun the fine white thread;  
 One face was old and the other young—  
 A golden and silver head.

There was many a holy lesson,  
 Interwoven with silent prayer,  
 Taught to her gentle, listening child,  
 As they sat spinning there.

“And, of all I speak, my darling,  
 From older head and heart,  
 God giveth me one last thing to say;  
 With it thou shalt not part:

“Thou wilt listen to many voices,  
 And, oh, that these must be  
 The voice of praise, the voice of love,  
 And voice of flattery!

“But listen to me, my little one,  
 There’s one thing thou shalt fear:  
 Let ne’er a word to my love be said  
 Her mother may not hear.

“No matter how true, my darling one,  
 The words may seem to thee,  
 They are not fit for my child to hear  
 If not, indeed, for me.

“If thou’lt ever keep thy young heart pure,  
 Thy mother’s heart from fear,  
 Bring all that is told to thee by day  
 At night to a mother’s ear.”

And thus they sat spinning together;  
 An angel bent to see  
 The mother and child whose happy life  
 Went on so lovingly.

A record was made by his golden pen;  
 This on his page he said:

“The mother who counseled her child so well  
 Need never feel afraid,

“For God would keep the heart of the child  
 With tender love and fear  
 Who lips at her mother’s side at night  
 All to her mother’s ear.”

—Selected.

THE BARTONS' TRAVELING.

BY MRS. M. J. BAHLER.

(Concluded.)

WHEN our friends reached Georgetown, Mr. Wellman took pains to secure a room at the same hotel with them, for, though he did not expect to form more than a passing acquaintance, still a look upon that cheerful group occasionally was a restful pastime. Besides, he hoped for some further conversation.

The Bartons made excursions to the mountainsides, while he, weak and languid, only strolled about town, or sat upon the piazza of the hotel. The second evening after their arrival Mr. Barton joined him on the veranda and said he was now at leisure to continue the conversation broken into upon the arrival of their train at the junction.

To this Mr. Wellman replied: “You said you would tell me a story not so sad as mine. The recalling of mine to mind together with your remarks, Mr. Barton, has made me think of cause and effect as I never did before. Now I could but notice the difference between your wife and that nervous little woman who sat at the table near me at Black Hawk. She drank tea three times a day, if she could get it, and if she could not get it at noon, she seemed much disturbed. She was often in some snarl with that little boy of hers; her brows almost always knitted in a frown. Your wife was such a contrast, always so calm and cheerful. Then I thought again of my own dear Lillie. She was a lovely woman when we married, but I can look back now and see how gradually the change stole over her.

“I excused her peevish ways because she was not well, never dreaming that any indulgence of hers was the real cause; but I believe now that it all came from that passion for tea. But tell me

your story, please; perhaps it will change the train of my thoughts."

"I will tell you the story; it is only a little incident I met with while traveling in Texas, but I do not think it will change the train of your thoughts, and I do not know that I wish to change them. I am confident that it is for your good, Mr. Wellman, that you become thoroughly satisfied that tea and coffee are not necessary articles in your bill of fare. We are almost entire strangers, but I would be pleased to help you to attain a victory which I am persuaded would make life more enjoyable. You spoke of how much more nervous the lady was who sat at the table with you, than my wife. Now, as I said before, tea and coffee excite vital action above the normal standard, without supplying the extra force to support the extra expenditure. The secondary result, therefore, is depression, exhaustion, or what we commonly call nervousness.

"The incident to which I referred will aptly illustrate one point. While waiting in a junction depot near Austin, Texas, my attention was attracted to a conversation between the ticket agent and a friend, by these words: "Yes, *I am afraid* to touch liquors or wines of any kind. When a cup of coffee will so affect my nerves that my hand will tremble so that I can scarcely write, what would a glass of liquor do, or wine either?"

"I cannot repeat the conversation entire, but I was deeply impressed by the firm, decided tones of the gentleman who spoke those words, and I listened with interest to a little experience which he gave a little further along in the conversation. Answering the arguments of the wine advocate, he said: 'I have spent twelve years of my life on the frontier as surveyor. I have slept month after month upon the ground rolled in my blanket. I have many times been without dry clothing, wet to the skin, for days together, yet never was sick from such exposure. But I have watched more than one man through the delirium of fever, who, sharing my work and my exposure, thought it necessary to keep up on liquors. No, Gus., I will not touch even a glass of wine. I cannot afford the nerve exhaustion which is the sure result of such indulgences.'

"I was surprised at the time to hear what this gentleman said of the effect of a cup of coffee upon his nervous system. I have since given more attention to this subject, and I am satisfied that no one can afford the nerve exhaustion which is the

sure result of the use of tea and coffee, as well as wines, liquors, and tobacco. Though the usual results of tea and coffee are not thus alarming, and therefore are not so generally noticed, they are, nevertheless, deleterious and baneful, bringing much unhappiness and disease."

"As for liquors and tobacco, I have no use for them; but, now that I consider the matter seriously, I am satisfied that tea and coffee possess charms that I shall find it difficult to give up."

"Nevertheless, Mr. Wellman, I trust you will not declare an amity with these bewitching foes to health and true happiness. They surely charm but to destroy."

"This is undoubtedly true, yet it is rare indeed that tea or coffee have the effect of which this gentleman spoke."

"True; still in his experience and that of your wife we see what their tendency is. As medicines have their proper place, so may tea and coffee have theirs in some cases of illness; but when we receive habitually into the system articles which contain the properties these do, we do violence to ourselves, to say nothing of our influence over others.

"How we do pity the opium or morphine victim! Little do we realize that tea has its victims by thousands that need our pity as well. Thousands are suffering from nervousness, which makes the homes where peace and love should reign, veritable places of—torment, I was about to say—and this misery is chiefly, if not wholly, attributable to the use of tea and coffee. Their use tends to derange the digestive organs, and this derangement reacts upon the brain, producing fretful moods.

"Dr. W. J. Morton, of New York, a physician of eminence, says: 'In poverty-stricken districts amongst the women who take tea at every meal this extremely nervous, semihysterical condition, from the action of tea, is all but universal.' He also says that 'in London and other fashionable centers, in which the custom of tea drinking in the afternoon prevails, the same nervous symptoms have been developed in the richer classes of society, who unfortunately seek to counteract the mischief by resorting to alcoholic stimulants. Thus one evil leads to another that is worse.' And now, Mr. Wellman, I must leave the matter with you. We shall leave you in the morning. Let me entreat of you before we separate not to drop this matter here. As you remarked, these indulgencies

have their charms; but there is One who overcame in this matter of appetite, who was tempted in all points like as we, that he might know how to succor the tempted. In his strength break from their charms."

"I thank you for your interest in me, Mr. Barton, and I shall remember your party with pleasure. The sad death of my wife has clouded my life. This meeting with your pleasant company has been a gleam of sunlight upon my pathway."

"Your wife's case was sad indeed, Mr. Wellman; may you be aroused by it to use your influence to save many another fair and loving woman from nearly as sad a fate. Oh, if women could but know, could but realize, as they sip those popular beverages, how they are yielding the nerve force which makes them womanly and noble, which gives them power to lead mankind, could they see how this habit robs them of their queen regency, I am sure there would be a grand reform! Mr. Wellman, in your experience you have a powerful argument; use it, I pray, for others."

"Pray for me, Mr. Barton. I must have strength other than my own if I enter this arena."

"That you must, as must everyone; but remember, if sometimes this evil may seem small, that the word of God says, 'The little foxes spoil the vines.' Look to God, and you will succeed. One potent reason why many persons fail in great things is that they do not realize that they need the help of God in little things. Our only safety is to look to Heaven continually. Then we shall succeed. Good-by now."

Mr. Wellman grasped the hand extended with more than mere social cordiality, and, as he watched the little party leaving early the next morning, he said to himself: "They are disseminating sunlight surely. Yes, and I will try from henceforth to do the same, to live for others as well as for myself."

#### TREATMENT OF BURNS.

A EUROPEAN doctor employs the following treatment for burns: Blisters are not opened, but are pierced with a silk thread, soaked in sublimate solution, and left in place. The whole burned area is then spread with a ten per cent iodoform vaseline, and is covered with gummed paper or silk; the salve should be renewed daily. By this plan pain is relieved at once, and cicatrical contraction is rare.—*Sel.*

#### WHERE THE SHINE CAME FROM.

"WELL, grandma," said a little boy, resting his elbows on the old lady's stuffed chair arm, "what have you been doing here at the window all day by yourself?"

"All I could," answered dear grandma cheerily. "I have read a little and prayed a great deal, and then looked out at the people. There's one little girl, Arthur, that I have learned to look for. She has sunny brown hair, her brown eyes have the same sunny look in them, and I wonder every day what makes her look so bright. Ah, here she comes now!"

Arthur took his elbows off the stuffed arm and planted them on the window sill.

"That girl with the brown apron on?" he cried. "Why, I know that girl. That's Susie Moore, and she has a dreadful hard time, grandma."

"Has she?" said grandma. "O little boy, wouldn't you give anything to know where she gets all that brightness from, then?"

"I'll ask her," said Arthur promptly, and to grandma's surprise, he raised the window and called:—

"Susie, O Susie, come up here a minute. Grandma wants to see you."

The brown eyes opened wide in surprise, but the little girl turned at once and came in.

"Grandma wants to know, Susie," explained the boy, "what makes you look so bright all the time."

"Why, I have to," said Susie. "You see papa's been sick a long while, and mamma is tired out with nursing, and baby's cross with her teeth, and if I didn't be bright who would be?"

"Yes, yes, I see," said dear old grandma, putting her arm around this little streak of sunshine. "That's God's reason for things,—they are because someone needs them. Shine on, little sun; there couldn't be a better reason for shining than because it is dark at home."—*Sunbeam.*

A USELESS TORTURE.—The overhead check-rein for the horse is refined and steady torture, not only for the strain backward of the neck, but because the animal cannot see the ground on which he is stepping. The swaying of his head from side to side is evidence of his trying to find relief.—*Boston Transcript.*

# Mother's Helper

## MORE PRACTICAL EXPERIENCE.

BABY MARIAN is not a nervous child. She was born of parents possessing a goodly heritage of soundness of constitution. Both were raised on farms in frugal homes, and by parents whose good sense taught them that the richest blessing they could bestow upon their children was physical strength, gained by exercise and an independence the result of experience. Both her parents have led an active life, both physically and mentally. Her mother has always lived on plain, unstimulating food, consisting of grains, milk, fruit, and vegetables, with little meat and with no condiments except a moderate amount of salt.

Since this had always been her diet, she needed to make no change in view of the expected arrival of little Marian. Her diet remained essentially the same during the period of nursing, except that all acid fruits, sweets, green vegetables, and such as are difficult of digestion, were avoided. To encourage the necessary flow of milk, she drank largely of milk and gruels made from oatmeal and other grains. After a time these became monotonous, and, desiring a change, she selected what is generally supposed to be the least harmful of all the ordinary beverages, namely, cocoa of the best quality, and used only a teaspoonful in two cups of milk. This was found excellent to stimulate the flow of milk, but, alas! baby Marian in a day or two lost her usual happy spirit and became peevish and fretful. Her previously long, quiet naps were interspersed with frequent crying spells. Whereas before this, being well trained, she had consumed not more than two or three hours daily of her mother's time with necessary attention, she now demanded nearly the whole. A return to the regulation diet by the mother restored to her her own sweet baby.

If drinking cocoa will produce such a marked influence in the condition of a child, what must be

the effects of drinking the more potent beverages, as tea, coffee, wine, and beer. How verily is the destiny of the child in the hands of the mother, and how great is the influence of her every act, even to the articles of diet taken by her! Surely while the work of maturity is the grandest and most noble committed to womankind, it is also the most solemn, reaching in its responsibilities into every detail of life.

H. S. M.

## THE BABY WHO MUST TRAVEL.

BY MARY A. ALLEN, M. D.

BABY is a traveler per force, and often finds his involuntary journeys full of discomfort. Much of this discomfort can be obviated by a little forethought. In the first place, the baby traveler's dress should be plain and comfortable. All stiff, scratchy embroideries should be discarded; all tight bands and long, heavy skirts dispensed with. As a protection from drooling, or spilling of water or food, an oil-silk bib, with the lower end turned up like a pocket, is a convenience. It is needful that the child be sufficiently protected from cold, but no doubt the greatest danger is from overloading him with clothing. Yesterday, when the thermometer registered ninety degrees in the shade, I saw an infant on the cars wrapped in a blanket shawl, and at every whimper the mother wrapped him more closely, evidently fearing that if a whiff of the warm summer air should reach him, a cold would be the consequence, whereas her very efforts to prevent cold tended to keep the infant bathed in perspiration, and in all probability a cold did result, and the mother wondered how it was possible when she took such care to prevent it.

Heavy hoods or bonnets which keep the head wet with perspiration are to be avoided. If

needed to protect from draughts, a lace cap may be worn on the journey, covered with a heavier bonnet when out-of-doors. A light shawl to throw around the shoulders when needed, and removed when not needed, is a sensible addition to the provision for comfort. A pillow and an afghan can be carried with little trouble, and are indispensable in making a bed for baby when he naps. The regular habits of the child should be infringed upon as little as possible.

With a little care his food may be regularly given, even when he is a bottle-fed baby, and nothing will more certainly insure his health and good nature than to have his regular meals. We cannot wonder that people get sick when traveling, when we observe how old and young begin to eat as soon as they begin to go, and continue the eating during the going. Peanuts, candy, fruit, cakes continuously, and large meals at irregular intervals. By this means both children and adults are in a few hours transformed from happy, comfortable human beings into irritable, tyrannical, unreasonable demons. The nursing baby, if he have a sensible mother, is the most fortunate of travelers, but the child who depends on artificial food is the most unfortunate; and yet with judicious care he can be fed so as to keep him in fair health.

In this case foresight is needed, for if railway stations are relied upon to furnish food, there will be no certainty either of quality or regularity. Milk can be canned air tight, and kept as long as needed, especially if small bottles are used, so that only as much as is needed at one or two meals is opened at once. The prepared foods can be cooked and sealed in the same way, and with the aid of a small alcohol lamp can be warmed even in an ordinary car. Traveling for three years with a small child in foreign lands, I learned how to utilize an alcohol lamp in cooking gruels, mush, eggs, even rice, and fruits of all kinds.

Condensed milk is a great help to the mother who is traveling. Hot water can be procured at almost any station, and if a cup and spoon form part of the paraphernalia, the meal is easily prepared. A journey of a few hours is a simple matter, but when it extends over days and weeks it becomes more serious. One thing should never be forgotten, and that is that the little one should have his restful nightdress put on every night, and that a little sponge bath, which can

be carefully given, even in the sleeping car, will help him to bear his journey with the least possible fatigue.

I do not need to specify that exposure must be avoided, but may emphasize the fact that extreme cleanliness of particular parts is even more necessary than at home. A supply of soft towels and wash cloths and a sponge must not be forgotten. These can be stowed away in an oil-silk bag, which will keep moisture from adjoining articles. Wet napkins should be wrapped in a rubber cloth large enough to unfold the constantly-increasing supply. If pieces of soft old muslin are laid inside the napkin each time the child is changed, they can be thrown away, and the satchel relieved from an accumulation of soiled linen, which would taint all surrounding articles. Chafing can only be prevented by the utmost cleanliness, and the use of the moist sponge is to be recommended each time the napkin is renewed. Care must be taken after the use of moisture that the parts are thoroughly dried. It is not safe to sit by an open window with the baby when traveling, as there is danger from the draught, and also from cinders getting into the eyes, which may result seriously. If the next window in front is not open, and the mother or nurse will ride backward, the danger from the open window is lessened.

Babies suffer from thirst, so the wise mother will add a bottle of boiled water to her list of needed articles. A little package of granulated sugar will insure the requisite sweetness to be added to foods. Sugar of milk is even better for sweetening the milk or other food for baby. One important suggestion in regard to keeping baby well on a journey is to keep him as quietly happy as possible. As long as he is contented, do not disturb him unnecessarily. If he is old enough to look about him, he is taking in many new facts that to him are full of interest. Let him absorb them undisturbed. All tossing, tickling, jolting, talking to, only add to the unavoidable excitement of travel, and can only be hurtful in their effects.

With serenity and calmness on the part of attendants, with simple, wholesome fare regularly given, plain, comfortable clothing, and needed cleanliness, baby will often be the most delightful traveling companion, bringing, with his cheerful helpfulness, an atmosphere of appealing tenderness that softens and humanizes all who come in contact with him.—*The Advance*.



### QUERIES.

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

AN advertisement slip was placed in our hands by a friend with the inquiry, "Is it true?" It guaranteed a perfect cure of the habits of morphine taking, whisky drinking, and other narcotics, without depriving the patient of the morphine or whisky, and by methods known only to the compounder of the medicine. The deception of such a practice is too apparent for much comment. The laws of nature have not been reversed since the gentleman made his discovery.

The unfortunate individual who has become a nervous wreck through the use and influence of morphine or alcohol, finds no law by which he can be freed from the baneful influences of those poisons while he continues to use them. This is as plain a proposition as the old adage, "If you put your hand in the fire, you must expect it to be burned." In other words, we must remove the cause before we can expect to get well, and those who try to get well from any other standpoint will have their "pains for their trouble," and more of pains then.

Which is the more nutritious food, good meat or oatmeal?

*Answer*—Good lean beef has twenty-eight parts nutriment to the hundred parts and seventy-two parts waste. Oatmeal has eighty-six parts nutriment and fourteen parts waste. Consequently oatmeal has three times as much nutriment as the best meat. Meat has, however, a stimulating element that oatmeal and the other grains do not have, which, as far as feeling goes, partially compensates for the more nutritious foods. But it will not give solidity and tone, as the more nutritious foods do. The person who depends largely upon stimulus will soon find he lacks the power to

perform that which he would do. Less stimulus and more nutrition is our motto.

What is the cause of walking in one's sleep?

*Ans.*—Somnambulism, as it is called, is one of the most curious manifestations of morbid nervous action. There are many wonderful feats recorded as having been done while in this condition. It occurs in people who are nervous and have a tendency to hysteria. The exciting cause is the same that excites dreaming, and it is but an intensified dream condition, when the brain cells get control of the centers of motion. Late suppers and lack of exercise are the great predisposing cause.

### RECIPES FOR MAY.

**CARDINAL SOUP.**—Three pints of sweet milk, half a dozen medium-sized beets, half a cup of rolled wheat, one cup of cream, one onion, one leaf of sage, one teaspoonful of salt. First boil the beets until tender; squeeze out the juice. There should be about half a cup. Place the milk on the stove in a double boiler, and add the chopped onion and the sage leaf. Allow it to become hot, then strain and place back on the stove. Add the wheat, and cook until it thickens the milk sufficiently. Then add the beet juice, cream, and salt. Serve hot with dry toast.

**VEGETABLE OYSTER STEW.**—One pint of vegetable oyster, a few bits of codfish to give a flavor, the yolk of an egg, a tablespoonful of butter, half a teaspoonful of salt, one teaspoonful of finely-chopped parsley, two teaspoonfuls of flour, one cup of cream, one-fourth of a lemon, the juice and a pinch of the grated rind. Scrape and slice enough vegetable oyster to make one pint; boil this in three pints of water; cook until very tender. When cooked, there should be about three cups of the broth. Melt the butter in a granite stewpan, then add the flour, stirring well until cooked.

Add this to the hot broth. Then add the salt and lemon juice, parsley and rind. Now whip the yolk well, and add it to the cream. Add this to the whole, allowing it to boil up for a moment only, being careful it does not curdle. Serve hot, with cream crackers.

**SPINACH.**—Two gallons of spinach, one tablespoonful of butter, two lemons, salt to taste. Select tender bunches of spinach, cut off the roots, and pick over the leaves carefully, throwing them into plenty of cold water. When looked over, wash in three or four waters, lifting them out of the water each time, allowing the sand to settle. Now place in a granite stew kettle, and allow to simmer until the water is drawn out, so that it can cook in its own juice. One hour is sufficient time to cook, since spinach is quite tender, and requires but little cooking compared to other greens. About fifteen minutes before taking off the stove, add the salt, then take up with a perforated ladle, and place on a platter, rounding the top over nicely. Have the butter creamed, and spread over the top. Then slice the lemon, and place a row around the edge of the dish. In serving, place a slice on each plate. Spinach is nice served with poached eggs.

**CORN-STARCH BLANC-MANGE** (served with cherry sauce).—One quart of sweet milk, three tablespoonfuls of cornstarch, half a cup of sugar, one quart of red cherry sauce with plenty of juice, a pinch of salt. Put the milk on the stove in a double boiler. By the time it boils, stir the cornstarch to a thick cream, with just enough milk to make it the right consistency. Now add this to the boiling milk, and cook until it has no raw taste. Add the sugar and salt, and pour into a nicely-shaped mould, having first rinsed the mold with cold water. When ready to serve, turn the pudding into some pretty dish, and pour the sauce over or around it. Red raspberry or strawberry sauce will be very nice in place of the cherries.

**DOMESTIC COFFEE.**—One quart of corn meal, two quarts of rye meal, sweet milk, one cup of brown sugar. Mix the corn and rye meal thoroughly, then dampen sufficiently with sweet milk, so the meal will stick together slightly. First dry in the oven in a large dripping pan, and then parch until a rich dark brown. Fifteen minutes before it is done, add the sugar. In finishing stir well, so that it will not scorch. A nice way to make this coffee is six tablespoonfuls of coffee, one cup of cold water, one egg, one cup of rich milk, three

pints of boiling water. Measure out six tablespoonfuls of domestic coffee. Place it in a granite coffee boiler. Wash the egg before it is broken, then break into the coffee, adding the shell, and mixing thoroughly. To this add one cup of cold water, and stir well. Then add the hot water, and boil for five minutes. Have the milk hot, and add. Set it back where it will simply keep hot. A teaspoonful of whipped cream on the top of each cup is a nice addition. Serve hot.

#### MUTTON TALLOW.

PURE mutton tallow is one of the most useful and inexpensive of medical agents. For that class of sores and wounds where a cooling, healing application is indicated, its value is beyond compare. Many an obstinate sore or ulcer has been healed permanently by pursuing the following simple method: Wash thoroughly, but gently, once or twice a day with warm water and castile soap, dry with a soft cloth, and cover with a coating of the tallow. This should be spread upon a piece of linen or cotton, the tallow being sufficiently thick to prevent the cloth backing from adhering to the wounded or diseased surface. The importance of the utmost cleanliness in dealing with all troubles of this nature should by no means be overlooked.—*Good Housekeeping.*

#### A FISH LIST.

As some are particular as to whether they eat scale fish or otherwise, we give the following lists of fish with scales, and fish without scales, including shellfish:—

##### FISH WITH SCALES.

Anchovies, barracuda, bass, cod, carp, grilse, herring, king fat, mackerel, muscalonge, perch, pike, pampenoes, rock, sardines, salmon, shad, smelt, sheepheads, trout, tomcod, pickerel, mullet.

##### FISH WITHOUT SCALES AND SHELLFISH.

Bonita, catfish, eels, flounder, halibut, porpoise, sturgeon, squids, skate or ray, white bait, turtle, terrapin, lobster, crawfish, prawns, shrimps, crabs, mussels, clams, oysters.

**FLORIDA'S AQUATIC SCAVENGERS.**—The city of Jacksonville protects catfish in the river as scavengers. It is a \$5.00 fine to catch one of them, and the fish seem to know it. The river is full of them, and they vary in size from a baby to a 200-pound man.—*Atlanta Constitution.*



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

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

It has been shown that the lungs and stomach often suffer from the result of corset wearing to the extent that the possessor of those organs is not only conscious of their existence, which in health she should not be, but because of disease thus excited in these organs, she is disabled to a large extent, and often eventually deprived of life itself. Were these the only evils resulting from the wearing of this superfluous, and worse than useless, article of apparel, we would need say no more to convince those whose object in life is to make their little circle of influence brighter and better for their having lived, that their object would better be attained without it. To such even, however, it might be interesting to know something of the effect upon other organs.

Just beneath the diaphragm, and to the right, lies the largest gland of the body, upon the proper condition and action of which one skilled in medicine and wise in answering the mooted questions of life, has said depends the solution of the problem, "Is life worth the living?"

Many, vague, and oftentimes distressing are the symptoms which arise from disordered function of this organ. Its duties in the economy of the human system are various. Secreting bile, which is so essential to the process of digestion and the normal work of the intestines, is but a small portion of its work. Much of the work of the elaboration of food, fitting it to be transferred into thought, energy, and heat, takes place in the liver. Here, also, is the great laboratory of the body, sorting over, picking out, and casting aside those worn-out, useless, and poisonous elements which, if retained

longer, would only clog the system, dull the brain, irritate the nerves, and befog the atmosphere about us. Any interference with the digestive process in the stomach brings to the liver the food elements imperfectly prepared for further elaboration. Much more work, therefore, is necessary to be done here than was designed to be performed by this organ. If, then, in addition to this extra amount of work required, the facilities for performing even its due amount are greatly impaired, failure in a greater or less degree, with all its painful consequences, must surely follow, such as headache, dizziness, pains in various portions of the body, a bad, bitter, or brassy taste in mouth, and many other distressing symptoms, not the least among which might be mentioned a confused, stupid state of the mind, which causes the person to see everything with distorted vision. In this condition the corset wearer comes to believe herself without friends, afflicted and altogether the most wretched person in the world. As it has been our privilege to examine the livers of many deceased women, we have been pained to observe in how many there were deep grooves into which the ribs had been pressed year after year, until, from inability to perform its function, the very substance of the organ had become hardened. In one case we remember the lower border of the ribs had made a deep sulcus, or groove, nearly dividing the organ. The possessors of these livers must have been great sufferers, and no doubt went through life murmuring because of their trials, not knowing they were their own persecutors.

The liver is made up of little lobules, each about the size of a millet seed, and each of these is composed of many minute cells, each having its individual work to do. It is in the combined action of these little cells that the whole great work is performed. Each lobule is supplied with a tiny secreting duct in its center, and this in turn is con-



nected with each cell of the lobule with a still more tiny duct. Each cell also is supplied with its individual artery and vein, bringing to it fresh material and carrying away its waste, so that each cell is in reality a little liver by itself. The work and character of the whole liver depends upon the character of its individual constituents. It can readily be seen how little pressure would be required to obstruct these little ducts and paralyze the action of these tiny cells. Hence we see how greatly this organ may be injured and the usefulness of the individual crippled by this most pernicious fashion of corset wearing.

---

#### GOOD SENSE.

It is thus a woman writes to her sisters: "If you want to be happy, dress sensibly, and according to the season. Women are eaten up with neuralgia, say the doctors. No wonder! They sit still all the morning by a hot register, then tie the five or six-inch strip of bonnet over their hair, a bit of lace film over their bangs, put on kid boots, with silk or thread stockings underneath, and dawdle along the pavement with cold, raw winds smiting their temples, their ears, their throats, and the bases of what should be their brains. The outraged nerves shrink and quiver under their barbarous exposure. But no matter, the chest is well covered with fur cloaks and sacks, but cold feet, numb ears, reddened temples, the exposed neck, will have their own story to tell.

"Then most of the so-called genteel persons won't wear flannel next to the skin. Why?—Because their waists will look too large, and it is the style to be as near in shapeliness to that delightful and lovely insect, the wasp, as humanity can be forced. Thinking on these things, I sometimes wonder if women really like to ache and groan, and to be laid aside every few days with agonizing headaches or panting, laboring hearts? Strange, if true."

---

INJURIOUS DRESSES FOR GIRLS.—Just at present those sweet and lovely Kate Greenaway costumes are having injurious effects upon little girls. Women are not content to hamper their own feet and limbs with long, clinging skirts, but they must fetter their children in like manner. Young children should be able to run with ease and grace. But notice one attired in these bewitching long dresses, and see how she waddles and tries to walk

around in her skirts. A permanently awkward gait and sometimes bandy legs cannot fail of being the result. It is nothing short of wicked to sacrifice native grace and activity for the sake of a senseless fashion.—*Kate Lindsay, M. D.*

---

#### THE DANGER OF MEASLES, AND HOW TO AVOID IT.

ALTHOUGH measles have usually been thought to be one of the diseases of childhood least dangerous to life, the wise physician hails an epidemic of this disease with misgiving, well knowing that some tender plants will inevitably succumb to its inroads, while others will suffer from its results for years.

In and of itself the disease is seldom fatal, but it is prone to complications which often prove very serious. Perhaps the most common and most fatal complication of measles is pneumonia. This has usually been supposed to be due to the extension of the inflammatory condition to the membranes of the lungs. But recent scientific research shows that pneumonia occurs only in the presence and as the result of the influence of a certain kind of germ. These are found in great abundance in the spittle of those affected by pneumonia.

Examinations have shown that these germs are found in the spittle of many having measles who have not pneumonia, but always in abundance where this does exist. They are found, also, sometimes in the spittle of some persons in health. It does not necessarily follow, however, that one must always have pneumonia if the germ is found in the mouth.

From all this we conclude: (1) That the germ of pneumonia is about us more or less all the time; (2) that the condition of the mucous membranes in measles furnishes a favorable soil for their development; (3) the most important lesson to be learned from all this is that frequent and thorough disinfection of the mouth and throat in measles will greatly lessen the liability to pneumonic complications.

H. S. M.

---

It is said by Dr. Aervieux, in a lengthy paper read before the *Académie de Médecine*, Paris, that vaccine from a goat is equally as efficient as that from a cow, and, in fact, exactly similar, with this advantage, that while a cow might be afflicted with tuberculosis, and yet apparently well, goats are not troubled with that disease. Goats should, therefore, be substituted for cows.

## FRIENDSHIP OF GIRLS.

If you write a letter to a man friend don't put in black and white that you are "his forever," or that you send a great deal of love, even if it be only in jest, but remain either his "very cordially," or "very sincerely." Sincerity and cordiality are possible even with acquaintances that do not demand either love or an affection that is to last forever. I wish girls knew how ill-bred it is to give or permit familiarities in word or pen from either men or women. Learn to keep your personal affairs to yourself. Learn to believe that your first name can only be used by those connected with you by ties of blood, or having the right given by a deep love. Believe me, you will never regret your self-respect as shown in this way, and you will never cease lamenting permitting a too familiar intercourse, that in the future will rise up before you like a skeleton at a feast.

A perfect friendship is like a rose—after the time of its glory is passed, the leaves may be thrown into a jar, covered with spices and salts to bring out the fragrance forever, and be a delight to you wherever it is. A friendship that is too familiar may also be likened to a rose, but one that early loses its leaves; they fall on the ground and no one treasures them enough to gather them up and keep them as a memento of days that have gone by. For a while there is a sickly sweet smell, and then they are blackened and discolored, and no odor comes from them. Conclude, then, in forming your friendships to make those only that can, when time separates you, make a pleasant memory for the future, and one that will not cause a blush to come upon your face.—*Selected.*

## HOW TO LIVE LONG AND HAPPY.

FORGET disagreeable things. Keep your nerves well in hand. Study to acquire the art of enjoyment. Believe in the goodness of those whom you love. Cultivate a good digestion. Become proficient in saying pleasant words. Don't expect too much of your friends. Make whatever work is yours congenial. Retain your illusions. Relieve the suffering, and sympathize with the sorrowing. Keep an even temper. Do your duty cheerfully and well. Finally, observe the golden rule, and you will thus obtain the love and consideration of others.—*Demorest's Monthly.*

## Publishers' Department.

1. REMIT by Bank Draft, P. O. Money Order, or Express Order.  
2. If Postal Note or paper money is sent, *register* the letter.  
3. Drafts should be made payable to the PACIFIC PRESS PUBLISHING CO., on New York, Chicago, or San Francisco banks. Those written on other banks cost us exchange.

POSTAGE STAMPS.—Please do *not* send postage stamps, as we have more now than we can use, and they often get stuck together in the mails, and are useless when received. Canadian and other foreign moneys cannot be used by us.

RECEIPT.—The change of figures on the address labels will be in all cases a sufficient receipt for money sent for the paper. If these changes do not appear in due time, and if books ordered by mail are not received promptly, please notify us.

CHANGE OF ADDRESS.—Subscribers desiring the address of their paper changed, will please state in their communication both the old and new address.

EXPIRATION OF SUBSCRIPTION.—All papers are discontinued at the expiration of the time paid for. The *date* opposite your name on the printed *address label* shows when the subscription expires. Please forward your money in ample time for renewal if you desire unbroken files, as we cannot always furnish back numbers.

## HEALTH RETREAT NOTES.

OUR Sanitarium is comfortably filled, and, under our new régime, is progressing nicely. Mr. Cook, who has lately returned from a course of study in the East, has taken charge of the gymnasium, and, under his efficient control, healthful and systematic exercise is coming to be more and more appreciated. The efforts along this line will not be allowed to flag, nor, in fact, in any line, for success—complete success—is the end to be achieved in each and every department.

WE have now a good corps of helpers in each of the bath-rooms. Those of the ladies' bathroom who have long been with us, and have proved their ability in times past, together with those who have entered the work more recently, are becoming more proficient under the direct care and supervision of Dr. Hattie Maxson, who devotes considerable time each week to giving verbal and practical instruction. She, having had long experience in private practice, and also in the largest sanitarium in the East, is well qualified for this part of the work.

UNDER the sun's warm rays, and the careful planning and skillful labor of the gardeners, our grounds are assuming a cheerful aspect. Flowers, seeming delighted with our beautiful hillside, spring into bloom, enlivening the beauty of the scene, and lending a pleasant incentive to those who are feeble to wander among them and glean renewed health and vigor from their cheerful faces.

MANY are manifesting their appreciation of the balmy days and glorious sunshine by taking long strolls through the beautiful woods adjacent to the Retreat. The scenery is grand, and cannot fail to inspire one with new life and courage. The "cañon" is a favorite resort for many, Dame Nature seeming to bestow beauty with lavish hand upon this little spot from out her wealth of grandeur. Frequently a company of patients, equipped with merry hearts and a delicious lunch, spend a day in driving and walking among the mountains. The more ambitious and strong of limb often ascend to the summit of some prominent peak, where they may feast their eyes upon the beauty of surrounding hills and vales. The fatigue of the day brings sweeter sleep at

night, and nature improves the opportunity of "building up the waste places."

We have been very much elated at the favor with which our health foods are greeted by the people, as is shown by the constantly increasing orders. With the abundance of fruit with which California is blessed, together with a good supply of these most wholesome foods, we see no reason why man may not live his threescore years and ten.

MISS BESSIE L. MATTHEWS, a missionary teacher of Juneau, Alaska, who has been with us for several months, has returned to her field of labor. Miss Matthews has been laboring among the native Indians of Alaska for a number of years, under the auspices of the Presbyterian Foreign Mission Board. During her stay with us she gave some very interesting lectures and social talks in reference to this far-off land, the habits and customs of the people, their government, the work being done for them by different missionary societies, etc.

A BELL has recently been erected on the chapel, adding much to the appearance of the building and convenience of those at the Retreat.

#### ARTISTIC HYGIENIC DRESSING.

It is with great pleasure that we can refer our readers to the marked change that has taken place of late in many prominent circles in regard to the healthful dressing of ladies. It is slowly but surely becoming fashionable to wear articles of clothing that are in accordance with the requirements of physiology and hygiene. Ladies of wealth, culture, and social standing are giving this subject their close attention; still there are thousands who know nothing whatever of the reform in under-garments, who still wear the old-time chemise, drawers, garters, etc.

The agitation of dress reform has set thousands of intellectual women thinking on this subject, to good purpose. All dress reformers agree that, aside from shortening the outer dress to convenient length, and relieving it of unnecessary weight, the essentials of a rational reform in ladies' dress pertain chiefly to the underclothing.

Tight lacing is not the only thing that needs reforming. *The mischief done by tight skirt bands is very great*, for the reason that tight bands drag down the abdominal organs; consequently, those who abandon the corset, without making other reforms, do not receive the benefits they might. It is difficult to wear skirts with bands in such a manner as to avoid ill consequences. The very best plan is to have the waist and skirt made together in one garment, so that the weight will be equally distributed and suspended from the shoulders.

The outside dress is liable still to be so fitted, with all the change beneath, as to wholly counteract all the good intended to be derived from it, unless worn loose enough to give full play to, and room for, all the organs of the body. Women would not get tired so easily if they would dress properly, as part of their strength is used in struggling against the weight and tightness of their garments.

A woman clothed with hygienic garments, properly made and fitted, is sensibly, healthfully, and prettily dressed, with nothing to bind or impede her circulation or movements. From her outward appearance no one would suspect that

her under-garments were more sensibly arranged than heretofore, and might be at a loss to account for the improvement which is sure to take place both in her health and disposition.

Artistic hygienic garments are not only constructed on healthful principles, but are consistent with, and promotive of, grace and beauty as well. Ladies who appreciate an easy dress will be charmed with such garments, and those who do not should give them a trial, under the full assurance that when this is once done, they will be converts at once to rational dress reform.

#### LITERARY NOTICES.

"THE World's Columbian Exposition." Send 50 cents to Bond & Co., 576 Rookery, Chicago, and you will receive, postpaid, a 400-page advance guide to the exposition, with elegant engravings of the grounds and buildings, portraits of its leading spirits, and a map of the city of Chicago, all of the rules governing the exposition and exhibitors, and all information which can be given out in advance of its opening; also, other engravings and printed information will be sent you as published. It will be a very valuable book, and every person should secure a copy.

"A Practical Guide to Meat Inspection," by Thomas Walley, M. R. C. V. S. Second edition, revised and enlarged; 47 colored illustrations; 8vo, cloth, \$4.00. Wm. R. Jenkins, 851 and 853 Sixth Avenue, New York. To those who are acquainted with the work "Four Bovine Scourges," by the same author, this volume will be received with a welcome. The chapter on tuberculosis will be found especially valuable, and, altogether, Dr. Walley's superior knowledge on the subject of meat inspection should be studied by all sanitarians.

"The First Decennial Catalogue of the College of Physicians and Surgeons" of Chicago has come to our table. It covers the time between 1881 and 1891, and also gives the announcement for 1892-93. Some important changes are made in requirements of admission. The catalogue and particulars may be obtained by addressing the corresponding secretary, Bayard Holmes, 240 Wabash Avenue, Chicago, Ill.

"Tobacco, Insanity, and Nervousness" is a pamphlet by Dr. L. Bremer, late physician to the St. Vincent's Institution for the Insane, of St. Louis, Mo., to whom we are indebted for a copy. Price, 15 cents. Published by Meyer Brothers, druggists, St. Louis, Mo. Dr. Bremer states that, looking at the injurious effects of the weed "collectively," he "considers it more harmful than alcohol, from the simple fact that its use is more general, its effects more gradual and less obvious, and that, from a moral point of view, it is in better standing." We will quote somewhat from this excellent contribution in the future.

If parents wish to instruct their children in the matter of temperance, let them send to the National Temperance Society and Publication House, 58 Reade Street, New York, and get the pamphlet on the "Temperance School," its object, organization, methods, and directions for starting it. Price, 5 cents.

Hawthorne's "Scarlet Letter" and Longfellow's "Evangeline," profusely and finely illustrated, both for only 10

cents, postpaid, printed from large (brevier) type, on fine supercalendered book paper, and specimen pages free to anyone, is the latest announcement of John B. Alden, publisher, 57 Rose St., New York. One would suppose they would sell by the million, each work being a famous author's most famous production.

The "World's Fair Magazine" for April contains, besides matter of general information on World's Fair matters, a detailed statement of the progress of each local association that has been formed in the different counties of California.

A "PACK OF FOOLS" is a phillipic against corset wearing, long, street-sweeping dresses, high-heel shoes, and the use of tobacco, whisky, and other strong narcotics and stimulants, by Dr. S. Chase, St. Louis, Mo. For sale by booksellers. Price, 5 cents. It contains much good sense.

"Empiricism—Rational Practice—Practice under Guidance of Loer," a lecture to medical students, by Charles S. Mack, M. D., of Ann Arbor, Mich. The matter is discussed learnedly and uncertainly.

HEALTH GOODS.

At the Rural Health Retreat there are kept constantly on hand the following valuable articles, which may be obtained, post-paid, at the prices affixed:—

Hygienic Corset	\$2 00
" " Peerless Corded	2 50
Emancipation Waist	1 50
Form (Bosom)	50
Dr. Gray's Abdominal Supporter	2 50
Dr. Gray's " " with Hose Supporter	
(extra large)	3 00
No. 1. Hygienic Supporter	2 50
No. 2. " "	3 00
School-girl Shoulder Braces	50
Skirt Supporters	35
" " Silk Stripe	50
Shoulder Brace Skirt Supporter (Ladies')	60
" " " (Misses')	50
" " " and Hose Supporter	1 00
Skirt and Hose Supporter	75
No. 90 Hose Supporter, Daisy Clasp (Ladies')	30
No. 80 " " " (Misses')	25
No. 70 " " " (Children's)	20
No. 60 " " " "	15
No. 17 " " Shoulder Brace, Button (Ladies')	50
No. 18 Hose Supporter, Daisy Clasp (Misses')	40
No. 19 " " " (Children's)	35
No. 7 " " " Shoulder, Button (Ladies')	60
No. 8 " " " (Misses')	50
No. 9 " " " (Children's)	40
No. 10 " " " "	35
Corset Hose Supporters (especially for Hygienic Corset)	35
Hygienic Safety Supporter (monthly bandage)	50
Skirt Supporting Hooks, double set of four	25
" " Swivel, set of four	20
Corset Laces (Elastic)	10
Clasps for Supporters	95
Combination Suit Patterns	40
Fountain Syringe, Glass Tubes	
	{ No. 1, 2 00
	{ No. 2, 2 25
	{ No. 3, 2 75

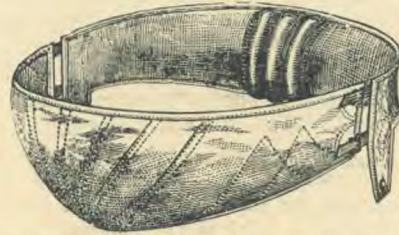
ALSO,

RURAL HEALTH RETREAT,  
ST. HELENA, CAL.

DRS. GRAY & FOSTER'S

Abdominal \* Supporter.

Patented December 18, 1877.

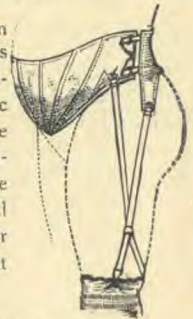


FOR many years a want has been strongly felt by all our leading Physicians and surgeons for an Abdominal Supporter that

would more fully meet the requirements of common use. To this end, Drs. Gray and Foster, having had an extensive experience in the treatment of Chronic Diseases of Females, and knowing just what was wanted, devised this Supporter, the merits and worth of which have been at once recognized and appreciated by every physician who has seen and examined it.

Relief to the Back.

LADIES who are suffering from pains in the back, hips, loins and sides, accompanied with constipation, nausea, headache and neuralgic pains in the limbs,—troubles which are often caused by the weight and downward pressure of the bowels, may be greatly relieved or permanently cured by the use of this Supporter; and for ladies just before and after confinement it is especially adapted.



Aid in Walking.

THESE Supporters can be worn with ease at all times, and are the greatest aid ever yet devised to give comfort and support in walking up and down stairs, riding over rough roads, or any active exercise whatever.

Support to the Bowels.

THEY are so adjustably constructed that they can be made to fit the form perfectly, and hold up the bowels in a comfortable position without undue pressure. Provision is also made for attaching a hose supporter, as shown in the right-hand figure above. For slender forms, this will aid greatly in keeping the Abdominal Supporter in place.

Made in two widths front, at following prices:

Regular Width,	\$2.50;	with Hose Supporter,	\$3.00
Extra	3.00;	" " "	3.50

Orders from any part of the United States will be sent by mail, postage prepaid, on receipt of price.

Address,

Rural Health Retreat,  
ST. HELENA, NAPA CO., CAL.

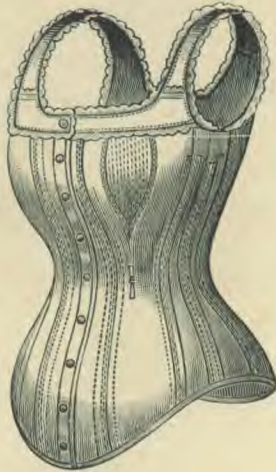
# How to Dress Healthfully.

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

## What Drags the Life Out of a Woman.

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

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



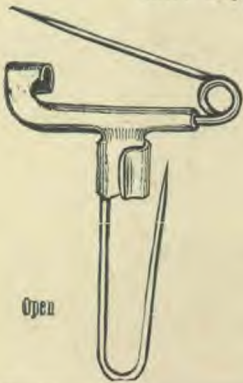
## The Ladies' Hygienic Skirt Supporter.



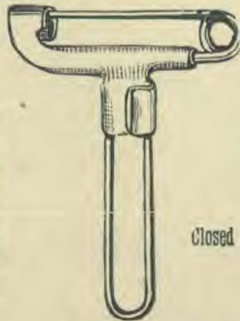
Can be attached to all the skirts in one minute, securing and holding them together, so they may all be put on or off in less time than one skirt is usually put on and secured. This Supporter transfers the weight of the skirts to the shoulders, from which is experienced relief and immediate improvement in health. Price, plain, 35 c. with silk stripe, 50 c.

Garters are another serious source of functional obstruction. Whether elastic or non-elastic, the effect is essentially the same. They interfere with the circulation of the blood in the lower limbs, and often produce varicose veins. Cold feet and headache are the ordinary results of their use. The stockings should always be suspended by being attached to some other garment by means of buttons or a proper suspender.

## Skirt Supporting Hooks.



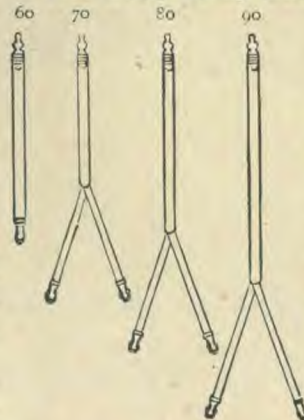
Open



Closed

25 cents a set of four.

## The Daisy Clasp Stocking Supporters



Obviate the necessity of ligatures around the limbs. The left hand cut, No. 60, represents the Supporter for a small child; price, 15c. per pair. No. 70, Children, 20c. No. 80, Misses, 25c. No. 90, Ladies, 30c.

The cut below represents the DAISY CLASP, open. When closed, it firmly grips the stocking and holds it in position.



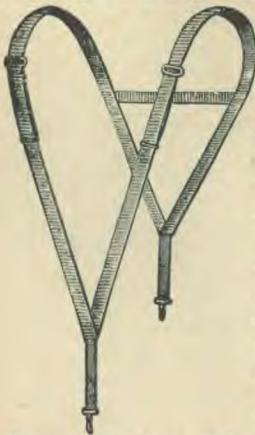
Daisy Clasp Stocking Supporter. To be attached at the waist.

Either the Suspender or the Daisy Clasp Supporters may be obtained, post paid, at their respective prices. Address,

Rural Health Retreat,  
St. Helena, Napa Co., Cal.

## The Ladies' Hygienic Safety Supporter.

For firmly and securely holding in place the periodical bandage.



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

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

Mailed on receipt of 50 cents.

For any of the above articles, address

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

A NEW BOOK.

**Man, the Masterpiece;**

OR PLAIN TRUTHS PLAINLY TOLD, ABOUT

Boyhood, Youth and Manhood.

BY J. H. KELLOGG, M. D.,

*Member of the British and American Associations for the Advancement of Science, The American Public Health Association, Editor of "Good Health," Author of "Home Hand-Book of Hygiene and Rational Medicine," "Ladies' Guide in Health and Disease," and various other works.*

HAS CHAPTERS ON  
**Mystery of a New Life,**  
HOW TO BE STRONG,  
**How to Make Life a Success,**  
Social Ethics,  
GETTING A WIFE,  
Prescriptions for a Sick Stomach,  
SEXUAL SINS  
And their Consequences,  
Diseases of Sexual Organs,  
&c., &c.



Facsimile of Front Cover.

CONTAINS  
620 Octavo Pages,  
30 FULL PAGE  
ILLUSTRATIONS,  
— AND A —  
**Manikin, or Dissected Plate**  
— OF THE —  
**HUMAN BODY,**  
A VERY  
**Unique and useful feature.**

**A Book for Every Man.**

This Work is Endorsed by Press and Public.

A chaste but thorough Treatise for Men, and contains much valuable matter not found in any other work published.

**Sold by Subscription.**

For Full Particulars, Address,

PACIFIC PRESS PUBLISHING CO.,  
OAKLAND, CAL.

A BOOK FOR THE LADIES.

# Ladies' Guide in Health and Disease.

Girlhood, Maidenhood, Wifehood, Motherhood.

BY J. H. KELLOGG, M. D.,

Member of the British and American Associations for the Advancement of Science,  
The American Public Health Association, Editor of "Good Health," Author  
of "Home Hand-Book of Hygiene and Rational Medicine," "Man,  
the Masterpiece," and various other works on Health.

Contains Chapters on  
the Anatomy and Physiology of

REPRODUCTION,

The Little Girl,

The Young Lady,

THE WIFE,

THE MOTHER,

DISEASES OF WOMEN,

With an Appendix of

Prescriptions and Dietetic  
Recipes.



Facsimile of Book.

This Book Contains

672 Octavo Pages,

— WITH —

123 ILLUSTRATIONS,

26 of which are

Lithographic Plates

It is Printed on

FINE PAPER

AND IS

Beautifully and Substantially

BOUND.

**Every Woman Should Possess a Copy.**

Young Ladies, Wives, Mothers, Nurses, all Need this Work.

SOLD BY SUBSCRIPTION.

Energetic Lady Agents Wanted.

FOR CIRCULARS AND TERMS, ADDRESS,

PACIFIC PRESS PUBLISHING CO.,

OAKLAND, CAL.

## Advertising.

IF you wish to advertise anything, anywhere, at any time, write to GEO. P. ROWELL & CO., No. 10 Spruce St., New York.

EVERYONE in need of information on the subject of advertising will do well to obtain a copy of "Book for Advertisers," 368 pages, price \$1.00. Mailed, postage paid, on receipt of price. Contains a careful compilation from the American Newspaper Directory of all the best papers and class journals; gives the circulation rating of every one, and a good deal of information about rates and other matters pertaining to the business of advertising. Address ROWELL'S ADVERTISING BUREAU, 10 Spruce St., N. Y.

FOUR LITTLE FRIEND, Volume 1, bound in black cloth, with gilt side title, contains over 200 pages, handsomely illustrated—just the book for children—will be sent, postpaid, to any address for \$1.00. Address Pacific Press, Publishers, Oakland, Cal.

Scientific American  
Agency for



CAVEATS,  
TRADE MARKS,  
DESIGN PATENTS  
COPYRIGHTS, etc.

For information and free Handbook write to  
MUNN & CO., 361 BROADWAY, NEW YORK.  
Oldest bureau for securing patents in America.  
Every patent taken out by us is brought before  
the public by a notice given free of charge in the

**Scientific American**

Largest circulation of any scientific paper in the  
world. Splendidly illustrated. No intelligent  
man should be without it. Weekly, \$3.00 a  
year; \$1.50 six months. Address MUNN & CO.,  
PUBLISHERS, 361 Broadway, New York.

## PATENT OR NO FEE

A 48-page book free. Address  
W. T. Fitz Gerald, Atty-at-Law,  
Cor. 8th and F Sts., Washington, D. C.

*Hubert Strawn Mfg. Co. St. Louis, Mo.*



Artistic Metal Workers  
Brass, Iron and Wire Office-work  
Mailings, Crestings, Nettings, etc.  
Everlasting Cemetery FENCES  
Shipped every where. Agents wanted  
Write for Catalogue and Estimate.

## The American Sentinel,

AN EIGHT-PAGE WEEKLY JOURNAL,

DEVOTED TO

The defense of American Institutions, the preservation of the United States Constitution as it is, so far as regards religion or religious tests, and the maintenance of human rights both civil and religious.

It will ever be uncompromisingly opposed to anything tending toward a union of Church and State, either in name or in fact.

Single Copy, Per Year, postpaid, - - - \$1.00

In clubs of 2 to 100 copies, per year each, - - - 90c.

In clubs of 100 or more copies, per year, each, - - - 75c.

To foreign countries, single subscription, postpaid, - - - 55c.

Address,

AMERICAN SENTINEL,  
43 Bond Street, New York.

# TEN LECTURES ON NASAL CATARRH.

Its Nature, Causes, Prevention and Cure; and Diseases of the  
Throat, Eye and Ear, due to Nasal Catarrh, with a  
Chapter of Choice Prescriptions.

BY J. H. KELLOGG, M. D.

The work contains 120 pages, and is embellished with a colored frontispiece and six beautifully colored plates, besides many illustrative cuts of the throat and nasal cavity.

This little work is in GREAT DEMAND. Price, in cloth, 75 cts., in paper covers, 30 cts.

PACIFIC PRESS PUBLISHING CO.,

Or 43 Bond Street, New York.

OAKLAND, CAL.