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NOTES ON THIS, THAT, AND THE OTHER.

WE are sorry to go to press so late this month; for we know that it is unpleasant to our many readers to receive even a monthly journal late. But we have been exceedingly busy attending annual meetings of publishing association, and other things have crowded into busy days and crowded off to some extent the June HEALTH JOURNAL. However, we hope our readers will excuse us this time, and, like the truant boy, we "will try to be punctual hereafter." We trust that this number will fully compensate the delay, although we have been disappointed in not receiving from Mrs. Dr. Maxson and Dr. Sanderson their usual contributions. But the care of the sick and the death of a very dear relative have hindered.

THE subject of better roads is being agitated all over the country, and by none more than the cyclists, or wheelmen, at the head of which is Albert A. Pope, Boston, Mass. Their interests are at stake, of course, and so is that of nearly all classes. Those who live in agricultural sections cannot realize what an amount of wear and tear to wagon,

horse, nerves, and disposition are the many times horribly-rough roads of the country. Good roads, even at a great expense, are economical in the long run. We join heartily in the cry, "Better roads." This country now, it is safe to say, has the worst roads of any civilized country in the world.

It is a cause of rejoicing to all to note the hopeful tone which inspires many of our leading physicians at the present time regarding the curability of phthisis, pulmonary tuberculosis, or, as it is generally called, consumption. Drs. Shurley and Gibbes give an account in the *Therapeutic Gazette* for May of thirty-two cases treated largely with inhalations of chlorine gas and hypodermic injections of iodine and chloride of gold, and report of this number thirteen recovered, nine improved, three not improved, and seven who died. Dr. Karl Von Ruck, an experienced physician, has a paper in the November and December (1891) issues of the *Dietetic Gazette*, on the "Cure of Pulmonary Tuberculosis on the Principles of Nutrition." After speaking of the nature of the disease and what the nature of the cure must be, he goes on to speak of remedies. Upon this he makes a remark, which we do not believe can be too greatly emphasized: "The key to the arrestment of pulmonary tuberculosis is therefore to be sought in *nutrition*, local and general, and every remedy must stand or fall as it is useful or useless to this end, and its greater or lesser value must be estimated by the same standard." This is most important, and it demands faithful, persistent effort and determined struggle on the part of the patient. We say to all suffering with the dread disease, or having a tendency that way: Breathe abundance of pure

air, the best you can get, fill your lungs to the fullest capacity, take plenty of good sleep, and eat at regular intervals of the best and most nutritious, easily-digested foods, chief among which must be counted good milk. Consumption is curable if taken in time. But in treating the lungs, remember that not of less importance is the stomach and other organs of digestion. An article by Will Carleton, the poet, which will be of interest to our readers, will be published next month.

AMONG the advance steps which the Rural Health Retreat of St. Helena is taking is that of opening a branch in this city. There are many in this city who believe in just that kind of treatment which is given at the Retreat, for they have proved its beneficial results; but many of these persons cannot leave home to obtain the treatment which they so much need. The sanitarium in Oakland will supply that need. It will be able to give treatment to the man or woman who cannot leave home, to the one who cannot endure in summer the warmer atmosphere of Napa Valley, and to those with whom the mild, equable climate of Oakland better agrees. Others will, however, prefer the Retreat and its rural surroundings. But one will serve as a complement to the other. We hope that wisdom will be granted those who have the matter in charge.

FRANCIS MURPHY has been doing good work for some weeks past in this city and San Francisco, in saving drunkards. Mr. Murphy believes in the good old way of moral suasion and the grace of God. There is altogether too little of this kind of work done in the temperance field nowadays. The prohibition question seems to have turned the greater part of the temperance forces away from personal effort in rescue work to voting and vote getting. We firmly believe that the world would be a million times better if not a drop of intoxicating liquor were sold therein; but we do believe that men are beings of moral responsibility, capable of choosing or refusing the evil, and that Christ will infinitely help, if necessary, him who chooses the good way for Christ's sake. God also designs that man shall work out a moral character with evil possible. We do not mean by this that men should not labor to extirpate the sin-laden traffic, but that is not the only way to carry forward the temperance work, and it is fraught with numerous temptations in itself from its political

side. Moral suasion and the power of Christ are yet effective, and we bid Mr. Murphy godspeed in carrying forward his work.

THIS, the June number of the HEALTH JOURNAL, marks one-half the year. How have our readers liked the JOURNAL? Has not its information been worth much more than fifty cents? We design to make the remainder of the year much better than it has ever been in the past. We desire our readers to coöperate with us. The HEALTH JOURNAL is not published as a money-making scheme, for it is not, but to disseminate the gospel of health over all the world. Will you not help us in this? Reduce these beneficial principles to practice in your own lives, and carry the same good news to your afflicted friends and neighbors.

M. C. W.

SHALL WE REFORM?

BY W. H. MAXSON, M. D.

OUR bodies are mainly built up from the albuminoid substances and their derivatives, together with various compounds of oxygen, fat, water, and mineral substances. With every act, thought, or voluntary movement of the body, a certain proportion of these constituents are constantly being removed from the system, and by the process of vital changes the proximate principles or elements upon which the life of the body depends, are being constantly supplied to take the place of the worn-out portions of the body. As brick by brick the tissue of the body is worn out and eliminated, the nutritive functions catch up the proximate principles or elements we call food, and, brick by brick, adjust them in the tabernacle of our bodies, making good the structure, and by virtue of this metabolism or change, action, thought, and feeling are evolved, and we become physically capable just in proportion to the grade of the vital changes and the food elements acted upon.

He who acts, lives, and enjoys the most, must at least take the same earnest care in reference to the kind of material and the manner in which he puts the food elements into his body as a sensible man would take in erecting a mansion in which he expected to enjoy life for years. Nothing but good stone, good brick, and good mortar would ever find its way into a fine structure that was expected to stand the ravages of time. If in the minor, comparatively worthless structures of this

world such care is observed, why do not the builders of our physical frames, with all their intricacies of nerve and fiber, corpuscle and cell, take even greater care in a proper selection of food elements and proper care in its elaborations, as the web of life is woven in the full light of grand possibilities, not of ten, twelve, or fifteen years, but threescore years and ten, or more, with consequences that even then are more far reaching than man's mortal span.

Is it because we do not know or realize the worth of the human organism that we are so careless? or is it because we do not know how to build, or what elements to use? The former may be true, but surely the latter need not be.

Scientific research has long since settled the question as to what is needed to maintain healthy life. Liebig was among the first to analyze animal tissue and determine its composition. He also analyzed the different food substances, and has formulated a table by which we can definitely know the elements necessary to sustain life, as well as the proportion of each. Thus knowing the elements, and the proper proportions of each to sustain our bodies and maintain good health, it is only necessary to exercise the same care in appropriating food that a rational builder would use in supplying material for his house.

By the term "foods" we mean only that class of proximate elements or compounds that are in a condition to replace or to increase the tissues of the body, or to sustain life by entering into the composition of the body. These elements only can be considered as aliments. As such we are accustomed to regard especially the albuminoids and gelatin, the fats, carbohydrates, water, and salts.

None of these alone will suffice to maintain the human being, but each has a particular value in nutrition, and only by an appropriate combination of them all will the desired material results be attained. In the common modern diet, the several food elements are far from being combined in due proportions, some being present in amounts too small, while on the other hand some are in excess. Single articles of food are, as a rule, insufficient for healthy nutrition, or they must be taken in larger quantities if the body is to maintain its condition of equilibrium. An adequate diet consists of several classes or articles of food properly mixed, in which albumen, fat, carbohydrates, water,

and mineral substances are present in suitable proportions. If these and these only are relied upon for nutrition, the present race would take a long stride toward longevity as well as immunity from disease. Our object is not here to discuss the food combinations, but to especially impress our readers with the necessity of carefully regulating the diet to meet the demand of health instead of putting into the body not only articles which can never be appropriated, or in any measure received and incorporated into the delicate mechanism and become a part of the body, but, on the contrary, are clogs, and not only clogs, but often rank poisons, which the various organs of the body try to eliminate.

We are often led to ask, Why will civilized people continue to tamper with so delicate an organism as the human body when not only happiness and usefulness but life hangs in the balance? Why will we continue when by so doing we thwart the plans we have fostered and fall short of the goal because of physical debility. Can we not learn a lesson from all nature, and then better realize that man, the masterpiece of God's creation, is the only object out of harmony with natural law; the only being which ruthlessly mars the form which God created and then pronounced good; the only object in the universe that has perverted law and prostituted in a much lower stratum of life the happiness which is a legitimate child of our existence? Can we not learn from the blade of grass, the flower of the field, this all-important lesson?

The tree, a monarch on the hillside, sends its rootlets down into the soil and there extracts day by day just the elements it so much needs. Some of them go to make the fiber of the tree, others the bark, others the sap, the leaf, the bud, the fruit. Not a foreign element allowed that cannot be appropriated, lest it break up the harmony of growth, or otherwise mar the vital function of the tree. But how different with man, from whom much is expected? He has the analogous rootlets by which life is maintained, his constitution developed, his lifework accomplished, where they should not be. Where are the tendrils that feed this delicate organism? The large majority of them are where they are continually imbibing promiscuous elements. One entwines and saps to the center that hydra-headed monster, tobacco. Another has a most tenacious hold in the whisky barrel. Another delicate tendril runs into the coffee and teapot, the mus-

tard pot, the pickle dish, the pepper box, etc., while comparatively few of the tendrils of life are receiving the elements that go to make up a healthy body. The larger majority are bringing into the body the very elements that work disaster, weakness, and death. But we hear some say we must have our condiments as an appetizer. Condiments were not needed in the days when people lived to be several hundred years old; on the contrary, condiments are an invention of modern times. They and their congeners, tobacco and alcohol, belong more especially to these times, when the average age is thirty-two years, and these years filled with sorrow, suffering, and death. Veritably the way of the transgressor is hard, and his years full of sorrow. Shall we reform?

CATARRH OF THE UPPER AIR PASSAGES.

BY W. H. MAXSON, M. D.

As the word indicates, catarrh is a disease of the mucous membranes in which the initial symptom is coryza, or running at the nose, as it is often called. In the majority of cases this is of germ origin, and often persistent structural changes take place in the mucous membrane, which become a lifelong disease of the nose or throat—a legacy not altogether pleasant.

A large majority of people are thus diseased, and have in consequence brought into use nostrums, sprays, and lotions without number. Many of them are serviceable, and tend to lessen congestion of the air passages, and relieve the pain and irritability, thus affording temporary relief. This treatment is rational so far as it goes, providing the remedies are well selected and are applied directly to the diseased surfaces. But in a study of the etiology and pathology of pharyngeal, laryngeal, and nasal catarrh, and the causes thereof, we have long since come to the conclusion that in the vast majority of cases only temporary relief may be expected from this course of treatment in consequence of the systematic conditions that serve to maintain the diseased condition of the mucous membrane. Therefore it is of the utmost importance to look at the disease, in a sense, as constitutional, and to correct as far as possible the systematic conditions that serve as feeders to the disease.

Nasal catarrh, like all other circumscribed or local catarrhal conditions, depends on imperfect nutrition and loss of nerve tone. The upper air

passages are, as a rule, one of the weak links of the system, and consequently most liable to congestion whenever the circulation of the body is unbalanced. Germ life, of which the air is full, first comes in contact with the upper air passages, and if the secretions of that tract are morbid in character, it is a fertile field for the propagation of bacteria.

Catarrh of the nasal organs is often contracted early in life—in infancy, in fact. Improper clothing or improper bathing, unsanitary surroundings, later in life sedentary habits, dyspepsia, breathing impure air, living in close rooms, errors in eating or breathing, and in fact any and every unhealthful practice and condition, are all the foundation stones of, impoverished blood, poor nerve force, malnutrition, the sequel of which is the various diseases and morbid tissue changes that follow by inexorable laws from cause to effect. Thus we see the necessity of observing great caution in the proper appropriation of everything with which we have to do that concerns us healthwise.

It is impossible to maintain the tone and nutrition of the respiratory tract above the tone or vitality of the general system. This, if true, makes it necessary to maintain health generally in order to make it possible to cure catarrh. Many say catarrh cannot be cured, and indeed failures everywhere would seem to corroborate the assertion. But this, we are sure is a hasty conclusion, and excluding or ignoring the relation of the disease to the general health. Thus the question of diet and exercise is quite important, and in fact should be considered an initiatory step toward a permanent cure of catarrh. Space will not permit us, at this time, to canvass the subject of diet and exercise farther than to say that the diet and exercise should be adapted for the building up of the general system, improving the digestion and nutrition, and reaching a tone of nerve force that will guarantee a better grade of tissue.

Second, catarrh should be considered from a surgical standpoint as a local disease, and all the hindrances that help the membrane in and about the nose and throat should be removed. With nasal speculum, tongue depressor, pharyngoscope, and laryngoscope every nook and corner of the upper air passages should be explored, the anterior and posterior nasal regions, the vault of the pharynx, the Eustachian openings, the pharynx, tonsils, and larynx, the vocal cords, and the trachea or windpipe, as far down as its division in the lungs.

In the larger proportion of patients suffering from catarrh we are sure to find thickenings of mucous membrane, usually in the nasal regions, and often a circumscribed area of membrane will be eight or ten times thicker than normal, and frequently filling up the nasal orifice, rendering it difficult to breathe through the nostrils. This comes by constantly taking cold, thus producing a passive congestion of the mucous membrane. The blood vessels enlarge, thus bringing a larger amount of nutriment to that area, which, under the stimulus of the irritation, is built up into connective tissue, producing the abnormal thickening, and as the thickened mucous membrane folds over the turbinated bones, the thickened surfaces press upon each other and keep up a constant irritation, making the individual sensitive to colds, and often producing mucous abscesses in the upper part of the nasal regions. We often find polypii, or mucous tumors, hanging down from the roof of the nostril, occluding the orifice, also overgrowths of some portion of the bone of the nasal cavity, enlarged tonsils, follicular enlargements—all serious hindrances to the proper function of that organ—all of which can be removed by the specialist. This done, the cleansing, and possibly a slightly stimulating lotion or spray, will place the upper air passages on an even footing with the general health of the individual and in a condition to be perfectly and permanently restored as the general health is restored.

QUERIES.

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

19. OVERFLOW OF BILE.

WHAT causes overflow of bile in the stomach, and how can it be cured?

Answer—The bile enters the intestinal canal below the stomach, and is received into the stomach only when the peristaltic action of the canal is backward, as in case of vomiting. Such action is pathological, or unnatural, and often leads to serious results. Constipation is sure to follow, or it may be a cause of the trouble. Slow intestinal digestion and assimilation follow, as well as weakness and lassitude. A few simple suggestions, if carried out, may be all that is necessary to remedy the difficulty; if not, a competent physician should be consulted. A simple diet is of prime importance, and should consist of grains,

milk, and graham bread. Fruit and vegetables should be taken sparingly. Masticate the food well, and avoid overeating. Wear a wet girdle around the bowels during the night, and before rising in the morning, if the bowels are not sensitive, knead them thoroughly by a circular motion from right to left, using considerable pressure. This may be done for one-half hour daily with great profit, except in quite feeble persons. Abdominal breathing will also be of great help.

20. EFFECTS OF SUGAR ON THE KIDNEYS.

Is using sugar to excess injurious to the kidneys?

Ans.—Yes; using sugar to excess is injurious to the kidneys in the same manner that other articles of food are injurious if used to excess. The injury does not come from any element in the sugar that is a direct poison to the kidneys, but from the fact simply that it increases very materially the work that the kidneys are obliged to do, and throws into the circulation many products of imperfect digestion that also have to be eliminated by the kidneys. Sugar is acted upon mainly by the liver, and an excess of that article will invariably produce an enlarged and torpid liver, which in turn so impairs the intestinal digestion that the process is stopped, to a considerable extent, short of a complete elaboration of the food taken, and, as a result, we have urates, phosphates, lithates, uric acid, etc., thrown into the circulation, and the kidneys are called upon to eliminate this material. It often happens that these products of imperfect digestion form concretions, or stones, in the kidneys or bladder, and thus lead to serious trouble. We observe this rule in our dietetic prescriptions at the sanitarium: "Avoid sugar altogether." If, however, the patient has been using sugar freely in the past, and the food is unpalatable without it, we often vary the rule to read, "Use the minimum amount that will render the food palatable."

21. WEAKNESS AND LANGUOR.

Can you give prescription for weak, tired feeling all the time?

Ans.—In all probability the expenditures of the body exceed the income, a matter that should be looked into thoroughly. Exercise and sleep should be well guarded, food should be simple and nutritious. Cold-hand rub in the morning will be found to have a strong tonic effect. The Elixir of Calisaya and Iron in teaspoonful doses may have an exhilarating effect, but should be used only for a short time.



WATER AS A HEALTH CONSERVATOR.

IT MAY BE USED INTERNALLY AS WELL AS EXTERNALLY WITH GOOD RESULTS.

THE internal use of water is a subject about which physicians have had much discussion, and about which not all doctors are agreed. Its value as an agency for the prevention and removal of diseased conditions is, therefore, too little understood. Judiciously used, water taken internally may be made one of the most important factors in the preservation of good health and physical vigor.

Nearly every case of inflammation and irritation of the bladder may, by the practice of copious water drinking, especially on the empty stomach, be palliated to such an extent as to cease to give even annoyance.

Nothing that can be taken into the stomach will better conduce to keep it and the general system in a healthy state than a pint of water about the summer temperature of hydrant water drunk from one-half to three-quarters of an hour before breakfast.

The first few swallows should be small and within a few seconds' intervals of each other, but the last half should be taken in as large gulps as possible, with the body erect and chest well thrown out.

The principal benefit derivable from this practice is perhaps the mechanical flushing out of the undigested contents and the absorption of the additional water into the circulating system, although some of the good effects may be attributable to the small quantity of the secretions of the mouth, which is incidentally carried down, and the local tonic influence of the water.

Whatever may be the rationale of this treatment, its efficacy as a promoter and preserver of health is second to none. The body should not be prone again for at least three-quarters of an hour after drinking.

The temperature of the water may, as a matter of taste, be disagreeable at first, but that objection will soon become insignificant before a little resolution. There is no situation in which firmness with one's disinclinations may be more profitably applied.

Very hot or very cold water should not be taken upon an empty stomach. The practice of drinking hot water just before meals, which prevailed extensively a short while ago, has fallen into merited disrepute.

The stomach does not until after a long time recover from the debilitating effects of a drink of very hot water imposed upon it while empty. Hence no food should be taken into it immediately after such a draft.—*New York Mail and Express.*

WARMTH AND VENTILATION.

SUPPOSE a medium-sized sitting room, with four people and two gas jets; the air must be changed every fifty minutes to keep it pure. As air is heated, it expands and becomes lighter per cubic foot. If all the air is heated equally, it remains at rest after expansion; but if hot air is in the presence of cold air, the latter, by reason of its greater heaviness, forces its way down and drives the hot air up. The moving force of air currents is the greater weight of the colder air. This, then, is the force by which we are to drive out foul air and put pure air in its place.

Pure external air will always drive out foul air if you give it a chance. In a room the air arranges itself according to its temperature; the hottest lies along the ceiling, the coolest along the floor. The hottest is the newest and purest. The coolest is the oldest and therefore the foulest. The air is gradually cooling from contact with the walls and windows. When hot air enters a room, it rises at once to the ceiling and spreads across it. If there

is an escape there, an open window or ventilator, it goes out, leaving the cooler foul air almost undisturbed. From this we see that a window slightly open at the top may cool a room, but not purify it.—*Farm and Fireside.*

HEADACHE SPONGED AWAY.

NERVOUS headache has often been called woman's curse. The hard day's shopping, the day when everything in the household "went wrong," the afternoon spent in paying calls, or a day of ceaseless toil with the needle—all these are apt to end in the state mentioned, to the great discomfort of the husband and family, and still greater of the sufferer herself.

Bromides are the most common resort in such a case, but they soon lose their effect. A sponge and hot water will effect the best cure of all, if properly used. First fasten the hair high on the head, to keep it dry as possible. Have the water just as hot as you can stand it, soak the sponge, and place it at the back of the neck. Apply it also behind the ears, where center most of the nerves and muscles of the head; and these will be found to soften and relax most deliciously. Often the pain will be relieved in a few minutes. Then in the same manner bathe the face and temples; and when through, give the face a dash of cold water. If you have an hour to spare afterward, darken your room, and lie down. You will be more than apt to fall into a gentle slumber, from which to rise refreshed and strengthened, with all trace of nervousness gone.

The face bath with hot water is far better than any cosmetic; it restores to the face color and smoothness of outline, and helps to keep away wrinkles. It quickens the circulation, and keeps the pores open and the skin perfectly clean; and if you are expecting to attend an evening party after such a day of wear, and view with dismay the drawn lines of the face and eyes and the hollow looks of the latter, let me urge you to try my remedy, not neglecting the nap, if possible—and great will be the change thereafter in your appearance. The lines will be gone, and the look of distress; the soft, healthful color will come again to the cheek and lip, and a restful and rested look return to the eyes, and you will be once more in a condition to enjoy—and, better yet, to be enjoyed.—*Selected.*

FLESH MEAT AS FOOD.

BY MARY WAGER-FISHER.

THE majority of people who give advice gratuitously, or otherwise, to persons suffering from malnutrition, or "general debility," prescribe first and foremost a generous meat diet—"good, tender beef and mutton." Occasionally, when a physician of eminence is consulted, he will say nothing about meat, but will prescribe all the milk one can swallow—say four quarts a day—with picked salt codfish freshened in cold water and cooked in the usual way, with milk thickened with flour or cornstarch; this three or four times a week to neutralize the constipating effect of milk. And for anyone who can assimilate milk, this diet will make a "new man of you" with far greater rapidity and satisfaction than any quantity of the best meat to be had.

Of course there are many intelligent persons who understand that meat is not necessary for either health or strength, while there are others who do not eat beef or pork, for fear of eating diseased meat, as in various districts where pleuro-pneumonia prevails among cattle, when cows first show signs of illness, they are hurried off to the butchers who ship meat to Philadelphia and New York, and other like points.

To illustrate the superiority of beef-eating races, the English are most frequently alluded to as men of fine physique, which is true; but the English peasantry as a class are of more robust and stalwart physique than the nobility, and they do not have meat in either quantity or quality to the same extent as the latter; while the Irish peasantry, which produces more giants, probably, than any other race, has very little meat to eat. Porters in the south of Europe, famed for their strength, eat meat but at stated times—on holidays or fête days, I have been informed.

I was interested not long ago in listening to a young man's account of himself since he had left off meat eating two years before. "My general health is greatly improved," he said; "my temper is more equable. Meat made me irritable and savage—just as it affects a dog—and, strangest of all, my memory has improved in a most remarkable degree. I now have no desire for meat. I don't like to see it before me. The sight of a train filled with bleating animals bound for the slaughter house is one of the most horrible sights I have ever seen,

and if we cannot support existence without murdering creatures that may enjoy life as well as we do, we would better not support it." The young man was very prepossessing, with beautiful face and amiable and gracious manners. I remember, when a young girl, meeting a gentleman from the State of Maine who had never eaten meat, because he thought it an "abominable thing to do." He was tall and well made, and had an extremely beautiful complexion. A little girl of my acquaintance who had been fond of meat until she was three years old, suddenly refused to eat any, because she learned that calves and sheep were taken from her father's farm to be killed and "made into meat." She is now six, and has never tasted it since that day.

Several years ago Dr. James R. Leaming, the distinguished New York specialist, was called to take charge of the health of an Orphans' Home, where there were one hundred and ten children between two and four years of age. The first year there were five deaths, which was considered a "good year," as there had been as many as nine deaths in one year's report. Dr. Leaming then placed the home on a dietary, giving the children under seven years no animal food except milk, but allowing them vegetables and fruits suited to their wants, with farinaceous food in variety. The children over seven and under fourteen were given some form of flesh meat three times weekly, vegetables, fruits, and farinaceous food. There was one exception to the milk diet in hot weather—all the children were allowed pickled-up cod twice weekly. The result of this dietary was to reduce the mortality to one in two years, and at one time there was but one death in the home for six years. This simple dietary was put into practice in the home about 1859, and has been adhered to since that time with admirable results. Dr. Leaming also gives it as his belief that the results of simple diet have been equally as good in private practice. The most healthy, strong, and finely-developed child that I know at five years of age has been reared without meat.

The London *Lancet* says: "Nervous diseases and weaknesses increase in a country as the population comes to live on the flesh of the warm-blooded animals. Meat is highly stimulating, and supplies proportionally more exciting than actually nourishing pabulum to the nervous system. The meat eater lives at high pressure, and is, or ought

to be, a peculiarly active organization, like a predatory animal, always on the alert, walking rapidly, and consuming large quantities of oxygen. In practice we find that the meat eater does not live up to the level of his food, and as a consequence he cannot or does not take in enough oxygen to satisfy the exigencies of his mode of life. Thereupon follow many, if not most, of the ills to which highly civilized and luxurious meat-eating classes are liable." If one wishes to draw a conclusion, he has but to consider the sedentary habits of American women, their nervous diseases, and their propensity for meat eating.

In this country, with its abundance of delicious vegetables in great variety, there is little excuse for such excessive meat eating as prevails, except that it requires much more skill and labor to prepare and cook a variety of vegetables well. I remember hearing a poet, who lived much in hotels, say that he was obliged to eat meat at nearly every meal because of the wretched way in which the vegetables were prepared. But if people, and especially mothers, realized the advantage to be gained by a simple, natural diet for their growing boys and girls, it would not be difficult to get out of the habit of frequent meat eating and into the habit of providing plentifully of good vegetables.—*Christian Union*.

NICOTINE.

THE quantity of nicotine in tobacco varies from two to as much as six and even eight per cent; taking the tobacco containing the smallest quantity of nicotine for every one hundred grains—say quarter of an ounce—there would be contained in it two grains of nicotine. An ordinary pipeful of tobacco would hold about one-twelfth of an ounce, and an ordinary cigar would contain about a quarter of an ounce, and therefore they would contain nicotine to the extent of nearly two-thirds of a grain in the case of a pipeful, and about two grains in the case of a cigar. If the tobacco containing most nicotine were used, the quantities would be increased fourfold.

Nicotine is a very powerful poison, one grain being sufficient to kill, and the twenty-fifth part of a grain sufficient to cause intense suffering. The proportion of this substance inhaled by the smoker not only varies with the various kinds of tobacco, but also with the rapidity of burning, and in the case of a pipe, with its form and length, and the

material of which it is made, and also with many other circumstances. The reason why a smoker receives less injury than might be expected from the nature of the nicotine is that the great bulk of the smoke drawn from the burning tobacco is common steam, and this familiar substance renders the poison less harmful. Another reason probably is that, as in case of the arsenic eater, the system to some extent can adapt itself to the poisonous nature of the inhalation so as to be able to stand considerably more than would under ordinary circumstances be fatal. It is well known that a cigar, when cut up and smoked in a pipe, produces intoxication, or nausea, such as would not have been produced by a dozen cigars smoked in an ordinary way; the reason is that the tobacco of which the cigar is made is so strong that its volatile principle, which is to a great extent given off in the burning, when retained in the bowl of the pipe, becomes intoxicating.—*Sci.*

HOW TO CURE SLEEPLESSNESS.

THIS is what A. O. Fuller, M. D., of Austinburg, Ohio, says in the *New York Voice* on the subject:—

"1. Do not take narcotics or other poisons that can never produce natural sleep, but only narcotism, which is a stupor caused by congestion and paralysis of the nerves. After causing this stupor, the secondary effect of narcotics is to produce inveterate wakefulness. This sleeplessness resulting from drugs may continue a long time, and can only cease when right living has restored the health of the nerves.

"2. Secure all the conditions of sleep. (a) A well-ventilated room. This requires 2,000 cubic feet of pure air supplied to each person every hour. Not one sleeping room in a thousand has pure air all night. Most people are misers in the use of air and sunlight, though the first essentials to life and costing nothing. (b) A sunny room, where the direct sunlight can purify the bedding and night clothes daily. They should be exposed several hours to light and currents of air. (c) A clean bed, never of feathers—not even the pillow—but of fresh straw, with light mattress over springs, or similar material. (d) Have as light covering as consistent with comfort. Too much covering prevents the escape of gaseous elements essential to health from the millions of pores of the skin. (e) Make digestion good. Indigestion may cause

sleepless nights and frightful dreams. To have good digestion, eat only when hungry and as little as true hunger demands. Eat slowly, without drink, plain, wholesome food (*e. g.*, wheat-meal bread unfermented), and so digestion will be finished by the time for sleep. Eat or drink nothing hot. (f) Take vigorous exercise till tired enough to crave rest each day. (g) Take a full bath at least once a week, and oftener in summer. Bathe the feet daily. (h) Have nothing to waken or disturb you after retiring. (i) Have the feet thoroughly warmed and kept warm. (j) Use a small pillow. (k) Wear a thin nightdress.

"3. Live in the sunlight; men need light as much as plants. Take down your shutters and curtains.

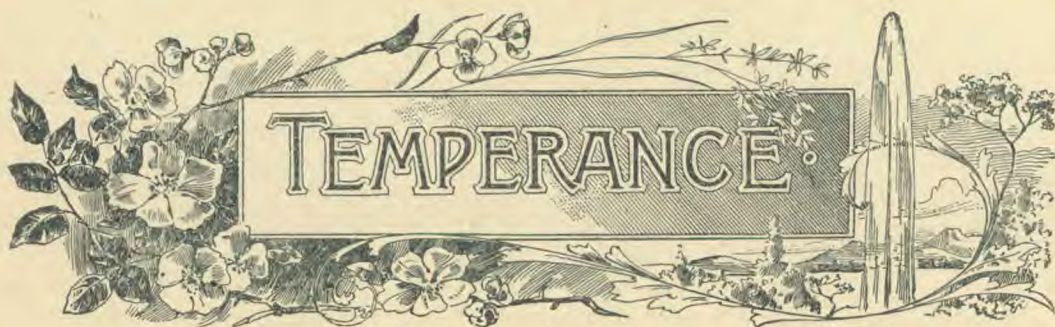
"4. Breathe pure air always.

"5. Be free to breathe and live. Wearing corsets and tight dress is slow suicide. Suspend all clothing from the shoulders and have it so loose that the lungs can be fully inflated, freely moving every vital organ. This is breathing. Take such daily exercise as to compel this full respiration and a rapid flow of blood. Running is good.

"6. Banish care and painful thoughts, and cherish hope and cheerfulness. Believe that Omnipotent Love rules the universe. Nervousness is best cured by good sleep, and building up strong muscles by vigorous activity, and by whatever increases vitality. You must do whatever secures perfect life and health to have perfect sleep. They are inseparable. Do not think my directions too numerous or any pains too great for this end. Health is invaluable. It is a solemn duty to make the most of our lives for ourselves and for the service of humanity."

THE activity of the various Legislatures of the United States regarding medical subjects is just now very extraordinary. It would hardly have seemed possible a few years ago that there could be so many things relating to the medical profession upon which one could legislate. A passion for "regulating" everything has seized upon our lawmakers.—*Medical Brief.*

GIRLS, don't throw your life away by marrying a man for the purpose of reforming him. It is the worst use you can put yourself to. The proverb says, "The fox may grow gray, but he never grows good."



ALPHABETICAL STAGES OF ALCOHOLISM.

[DR. CYRUS EDSON contributes a paper to the September number of the *North American Review* on the question, "Is Drunkenness Curable?" and ends the article by reciting an alphabetic rhyme, describing all the stages of alcoholism from the first nip to a drunkard's grave, which he learned from a patient, a young man of great ability and fine moral perceptions, who was an incurable inebriate. The doctor says that his eyes would stream with tears as he recited the following verses, describing his own case and career. It is the most truthful and graphic picture of the kind that has ever been printed.]

A stands for Alcohol; deathlike its grip;
 B for Beginner, who just takes a sip;
 C for Companion, who urges him on;
 D for the Demon of drink that is born;
 E for Endeavor he makes to resist.
 F stands for Friends who so loudly insist;
 G for the Guilt that he afterward feels;
 H for the Horrors that hang at his heels;
 I his Intention to drink not at all.
 J stands for Jeering, that follows his fall;
 K for his Knowledge that he is a slave.
 L stands for the Liquors his appetite craves;
 M for convivial Meetings so gay.
 N stands for No that he tries hard to say.
 O for the Orgies that then come to pass.
 P stands for Pride, that he drowns in his glass;
 Q for the Quarrels that nightly abound.
 R stands for Ruin, that hovers around.
 S stands for sights that his vision bedim.
 T stands for Trembling, that seizes his limbs;
 U for his Usefulness, sunk in the slums.
 V stands for Vagrant, he quickly becomes;
 W for Waning of life, that's soon done;
 X for his eXit, regretted by none.
 Youth of this nation, such weakness is crime;
 Zealously turn from the tempter in time!

ALCOHOL AS A MEDICINE.

I. IN all effective temperance work we are met with a great obstacle in the general belief that alcohol is absolutely indispensable in medicine. All our pledges leave the signers free to take alcoholic liquors as medicines. Prohibitory laws, at

immense expense, make abundant provision for the large requirements of medicine. Thus drug stores often become grogshops, and State officers become liquor sellers, and sometimes liquor victims too, just like other rumsellers.

2. Great and good men, leaders of public opinion, study this intricate problem, and groan over the supposed necessity of alcohol as a medicine. The greater number of temperance people say that they have no objection to alcohol as a medicine. The doctors give alcohol freely, use it to make up other medicines, say that it is indispensable, the best remedy in the pharmacopœia, and thus continue the popular delusion.

3. Now is there not a possibility that the doctors, as well as all the rest of mankind, have been deluded by the arch deceiver? We are next compelled to inquire if there be any such intricacy or sanctity in medical matters that we cannot look into this thing for ourselves? The general impression is that the people should leave all medical matters to the doctors, just as all religious matters were left to the priests in the Dark Ages.

4. But our bodies are our own as well as our souls, and we have found that we do not secure health by blindly trusting the doctors any more than our ancestors attained heaven by pinning their faith to the sleeve of the priests. Vigilance here, as elsewhere, is the price of liberty. What we want is teachers who will help us to think for ourselves, following the great laws of right and wrong. Our minister does this now, and our good physician ought to do so.

5. Let us see what claim the doctors have to be trusted with this irresponsible power in this alcohol business, which is making us all suffer so horribly. We will begin with the time when distillation first brought alcohol to light as a separate element. This fearful fluid stood on the alchemist's shelf unused until the doctors began to use it for medi-

cine, and they brought it to the intimate acquaintance of the people. Several treatises were written in praise of its virtues. One of these, by Savonarola, in the sixteenth century, speaks of it as "spirit of wine, used as a medicine only, called also *aqua vite* from its supposed property of prolonging human existence." Theoricus, at about the same date, enumerates twenty-seven properties of alcohol, most of them *preventive* of disease. So late as 1755 Sir William Douglas says: "Spirits, not above a century ago, were used only as official cordials, but now they are become an endemical plague, being used in most of our beverages." We have, therefore, presumptive proof that alcohol was used as medicine a century and a half or two centuries before the people began to take it familiarly.

6. This familiarity is a necessary result of using any drug freely in medicine. The people will learn its first effects, and if these are agreeable, they will prescribe it for themselves, and this they will continue to do until they have enough physiological knowledge to enable them to understand its physiological effects. Precisely the same thing happened with absinthe in France. It was first introduced into the army as a medicine. A similar thing is now happening to us in the case of opium, "the fascinations of which the majority of Anglo-Saxons first learn through the prescriptions of a physician," says Fitz Hugh Ludlow, an excellent authority. The same tragedy is now enacting with hydrate of chloral. "So long as alcohol retains a place among sick patients," said Dr. Mussey many years ago, "so long there will be drunkards."

7. "Never take the first glass," is the wise caution of temperance speakers in view of its fascinating effects; but when the first glass may be prescribed by any physician, who is safe? The fact of a prescription will not do away with its fascinations, nor with its other physiological effects; indeed, the sick in their weak condition are peculiarly liable to fall into its power. Hear the testimony:—

8. Dr. T. A. Smith, lecturer on chemistry, in London, says: "The greatest objection to the routine prescription of alcoholic drinks is that it is a great cause of intemperance." The *Lancet*, a leading London medical magazine, says: "There is no doubt as to the enormous influence which we have had as a profession in creating the existing public opinion about the use of beer, wine,

and spirits." Another medical journal says: "Many victims of intemperance owe their unhappy condition to the medical recommendation of wine or other alcoholic drinks." "In this way," says Professor Laycock, "many persons of education and refinement have become irrecoverable sots;" while Dr. Upton testifies, "I have known many respectable persons in and around London who have fallen into this snare."

9. As might be expected, this style of prescription often causes reformed men to fall. "And this," says Dr. Storer, of Boston, "is very constantly done when, by the physician's order, tonics are administered to the weak, and alteratives to the diseased, the basis of which is alcohol." And these are common prescriptions.

10. Such testimonies might be multiplied; but if anything more is necessary to show that this is not merely the opinion of a few medical men, we may quote the "Medical Declaration," published in London in December, 1872. This opens by saying: "As it is believed that the inconsiderate prescription of alcoholic liquids by medical men for their patients has given rise in many instances to the formation of intemperate habits," etc. This manifesto was signed by over two hundred and fifty of the leading medical men of the United Kingdom, and was designed, as the framers and signers plainly understood, to acknowledge an error and inaugurate a reform concerning the medical use of alcohol. This example has since been followed in this country, Canada, and elsewhere by similar declarations on the part of leading physicians.

11. This is a beginning well made, and it is due, firstly and mostly, to the judicious efforts of temperance men in calling the attention of influential physicians to this matter, and it is important that it be not permitted to rest. In order to secure its effective prosecution, temperance men, whether they be physicians or not, must understand the effects of alcohol upon the system. It will not suffice to leave it to the physicians, for that is precisely what we have been doing, and we see what has come of it.

12. The truth is that physicians are not so well posted as others have supposed them to be. Hear what a London graduate and practitioner says: "I had been educated in a firm belief of the value of alcohol, both in health and disease, and, like many of my profession, I imbibed false notions on the

subject. I heard nothing in my course of study about its abuse or its prolific power in the production of disease." The writer of these pages also can testify from personal observation to a similar condition of things in at least two medical colleges in this country, and there is reason to believe that it is the universal rule.

13. Nor can the doctors who prescribe alcohol explain how it is to benefit you. Sir Henry Monro tells us that he first had his attention called to the subject by a question on that point from a plain, unlettered man, a total abstainer, to whom he had prescribed beer. Indeed, it is an easy thing for a man only slightly read up, to nonplus almost any practitioner by a few common-sense questions on the subject.

(Concluded next month.)

COST OF DRINK IN GERMANY.

THE production of material manufactured into beer, wine, and spirits in Germany occupied in 1889-90 just about one-fifteenth of the cultivated land of the whole country. If this immense field, thus devoted to the liquor traffic, were diverted to the production of food, there might be raised on it in a year of rye a quantity sufficient to make 3,272 millions of pounds of the bread on which the poorer classes chiefly live. The fifty millions of people of Germany would be able to have of this bread 65½ pounds apiece, or a family of eight persons, 524 pounds; enough to give them their entire food for six or seven weeks. The loss in money value may be estimated at a total of 458 millions of marks—a loss to each inhabitant of 9 marks 17 pf., or to a family of eight of 73 marks, enough to pay all the expenses of a weaver's family for about eight weeks.

In the presence of facts of these dimensions, it is in vain to say that the temperance question in Germany is not serious and pressing. Here is at least one possible key of the economic situation. Professor Schmoller, of Berlin, perhaps the most important leader of the younger political economists of Germany, has expressed himself unequivocally on the subject as follows: "Among our working people the conditions of domestic life, of education, of prosperity, of progress or degradation, are all dependent on the proportion of income which flows down the father's throat. The whole condition of our lower and middle classes—one may even without exaggeration say, the future of

our nation—depends on this question. If it is true that half our paupers become so through drink, it gives us some estimate of the costly burden which we tolerate. No other of our vices bears comparison with this."—*Francis G. Peabody.*

NATIONAL HABIT OF DRINKING.

THIS is a matter which concerns women nearly as much as it concerns men. One of the saddest facts is that a not inconsiderable number of women do fall victims to alcohol, and there are one or two points in which the vice is more dangerous for the weaker sex. It is commonly said that if a man reaches middle age without getting drunk, it is not likely that he will ever become a drunkard; but it is not so with women. Again, natural and proper feelings of shame make a woman prefer to drink in secret; and a secret vice is always harder to give up than an open one. But it is from another point of view altogether that the subject chiefly interests women. It is the woman's part to watch against the first advances of this deadly foe, to put forth all her influence and all her wit to repel it, to make him who is attacked feel that he is not alone in the struggle; and, alas! it is sometimes her part to suffer all the pain and shame that fall to the lot of a drunkard's wife. There are some who look to the action of the Legislature as the one thing that can put down our national vice.

There is, however, one point to which the attention of Legislatures might be directed. Looking to the dangers incurred by the wife and children of an habitual drunkard, it might be desirable to declare inveterate drunkenness to be a crime—to be punished by lengthened periods of forcible restraint, without the low diet and monotonous toil of prison life.

The system would undoubtedly prevent many crimes being committed, and would thus lessen the expense of our jails; and it might be urged with much reason that a drunkard's wife and children have a right to be protected by preventive measures against being beaten and murdered, just as householders have a right to have the streets patrolled by police to prevent their houses being entered by burglars.—*Sci.*

THERE are two things that only a woman can do; one is to see a woman without looking at her, and the other is to look at a woman without seeing her.

THE DRINK CURSE IN FRANCE.

THE great black spot on the horizon is alcoholism. No doubt its influence is felt among all classes of society, but it is especially a popular plague—a recent plague that has made itself sensible within the past thirty or forty years. Alcoholism is a parvenu of the last hour, and a parvenu cosmopolite. It speedily acclimates itself everywhere. Since by heredity it has entered into the blood and marrow of the people, and has spread itself in the country as it has in the city, not only physicians have become alarmed, but also men of the law and, by degrees, all intelligent and reflecting persons. At the present moment it increases and assumes the proportions of a universal danger. The race is struck in its vitals. The hospitals, almshouses, and prisons bear testimony to its progress. In certain districts one no longer counts the drunkards, but those who are not.

That which is now drunk is infinitely different from that which was formerly consumed. It is a cheap kind of liquor, adulterated with brandy made from the beet root and potato, with which unprincipled manufacturers are flooding the world, and this poison is alike destructive of intellectual, moral, and physical life. It may be truthfully said of him who drinks it that he drinks his own death and that of his children. It poisons the future and predestinates coming generations to physical weakness, imbecility, and crime. It is impossible for anyone to fully estimate the moral, political, social, and hygienic effects of alcoholism.

In nine-tenths of the maladies, the accidents, the crimes, and the ruin, in much of the uncontrolled passions and popular disorders, one can well say, "*Cherchez l'alcool.*"

The ravages of alcohol among the youth of the common classes are frightful. There is scarcely any longer an amusement or recreation with which it does not mix itself. It interferes with or destroys every rational enjoyment. It prevents proper physical developments. It neutralizes the good effects of reunions for social pleasure and relaxation. Every assembly, every excursion for whatever object, is in danger of terminating in a drunken debauch. Manners become coarse and the language as well as the songs brutal.

Formerly the large cities depended upon the country for the purification of the lifeblood. The source itself is now tainted. In the lovely valleys that roll back among the Volges, springs of crystal

water abound, the air is pure, and within the memory of man, epidemic has never reigned. But alcohol now reigns there as master. The number of feeble children constantly increases. Disorder is in the manners, in the purse, and in the household. The fruits of a lifetime of toil disappear.

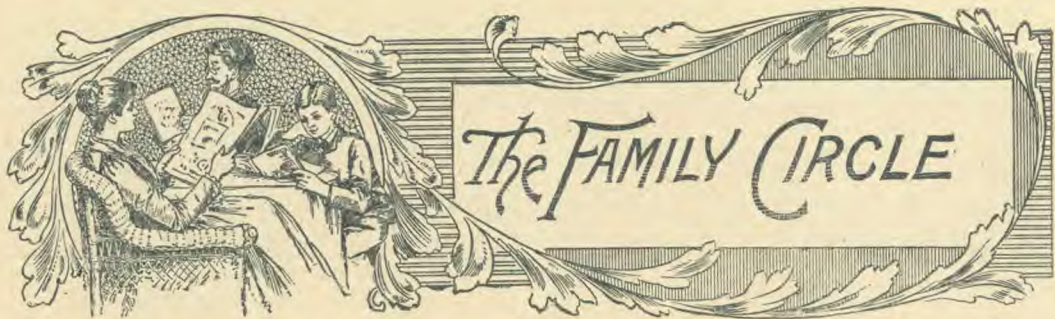
Alcohol is more terrible than war, than pestilence, or no matter what natural calamity. One can repair the external disasters—one can rebuild the world of ideas. But what can remedy the evil that destroys the blood, the brain, the nervous system—that destroys the foundations of life?

In contemplating our present civilization it might be asked, What is there that could seriously menace it? It could not, as in antiquity, succumb to an invasion of barbarians. Its enemies, however, are not far away. They do not first make their appearance in the distant horizon, like the Huns and the Vandals. They are in our own bosom, and the most terrible of them all is alcohol. What hope is there for to-morrow with the youth of to-day saturated with alcohol? Democracy rests on the intelligence, on the wisdom and energy, of the citizen, on the spirit of order, of industry, of economy. For all these one may well fear, in proportion as brandy and absinthe progress. Our barbarians are ourselves; behold them!—*Translated from Revue Chretienne, by the Voice.*

HOW DISEASES MAY BE TRANSMITTED.

NOT long ago I was in a cigar-maker's establishment, and I noticed that every cigar maker, when he was finishing the end of a cigar, wet the index finger and thumb with his lips to point it nicely. I wondered at the time if he had a lip chancre, and question if the disease has not been given to many persons in that way. I know of a case where a few days ago a lady kissed every female in the room, and one of these persons I know had syphilis. Some people make a business of kissing everything and anything. The habit of putting money in the mouth is one that might lead to syphilitic infection, and I have wondered that this habit has not been more productive of diseases than we have observed. At all events, it is well to have our attention and that of the public called to the means of contracting diseases.—*California Medical Journal.*

If a man cheats in making his money, it will naturally follow that he will have to continue his cheating to keep it.



THE ATMOSPHERE OF THE SPIRIT.

BY FANNIE E. BOLTON.

CLOUDS and darkness in the sky,
A sad wind blowing by,
Nature's heart hath a sigh,
And the many shadows fly,
Making gloom for you and I.

Soft blue in the sky,
Tender music floating by,
Nature's heart hath its joy,
And the lovely hours fly,
Bringing cheer to you and I.

O day dark and dreary,
O heart sad and weary,
Stern to make all others fear thee,
Addest to a day grown drear
Such a spirit atmosphere?

O sunny day and bright,
Why falls a shade to blight?
Why tears to dim thy light?
O spirit 'dark and drear,
Shadest thou the atmosphere?

O day of shadows, why
Hast thou no tear or sigh?
Why seems so glad thy sky?
O soul, thou piercest through
To realms of cloudless blue.

And day brighter ar
Than blaze of central star,
Naught's on my soul to jar.
Ah, from the realms most clear
Cometh thine atmosphere!

Think how I'll know, O soul,
What doth thy day control
If tempests, self-dark, roll,
Or love, most bright and clear,
Makest thine atmosphere.

This is the secret, then,
Of influence from all men:
Self's days are dark, but when
Love rules the soul, how clear
Is the sweet atmosphere!

CIDER.

BY MRS. M. J. BAHLER.

YOU tell me that "there is no harm in drinking cider," but even as you speak the words, there comes before me from the distant past a picture—yea, a series of pictures—so sad that I would fain hide them away forever from the halls of my memory. I have tried to veil them by forgetfulness; but your words throw back the veil, and they appear before me so vividly, and in such strong, conclusive evidence against your assertion, that I must give you the benefit of their testimony.

James Syrbos was a young man of unusually promising appearance, and at the time of which I am about to speak he was fast winning the affections of a young lady of talent and culture. Mr. Syrbos, the father of James, was a man who thought it fully as important that he store his cellar with barrels of cider as with apples or potatoes. Little did he dream of the snare he was laying for his firstborn. And as the years went by and he drank more and more from that sparkling cider, of which the cellar always furnished abundance, he himself became morose and ill-natured, and gave little attention to the habits his children were forming. Oh, could the veil of the future have been lifted to Mr. Syrbos' eyes, surely he would rather have denied to his lips that tempting beverage, rolled every cider barrel from his well-stored cellar, emptied their contents upon the ground, and never filled them more. But heedlessly he went on quaffing the spicy liquid, placing it to the lips of his children, till suddenly there came a rude awakening to the terrible evil, but too late to save his firstborn, his pride and glory.

It was a beautiful morning in June, that month which in the Eastern States is redolent with the perfume of apple blossoms and glorious with the pink-white array of the acres and acres of wide-

spreading apple trees; and perhaps it was because the scene enacted at the Syrbos homestead was in such striking contrast to the surroundings of that delightful morning that it made upon my youthful mind so lasting an impression. Mr. Syrbos was building a fine new house, which, in his estimation, would be a strong factor in the making of his name an honor in the community, and James, his son, had been serving the workmen upon the building with cider. Suddenly strange cries from the younger children, who were playing near, drew us to the door, and at the first glance we were filled with amazement to see James, as we supposed, feigning drunkenness, staggering first one way then another. But horror took the place of surprise as he fell heavily to the ground, with upturned face as pale as death. Then we realized that there was nothing feigned in those uncertain steps, and though the thought that he could indulge in such mockery had given us pain, it would have been far more welcome than this heavier pain to see him lying there divested of manhood's strength and beauty by drunkenness.

Yes, the rude awakening had come to Mr. Syrbos, but, as I said, it came too late. The terrible appetite had been formed, and Mr. Syrbos could never undo the work his own hands had wrought.

Alice Clark had been an unwilling witness of that sad scene at the Syrbos' home that delightful June morning, and the warm affection which was springing up in her heart for James was chilled as are the tender spring buds sometimes by biting frosts. She had a perfect horror of drunkenness, and as to what might be the portion of James Syrbos' wife she had no desire to know by experience.

From that morning Mr. Syrbos scolded and threatened, promised and entreated, but give up his cider he would not. It must stay in the cellar.

At first James himself was alarmed, and he did try to abstain; but the taste was too strong for him to battle in his own strength, and he had not learned to trust in Jesus. For several years, however, he managed not to drink sufficiently to intoxicate, and during those years he married a young woman who knew nothing of the sad event of that June morning.

I pause to sigh over the sequel; it is so very, very sad. Several children came to their home, and as the cares of life multiplied, perplexities

came, and with the perplexities a new danger. Blight came to the apple orchards, and cider was no longer stored in plentiful quantities in the cellars of the farmers. It was manufactured now and sold by the glass at the grocery at the Corners. And here again James Syrbos sold his manhood for drunkenness and degradation.

This time the cider keg, which stood unblushingly near the grocery door, with its crystal glass and tempting placard, "Cool, sweet cider, five cents a glass," was only the decoy to the back room, behind the screen, where bottles popped and glasses sparkled with stronger liquids than cider, and where dice rattled and grimy cards were shuffled hour after hour.

Here, as I said, James Syrbos sold his manhood, and again and again went home to his broken-hearted wife with senses so blunted that he knew not that she was his wife. Finally the sad end came, and James Syrbos, ere he had reached the meridian of life, died by his own hand, choosing a suicide's grave rather than the misery of a drunkard's life.

This is no fancy sketch. It pains me to recall the sad story, and yet you say that "there is no harm in drinking cider," and I, knowing as I do the harm cider drinking brought to this young man, cannot by silence sanction your erroneous decision. Cider is only an alluring decoy to the snares which the tempter spreads, which will prove more cruel than death. Avoid the decoy. There is danger in its deceptive wiles.

LET THE GIRLS ROMP.

Most mothers have a dread of romps, so they lecture the girls daily on the proprieties, and exhort them to be little adies. They like to see them very quiet and gentle, and as prim as possible. The lot of such children is rather pitiable, for they are deprived of the fun and frolic which they are entitled to. Children—boys and girls—must have exercise to keep them healthy. Deprive them of it, and they fade away like flowers without sunshine. Running, racing, skipping, climbing—these are the things that strengthen the muscles, expand the chest, and build up the nerves. The mild dose of exercise taken in the nursery with calisthenics or gymnastics will not invigorate the system like a good romp in the open air. Mothers, therefore, who counsel their little girls to play very quietly make a mistake. Better the

laughing, rosy-cheeked, romping girl than the pale, lily-faced one who is called every inch a lady. The latter rarely breaks things, or tears her dresses, or tires her mother's patience, as the former does; but, after all, what do the tearing and breaking amount to? It is not wise policy to put an old head on young shoulders. Childhood is the time for childish pranks and plays. The girls will grow into womanhood soon enough. Let them be children as long as they can. Give them plenty of fresh air and sunlight, and let them run and romp as much as they please. By all means give us hearty, healthy, romping girls, rather than pale-faced little ladies, condemned from their very cradles to nervousness, headache, and similar ailments.—*Selected.*

IF I WERE A GIRL.

I WOULD take care of my health, by living outdoors as much as possible, and taking long walks in the sunshine. English girls understand how necessary this is for good complexions and cheerful spirits. Wear simple clothing, that you may climb mountains and breathe freely.

I would secure the best education. Go to college by all means if it is possible. A woman, in these days, if she would be attractive as well as useful, must be intelligent. Educated men need educated wives. Children need educated mothers. Women themselves need a broad education, lest their thoughts become centered in clothes or in the small round of society gossip, which belittles. Read good books and thereby become intelligent.

I would cultivate cheerfulness. Discontent soon shows itself in the face. If you have some disappointments, so do others. If you are cramped for money, be thankful that your lot is no worse than it is. Learn to make the best of things. An unhappy woman is a perpetual cloud in a home. A fretful girl has few friends, and the number lessens year by year.

I would say kind things of others, especially of the girls. A girl who makes unkind remarks about other girls had better be avoided by young men. She will not make an agreeable companion for life.

I would learn how to be self-supporting. Especially in this country, where fortunes change, it is wise for a woman to be able to care for herself. Helpless women are not a comfort to others, and usually are not to themselves.

I would try to be polite everywhere. True courtesy is more winsome than a pretty face or fine dress. Loud talk or loud dress does not betoken the lady. Be appreciative and sympathetic, and you have two keys which will unlock almost all hearts.

I would learn self-control. To know when to speak and when to be silent, to have hateful things said about you and be able to answer pleasantly, to have people confide in you and be wise enough to keep it locked in your own heart, to be in poverty and not be soured by it, to meet temptation and be strong before it, to be strong enough to perform any labor or duty that needs to be done—all this shows a noble mastery over self.

I would be punctual. Being late at meals, late at church, or late in meeting engagements makes unnecessary friction in families. If we are willing to lose valuable time, we have no right to make others lose it.

I would not be careless about the affections. Girls too often think that young men are not easily hurt in love matters, or, if they are, they soon recover. As a rule, probably, men love as deeply as women, and to play with hearts is a sin.

I have known girls engaged to two young men at the same time, thoughtless as to the effect upon those whom they could not marry. It is a pitiful thing to spoil a life, and it is not infrequently done. The golden rule of doing unto others as we would that they should do unto us is especially applicable here.—*Hearth and Hall.*

A TRUE LADY.

BY GAIL HAMILTON.

WILDNESS is a thing which girls cannot afford. Delicacy is a thing which cannot be lost or found. No art can restore the grape its bloom. Familiarity without confidence, without regard, is destructive to all that makes women exalting and ennobling. It is the first duty of a woman to be a lady. Good breeding is good sense. Bad manners in a woman are immorality. Awkwardness may be ineradicable. Bashfulness is constitutional. Ignorance of etiquette is the result of circumstances. All can be condoned, and not banish men and women from the amenities of their kind. But self-possessed, unshrinking, and aggressive coarseness of demeanor may be reckoned as a State prison offense, and, certainly, merits that

mild form of restraint called imprisonment for life. It is a shame for women to be lectured on their manners. It is a bitter shame that they need it. Do not be restrained; carry yourself so lofty that men will look up to you for reward, not at you in rebuke. The natural sentiment of man toward woman is reverence. He loses a large means of grace when he is obliged to account her a being to be trained in propriety. A man's ideal is not wounded when woman fails in worldly wisdom, but if in grace, in tact, in sentiment, in delicacy, in kindness, she should be found wanting, he receives an inward hurt.—*Selected.*

NEATNESS IN DRESS AT HOME.

THE importance of neat and tasteful house dressing cannot be overestimated. The matron who appears before the members of the family in a shabby, soiled wrapper, and makes the excuse, if, indeed, she takes the trouble to make one at all, that "it is so much more comfortable," has little idea of the possible consequence of such a course. Could she but realize that her dress is an evil example to her daughters, and one productive of consequences that will reach far beyond her own span of life; that her husband and sons cannot fail to draw comparisons between her dress and that of the ladies they meet in other homes, and that these comparisons cannot fail to decrease their respect for her, she might be induced to give more attention to her personal appearance.

Not even the burden of care and constant employment can furnish a sufficient excuse for careless personal habits, for few things are more important to the well-being of a family. There is an old saying to the effect that an untidy mother has disobedient children; and, while neither parents nor children may realize the why or wherefore of it, yet there is always a lack of respect and an indifference to the authority of a mother who takes no pride in her personal appearance.

And it is not the mother alone upon whose shoulders rests the burden of responsibility for home neatness and order in dress; the father has his duties to look after as well, and should never fail to insist upon the younger members of the family presenting themselves with well-kept hands, clean faces, neatly-brushed hair, and orderly dress, at least at every meal where the family assembles.—*Christian Leader.*

SHIFTLESS TRICKS FOR A FARMER.

BY DR. G. G. GROFF.

To work with poor tools, and to sow poor seed.
To buy at public sales what is not needed, because it sells cheap.

To lounge about stores and groceries when it is possible to be doing something at home.

To raise frogs and mosquitoes in the front yard.
To have a pig wallow in the yard near the gate.

To have the privy and well near each other.
They should never be less than two hundred feet apart. The privy should be below, not above, the well.

To leave tools of any kind lying out in the weather; to put them away uncleaned, or to loan them to shiftless and careless neighbors.

It is shiftless to allow weeds to occupy any portion of the farm, and very shiftless to allow bushes to occupy several rods of ground along the fence rows.

It is shortsighted policy to elect to the township and county offices the men who cannot support themselves in the ordinary pursuits of life. It is also costly.

It is a thoughtless and a very dangerous thing for a farmer to put his name on any paper presented by a stranger. Also to go on the notes of friends and neighbors.

It is a shiftless trick to employ the teacher who will work for the least wages. It is as bad to leave a family of boys and girls to grow up without good books and papers.

To wade through mud to the barn and outbuildings when good dry paths can so easily be made.
To pay heavy doctor's bills for wife and children because their feet became wet through lack of good paths.

It is a heartless thing for a farmer to allow his wife to work sixteen or eighteen hours, when his work is completed in ten hours. On the farm as elsewhere husband and wife should be "equal partners."—*Sel.*

I HAVE kept a flock of from twenty to thirty sheep for fourteen years without having them attacked by dogs even once, though flocks on adjoining farms have been ruined. They always wear from five to eight bells of different sizes and tones. I do not believe there is a dog in the world with courage enough to attack a flock of sheep well supplied with bells.—*Farm Journal.*



A MOTHER'S LOVE.

LIFE'S morning star, that never sets
Till death shall close the earthly strife;
As boundless as eternity,
As strong as is the love of life.

As ocean depths, unfathomless;
A refuge sure, for good or ill;
The one true love that's always ours,
That naught on earth can ever kill.

Life's evening star, that brighter grows
Through sorrow and temptation's night.
It shines undimmed, and knows no change,
But guides the wandering steps aright.

—*The Housekeeper.*

THE BABY WHO MUST STAY AT HOME.

BY MARY A. ALLEN, M. D.

MANY a mother is to-day grieving over the fact that she cannot take her little one from the heat, dust, and din of the city to the quiet coolness of mountain or seashore, but if Mahomet cannot go to the mountain, the mountain must be made to come to Mahomet. That is, if the baby cannot be taken to a place of healthfulness, we must, as far as possible, make healthful the place where he must be.

The first thing to be thought of is the sanitary condition of the house and neighborhood in which he is to dwell. A union of determined mothers, fighting for the lives of their children, could do much towards keeping the streets and alleys in their vicinity clean, thus creating a more healthful atmosphere. An association of ladies in New York City send out pledges to citizens by which they voluntarily agree to assist the health board in keeping the streets clean. The pledge is as follows:—

"1. I will have the sidewalk in front of my residence and place of business swept early every

morning, and no rubbish shall be swept therefrom into the street.

"2. My ash barrel shall be put out every day at the proper hour, and taken in as soon as emptied. It shall never be filled so full that it cannot be emptied without spilling. To prevent dust, I will have water lightly sprinkled over ashes in the barrel.

"3. I will not mix paper with ashes and garbage, nor throw paper, orange, or banana peel into the street.

"4. I will be watchful of the general condition of the streets, and if I notice negligence or carelessness on the part of householders or city employes, I will report the same by mail or in person at your office."

While it may not be possible to secure such united action as this in every neighborhood, each individual at least can carry out on his own premises the suggestions embodied in this pledge.

After the general condition of neighborhoods, we must take into account the sanitary state of the dwelling. The cellar is perhaps the place most needing thorough investigation. I have been in houses where every room was contaminated by the foul air from the cellar, and yet the inhabitants seemed to be wholly unconscious of the fact. All decaying vegetables and all fungus growths or mold should be removed. The cellar should have both light and air and never be used as the sleeping-place of cats or dogs, even though they be household pets. After the cellar, closets should receive attention. When women become educated architects, there will be no unlighted, unventilated closets to hold foul air and contaminate the dwelling. The anxious mother will see that no moldy shoes, soiled clothes, or other uncleanly articles accumulate in dark corners of closets, but that all is as clean and pure as is possible in a windowless room. Leaving the closet door ajar may offend

her ideas of order, but will add to the purity of her home.

The room in which the baby sleeps or lives should never be contaminated by being used as a drying room for the washing. Especially would I emphasize the thought that no article should be replaced upon the child that has not undergone a thorough purification by water and been dried in the outer air. Napkins that are merely wet should be thus washed before using again. It does not matter if they are not ironed, but washed they must be. Mothers who are limited to close quarters, as in a boarding house, find it a task to care for the soiled napkins. A young, frail mother, in the third story of a city boarding house, but with the use of a bath room, solved the problem very satisfactorily. All wet napkins were at once thrown into a pail of water. At night they were washed, and dried on a line stretched, city fashion, out of the back windows. All solid excrement was removed by an old case knife, kept for the purpose, and these napkins put into a separate tub and washed. All this requires some care, but the mother was repaid by the health of her baby, and also by the fact that her room was always sweet and clean, the most fastidious nose never detecting an unpleasant odor.

The dress of the little one should be loose and uniform. There is danger both from overheating and from insufficient clothing. To obviate this difficulty, the flannel underwear is advisable, and also loose jackets to slip on mornings and evenings, or when a sudden storm cools the air. A thin woolen nightdress is also to be recommended. In this single garment baby will be more comfortable and better protected than in any other arrangement of night clothing. When the nights are oppressively warm and there has been little sleep or rest, if the father or mother will rise early and take the baby out in the air, which, even in the city, is purer and fresher than any other time, the child will often become quiet and sleep.

The outings of the child should always be in the early morning, and in the heat of the day he should be kept in a room shaded and quiet. If a porch or tree is available, a hammock suspended there will furnish a place where both mother and baby may take naps in the early morning hours, or other convenient season. Even in a city back yard a shade may be obtained by stretching an awning, though it be only of unbleached muslin, under which baby can lie and rest. Home-made ham-

mocks can be made of denim, or of barrel staves strung on ropes, and covered with an old quilt.

After the sun has gone down, windows and doors should be opened to let in the cooler breezes. Especially should the windows of sleeping rooms be open all night. To some this may seem unnecessary advice, but I find many people so afraid of night air that even in hot weather they are unwilling to admit it to their bedrooms.

An ingenious arrangement to secure rest for baby, free from the annoyance of flies or mosquitoes, is suggested by a writer in *Babyhood*. This mother had a crib frame made of wood and covered with wire gauze. This crib had a lid also covered with the gauze, and in this the baby slept or played, cool and comfortable and laughing to scorn the envious mosquitoes. Another mother had a bag of mosquito netting, which she drew over the hammock, thus effectually protecting the baby.

When outings are taken, and they are advisable, it is well, if possible, to go early in the morning and return in the evening, thus escaping the heat. The benefit of the outing seems often to be lost by returning so early as to be overcome by the heated air of the town.

The food of the baby requires much thought, especially if bottle fed. The great evil is in over-feeding. If the child throws up his food after eating, it is an indication that he is being fed too much. The care of the nursing bottle should never be left to a servant, no matter how faithful she is supposed to be. Curdled milk left in tube or nipple breeds fungous growths, and in one case I read of a mass of white worms twisted together and filling the tube,—the result of carelessness in cleaning. Tubes should be discarded altogether. Two bottles and a supply of nipples should alternate, and one relay should be washed and kept in water in which cooking soda is dissolved, until again needed. Nursing babies should not be allowed fruit or any other food but that carefully, freshly, and regularly prepared for their own especial use.

It must not be forgotten that babies often cry for water. In one case an infant cried incessantly for three days until the doctor—wise man or woman—quieted it with a teaspoonful or two of water. Babies cry from thirst, because they are too warm, because they are cold, because the air of the room is close, because they are tired from lying in one position too long, because the dim light of the room has wearied them, because they want some atten-

tion, because they are suffering from being chafed, because their clothes are too tight, or too heavy, or too long. An enumeration of these causes will suggest the remedies. If house room will permit, a baby's comfort will be promoted by carrying it from one room to another, taking care to ventilate the vacant room during the absence. Sometimes crying can be quieted by gently squeezing cool—not cold—water from a sponge over the little hot eyes and face.

All exciting plays are to be avoided, and quiet repose promoted as far as possible. Gently rubbing the back and limbs is a form of exercise that will be enjoyed and also be beneficial.

A young mother discovered an ingenious method of amusing her five-month-old baby as it lay upon the bed. She stretched a cord diagonally across the bed, and hung upon it bright worsted balls, at such a point that the aimless movements of the rose-leaf hands hitting these balls rang a small silver bell attached to this same cord at a distance. A palm-leaf fan covered with silesia of different bright colors proves an amusing object, while at the same time it keeps away flies and cools the air.

A parting word of advice to the mother of the baby who must stay at home is, "Don't dose." Give no medicines except by advice of a competent physician, and immediately consult the doctor if anything ails the baby. The nursing mother must take especial pains to direct her own life in a healthful manner and to keep her blood pure by keeping herself calm, rested, and cheerful.—*The Advance*.

INFANT FEEDING.

AN infant, for which the mother had no milk, and which they were attempting to bring up by hand, was shown to me when a few weeks old. It was puny, weak, and sickly. It always cried when an attempt was made to feed it, and could not hold up its head, which hung on one side from weakness. On inquiry I found that it was fed on gruel, made of *fine* flour, mixed with unboiled milk, and heavily sweetened with brown sugar; and that latterly, to still its peevishness and cause it to sleep, a small quantity of *rum* was added to this. The sugar was given to prevent costiveness, which, otherwise, it suffered from.

It was acknowledged that the child was getting worse daily. "Put the sugar away," said I. "Throw the rum out of the door, and send up

your daughter to me immediately for a bowl of whole meal wheaten flour, the same as my own bread is made of." This I directedt hem to make into gruel, thus: "With a tablespoonful of this meal, and a pint of pure water, make a thin gruel, which should be boiled about fifteen minutes, and then about a pint of new milk fresh from the cow should be added, the milk being of course unboiled."

These directions being followed, and the child being fed accordingly, in a week there was visible improvement, at the same time that red blotches, like those on the face of a drunkard, began to appear on the infant's face. All costiveness had now gone. At the end of six weeks from the commencement of change of diet the flesh of the child was firm and hard, its skin clear and bright, and it was perfectly good-tempered and quiet. Its weight, too, was about double what it was a few weeks before.

The red blotches on the child's face, which appeared after the spirit was given up, were to be attributed to its constitution having gained strength by that time from its food sufficient to throw out the poisonous spirit, and they soon went away altogether. The infant is now at least fully as strong as the generality of children of the same age.—*Dietetic Gazette*.

"TROTTING" THE BABY.

THE practice of "trotting" a child on the knee of the nurse or the mother, though it has the sanction of long practice, has not the sanction of common sense, and should never be indulged, especially with infants. Treating the adult body in the ratio of corresponding strength, the exercise would be equivalent to being ourselves churned up and down on the walking beam of a good-sized steam engine. It has been very properly said that "gentle movement is as pleasant to the child as riding in an easily-running carriage on a smooth road to an adult; knee jolting, as unpleasant and harmful as a journey over the worst corduroy roads."—*Good Housekeeping*.

As an inhalation turpentine has proved of great service in bronchitis, pneumonia, pleurisy, and other throat and lung affections. If you have a cough, sprinkle a little on a handkerchief and hold to your mouth and nose for a few minutes, breathing the vapor, and note the relief.



VALUATION.

THE old squire said, as he stood by his gate,
 And his neighbor, the deacon, went by,
 "In spite of my bank stock and real estate,
 You are better off, deacon, than I.

"We're both growing old, and the end's drawing near;
 You have less of this world to resign;
 But in heaven's appraisal your assets, I fear,
 Will reckon up greater than mine.

"They say I am rich, but I'm feeling so poor,
 I wish I could swap with you even
 The pounds I have lived for and laid up in store
 For the shillings and pence you have given."

"Well, squire," said the deacon, with shrewd common
 sense,
 While his eye had a twinkle of fun,
 "Let your pounds take the way of my shillings and pence,
 And the thing can be easily done!"

—*J. G. Whittier.*

COOKING RECIPES.

BY MRS. F. L. M'CLURE.

GERMEA SOUP.—Three quarts of water, three medium-sized potatoes, three-fourths of a cup of germea, one pint of milk, one cup of cream. Flavor with celery or parsley. Salt to taste. Boil the three potatoes in the three quarts of water; when done, mash and rub through the colander. If the water boils away, add enough more to make up the three quarts. After the potatoes are strained, bring to a boil and stir in the germea. When this is cooked, add the milk, cream, and seasoning. Serve hot.

ASPARAGUS ON TOAST.—One quart of asparagus, after paring and slicing in inch pieces. Plunge into fast-boiling water, which has been salted; boil with lid off until tender, which will take thirty or forty minutes. When tender, drain and pour one cup of cream over it, and let boil up. Have a half dozen slices of toast dried in the oven, then

browned a slight tinge over the coals. Dip the edges of the toast in hot milk, and place on a platter. Then put the asparagus and cream on each piece of toast. Serve hot.

WALNUT DROP CAKES.—One cup of flour, four eggs, one pint of brown sugar, three-fourths of a pint of walnut kernels cut in eighths, one-half teaspoonful of salt. Break the eggs into a bowl, add the sugar and salt, cream thoroughly, then add the flour. Whip well with a wooden spoon, the same as for unleavened gems, so that the air will lighten them. Now put in the nuts, and drop in small heaps on a shallow buttered tin. A spoonful at a time is sufficient. Bake five minutes in a rather quick oven.

UNFERMENTED WINE.

E. HULSE read a paper before the Victoria Vegetable Commission, of Australia, regarding the use of unfermented grape juice, "must," or "temperance wine." The grapes are picked when they are fully ripened, and the juice extracted and bottled as soon as possible afterwards. The bottles are filled brimful and placed up to their necks in vats of hot water, within ten degrees of boiling point. When the must is as hot as the water, the cork is forced into the bottle, expelling a portion of the liquid. If the least portion of air is left between the cork and the liquid, the oxygen contained in the air will set the saccharine matter in the wine in motion, and fermentation will ensue. When the cork is forced into the bottle, the liquid is in a state of expansion from the heat. As it cools it contracts, leaving a vacancy between the cork and the liquid; but the vacancy must not be an atmospheric chamber. The cork must, of course, be thoroughly air-tight. If fermentation does set in, it may be driven off by reheating the wine.

The bottles are then laid on their sides in a cool place, and the organic foreign substances must become clear. The settling may occupy whatever period the manufacturer choose; sufficient time should, however, be given. The wine can lie six months or a year without damage. At the end of the settling period it should again be filled into bottles, the sediment being left behind. These bottles must be brimful, and should again be set in vats of hot water, heated up to the same degree, and corked in precisely the same manner as at first, using sealing wax to exclude the air. The wine is then left to cool in the ordinary way, and must be put away where the temperature is even and cool. It is now ready for use, and will keep just as it is kept free from contact with the atmosphere. This makes a very delightful beverage, which is entirely free from alcohol.—*American Garden.*

COMFORTS IN THE KITCHEN.

ONE of my comforts is a small ironing board. It saves both the bosom board and the ironing board proper, besides being easier to handle than the latter. Any small board about thirty by ten inches will do. Cover first with old blanket or bedticking, and then with old white muslin. Let the outer piece be of single thickness, to be removed when soiled. Tack a loop of leather at one end, and hang in a closet where it will be as free as possible from dust. Akin to this is a small piece of old mahogany board, which can be run into legs and arms of little trousers and jackets when seams are pressed open. These latter need not be dampened, owing to the moisture in the mahogany.

Two or three iron frames somewhat like teapot holders, and which may be had at house-furnishing stores for a few cents each, are handy to place hot vessels on, and will protect the kitchen table both from black and scorch. In lieu of these a piece of clean board half an inch thick may be used. Perhaps one of the greatest comforts of all is a kitchen apron, or rather aprons, and plenty of them. Let them be sensible ones, too—reaching to the bottom of the dress, and two breadths in width. It pays to buy the strongest of gingham, which is never less than seventeen or eighteen cents a yard, for real work aprons, while seersucker, at five cents, is heavy enough for such work as washing dishes, sweeping, and dusting.

Have a rocking chair in your kitchen. If you do your own work, you will snatch many comfort-

able and much-needed moments of rest in it; and if you have the right kind of a girl, she will need it sometimes, too, and will not impose upon the fact that you have provided her with this luxury.

Have a shelf for such cookbooks as you may find useful, especially for one of your own compiling, so that your recipes are at hand when you want them, and not in the sitting room, or in some bureau drawer. I always keep, in addition to these, some instructive or entertaining book which I am reading, and I take much "comfort" in snatching a few moments' reading now and then, although it takes some practice to be able to do this without burning the dinner.—*American Agriculturalist.*

CLEANLINESS.

HABITS of cleanliness have much to do with preserving good health. Thousands of persons are now on the sick list for want of cleanliness, and many are killed by its neglect. For convenience' sake we will divide our subject into two parts—that treating of general cleanliness and that of particular cleanliness. By general cleanliness I mean that of our bodies and surroundings. Every person should keep his skin clean by means of a daily dry rub and a weekly hot bath or wash all over with warm water. Besides this, he should change his underclothes daily; the shirt worn in the day should be removed at night and a night-dress worn; this nightdress may be of flannel if desired.

When a person rises from his bed in the morning, he should remove the dress worn in the night, and throw it over the back of a chair, so that it may be thoroughly aired before it is again put on. Next, he should throw the bedclothes back over the rail at the foot of the bed, and so expose them to the pure air. Some are more particular, and throw each sheet or blanket over a separate chair, and thus make sure of perfect exposure of their bed linen to the air. All slops should be removed from a bedroom as soon as possible, so that the room may be kept sweet. Some persons go so far as to provide a cover for their chamber utensils. This is a step in the right direction, and prevents the air of a bedroom being unduly fouled.

Sponges, flannels, or other articles used in keeping the body clean should often be washed in boiling water, and exposed to the air to keep them sweet and clean.

In the living room the windows should always be kept open a little in winter and more in summer, to insure that the air we breathe is kept pure. We have no more right to breathe again the foul breath from our lungs than we have to eat the refuse food that has passed through our bodies. Foul air clogs up our lungs, renders our blood impure, and so shortens life. Wherever we are we must never forget that the air we expel from our lungs is very unclean and unfit for further re-breathing; to breathe pure air night and day as much as possible through our noses must be our constant care if we would have clean and healthy lungs.

The clothes we wear should be kept clean by being brushed daily if possible. Those who are engaged in dirty or dusty work should have their clothes well beaten every day after they come home from work. This applies especially to those who are employed in chemical works. Those who work at greasy occupations should have the grease removed from their clothes by a little benzine. If these simple precautions are taken, better health will result, as dust and disease germs will then be kept as much as possible outside the home.

In dusting a room be careful that the dust disturbed does not settle down again or cling to the wall. It is best to use a slightly moist duster for going over furniture, and then a dry one afterwards. By this means the dust is retained by the moist duster, and can be washed out of it afterwards. If a dry duster is used, then it should be shaken out of the window every few minutes. It is a good plan, if living in the country, to take every article out-of-doors and give it a good dusting first and an airing afterwards.—*Hall's Journal of Health.*

BE CAREFUL TO EXAMINE YOUR CANS.

THE following is what a writer in the *House-keeper*, we believe, has to say of the danger from new glass cans, a danger and a caution which we by experience can corroborate and emphasize. In replying to the question, "Is canned fruit injurious?" the writer says:—

"I think whatever injury may result from its use is traceable directly to the cans. I know numbers of persons who merely wash out new jars, then put their fruit in, and close them up. I recall being at the house of a friend who was very fond of fruit, and always canned a great quantity. One evening at her house I tasted a little of the berries she

had just poured into the dish, and as I closed my teeth together, I crushed a bit of the thinnest, most delicate shell glass. It was only a small piece, but quite enough, had I swallowed it, to produce serious if not fatal results. My friend was amazed when I told her of the consequences of such a fragment entering the stomach. Then she began to think intently. Some years before she had lost a child. It had always been rather delicate, but never seriously ill, but had no appetite, and seemed to lack vitality. It lived almost entirely on canned fruit—berries, cherries, and the like—but complained of almost continuous sharp pains in the stomach and bowels. After a time she grew worse, and finally died, the doctor said of consumption of the bowels. The mother was very unhappy when she came to consider the possibilities of the case, and at once consulted several eminent physicians on the symptoms of the little one. They all agreed in the belief that bits of thin glass had been the direct cause of the child's death.

"The mother's first impulse was to give up glass cans altogether; but after some experiments she became satisfied that a little care and attention in the preparing of the cans made them perfectly safe. Before the cans are used, a handful of shot should be put in and thoroughly shaken about. Of course it must be carefully done and the shot must be small, or the can will be broken. A chain dishcloth, such as is found or should be found in every well-regulated kitchen in the land, is one of the very best articles for clearing the cans of the thin shell glass which comes from bubbles of air forming when the glass is blown. Examine every glass can and you will see these bubbles all through it. If they are very thin on the inside, the heat of the boiling fruit may and very likely will crack off some pieces of the glass, which will become mixed with the fruit, and are often eaten or swallowed, under the impression that they are bits of sand or grit. Cans, after one year's use, are not likely to be dangerous to health from this cause, but even then many housekeepers of the extra particular sort go over them with shot or chain cloth whenever they are to be refilled.

"Canned fruits should not be too sweet. A pleasant, slightly tart flavor is best. And if proper care is taken that in cooking no metal comes in contact with the fruit, and if the cans are thoroughly freed from shell glass, I believe, after a free indulgence in such fruits for many years, that it is not only not injurious but is eminently wholesome and beneficial, as it certainly is delicious and convenient."



EVILS OF WEARING LONG TRAINS.

BY W. A. COLCORD.

THE *Chicago Herald* of May 6 publishes the following upon the evils connected with the wearing of long dresses:—

“The Supreme Sanitary Board of Hungary has commenced a campaign against the prevailing fashion of wearing trained dresses in the public streets. The Sanitary Board alleges that by the sweeping up of dust by ladies’ trains the contagion of tuberculosis, typhus fever, and other maladies is conveyed from one locality to another, and thus disseminated among the entire population, and the board has petitioned the home minister of the Austro-Hungarian monarchy to forbid the wearing of such dresses in the public streets. Nay, more, this prohibition has actually been carried into effect in Meran, and will most probably be extended to other localities.

“However graceful trained dresses may appear in rooms in the opinion of the queen, there can be no doubt that, setting aside the dictates of fashion, they are ridiculous in the public thoroughfares. That a woman should walk about trailing behind her fabrics, often of considerable cost, and drag these through the nameless abominations of the streets, is in itself a dirty and repulsive practice; but as it is one that involves a larger employment of material, and therefore affords more profit to the venders, it has their earnest and interested support.

“From a sanitary point of view there can be no doubt about the exceedingly objectionable and injurious character of the practice. It is well known to all sanitarians that the germs of many fatal diseases, such as consumption, which is only one form of tuberculosis, and other equally fatal complaints, exist in the saliva which is cast upon the ground. That this should be swept up by the

dainty dresses of women, carried into their homes, and carefully disseminated when the dresses are dusted, is repulsive even in idea. There can be no doubt that a large number of contagious diseases, whose spread seems most mysterious, are disseminated in this manner. It is now well ascertained that many of these disorders, and probably the whole of them, depend upon bacilli, or microscopic germs, which are conveyed from the diseased to the healthy, reproducing the disease in their turn. No mode of disseminating these complaints can be regarded as more efficacious than the employment of trained dresses in the streets, where the practice of wearing them can neither be commended on the ground of grace, health, cleanliness, or utility.”

Against such a style of dress, as well as those which are objectionable upon other grounds, some religious denominations have been long opposed, as the following from the works of Seventh-day Adventists, for instance, published as long ago as 1863, will show:—

“The length of the fashionable dress is objectionable for several reasons:—

“1. It is extravagant and unnecessary to have the dress of such a length that it will sweep the sidewalk and street.

“2. A dress thus long gathers dew from the grass and mud from the streets, and is therefore uncleanly.

“3. In its bedraggled condition it comes in contact with the sensitive ankles, which are not sufficiently protected, quickly chilling them, and thus endangering health and life. This is one of the greatest causes of catarrh and of scrofulous swellings.

“4. The unnecessary length is an additional weight upon the hips and bowels.

“5. It hinders the walking, and is also often in other people’s way.”

THE CORSET ONCE MORE.

THE following is from the pen of Elizabeth Stuart Phelps Ward; what she says is worthy of reading, yes, practice:—

“Had I the sole responsibility of dressing a more or less stylish young lady in some approach to a sensible manner, I would begin by removing her corsets.

“Of course she ‘never laces.’ Of course she can ‘turn around in them.’ We know all about that. We have heard it a great many times before. It is a very old story. If a woman were dying of the close clasp of steel and whalebone, she would cry, ‘Loose enough!’ with her last gasp. Undoubtedly she believes it—more’s the pity! We will not pause to argue the point with her. Off with the corsets!

“Take them downstairs. No, don’t give them to Biddy. Never fasten about another woman, in the sacred name of charity, the chains from which you have yourself escaped. What is intrinsically unbecoming or unrighteous, is as unbecoming or unrighteous for your cook as for yourself. So burn up the corsets! No, nor do you save the whalebones. You will never need whalebones again. Make a bonfire of the cruel steel that has lorded it over the contents of the abdomen and thorax so many thoughtless years, and heave a sigh of relief; for your ‘emancipation,’ I assure you, has from this moment begun.

“A certain sense of freedom follows this change. The lungs partially dilate. The heart feebly feels for bounding room. The nerve centres are disturbed with an uncertain parody of ease. But a greater sense of discomfort grows upon you. The back, perhaps for the first time in your life, begins to ache. The spine grows sore to the touch. An exhausting faintness takes possession of you. The delicate sensibilities of the solar plexus (let us be learned when we can!) quiver in an irritated and irritating manner. A worrying nervousness takes possession of the whole frame. By night you are ready to resurrect the ashes of your departed corsets—for which I was quite prepared when I begged for their *auto-da-fé*. You are miserable and discouraged. This is precisely the point at which most women who ‘mean well’ are led to abandon their half-hearted or half-instructed efforts at dress reform.

“So far from indicating that you should return to your stays, these uncomfortable sensations indicate that you have not been a day too soon in their removal. These are not the sensations of a healthy and untrammelled organism. The uncorseted savage knows nothing of them. Are women born in whalebone jackets? Did Heaven create Eve with a natural inability to hold her fair, fresh body up without the assistance of Mrs. Ford’s latest patent? Is there reason in the eternal nature of things why your brother can stand straight and feel at ease in clothing as loose as your wrapper, and you ‘drop all together’ unless you can lean upon a long steel rod?

“Your discomfort is the discomfort of the poor old prisoner in the ‘Tale of Two Cities,’ who must needs bear with him into his late and affluent liberty the shoemaker’s tools—the degrading sign of that sadder mental captivity of which the body’s bondage was the type. Your sensations are the sensations of a released captive—not to be humored, be assured, for liberty’s sweet sake. Every one of them is an appeal to you, in the name of common nature and of common sense, to persist in the unshackling which has produced them.

“But as time wears on, you grow more and more uncomfortable. It occurs to you one day that your bindings are too tight. Of course they are. So is your dress waist. You loosen the bindings an inch, another, two; the demands of the partially-released and ever-struggling organs behind them grow, and will not be satisfied. Some idea of the unnatural restriction to which the ordinary modes of dress subject a woman’s system may be formed from the fact that a woman who now wears a twenty-two-inch corset will require, at the end of one year and a half of corsetless existence, a thirty-inch dress binding for her comfortable wear.

“Loosen your bindings, then, till freed nature is content. You will have a more graceful figure in the end than ever you have had yet.”

HEALTH is a treasure. Of all temporal possessions it is the most precious. Wealth, learning, and honor are dearly purchased at the loss of the vigor of health. None of these can secure happiness if health is lacking. It is a terrible sin to abuse the health that God has given us; such abuse enfeebles us for life, and makes us losers, even if we gain by such means any amount of education.—*Christian Temperance and Bible Hygiene.*

Current Topics.

WORLD'S FAIR NOTES.

—California's State building at the World's Fair is estimated to cost \$75,000.

—Eli S. Denison, of Alameda County, will endeavor to send to Chicago a pumpkin that will weigh 326 pounds.

—The State of Ohio will have an exhibition of all the trees native to that State, with a cross section of a trunk, a polished slab, a portion of the bark, and a slab in the rough, mounted by twigs, leaves, flowers, or fruit.

—Wisconsin will have on exhibition a sandstone monolith 107 feet long and 9x9 feet at the base, the longest block of single stone ever quarried. The largest of the famous monoliths of antiquity was only 105 feet long.

—The *California World's Fair Magazine* for May is an interesting number, containing, among other features, full proceedings of the World's Fair Convention and the proceedings of the sessions of the California World's Fair Commission during the latter part of April and of all sessions during May.

—The State of New York is arranging, as a part of its World's Fair exhibit, a relief map of the State, the dimensions of which, 42x34 feet, will give a scale of a mile to the inch. The map will be placed outside of the State Building. The idea is to give in relief the principal topographic features of the State, such as the Adirondacks, Hudson River, principal lakes, and the Erie Canal.

—Before a Congressional Committee last month Director General Davis stated that already 100,000 more feet of space than is available in the different department buildings has been applied for. Most of the complaints in regard to lack of space come from foreign countries, where interest in the fair, he says, is intense. He is quoted as saying that the value of the exhibits at the World's Fair will exceed \$100,000,000.

—Miss Faustina Butler, who has charge of the wild-flower exhibit, will start next week for Kings River Cañon, in Fresno County, where the floral season is just opening. She goes to secure some rare varieties of the lily family, and many other flowers mentioned by John Muir. Her task is to paint as many of the California wild flowers as possible, and also to have as many growing in and around the California Building at Chicago as will bloom there. She asks the assistance of flower lovers throughout the State in making her collection complete.

LITERARY AND OTHER NOTICES.

We do not know of any agricultural journal that equals the *American Agriculturist*, for farm, garden, and household. The June number, which lies before us, contains more than three dozen articles in over a half-dozen different departments. It deserves to succeed. Orange Judd Co, 52 and 54 Lafayette Place, New York.

In variety of subject and popular treatment the contents of the June *Cosmopolitan* furnish an attractive standard.

The magazine is leading a movement for the solution of the problem of Aerial Navigation, and Hiram S. Maxim, the great inventor and foremost authority on the subject, gives the result of some recent experiments under the title, "The Aeroplane." St. George Mivart begins a series of papers in the June *Cosmopolitan*, on evolution, and its philosophical bearings upon the religious thought of the day. Murat Halstead, Brander Matthews, and Edward Everett Hale are among the other contributors. This number is finely illustrated. For sale at all news stands.

"Thirty-two Unselected Abdominal Sections," by Thomas Opie, M. D., Baltimore, Md., is a pamphlet of interest to physicians, especially because of its refreshing frankness in giving unsuccessful as well as successful cases. This paper was first read by Dr. Opie, before the Southern Surgical and Gynecological Association. The discussion which followed is also given.

The Banning (Cal.) *Herald* of May 12 gives a good illustration and an elaborate description of the new asylum for the inebriate and insane, at that place. The whole building will be 576 feet east and west by 384 feet north and south, and will vary in height from two to four stories, with a tower on the administration building 175 feet high. This building will be the front arm of the cross, and will be four stories high and 100 feet square. It is well lighted and thoroughly ventilated; and a public building of which Southern California may feel proud, were it not for the sad condition of its inmates. It is designed, however, to restore them.

The Executive Committee of the National Columbian Public School Celebration are very desirous of having October 12, 1892, the four hundredth anniversary of Columbus' discovery of America, set apart as a State and national holiday, and that the public schools, which are emphatically an American institution, be made the center of these celebrations everywhere, and thus show to the world America's obligation to the public school. Francis Bellamy, Youth's Companion Building, Boston, Mass., is at the head of the committee.

The general permanent officers of the Pan-American Medical Congress are as follows: William Pepper, M. D., LL.D., Philadelphia, Pa., *President*; Abraham M. Owen, A. M., M. D., Evansville, Indiana, *Treasurer*; Charles A. L. Reed, M. D., Cincinnati, Ohio, *Secretary General*.

"The Second Year's Work in Diseases of the Rectum," at the New York Post Graduate Hospital, by Charles B. Kelsey, M. D., reprinted from the *New York Medical Journal* for March 26 of the current year, is a little paper, but the skill and experience of its author will make it of interest to the medical profession.

"Effects of Massage," compiled by Leroy Henry, practical masseur. Price, 10 cents. 2720 Pine Street, St. Louis, Mo. This little pamphlet of 24 pages sets forth the benefit to be derived from massage. It might have been much better and more clearly written.

A Yard of Pansies is one of the loveliest of oil pictures, which *Demorest's Family Magazine* gives with the June

number, and thus celebrates the seventieth birthday of W. Jennings Demorest, for the mutual benefit, we hope, of both publisher and reader. The original of the picture cost \$300. The magazine tells how to frame it at little expense. The magazine is worth its price, 20 cents. The picture is a big extra. The magazine is only \$2.00 a year, and is published at 15 East Fourteenth Street, New York.

RURAL HEALTH RETREAT.

THE thirteenth annual session of the stockholders of the Rural Health Retreat Association was held at the Retreat, near St. Helena, May 9, 1892, at 3 P. M.

The treasurer's report showed a net gain for the year of \$7,914.70. This or any other gain is not declared in dividends to the stockholders, but goes for the improvement of the institution and the treatment of the poor.

Resolutions were adopted looking to greater activity in the missionary work of disseminating the principles of true health reform throughout the State, increasing the usefulness and subscription list of the HEALTH JOURNAL, establishing a branch sanitarium in Oakland, and in organizing a nurses training class and cooking school in the near future.

The following persons were elected as a board of directors for the ensuing year: S. N. Haskell, W. A. Pratt, Dan T. Jones, Wm. Saunders, O. A. Olsen, W. H. Maxson, M. D., and J. Fulton.

At a meeting of the directors immediately after, the board was organized as follows: *President*, S. N. Haskell; *Vice President*, Dan T. Jones; *Secretary*, J. Fulton; *Treasurer*, W. A. Pratt. W. H. Maxson, M. D., assisted by Drs. Hattie S. Maxson and A. J. Sanderson, takes charge of the medical department. J. Fulton continues as superintendent, and Mrs. Julia Ings as matron.

A SANITARIUM IN OAKLAND.

At a recent meeting of the board of directors of the Rural Health Retreat of Crystal Springs, near St. Helena, Cal., it was decided that as soon as suitable rooms could be secured, a branch institution will be opened in Oakland. This will accommodate the friends of the rational treatment given at the Health Retreat who may not have time to attend there. The equable climate of Oakland will be more agreeable to some than the higher atmosphere of Howell Mountain.

IMPROVEMENT AND ENLARGEMENT.

PREPARATIONS are being made to open, as soon as possible, a nurses' training school, from which experienced and faithful men and women may be sent out to care for the sick and suffering. These nurses will also be trained in preparing food for the sick, in healthful, palatable ways. A graduate of the Sanitarium at Battle Creek, Mich., will take charge of the cooking department.

The gentlemen's bath room is undergoing renovation and will be enlarged and made more pleasant and convenient. Many other needed improvements are being made.

DR. J. H. KELLOGG, of the Sanitarium at Battle Creek, Mich., in his recent visit to this coast, rendered valuable service at the Retreat, in labor, counsel, and in speaking to the people and patients.

J. F.

Publishers' Department.

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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.

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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.

VOLUME 1, 1886, monthly edition of the *American Sentinel*, bound in strong manilla covers, will be sent, postpaid, for 80 cents.

Volume 4, 1889, weekly *American Sentinel*, in heavy paper binding; price, postpaid, \$1.50. Only a few of these left; now is the time to order. Address Pacific Press, Oakland, Cal.

☞ THE PACIFIC HEALTH JOURNAL and *Hall's Journal of Health* (New York), one year, for only \$1.50.

☞ SEND two-cent stamp to the Pacific Press Publishing Co., of Oakland, Cal., for their Bulletin of Books.

☞ THE *Good Health* (Mich.) and the PACIFIC HEALTH JOURNAL one year for \$1.75, and with premium book, "Practical Manual of Hygiene and Temperance," for \$2.10.

☞ ADVERTISEMENTS for this journal may be left with Palmer & Rey, San Francisco; N. W. Ayer & Son, Phila.; and Geo. P. Rowell & Co., 10 Spruce St., New York City.

☞ Is it time to renew your subscription to the JOURNAL? The address label on your magazine shows to what date your subscription is paid. Please renew one month before your time expires.

☞ JNO. C. KIMMEL, JR., has opened a Newspaper Subscription Agency at 108 South Fourteenth Street, Omaha, Nebraska, where subscriptions and advertisements will be received for the PACIFIC HEALTH JOURNAL.

☞ THE *Therapeutic Gazette* (Detroit and Phila.) and the PACIFIC HEALTH JOURNAL one year for \$2.00 to new subscribers to the *Gazette*. This is an unusually good offer, and now is the time to accept it. Address this office.

WILL those of our friends who have copies of the PACIFIC HEALTH JOURNAL of January and February of 1892, for which they have no further use send them to us? Our file numbers have been broken into to supply the demand.

☞ WHEN writing to advertisers, please say that you saw their advertisement in the PACIFIC HEALTH JOURNAL.

HEALTHFUL FOODS.

HAVING at our Health Retreat a revolving oven, and first-class cracker machinery, we are prepared to furnish the foods advertised below, at their respective prices. These foods are not only adapted to those suffering from digestive ailments, but are also excellent for all persons who wish food free from lard and all other deleterious shortening. None but the purest and best articles are used in the manufacture of these foods.

Oatmeal Biscuit.—These are about twice the thickness of an ordinary cracker, are slightly sweetened and shortened, and made light by yeast, exceedingly palatable. They are recommended for constipation, if the person is not troubled with acidity or flatulence; per lb. 12 cts.

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

Plain Oatmeal Crackers.—These are neither fermented, shortened, nor sweetened. They have an agreeable, nutty flavor, and are crisp and nice; per lb. 10 cts.

No. 1. Graham Crackers.—Slightly sweetened, and shortened. Just the thing for persons with fair digestive powers and inactive bowels; per lb. 10 cts.

No. 2. Graham Crackers.—Shortened, but not sweetened. Very palatable; per lb. 10 cts.

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

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

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

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

Anti-Constipation Wafers.—Composed of rye-meal and whole wheat flour. Crisp and palatable. Persons suffering with painful dyspepsia, or tenderness at the pit of the stomach, should use whole wheat crackers in preference to these. For all other forms of dyspepsia or constipation, these are just the thing; per lb. 12 cts.

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

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

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

Wheatena.—This is a preparation of wheat which is subjected to a process by means of which it is partly digested, and rendered readily soluble in the digestive juices. Good for persons suffering with slow digestion and constipation; per lb. 12 cts.

Avenola.—This is some like the preceding in the mode of its preparation, except that it has also the finest oatmeal with the wheat in its combination. It contains a large proportion of bone, muscle, and nerve-forming material. It is a good food for infants, and for all invalids of weak digestion; per lb. 13 cts.

Granola.—This is a preparation from various grains, and combines all the qualities of the preceding preparation. There is no farinaceous preparation in the market that will compare with granola. This is the verdict of those who have given it a fair and impartial trial; per lb. 12 cts.

Diabetic or Gluten Food.—This is a form of bread deprived of its starchy and saccharine elements, but retaining all the other palatable and nourishing elements of the flour. By the use of this food and the observance of careful dietetic rules, this obstinate disease (diabetes) may be kept at bay for many years, and cured in cases where a cure is possible. It is prepared with great care, and has been thoroughly tested. It is a perfect substitute for animal food in cases of nervous debility, and is to be used in the same cases as those for which the gluten wafer is recommended; per lb. 30 cts.

Infants' Food.—Most of the food offered in the market as infants' food contains too much starch for the digestive powers of the infantile stomach. The article here offered will often be digested when other articles of food cannot be eaten without producing serious derangement of digestion; per lb. 30 cts.

Some of the goods here offered may be higher priced than those shortened with lard, etc., but you may rest assured of securing, in these foods, pure, healthful articles, conscientiously prepared.

For fifty cents you may receive, post-paid, a sample package of these foods, and thus decide what to order in larger quantities. Give them a trial. Address,

RURAL HEALTH RETREAT, ST. HELENA, CAL.

Orders taken also at Pacific Press, Oakland, Cal.

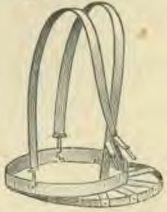
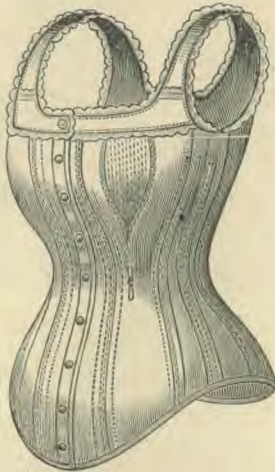
How to Dress Healthfully.

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.

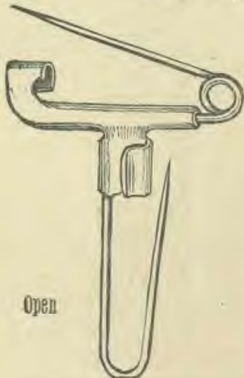
What Drags the Life Out of a Woman.

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.

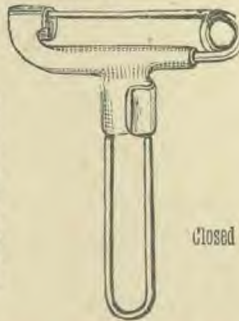


Skirt Supporting Hooks.



Open

25 cents a set of four.



Closed

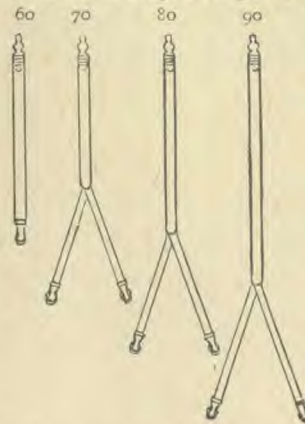
The Ladies' Hygienic Skirt Supporter.



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.

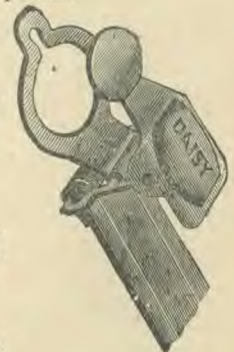
Garters are another serious source of functnal obstruction. Whether elastic or non-elastic, the effect is essentially the same. They interfere with the circulation of the blood in the lower limbs, and often produce varicose veins. Cold feet and headache are the ordinary results of their use. The stockings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

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.

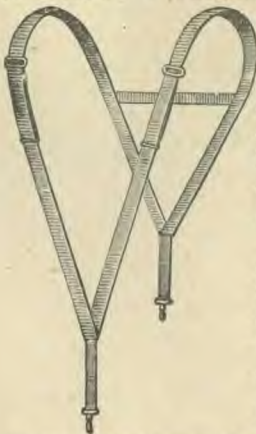


Daisy Clasp Stocking Supporter. To be attached at the waist.

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

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.

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



The Largest Sanitarium in the World.

THIS Institution, one of the buildings of which is shown in the cut, STANDS WITHOUT A RIVAL in the perfection and completeness of its appointments. The following are a few of the methods employed:—

Turkish, Russian, Roman, Thermo-Electric, Electro-Vapor, Electro-Hydric, Electro-Chemical, Hot Air, Vapor, and Every Form of Water Bath; Electricity in Every Form; Swedish Movements—Manual and Mechanical—Massage, Pneumatic Treatment, Vacuum Treatment, Sun Baths. All other agents of known curative value employed.

A SALUBRIOUS SUMMER CLIMATE.

A Lakeside Resort, Steamers, Sail Boats, Row Boats, Bathing, etc.

SPECIAL DEPARTMENTS for the Treatment of Diseases of the EYE, EAR, NOSE, THROAT, LUNGS, and DISEASES OF WOMEN. Special Advantages afforded Surgical Cases. Good Water, Perfect Ventilation, Steam Heating, Perfect Sewerage.

The managers have permission to refer to leading members of the medical profession. For circulars, with particulars, address, **MEDICAL AND SURGICAL SANITARIUM, Battle Creek, Mich.**

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 CIVIL AND RELIGIOUS RIGHTS.

It will ever be Uncompromisingly Opposed to anything tending toward a Union of Church and State, either in name or fact. It is well-known that there is a large and influential association in the United States bearing the name of the "National Reform Association," which is endeavoring to secure such a RELIGIOUS AMENDMENT to the Constitution of the United States as will "place all Christian laws, institutions, and usages on an undeniable legal basis in the fundamental law of the land." While there are many persons in this country who are opposed to, or look with suspicion upon, this movement, there are few, outside of the party, who realize what the influence of this amendment would be. The object of the *American Sentinel* will be to Vindicate the Rights of American Citizens, which, we believe, are threatened by this association. It will appeal to the very fundamental principles of our Government, and point out the consequences which would be sure to follow should they secure the desired Amendment to the Constitution. Every position taken will be carefully guarded and fortified by sound argument. Due respect will always be paid to the opinions of others, but the rights of conscience will be fearlessly maintained.

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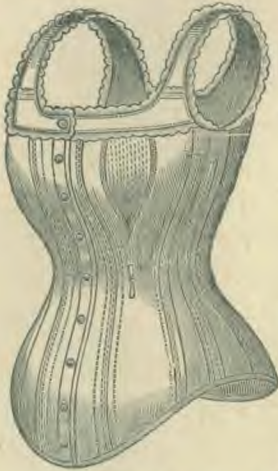
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AMERICAN SENTINEL,

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**MADAME SALISBURY'S
PEERLESS HYGIENIC CORSET WAIST.**



UNEQUALED FOR
ELEGANCE
AND
PERFECTION
OF FIT.

—\$—
GRACEFUL,
HEALTHFUL,
PERFECT-FITTING.

COMBINING
HEALTH, COMFORT,
BEAUTY and
DURABILITY
WITH
ELEGANCE OF FORM.

SEVERAL years' experience has led to great improvements in Hygienic Corsets and Waists, and we feel that we can now offer, with great confidence, the new waist which may be justly called the most **Perfect-fitting and Healthful** waist in the market.

In modeling the different parts, great care has been taken to blend together the curves of the bust, waist, and hips in such a manner as to give an easy, graceful, and beautiful shape, **perfect in fit**, and yet it does not bind or draw in any part. We claim absolute perfection of comfort and beauty.

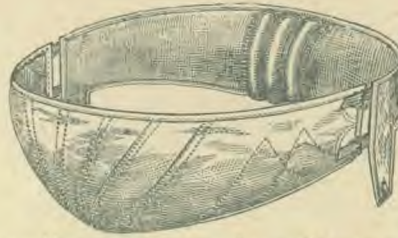
With these new improvements, the entire weight of the skirts and stockings is transferred to that part of the shoulders best adapted to sustain their weight, and supporting them almost without the wearer's consciousness, and without the least inconvenience, thereby relieving the back and hips from all superfluous weight of the clothing that drags so heavily and increases the pressure brought upon the delicate organs of the pelvis.

Beautifully made in fine, soft-finished English Silesia, in white and golden brown, with patent button front. The buttons are of finely-finished pearl, secured with a patent tape fastening—with patent cord-edge button holes; under the buttons is a flexible steel, which may be worn or taken out at pleasure. Cords are used to give the necessary stiffness, also flexible side and back steels (in patent pockets); by removing them, you have absolutely the very best Health Waist made. Sizes, 19 to 32. Mailed on receipt of waist measure and \$2.50, Sizes 33 to 36, \$2.75. In stating size, deduct one inch from a snug measure taken at the waist line over the dress.

Address,
**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.

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