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NOTES ON THIS, THAT, AND THE OTHER.

OUR readers will notice that we have Doctors W. H. and Mrs. H. S. Maxson on our staff as editorial contributors. Their education and experience qualify them to place before our readers, not mere theories, but facts and most profitable instruction in matters which pertain to life and health. In whatever part of the magazine their articles are found, they will be signed by their initials in small capitals, as will also those of the editor. For articles not credited the editor is not responsible.

THE *Vegetarian Messenger* (England) of June has the following, which will hardly delight the lovers of the savory sausage:—

“A revolting case has been before the Correctional Tribunal at Lille, when three persons were convicted of having made dogs’ flesh into sausages. The offense was not casual, but apparently the

slaughter of dogs had been carried on for some time. A fine and a sentence of six months’ imprisonment were inflicted. The principal offender had absconded, but his wife and the shopman who had assisted him are now safe in jail. Such an incident might well give pause to the flesh eater.”

Yes, it is revolting, and yet fair women have been eating, in order to cure consumption, fat dogs for some time in America, if newspapers are to be believed. And why not? Why is not a good, clean, fat dog just as wholesome and palatable as a filthy hog? We confess that we had about as soon eat the one as the other. Horse flesh would be preferable to either. But the HEALTH JOURNAL takes none of them. And, by the way, sausages of any kind are rather risky eating, and the world would be much better to let the swine act the scavenger that he is instead of transmuting him into human brawn and brain. He does not make a good quality of either.

MR. J. S. FORD, Fellow of the Chemical Society, of Edinburgh, Scotland, declares that, taking all things into consideration, oatmeal is the food which contains the nitrogenous and carbonaceous elements in the best proportions. Of course, many will say that a Scotchman could not look at the matter in any other way. But, laying aside the Scotch favoritism, oatmeal is a good food. It is said that an Englishman of note many years ago sneered at the food in the presence of a Scotchman. Said he, “We feed oats to *horses* in England.” “But,” said the brawny Scot, “did you ever see finer horses than in England, or finer men than in Scotland?” Oatmeal should be used much more than it is. The majority of those who do not relish it,

we are constrained to believe, have had unpleasant experiences with the article poorly cooked or prepared. One needs to know how to cook oatmeal properly, and, for the matter of that, all other foods which need cooking, in order that it be relished.

AN exchange says of the late Dr. Hayes Agnew, the celebrated surgeon who attended President Garfield, that he made it a rule to charge his patients strictly according to their circumstances. Those of moderate means paid \$2.00 for each visit, while the wealthy patient was often charged from \$1,000 to \$2,500, and the wife of an English nobleman once paid \$20,000 for a single operation. There are many other noble men in the profession who follow the same principle as Dr. Agnew did. There are many who seem to have no conscience in the matter of charges, but there are not a few who are consistent and faithful friends to the poor. It is much better, however, to live in accordance with the laws of health, and so dispense with physicians as far as possible. What a physician ought to be, especially to all who desire it, is a public instructor, who would educate the people on all practical matters pertaining to hygiene, sanitation, prevention of disease, etc. They might be fewer in number, but they would do much more good.

NEARLY a score of years ago we were invited to dine with a young physician in Northern Pennsylvania on the first anniversary of his wedding day. The dinner was such a one as would have delighted a liberal hygienist. It was well-cooked, delightfully served, wholesome, and palatable. "Doctor," we ventured to suggest, "if you advised your patients to live that way, they would at least not be patients so long or so often." Said he: "If I should advise my patients to live healthfully, I would lose all my patronage. They would all go to someone else who would give them medicine, and would place no restraint on appetite." And, alas! it is almost universally the case. The fault is not all with the physician; much is due to the ignorance of the people. The PACIFIC HEALTH JOURNAL will gladly do what it can, with many others, to dispel this ignorance by shedding forth light.

OUR government savants are theoretically, at least, doing a twofold service to our Western prairie States, which have suffered so much from the grasshopper plague. They have been experimenting as to how the insect could be utilized by the suffering

farmer. The Department of Agriculture has been experimenting with the hopper as a food. Those who ate them, according to the *Daily Examiner*, found that unfledged grasshoppers, boiled for two hours, with butter, spices, and salt added, compose a broth that is scarcely distinguishable from beef broth, though possessing a peculiar and indescribable flavor of its own. Fried in their own oil, or roasted, they have a most agreeable nutty taste and crispness. Ground and compressed, they will last indefinitely." Mr. Bonnet, a St. Louis caterer, declares that he would have them on his bill of fare every day, if he could only obtain the insects. They were permitted to the Jews as clean food. Another use to which the plagues may be put is to express from them the juices they contain, from which formic acid is obtained by a process of distillation. This acid is very valuable, being worth sixty cents an ounce. This acid has hitherto been obtained from red ants. Grasshoppers may after all prove a source of revenue, and there is no tariff on them.

THE discovery of a leper at large in Oakland has shown the necessity of more stringent measures in regard to the terrible disease. California will doubtless soon have a lazaretto, and other States should follow. It is said that all of the great cities have such cases which are not reported under the true name of the disease. Many eminent physicians declare that the disease is very contagious, while others contend that it is not. However this may be, this fact is evident, that wherever the disease exists with those afflicted not isolated, the disease invariably spreads. Efficient methods and means ought to be vigorously used to prevent the spread of the living death.

THE State Board of Health is advocating a worthy reform in connection with funerals, and the PACIFIC HEALTH JOURNAL agrees with it. They protest against the custom of baring the head in outdoor exercise at funerals. Very often serious disease is contracted by standing in inclement weather bare-headed. It is a mere custom, and shows no particular respect for the dead. There is another custom which we heartily wish could go with it, and that is the custom seen in some places of keeping mourning friends—oftentimes, generally, weak, nervous, and poorly able to bear the strain—waiting till the grave is filled, and all depart. It is many times a cruel kindness, the results of which

are often fatal. Let ministers urge the people to do the sensible thing, and doctors also. Intelligence and regard for others will listen to such an appeal.

WE call the attention of our readers to all our departments this month. We are a little late in going to press. We hope never to be behind again.

WE had the pleasure of a two days' sojourn last month at the Rural Health Retreat. The institution is prospering, and is well filled. A better spirit we never saw manifested on the part of all with whom we there came in contact; in fact, a cheerful, homelike influence seems to pervade the place and lighten the hearts of all. The beauty of its natural surroundings and the influence within seem to vie with each other in bringing hope and happiness to the hearts of all. Improvements are going on continually, rustic resting-places and walks are being made on the hillside, a thorough overhauling and enlargement of the gentlemen's bath and treatment rooms are going on rapidly. Improvements are taking place on every hand. If our readers wish a resting-place, by all means we should say, go to the Rural Health Retreat, St. Helena, Cal.

M. C. W.

EXERCISE AND TEMPERANCE.

FEW realize the importance of exercise in regaining health, and fewer still, its worth in maintaining health. "I'm tired," is often expressed by the indirect attitude, the faltering step, the languid expression, and is an almost universal ill. "Born tired" does not inadequately express the origin of some of it at least. The question will naturally come up, Why is this? It matters little practically, whether motion produces life, or whether life produces motion. Certain it is that motion is a concomitant of life, and without motion there is no life. If the arm were slung inert by the side, it would naturally waste away. Standing water soon becomes stagnant. Motion is the one condition of life throughout all nature, and proper exercise is the price of health.

There is a story told in the tales of the Arabian Knights, of a king who had long languished under disease of body, and had taken much medicine, but with no avail. At length a physician cured him by the following method: He took a hollow ball and filled it with drugs, after which he closed it up so

nically that nothing appeared. He also took a mallet and filled it, handle and all, in the same manner. He then ordered the king to exercise early in the morning with these instruments thus prepared until he should perspire freely, when, as the story goes, the virtue of the medicine within the ball and mallet perspiring through the wood had so good an influence on the king's constitution that he was soon cured of the indisposition which all the internal medication of years could not remove.

The story, though not true, is nicely contrived to illustrate how beneficial bodily labor is to health. One of the greatest hindrances to health is the imperfect elimination of the effete products of the body, worn out material that has served its time, and added its quota of life, after which it clogs, and is often a poison to the body. This needs to be eliminated in order to preserve health, hence the activity of the eliminative organs is of vital importance. Often one or more of these organs is torpid through intemperance or dietary errors, when recourse is had to a diuretic, diaphoretic, or cathartic.

Proper exercise (it may often be passive) is the best eliminative, and, with temperance in all things, the system may be retrenched and a reserve force accumulated that will place the body beyond the probabilities of all chronic ailments, exercise making good blood, and temperance keeping it good. Exercise throws off all superfluities, and temperance prevents them. Exercise cleans the vessels, and temperance never overstrains them. Exercise promotes the secretion of the proper digestive ferments, and temperance gives nature her full play and enables her to exert herself in all her force and vigor. Exercise dissipates a growing distemper, and temperance starves it. Drug eliminatives in the main are simply substitutes for exercise and temperance, and very poor ones indeed. Medicines may be absolutely necessary in cases of acute disease, but were men to live in a habitual course of exercise and temperance, there would be but little occasion for them. Thus we find men healthier who subsist by the chase, and live longer when their lives are employed in hunting and they have little food beside what they catch. The dispenser of drugs is continually employed in countermining the cook and habits of pleasure, and a very extensive business it is. But we know of no circumstances in which the axiom, "An ounce of prevention is worth a pound of cure," will bring better

returns than in substituting exercise and temperate habits for drug medication and intemperance.

We should be glad to hear from those who have had some experience. Some of our readers who can boast of longevity may be able to offer some useful suggestions as a help to long life which will find space for publication in our next issue.

W. H. M.

ARTIFICIAL FEEDING OF THE NEWBORN.

WE believe that no greater physical misfortune could come to any babe than to be deprived of the natural food of its own mother's breast, and no genuine woman or natural mother would thus endanger the life of her offspring if she could possibly avoid it. But with the best of mothers it is sometimes necessary that the little one should be subjected to this risk. It then becomes of the greatest importance what food shall be selected and in what quantities it shall be given.

Many proprietary infant foods have been put upon the market. Some of these are very good in certain cases, but we are sure that the natural food of the newborn can be by far most closely simulated by the use of cow's or goat's milk in proper proportion and quantity. Goat's milk we believe to be preferable. It is also less likely to be tuberculous, and it seems strange to us that so cheap and pure a source of this most essential article of diet for children should be so generally ignored. The milk of the cow, however, is most accessible to the greatest number. This is richer than the human milk in casein and fat, but not so rich in sugar, and is also more acid; hence the proper mixture for the newborn is about as follows:

- Fresh (sterilized) cow's milk..... 1 part
- Boiled water or thin barley gruel..... 2 parts
- Limewater..... 1 part
- Sugar, if milk, to make quite sweet.

If the milk is rich, this is all that is necessary, but if not, a small quantity of cream, half a teaspoonful to four of the mixture, may be added.

The proportion of milk should be gradually increased, until, at the age of six months, the pure milk will be borne by most children. Should the stool be inclined to be green, or appear in curds, limewater should still be added in the proportion of one-quarter or one-fifth, as indicated by the condition of the stools.

The quantity of food given should be accurately measured at each feeding, as overfeeding is the cause of much immediate danger to the child, in

that it is the most frequent cause of indigestion and diarrhea. And if this result does not subject the little one to great risk of life, the foundation of lifelong disease may result, from the fact that permanent dilatation of the stomach is almost sure to follow this evil practice. For the benefit of inquiring mothers we append the following table showing the stomach capacity of an average-sized child at different ages:—

At birth.....	1 ounce
“ 1 month.....	2 ounces
“ 2 months.....	3½ “
“ 4 “.....	5½ “
“ 6 “.....	5¾ “
“ 8 “.....	6½ “
“ 12 “.....	9 “
“ 14 “.....	10 “

Slight variations should be made provided the child is especially large or small.

It is absolutely necessary for the safety of the child that all food should be sterilized, the milk and also the water with which the milk is diluted. This may be done with very little trouble. It should be attended to as soon as possible after the animal heat is removed from the milk, as changes detrimental to the health of the child will take place in a very short time if the milk is allowed to remain unsterilized, even in a temperature as low as 60 degrees Fahrenheit.

A simple method for daily use is to place the milk in a clean glass jar and place unstopped in warm salt water. Allow the water to come to a boil. Then seal the jar and allow to boil twenty minutes.

The water with which the milk is diluted should be boiled and filtered, and kept in a bottle stopped with a pledget of cotton.

Regularity of feeding is the next most important feature. Much has been written by excellent authorities upon the subject, all agreeing that babies are much more frequently fed too often than otherwise. The newborn should never be fed oftener than once in two hours during the day, and the interval should gradually be lengthened to three hours by the time the child is six weeks old. The frequency with which infants should be fed at night has long since been a mooted question. It is now decided, we think, by the best authorities, that if the child is fed at 10 P. M., it does not need anything more before 5 A. M. The stomachs of infants need rest as well as those of grown people. If the child cries and seems to desire food, it is probably because for some reason its stomach feels badly, and the milk should be substituted by warm water. The vehicle of feed-

ing is another and most important consideration.

The natural way of taking food by the young is by sucking, and in artificial feeding it is better to follow the natural method, as the motion of the mouth in sucking tends to develop the salivary glands and promotes their secretion. This calls our attention to the nursing bottle—a most essential but very dangerous article of use. One excellent authority of large experience states that, without any doubt, the nursing bottle with the long rubber and glass tube and small-necked nipple causes the death of more children annually than many other causes combined. The reason of this is that it is absolutely impossible to keep such an arrangement perfectly clean, however hard the nurse may try to do so.

The only bottle fit for use is the one with plain large nipple. The bottle should be immediately cleaned and filled with lime or soda water after each feeding, and rinsed with clear water again before using.

The nipple should always be turned inside out over the finger and thoroughly brushed with a clean brush.

H. S. M.

OUR POISONS.

BECAUSE of our familiarity with the drug, it does not often occur to the casual observer that tobacco is a poison. The majority of men use it as a luxury, and are apparently indifferent to its active toxic properties, which, with other poisons of like nature, insidiously and serpentine like, sap the vitality, thus laying the foundation for many a prostrating disease, and premature decay. The antagonism with which the system revolts and tries to reject the drug during the first inception of it, and the apparent avidity with which it clings to the drug after the habit has been formed, very forcibly illustrate the weakness of flesh to cope with its destroyer, as well as the capriciousness and depravity of appetite.

The same is true of other poisons that work deceptively, as morphine, alcohol, opium, cocaine, arsenic, and many others that obtain control of the mind under the garb of a friend. Morphine relieves pain, and when the system is racked with pain it is quite natural and easy to succumb to the habit step by step, with each step thinking this dose will be the last; but alas! the drug often has the ascendancy; the resisting power of the nerve

centers becomes lessened, the moral stamina depleted, and ruin is inevitable.

Perhaps tobacco and alcoholic poison are not so subtle in their action, but they are none the less far reaching in their results, and in fact have the advantage in that they are surrounded by an air of respectability, and are domiciled within a majority of our wealthy homes. These poisons affect in one way or another nearly every walk and condition of life. They are potent in the hands of shrewd men in obtaining influence over others. By their means the lawyer controls his client to his advantage, and the latter in the "sobering up" confesses that the poison "got the best of him." The petty office seeker often turns the election in his favor by a few dozen boxes of choice "Havanas," and then christens the victory with a "spree."

But the social glass comes in everywhere, in the festival, the lodge, the banquet, the club, and too often the church, to revive drooping spirits, elevate feeling, sharpen repartee, animate the song, until the very air, made resonant, trembles for the welfare of millions of homes that dot the soil of our land—trembles for the children, tender in years, and for the government, which time will place upon their shoulders. Truly these evils are sapping the political, social, and home life of what might otherwise be a great people whose sun of progress had scarcely yet sighted its meridian, but for the individual proclivities of fathers, statesmen, and boys, to absorb these poisons, which are diametrically opposed to soundness of body, mind, and soul. And but for the subtlety of their inception the partakers would stand aghast at the fearful consequences of wreckage and ruin that follow in their train. If there was disseminated a better knowledge of the toxic properties of the articles in question, much of the evil might be averted, for surely a large majority of the people would not run the risk with the consequences full in view.

How to educate the people should be the all-absorbing theme of all well-disposed minds; how to save our homes, our children, our nation, should be a topic of daily and prayerful consideration. We would rejoice indeed to see much more work done along health and temperance lines, but it occurs to us that if mothers and teachers had a better understanding of the toxic effects of these poisons on living tissue, they would leave no stone unturned to impart such knowledge to their children and pupils as a matter of vital importance in

the welfare and happiness of the coming generation.

Neither is it difficult to obtain from the literature of the present day an array of facts and statistics concerning various poisons, which, when studied and weighed from a health standpoint, present appalling evidence of the dangers to which our young people especially are subjected. The notices of the death of this one and that one from tobacco, alcohol, or morphine, as found in almost every issue of our medical journals, as a matter of clinical experience, and in newspapers, as a matter of news, are simply the usual occurrences and mark only the snapping asunder of the life cord of one individual, while a thousand individuals may smoke, chew, or drink, and present the manifold symptoms of dyspepsia, paralysis, epilepsy, prostration, or insanity, and it attracts little or no attention. In fact, we are fast coming to look upon disease as a natural consequence of life—a sort of second-nature condition into which we have drifted; with little tact or ambition to get out until forced to do so by severe pain. Thus the great harm of these poisons on the human race is best estimated by the faltering step, the sorrowing brow, the heavy heart, lost opportunities, and blighted hopes, of the thousand who live, more or less, living deaths, rather than the demise of the one brought so prominently before us.

Of these poisons, tobacco is the most deadly. Its active principle, nicotine, will produce death in doses of a small fraction of a grain. Half a century ago it was used frequently by physicians as a local application in pruritis and for destroying parasites of the scalp. In other cases it was used in large enough doses to produce muscular relaxation to permit of the reduction of luxations and fractures, and the employment of the drug in this way brought to notice the toxic power of the remedy so forcibly that it was considered unsafe to use as a remedy, and yet a large portion of the male population, from the street urchin of six years up to the man of gray hairs, as well as many of the professed ladies of Eastern nations, are daily imbibing the poison, till their tissues are impregnated with and built up in the poison to the extent that large quantities of nicotine do not produce death, for the reason, it might seem, that poison cannot kill poison.

In a case of recent occurrence in Camden, N. J., a child of two years sucked for a few minutes an

old pipe belonging to its father, and died within two hours, yet the tobacco father could suck the same pipe, with tobacco smoke added, all day, for days in succession, and experience no acute symptoms. In the *Virginia Monthly* for November, 1891, Dr. W. Carroll Chairman records a number of cases in which children between ten and twelve years of age suffered from symptoms of acute poisoning while engaged in carrying tobacco from reservoirs in which it was steamed, to manipulators who did the stemming. The symptoms consisted in shallow, gasping respirations, with severe abdominal pain, and an irregular, wiry pulse, accompanied by marked emaciation. In one case—that of a girl—death ensued on the fifth day, death being preceded by a fluttering pulse and gasping respiration, the immediate cause of death being asphyxia. It is evident that in these cases the steaming process set free the volatile alkaloid, nicotine, with other compounds which are known to exist in the tobacco plant or developed from it by heat, and which are equally poisonous with the alkaloid. The use of tobacco, beyond a doubt, means death, although rarely immediate, but generally by the slow process, covering years, sapping the vitality little by little, until the constitution succumbs, possibly to some secondary disease, in which case, however, you can as truly inscribe in their epitaph, "tobacco slain." It is sad, yet interesting, to note that many within its toils, who perchance have realized to some extent the baneful effects of the tobacco habit, are searching diligently for some evidence with which to convince themselves that, after everything said and done, the habit is not so bad as it seemed, and in many ways is a decided benefit. A friend with whom we had been laboring with partial success sent us the following clipping, which had come under his notice:—

"Dr. V. Tassinari, Professor of Hygiene in the University of Rome, has recently published an elaborate treatise on the prophylactic advantages of tobacco. He quotes many eminent authorities in the past, who held that tobacco was an antidote against the infection of epidemics. During the cholera at Strasburg, in 1842, it was noted that the employes of the tobacco factories were exempt from the contagion, and in 1888 a Neapolitan scientist demonstrated that tobacco smoke was fatal to the microbes of cholera."

We lost no time in replying that the point taken we could readily grant, for it had been abundantly proved that tobacco destroys parasites, and is sure death for microbes, but as the human body is a highly vitalized, compound microbe, we could not recommend tobacco as a pleasant way out of the

difficulty, and so it seems that the deeper we go into the subject, the more convincing is the proof that tobacco, alcohol, morphine, etc., are foreign in every sense to animal life and cannot be indulged in to any extent without jeopardizing the happiness and life of the individual. If the subject was studied from a physiological standpoint, there would be fewer smokers and toppers in the next generation.

W. H. M.

QUERIES.

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

22. THE COMPLEXION AND FRECKLES.

WHAT is good for the complexion and freckles?

Answer.—If space admitted much should be said on this question, as sallow complexion is often due to poor digestion and improper breathing. Suffice it to say that digestion, elimination, and breathing should first receive attention. The following will be found beneficial. First sponge the face with soft water, as hot as can be borne, containing baking soda in proportion of a teaspoonful in pint of water. This should be followed with an application of the following lotion:—

R Potassii Carbonatis.....ʒij
 Sodii Chloridi.....ʒij
 Aque Rosæ.....ʒiij
 Aqua Aurantii Flor.....ʒij

M. Sig. Apply with sponge to face.

23. SLEEPING TOGETHER.

Is it injurious to either where two persons, one healthy and the other delicate, occupy the same bed?

Ans.—While it is not always practicable, it is always best to sleep alone, principally because of the vitiated air that envelops the sleepers unless the room is large and the circulation abundant. Sleeping rooms generally are too small, and people are too afraid of fresh air, thinking "night air" is unhealthful. This feeling has been generated by staying or sleeping in close rooms until there is a decided reaction when exposed to fresh air. A number of cubic feet of air is vitiated with every breath, as well as the emanations from the skin, which is also a breathing organ; and, unless there is a constant introduction of fresh air sufficient to purify the sleeping apartments, both will suffer, and the weakest one will, of course, suffer most. The question of some occult influences passing from one to the other, making one weaker and the

other stronger while sleeping together, has not been sufficiently proved to establish it as a reason why two should not sleep together.

24. BAKING POWDER AND SALERATUS.

Is it better to use baking powder than saleratus? If so, what kind?

Ans.—No doubt there is no article of diet from which people have suffered so much as from the above-named articles, and we are free to say that, from a hygienic standpoint, they should be discarded, not only because of the pernicious adulterations, but because of the unwholesome effects of the drug on the digestive process. Much harm has come in the use of saleratus from the housewife not being able to mix the alkali with the acid in proper proportions to neutralize both. Baking powder has the advantage in that it is mixed in proper proportions, and consequently we do not get so much free alkali or acid.

If we can depend upon the reported analysis, the Royal Baking Powder is the best. [The *Scientific American* says Cleveland's is much to be preferred, because it is purest. It is likewise equally strong, if fresh.—ED.]

25. CATARRH OF THE STOMACH.

Will you give symptoms and treatment of catarrh of the stomach? Will change of climate be of any benefit?

Ans.—Catarrh of the stomach may be acute or chronic. When acute the following symptoms are usually felt: Fever, frontal headache, tenderness over pit of stomach, general prostration, and nausea; sometimes heavy feeling at stomach, sourness or heartburn, coated tongue and bad taste, cold extremities and hot head, thirst, distaste for food and qualmishness. Decomposition of food in stomach is always present. Mucus is thrown out, which neutralizes the gastric juice, and gives out a putrid odor.

Symptoms of chronic catarrh are fewer and not so marked, but more or less the same. The treatment should aim to relieve the stomach of its load, and remove the hyperæmia, or excess of blood to that organ. No food should be allowed to go into the stomach until it has sufficiently recovered to take care of it properly. Cathartics are often resorted to, but we have experienced more speedy relief by the use of the stomach tube, which, although it has been unpleasant to use, has been gratefully received. We wash the stomach thoroughly several times, until clear from remains of food and mucus, and then wash it with a weak solution of tannic acid. If a stomach tube is not at hand, many can find relief by drinking large quantities of hot water and throwing it up. Fomentations over the stomach will be of service, as will also a hot leg bath, if there is headache. After the stomach is cleared, rest is important. The diet afterward should be carefully regulated. Changing climate for the chronic form will be beneficial only as it improves the general health.



THE SOUND BODY. NO. 3.

BY A. J. SANDERSON, M. D.

PASSING from the larynx we enter the trachea or windpipe, which we find to be a nearly round tube about four and a half inches in length, reaching to the upper part of the lungs, where it divides into the right and left bronchi. Its walls are made up of cartilaginous rings, which nearly encircle it, between which are two layers of muscular fibers, one running longitudinally and the other transversely. Just inside of this is another layer, made up of elastic fibers contained in a loose structure called the submucous tissue, which we always find beneath a mucous membrane.

This latter membrane we find here with its surface covered with a layer of egg-shaped cells, closely set in side by side, with cilia, or fine hairs, on the end, which tend, by their constant motion, to move the mucus and what dust may have gone thus far with the air, back toward the larynx.

We have also in the walls of the trachea little glands situated mostly in the submucous layer, with small ducts opening out onto the surface, which secretes a fluid that lubricates the surface.

As we continue on down from the windpipe, we must naturally get into the right bronchus, as that is larger than the left, and more directly continuous with the trachea. We do not get far into this before we find it dividing in a very irregular way, sometimes forking off into two or three branches, and then smaller ones going off each way until they get very small, when they are called bronchioles. Each of these terminate in a cluster of microscopic air chambers, into which the air enters and performs its work of sustaining life.

The walls of the tubes begin with about the same structure as that of the trachea, but the cartilaginous rings soon lose their regularity and become simply little plates of cartilage.

Gradually other layers in the coat of the tube are lost also, till, reaching the air cell, there is only the surface membrane, very delicate, and beneath it the elastic fibers, which allow of great expansion when the air enters.

As we have said, each terminal tube ends in a cluster of air spaces, or air cells, which make up what is called a pulmonary lobule. Each cell in the clusters is divided into several apartments by little septa running in from the surface, which give to the space several times the amount of surface that there would be if it were smooth. We can scarcely conceive of the fine microscopic work that nature has done here for the purpose of constantly replenishing the large amount of blood in the body with its life-giving power.

It is estimated that the number of terminal tubes would amount to 1,700,000,000, and that the membranes lining the air spaces, if put together, would cover an area of 2,000 square feet. Just beneath this delicate membrane, closely encircling the air spaces, is a dense network of blood vessels, so numerous that if a piece of lung tissue were put under the microscope after the pulmonary artery had been injected with some colored fluid, there would seem to be nothing there but blood vessels. And it is by this intimate relation between the air and the blood that the latter receives its oxygen.

Seeing, as we can by this, the carefulness with which nature has arranged these structures for the most important function of the body, and realizing as we do how large a proportion of the deaths of the human race come from diseases of these very parts, we are led to appreciate the attention that should be paid to the subject of correcting the many evils that give rise to many of these troubles, of which we will have more to speak in our JOURNAL from time to time.

The walls of the respiratory tubes all along are

supplied with blood vessels, which lie between the different layers of which they are made. These are also accompanied with nerves, that supply the parts with nerve force. There is also another set of vessels, the lymphatics, of which we will have more to say again. Here we find them as little canals running between the cellular elements, and they have also little open mouths on the mucous membrane, by which they absorb any extra mucus that may be there, and sometimes they take in particles of dust that may get into the lung, and deposit them in the tissue through which they ramify. This is especially true of coal miners, and those who work in dust a great deal, whose lungs after death are sometimes found to be black. Pathological elements also—poisonous germs and disease-producing germs—find their way into these tubes, and thence to the body.

The lobules that we have spoken of are bound together by connective tissue, a kind of tissue that connects together the important parts in any organ.

Many of these lobules together make up a lobe of the lung, of which there are three in the right, but only two in the left lung, because the heart takes up more room on that side.

The lobes are separated by small fissures, and all together are covered by a membrane, the pleura. This pleura also covers the inner surface of the chest cavity in which the lungs are contained, so that the two layers lie close by facing each other, leaving a closed sac between, known as the pleural cavity. Both surfaces are kept moist by a secretion from the membrane, so that it allows the lungs an easy motion as they expand.

Reaching, as we have, the air cell, we will here wait till our next number, then, after noticing some of the changes that take place here in the air and blood, will go on and consider the circulation. But while we wait here, the atmospheric microbes that came with us on the journey, having found no weakened or diseased tissue upon which to lodge and begin their treacherous work, are obliged to take passage with the return current of air, which, though it has lost in oxygen, has gained as much more of broken-down and waste matter that has come from the brain, hands, feet, and all parts of the body. These all by the order of nature are hurried away to the place from which they came.

But it is interesting to notice here the economy of our being, for it is this rushing refuse material that makes known to us, as it passes the vocal

chords, about all that we know of one another; the sighing and the laughter, the moaning and the cheering. Every sound, and all manner of music, are brought to us by the breath. After that it has given its life and returns by way of the vocal chamber.

HOW TO LIVE A LONG LIFE.

THE primal qualification for reaching old age is an inherited tendency to longevity. This is a different thing from good health, and does not even fully correspond to what is known as a sound constitution.

Another essential to longevity consists in regular and temperate habits of living. In studying the habits of persons who have reached advanced age, it is found that in the large majority of cases great moderation in eating and drinking has been the rule throughout life. Gluttony is an enemy to both health and longevity, while as to alcoholism we have the testimony of the president of one of our oldest life insurance companies that "among persons selected with care for physical soundness and sobriety, the death rate is more profoundly affected by the use of intoxicating drinks than from any other cause apart from heredity." Another rule, which is found to be almost universal among very aged people, is that they have all their lives been in the habit of going to bed and getting up early. They have also avoided dissipation and fast living in every form.

A third requisite for reaching old age is healthful employment. Idleness is a greater foe to length of days than overwork. That occupation is to be preferred which gives exercise to both body and mind, under the influence of pure air and healthful surroundings, without being extremely severe or involving too many hours of work.

The final necessity for him who would grow old gracefully is a cheerful disposition and the habit of looking on the bright side. Passion strains the heart to the utmost; melancholy freezes the blood; and worry wears out the best years of a man's life. No one who habitually indulges these or kindred emotions has half a chance of reaching advanced life. It was the advice of a man of ninety not to worry. "Don't worry about what you can't help," he said, "for it will do no good. Don't worry about what you can help, but go to work and help it." Sound advice this, for all who aspire to become nonagenarians.—*Oakland Morning Times.*

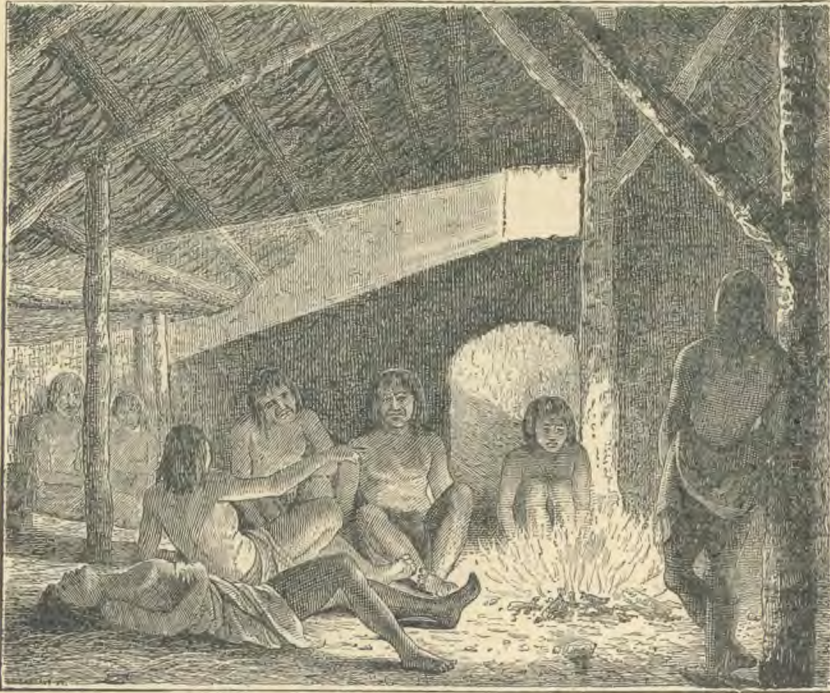
INDIAN REMEDIES.

BY W. N. GLENN.

MANY people actually believe that the Indians are possessed of valuable medical secrets. For this reason they are readily imposed upon by so-called Indian medicines. As a matter of fact, Indians, in their native capacity, know nothing of remedies for disease. And nothing could more conclusively stamp a medicine as a fraud than the claim that it is an Indian discovery.

nees were once the lords of the Nebraska plains. When in the height of their power, they were stricken with smallpox. When the fever burned them, they would rush into the water, or the medicine men would try to scare away the disease with hideous noises of various kinds and ridiculous gyrations of the most fantastic character. The consequence was that the tribe was reduced in numbers and sway till they became the butt of all their more powerful rivals.

The medicine man is the same fraud in every tribe, yet he is the depository of all Indian reme-



INDIAN SWEAT HOUSE.

If there be such a thing as an effectual remedy with an Indian stamp upon it, it is clear that the stamp is put there merely to cater to the prevalent idea that Indians have knowledge of potent remedies of a simple nature. The claim of Indian origin is simply a catch to sell the nostrum. All Indian tribes have their "medicine men," but their practices are mostly incantations of the most superstitious character. They seldom use a medicine at all, and when they do, it is some compound just as foolish as their silly attempts at bewitching disease.

When an epidemic invades a tribe, they invariably do just the things that accelerate rather than arrest the malady. The now almost extinct Paw-

dial skill or medical knowledge. The above is merely one illustration. There is one other practice that in former days was much in vogue amongst all the tribes of the Pacific Coast. The *temescal*, or "sweat house," was the great cure-all and preventive of disease—in theory.

Every *rancheria*, or permanent village, had its *temescal* near some stream of water. This institution was a structure varying in size, built in the shape of an inverted bowl, of strong poles and branches of trees covered with earth. The only openings were a small hole close to the ground, just large enough for an Indian to crawl through, and another at the top through which the smoke could escape.

In this den a fire was kindled, and when it was thoroughly heated the patient was taken inside, the apertures closed, and he was allowed to roast for several hours. Then, if able, he would rush out and plunge into the cold water. If not able to rush in himself, the cold water was dashed upon him.

The *temescal* was also used as a dance house on some occasions. After being thoroughly heated, a number of dancers, male and female, would enter for the dance. With wild yells and shrieks, and frantic leaps, the dance would proceed until the participants were ready to drop down from sheer exhaustion and suffocation. Then, with the perspiration pouring from their bodies, they would plunge into the cold water. Oftentimes they would be scarcely able to get out of the water, and it was commonly the case that they would lie down upon the bank for hours after the fandango was over.

To seek Indian remedies for disease is about as reasonable as to seek salvation through their native religion.

THE ANGEL OF FRESH AIR.

The following, under the above heading, is from the San Francisco *Examiner* of May 8, and was written by Will Carleton, the poet author of "Betsey and I Are Out," and many other poems. The article will speak for itself, as Mr. Carleton's writings always have:—

"I wish to say a few words about physical health, the means of obtaining and preserving the same, and its importance upon the career of anyone who wishes to do continual and effective work in the world.

"Its importance need not take up much space. Everyone knows it, acknowledges it, and then practically ignores it. Good health is the patron, the protector, of every effort—physical, mental, and moral—and yet the most neglected thing in the world.

"I hear of people every day, in my own home in Brooklyn, dying of pneumonia, consumption, and kindred diseases of the lungs, when there is probably no more use of their doing so than of their hanging themselves or taking a dose of poison. I was once myself relegated to the ranks of the pale and emaciated consumptive, and told that it would be only a few short months, or perhaps a year or two, when I would be called upon to join whichever series of angels my previous conduct might indicate.

"It was just at the conclusion of a laborious

college course, and I had no particular reasons for wishing to die. The world looked bright and interesting, when my lungs were not aching, and the future was full of promise, if I could only stay in it. I believed there was room among the possibilities for a young man of about my size, and the expense of the education had been too great to feel that it was desirable to lay it away under the tulips and daisies. I wanted to live, and to live upon this earth.

"But it had been decreed by all the sympathizing friends around me that I should leave them. A good, dear old auntie imparted to me confidentially that it was a case of regular old-fashioned New England consumption, a legitimate and easily-acquired inheritance from my Yankee ancestors. Often the whispered words, not intended for publication, but only as a guaranty of personal good judgment, would glide to my ear like a good-natured serpent, 'He isn't going to live long!' I was sentenced to death by the judiciary of public opinion; what was there to do but to perish? A much-loved sister had gone before me with the same disease, and there seemed no way except to follow her into the grave.

"But at this juncture a good angel came and gave me hope—whispered that there was still a chance; insisted that there might be several good earthly decades ahead if I would only listen to and obey her.

"It was the angel of *fresh air*. I learned that it was the opinion of a few physicians that, if the lungs were filled several times every day to their utmost capacity, they would not permit their owner to die of any disease to be laid to their account. It was only one chance, and seemed a very slender one. It looked so tiny as to hardly be worth the trouble of picking up. It seemed such an easy thing to do, and so simple, it was derided by a great many. But I determined to take the chance.

"I did not know exactly how often to inflate my lungs with the fresh air, but finally decided to do so thirty times every day, and commenced my campaign against death with great enthusiasm. I soon began to feel better. But here a great wonder arose; what had seemed the easiest and simplest thing in the world became in a few days one of the most difficult! The exciting and continuous duties of an editor had begun to take up all the time I was able to work, and I soon found

that I had missed inflating my lungs for a day; then two days; then three days; then a week.

"This was certainly 'Hamlet' with Hamlet left out. It was what many treatments are—a series of detached and desultory efforts, neutralized with frequent and disastrous neglects.

"The only way I could remedy the omission was by a means which now makes me smile when I think of it, but which probably saved my life. It was by *making up* these neglects. If I had missed two or three days, I compensated for it by inflating my lungs, to their fullest extent, sixty or ninety times to pay for the neglect. Sometimes I would be 500 inflations in debt to the good angel of fresh air; then I had to ask her to let me pay by installments. But the debts were all paid, and at the end of two years I was ready to wager the cost of a first-class funeral against the expenses of a comfortable wedding that I would never have the consumption, the pneumonia, the bronchitis, or even a common cold upon my lungs.

"I have traveled up and down the earth more or less for over twenty years, leaving every now and then a well-sheltered home, and subjecting myself to all the body-racking vicissitudes of locomotion; have supplemented late trains by every effort known; have chartered riding horses, hand cars, sailing boats, ice boats, snowshoes, and special locomotives in order not to disappoint audiences; have been subjected to some of the worst draughts that ever roamed through hall or opera house or church; have slept in hotels in which I believed the village undertaker owned stock, and in beds whose damp garments resembled the cerements of the grave, but the angel above mentioned has preserved me, has made me stronger day by day, has increased the strength of my voice, the capacity of my lungs, the enjoyment of my life, until I can parody one of Cervantes' characters and say, 'God bless the man who first invented fresh air!'

"Among the eastern hills and along the shores of the Atlantic, in the middle and central Western States, men and women are dying every day with pneumonia and kindred diseases. The city streets are full of hearses carrying these victims to their long home, when perhaps scores of years might have been added to their lives by knowledge of and *persistence* in the above-named simple remedy. I know not whether the sweet and balmy air that rests over the mammoth Riviera of the Western

continent exempts the people of California from such dangers or not. It is my first visit to the coast, and I do not know as much of the resources of this flower-gemmed State as I hope some day to do; but I know of many who have fled here for relief, and found that they came too late. I believe there are some here now who hover between hope and despair; and if this hastily-written article will give anyone the feeling that a new lease of life awaits his acceptance, a receipt will have been drawn in full for the time expended.

"The means of health are on every hand. Their employment and appliance are simple and easy, but require a perseverance and faithfulness, and a steadfast faith in their efficacy, that few seem to possess. Let us hope that the golden years of the future will bring a time when the soul of man will be made brighter and brighter by the physical perfection of the temple in which it worships its god."

TO TELL WHEN LIFE IS EXTINGUISHED.

THE French Academy of Sciences ten or fifteen years ago offered a prize of £1,600 for the discovery of some means by which even the inexperienced might at once determine whether in a given case death had ensued or not. A physician obtained the prize for having discovered the following well-known phenomenon: If the hand of the suspected dead person is held toward a candle or other artificial light with the fingers extended and one touching the other, and one looks through the spaces of the fingers toward the light, there appears a scarlet red color where the fingers touch each other, due to the blood still circulating showing itself through the tissues which have not congested. When life is entirely extinct the phenomenon of scarlet space between the fingers at once ceases. The most extensive and thorough trials established the truth of this observation.—*Sci.*

IN 1792 the following rates of postage were fixed: For 30 miles and under, 6 cents; over 30 and not exceeding 60, 8 cents; between 60 and 100 miles, 10 cents; between 100 and 150 miles, 12 cents; between 150 and 200 miles, 15 cents; between 200 and 250 miles, 17 cents; between 250 and 350 miles, 20 cents; between 350 and 450 miles, 22 cents; over 450 miles, 25 cents. These rates, according to Johnson's Encyclopedia, were in effect, with few modifications, "for more than fifty years."



WHAT OLD MEN HAVE DONE.

CATO learned Greek at eighty; Sophocles
 Wrote his grand *Ædipus*, and Senionocles
 Bore off the prize of verse from his compeers
 When each had numbered more than fourscore years;
 And Theophrastus, at fourscore and ten,
 Had but just begun his "Characters of Men."
 Chaucer, at Woodstock, with the nightingales,
 At sixty wrote the *Canterbury Tales*;
 Goethe, at Weimer, toiling to the last,
 Completed "*Faust*" when eighty years were past.

—Sel.

ALCOHOL AS A MEDICINE.

(Concluded.)

14. THE trouble is with the *facts*. "It is pretty well known," says a medical man, "how alcohol can derange the functions of the body and destroy life; but no one has yet found out how it can cure. I should like to know," he pursues, "how many medical men administer alcohol upon scientific principles. It requires a strong mental effort to enable a medical man to throw off the prejudices of early training, the influences of appetite and fashion, and take a purely scientific view of the use of alcohol."—*Is Alcohol a Necessary of Life*, p. 16. Even Dr. Anstie, an apologist for its medical use, hedges it about with so many precautions that it would not be available in one of a hundred cases where now used.

15. The admissions, statements, and experiments of medical men who have looked into the matter afford the best class of proofs, for physicians do not like to say anything reflecting upon their profession; and, besides, alcohol brings them vast practice. And yet this same kind of testimony is abundant. "Doctors often dose men to death with brandy," says one in the *Medical Temperance Journal* for July, 1874, p. 185. Dr. R. D. Mussey says that "under the stimulant practice new centers of irritation are often established, which,

if not sufficient to destroy the patient, frequently cause relapses or a lingering convalescence." "It is a great sorrow to me," said another, "that I have, though unintentionally, made many drunkards."

16. It is said on good authority that Prince Albert was dosed to death with brandy, and that the Prince of Wales at a late moment was snatched from a like fate. The devout who crowded the churches to pray for the recovery of the latter little suspected that the doctors were killing him with alcohol, and that temperance doctors were sent to his rescue.

17. "In many instances, too, patients are sent drunk into another world, having their minds beclouded, and incapable of leaving a dying testimony or attending to the administration of their affairs." "They have made me tipsy," piteously exclaimed the Princess Charlotte on her deathbed. Christian ministers who understand the action of the poison often have the chagrin of seeing their godly parishioners die drunk. It is a question of no small import whether anyone has a right thus to cut short our conscious existence here in this world.

18. It is now confidently asserted by many physicians that not only does alcohol, on the whole, kill far more than it benefits, but that, in the words of Dr. Richardson, "every disease is better cured without it than with it." Dr. Evans says, "No medicine so soon renders a disease intractable as spirits." Dr. Ritchie, M. R. C. P., says, "If every drop of alcoholic drink were done away to-morrow, we should be able to treat disease infinitely better without than with it." In surgical cases the recovery is far more satisfactory without the use of alcohol, and if the patient is a total abstainer, amputation is often avoided.

19. Extensive experiments have been made in hospitals and in private practice to test the question fairly. In Glasgow Hospital, Scotland, in six hundred miscellaneous cases the mortality diminished

exactly in proportion as the dose of alcohol decreased, while among the children, of two hundred and nine cases treated without alcohol, not one died, against the usual mortality of six per cent. Dr. Henderson, of Shanghai, reports that by the non-stimulant treatment of fevers he reduced the percentage of deaths from twenty-eight to seven. Dr. Bishop, of Naples, makes a similar report, while Dr. T. King Chambers, physician to the Prince of Wales, reduced them from twenty to two and a half. Dr. Wilks, of Guy's Hospital, "one of the foremost names in medical science," says that typhus fever is not dangerous when properly treated, and the only two fatal cases he had lately seen had been treated by stimulants. He does not use them.

20. Another hospital physician, who gives no alcohol, says that he has not lost a fever patient in ten years. Still another says that in five hundred cases treated without alcohol the mortality was only four per cent, the usual rate being twenty-five; and similar instances might be multiplied. We can, therefore, well coincide with Dr. McMurtry, of Belfast, when he says, "I am convinced that the entire withdrawal of this poison from the list of medicines would be an incalculable boon to poor humanity."

21. Practical difficulties in doing without it would soon disappear on trial. In the London Temperance Hospital, opened in 1873, they have found this course "practicable without detriment to the medicines." Some years ago Dr. J. C. Warren, of Boston, in an appendix to an edition of "Carpenter on Alcoholic Liquors," showed how physicians can prepare medicines for use and for preservation without alcohol, and says that "by this means, with a little more trouble, the physician might secure remedies more beneficial to the patient and less objectionable on the score of temperance."

22. Of course, there is a large class of patent-medicine venders who would keep up the delusion for the sake of its profits, for alcohol is the charm of their nostrums. There is also a large class of regular physicians who go by their old books, and do not take the trouble to read up on the subject. With all these drawbacks it is a matter of regret that those who reform their opinions and their practice do not make greater efforts to teach the people, and to influence their brother medicals in the matter.

23. Doctors can work more effectively for temperance than any other class of people. They have

special opportunities of pointing out to their patients the injuries done by alcoholic drinks, and besides the use of abstinence in their own prescriptions. As lecturers they have the very best foundation for their arguments, and can give the most thrilling illustrations. There are many not engaged in practice who, by devoting their attention to speaking and writing on this subject, can do immense good.

24. It would also certainly be the most appropriate subject that could be discussed at medical associations, and yet this is seldom done. It is useless to say, as they do sometimes, that they have more important subjects on hand. That is sheer burlesque, when alcohol is producing more disease and death than all other causes. *The British Medical Journal* asserts that "the use and abuse of alcohol takes precedence in importance of all other sanitary questions." (June 4, 1870.)

25. The medical superintendent of Glamorgan County Asylum acknowledges that "upon us, as physicians, a special duty rests in this matter. We see more than others of the evils of intemperance, and we are bound to tell, in earnest words, how dire and far-reaching is the curse it brings." Dr. Cheyne, physician to the forces in Dublin, thinks that "physicians ought not to rest satisfied with a mere acknowledgment of their error, but they ought to make every reparation in their power for having so long upheld one of the most fatal delusions that ever took possession of the human mind."

26. The late Dr. Lankester, a Christian physician of a London hospital, after urging this matter upon the attention of his brother medicals at some length, expresses an opinion that the efforts to purify and Christianize the masses will be comparatively futile, until the Christian ministry rises to a sense of its duty, "and until the medical profession throws off its bondage of routine, and binds itself earnestly to wage war against this evil. Let these two professions join in a vigorous, uncompromising war against these conventional and social usages, and we shall see such a change as it is impossible to estimate, as only eternity shall be able to reveal."

NOTE.—After ten years we chronicle progress in the line of non-alcoholic medication. In many States it is made a special line of work by the Christian temperance women, who have also started a temperance hospital in Chicago. The London Temperance Hospital still adds its testimony, while Dr. N. S. Davis, the president of the American Medical Association, says: "For more than thirty years, both in hospital and private practice, I have found no case of disease, no emergency arising from accident, that I could not treat more successfully without any form of fermented or distilled liquors."

—Selected.



THE "GOODEST" MOTHER.

BY MARGARET E. SANGSTER.

EVENING was falling, cold and dark,
 And people hurried along the way
 As if they were longing soon to mark
 Their own home candle's cheering ray.
 Before me toiled, in the whirling wind,
 A woman with bundles great and small,
 And after her tugged, a step behind,
 The bundle she loved the best of all,
 A dear little roly-poly boy,
 With rosy cheeks and a jacket blue,
 Laughing and chattering, full of joy;
 And here's what he said—I tell you true:
 "You're the goodest mother that ever was,"
 A voice as clear as a forest bird's;
 And I'm sure the glad young heart had cause
 To utter the sweet of the lovely words.
 Perhaps the woman had worked all day
 Washing and scrubbing; perhaps she sewed.
 I know by her weary footfall's way
 That life for her was an uphill road.
 But here was a comfort, children dear;
 Think what a comfort you might give
 To the very best friend you can have here—
 The mother dear, in whose house you live,
 If once in a while you'd stop and say,
 In task or play, for moment's pause,
 And tell her, in sweet and winning way,
 "You're the goodest mother that ever was."

—Selected.

NONSENSE.

BY MRS. M. J. BAHLER.

"Do you say it's nonsense to sign a pledge to abstain from strong drinks?"

It was Gerald Dunn who spoke, and as he asked the question, there was an enthusiastic earnestness in his voice which caused me to pause in my reading and look closely at the young man. He had but recently come to Deerfield, and though our acquaintance had been brief, yet he had borne

himself with such a quiet, gentlemanly manner that everyone in the house regarded him with high esteem.

Though methodical and logical, he had, withal, been so quiet that the earnest enthusiasm of his words at this moment caused me to scan him as I had not done before. I saw before me a man of noble physique, with a face of rare manly beauty, large, mild blue eyes, and a high, broad forehead.

He was conversing with a young man who was several years his junior, a man who was showy in speech, ever ready to give his opinion, and who was sure that his opinion was the only correct one in the matter under consideration. His answer to Gerald's question came like the cracking of a whip lash.

"Yes, I say it's nonsense. If a man cannot abstain from strong drink when he wishes to without signing a pledge, I [with a strong emphasis on the I] think he's a baby."

Gerald Dunn's fine face showed plainly that he pitied the man who had not yet learned to know himself, as he asked:—

"Frank, do you think I am a baby?"

"No, Gerald, I know you are not. I simply think you do not know what you are talking about. I have heard you say that you never had tasted wine or beer, to say nothing of stronger drinks, so I simply think you do not understand what you are talking about. Now, wine has always been used in our family, mother uses it in desserts often, and it is always on our table, but I know I can do without it if I choose."

"Mr. Waldron, you think you know, but some day you may find out to the contrary. I once thought that there was no need for me to sign the pledge, and it was only the consideration that my course might influence someone else who might be in danger, that led me to sign the pledge.

"We cannot live, you know, without influencing

someone, and it was this consideration, that if I did not sign it someone else might be influenced by me to his ruin, that moved me in the matter. I little dreamed that I, who knew not what the taste of intoxicants was, could be in danger; but not long after signing the pledge, in passing through the streets one day, I was so strongly tempted to enter a saloon and take a glass of wine, that it was only by calling to mind my pledge, that I was kept from the step."

"Oh, well, suppose you had taken a glass of wine, what harm could there be in that?"

"I shudder to think what harm; I have seen the evils of one glass. The trouble is, he who takes one glass, seldom takes *only* one. The one glass calls for another, and that another, and the worst of it is you sell your manhood, blight the lives of those who love you, squander your fortune, and barter away everything in life that is worth living for."

In tones of scorn Frank Waldron replied:—

"I never dreamed you were such a teetotaler, Gerald. I was thinking of inviting you to the club with me to-night, but if 'them's your sentiments' I can save my invitation for someone more appreciative of such pleasures."

"No pleasure for me where wine is the exhilarant of the occasion. Frank, let me tell you something that will show you the dangers of the path you are entering."

"What do you know of its dangers? Experience only can teach useful lessons. You are devoid of experience in this line, as you yourself acknowledge."

"Nevertheless, Waldron, I know what I would say to you is truth. I have seen young men with bright prospects go down beneath the charms of wine, and though I have never tasted it, I know its witchery."

"Witchery! bosh! nonsense! No, thank you, none of your teetotal twaddle for me." And Frank Waldron, with an air of offended dignity, walked away.

As he did so, blue-eyed Clarence Mertin, a boy of fourteen, came up to Gerald Dunn, and asked:

"Please, Mr. Dunn, will you tell me about the dangers of which Mr. Waldron didn't want to hear? If wine really does harm, I would like to know it. My parents have always used it, and I should miss it very much if we were to be without it. We use it in our room here."

As this young boy came up, anxious to hear that from which Frank Waldron had turned in scorn, Gerald's face grew beautiful for a moment, and then again the look of pain which Waldron's words had caused, returned.

"You would miss wine very much? In those very words, my boy, I see danger for you. I was speaking to Mr. Waldron of signing a pledge to abstain from intoxicating drinks. Wine intoxicates, it beclouds the brain, and deadens the perceptions of right, even though enough is not taken to intoxicate. It has been the means of placing more than one young man in a felon's cell, or a drunkard's grave. Your mother would shudder to-day to think of her son passing the gilded doors of a saloon, walking to the counter and standing beside a blear-eyed, staggering drunkard, to take a glass of wine.

"But, my boy, the appetite has already been formed which may some day lead you to that step. And that once taken, you will soon lose all sense of shame, and go rapidly downward."

As Gerald talked, he grew enthusiastic, and he had secured at least two interested listeners, myself and Clarence. Seeing that Clarence was carefully pondering his words, he went on:—

"You know something of physiology, Clarence. You know that the food we eat makes our blood. You see, then, that it is greatly in our power to have our blood impure and heated, or pure and cool. What we need is knowledge as to proper food. It is the same with our drinks. Pure water passes through the system, cleansing and cooling. Wine and other stimulating drinks contain poisons which inflame the blood and make it impure. The blood conveys this poison to the brain, deranging it, until it makes a wise man a fool.

"Now, as to signing a pledge, first you need to realize the evil you pledge against, and feel that you do wish to avoid that evil. I had a playmate once, a bright, intelligent lad; he drank wine at home, and, as he grew to manhood, clubs enticed him, studies were neglected, and, gradually at first, then swiftly, he went down, and at twenty he was laid in a drunkard's grave. I thought no such fate awaited me, I had never cultivated the taste for strong drinks, and in conscious strength I gloried for a time; but, realizing the weight of influence, I threw mine upon the side of temperance by signing the pledge, and not long afterwards came that test of which I was speaking to Mr. Waldron.

Then it was that I was made to realize the blessing of being guarded by a pledge.

"People talk of the slavery of a pledge, and glory in their freedom, but I found, what everyone may find some day, that human nature sometimes rises up in such strength of desire that it is well to be hedged in against its demands. That day of which I speak, when I was so tempted, there seemed a something behind me *impelling* me against my will to yield to a craving which was simply overpowering to my single-handed will. But, thinking of my pledge, I lifted my heart in silent but fervent prayer, and thus conquered.

"Now, Clarence, you may some day have this struggle, and, once within the doors of a saloon to drink its soul-damning fluids, I tremble for boy, man, or woman."

For a few moments there was silence, each in deep thought, then Clarence said:—

"Mr. Dunn, I have been tempted already."

"Let me tell you a true story, Clarence. In the town of B., in the State of New York, there live a gray-haired man and wife, who go occasionally to the cemetery to weep over a grave upon which the roses and daisies have blossomed and faded for twelve years. That man is one of B.'s honored officials. Thirty years ago in that wealthy home there was great rejoicing because a beautiful baby boy had come to brighten and make glad the hearts that dwelt therein.

"When little Willie was old enough to come to the table, Mrs. Coleman suddenly awoke to the danger of wine upon her table. But in vain she expostulated and pleaded. Mr. C. would teach his boy *true* temperance; he would have him learn to drink moderately, to show those temperance canters the nonsense of their 'teetotal twaddle.' He had lived a temperate life with wine upon his table daily, and his beautiful boy could do the same.

"The years went by, and Willie Coleman, like the playmate of whom I told you, found allurements in the club room and the billiard saloon which outweighed the attractions of the academy, and likewise of the college. And finally, in sorrow most acute to those fond parents, the young life went out at eighteen, the constitution undermined and broken down by the excesses to which the wine on his father's table had led him.

"When Mr. Coleman returned from that sad, sad funeral to his childless home, he went quietly

to his wine closet and carried therefrom every case it contained, and broke every bottle. Then he went to the beautiful sideboard, and all its exquisite furnishings that contained wine shared the same fate. Then going to his wife, he asked her to come with him, and as he pointed to the empty sideboard and closet, she hid her tear-stained face upon his breast, lest her eyes should reproach him that that work had not been done seventeen years before.

"As he folded his arms around her, he said: 'Dear Florence, to-day I ask the forgiveness of my God and my wife for the selfish willfulness that has brought so much anguish to our hearts and home. That is all I can do now. In your heart you may cry, "Too late! too late!" but no, Florence, it is not too late for me to cease placing temptation before others. Never again shall man, woman, or child receive from my hand, or my table, the accursed wine, which, *I now know*, "biteth like a serpent, and stingeth like an adder."'

"From that day Mr. Coleman was known as a total abstinence man. And when, a few months after Willie's sad death, a celebrated temperance lecturer was in town, and many of the people of B. were pleading for moderate drinking, Mr. Coleman rose in the audience, every eye was turned to him, and as, weeping, he held Willie's picture up to view, and, in trembling tones, said, 'Friends and neighbors, here is my testimony,' covered his face with his hands and sat down, a silence reigned throughout that vast hall which showed that Willie Coleman's picture had spoken with power. And many a one testified afterward that Mr. Coleman's few words, together with Willie's picture, were the most effective arguments for total abstinence ever presented in that town.

"Clarence, if at your age you feel a craving for wine, will the using of it for ten years more affect you? And how will you resist the gay young men into whose society you are sure often to be thrown, who will entice you to the showy wine rooms, where all that is evil reigns?"

Clarence rose and paced back and forth for a few moments, and then said:—

"Mr. Dunn, will you write a pledge for me? I want to sign one."

"Yes, I will write a pledge for you, Clarence, and write a duplicate to preserve as a memento of this visit, whereon I may sometimes look, and rejoice that one more young man has chosen the

path that leads away from 'contentions, strife, and woe;' the path of safety and honor."

I afterwards learned that Clarence's parents were much displeased that he had signed the pledge; but he pleaded its cause so eloquently that they ceased their arguments and left him to his way in the matter. And this was not the end; Clarence had an influence; and as he mingled in society, it was felt, even as Gerald Dunn's had been. And so the circles are widening. But Frank Waldron grows more and more reckless, and scoffs louder and louder, and is sometimes hidden away in his room for hours with "a headache," and no one is the better for his living, while some may be the worse. Reader, will you go with Frank or with Gerald? Influence you have, where shall it be used?

"Wine is a mocker, strong drink is raging; and whosoever is deceived thereby is not wise."

HUMBLE HOMES.

THE following is what a Dakota lady writes to the New York *Voice* about the early humble homes of Dakota. It shows that riches are not necessary to a happy home:—

"Let me tell you of some of the South Dakota homes of 1884. A traveler riding through the country would have seen, perhaps, six houses in a distance of fifteen miles. There would have been, out of the six, two houses of more than one room, with an average of five inmates.

"It takes ingenuity to pack two beds, a stove and table, chairs and cupboards, into one little room; but it can be done by making one bed in a way that will enable you to push it under another, and then at night pile the chairs up to make room for the unseen bed. Now, you see, they had only the bare necessities of life. Their only luxuries were the periodicals that were sent them, and the county newspapers. A few pictures adorned the newspaper-covered walls. Everything that could in a way be used was utilized to convert this shanty into a home.

"These were poor homes, but intelligent people lived like this, and brought up children, educated them, and sent them forth, blessings to the community in which they now live. I need not tell you that love was the ruling power in these homes, for you know that nothing else would cause men and women to sacrifice the comforts of life that their children might be dressed comfortably, and,

by braving cold, be enabled to get a good common-school education.

"These people could tell you what the necessities and comforts of life were. What we deem necessities were to them luxuries in many cases. As their fortunes changed for the better, their homes were changed.

"I think that if every home maker would use her own taste in her home, and quit aping someone who is in better circumstances, take more time for elevating her own and her children's minds, there would be less trouble in the home. If there were less elegance in the parlor, and more of the necessities in the kitchen, there would be more boys who would spend their evenings at home; for how can a tired, half-sick mother entertain her boys and cause them to say, 'There is no place like home?'"

THE HOME DOCTOR.

If smoke is suffocating you, fall on the floor and crawl on your hands and knees.

In cases of poisonous bite, suck the wound instantly, unless the mouth is sore.

For the sore mouth of infants dissolve one ounce of powdered borax in four ounces of glycerine.

An insect in the ear may be drowned out with tepid water, or killed by a few drops of sweet oil.

If scalded, plunge the part in water. This relieves pain instantly, and gives time for thought and composure.

Glycerine and lemon juice taken at night does much to relieve distressing cough. It is also useful in dry throats. Full-strength glycerine will tend to increase the dryness of the mouth and throat by its power of absorbing moisture, and for this reason it should be diluted before being used.

In cases of insensibility in which there is loud snoring, the person is seized with apoplexy. Raise the head, remove pressure from the neck. If the face is pale and the breathing very low, it is a case of fainting. Place the body perfectly level, and lower the head. The patient will promptly revive. Nothing else is necessary.—*Sel.*

THE fire which heats a lower room in a house will warm the one above it also if you run the stovepipe through the floor and into a "drum" in the upper room. The drum should stand on three feet and have holes to give it the right draught. In houses that do not have these drums a large part of the fuel is wasted.—*Sel.*

Mother's Helper

THE BEST OF MANY.

THERE'S many a sight it is good to see,
And we gaze with an eager eye;
But nothing has splendor one-half so fine
As the light from a sunset sky.

There's many an odor that's rare and sweet,
Yet nothing my heart allows
Is half so fragrant or half so pure
As the smell of the cedar boughs.

There's many a sound that is strong and glad,
Many a dear refrain;
Yet nothing can thrill like the notes that come
From a bird that sings in the rain.

There's many a thing in the world to love
That the world can understand,
And yet there's nothing that's half so dear
As the touch of a baby's hand.

—*Christian Union.*

WEANING THE BABY.

LITTLE Marian has been weaned, and has never cried an hour on account of it. It is just possible some other mother who has this change in waiting for her little one may wish to know how this could be brought about.

While baby was yet a wee infant, her mother learned the valuable truth that genuine hunger required satisfaction only at stated definite times, and that to feed the baby oftener than this only caused discomfort to herself and others as well. Hence little Marian early became very regular in her habits of taking food every two hours during the day, and twice during the night. In the course of three or four weeks the interval was lengthened to three hours, with one feeding in the night, which last was soon abandoned altogether.

Her mother being so fortunate as to be able to supply her with abundance of nourishment from her own breast, she tasted of nothing else until she was about ten months old, when she was given sterilized milk, and occasionally some rice or oatmeal mush or gruel.

At first this substituted a part of her former meal, and later the whole, until gradually the gruels and milk were substituted altogether for the breast. Thus baby was weaned without ever suspecting it, after two months of mixed diet, and that without suffering either mentally, morally, or physically the unpleasant and often dangerous effects of sudden change of food. H. M. S.

DIETETICAL HABITS OF YOUNG CHILDREN.

BY MARY A. ALLEN, M. D.

"No child under two years of age should be allowed to come to the parents' table," says a physician of wide experience.

This is needed advice, as upon the majority of tables are articles of food which are questionable for adults, and positively hurtful for young children. The tendency of mothers is to begin the feeding of solid food much too young. Those children who pass through the teething period with milk as the staple, or it may be the sole, article of diet, are those who thrive the best. The appearance of teeth indicates the development of the digestive apparatus, and its preparation for the digestion of solid food; but even then the organs of digestion are so sensitive that a very little deviation from the appropriate diet may be productive of disturbance. It is better to withhold solid food longer than is absolutely needful than to begin giving it too soon.

Milk should be the staple for at least the first two years of life. To this may be added, first, oatmeal or whole-wheat mush, with sub-acid cooked fruits, and gradually more solid, but still bland, unstimulating articles may be given. Meat broths are allowable, and yet I prefer the milk and farinaceous diet, if it can be assimilated. I should not give meat to children under two years,

and then only semi-occasionally, and in small quantities. With my own children I have withheld it in every form—even soups—until three years old, and then gave it in limited quantity.

An excellent thing for babies to try their teeth upon is a roll made of unbolted wheat flour, mixed with milk, stiff enough to be shaped into round sticks, an inch in diameter, and three or four inches long. It is sweet, wholesome, and nourishing; is hard, yet softens with the saliva; will not hurt the mouth with sharp edges, nor break off in small bits to choke them, as crusts of bread often do. It should not be given as a plaything, nor be allowed to remain in their hand hour after hour. Let it be given as a part of the meal.

As the teeth do not always appear at the same age in different children, it follows that the age is not the guide for the giving of solid food. Some children have no more teeth at one year than others at seven months; practically, therefore, the two are to be treated as of one age. A child's being delicate often influences the mother to attempt to strengthen it by the administration of rich, strong food. But, in fact, its delicacy makes it unable to digest strong food, and it may be that it does not thrive because its system is continually oppressed with material unsuited to its powers. When rich animal food is given too freely, the little one becomes feverish, thin, and irritable, and a change to a mild, unstimulating diet will be apt to be followed by improvement in the child. I have seen a mother hold a four months' old baby on her lap at the table, and feed it with mashed potato, gravy, and hot biscuit; under the impression that she was giving it strengthening food, when in reality she was putting into its stomach substances which it was not possible for it to appropriate.

Tea and coffee are objectionable for young children; but, if they are permitted to come to the table, they ask for them, are allowed to sip from the cup, and a taste is acquired. I have seen a mother give a six months' old baby beer from her glass, and, because it appeared to relish it, she argued that beer was the natural drink for babies.

Candies and cakes should not be given to young children, and, if they are not taught to eat them, they will often play with them for hours without putting them in their mouths. They are, however, not to be recommended as playthings. It seems to me to be a mistake to imagine a child must always have what it sees or asks for. Very

small children can be taught that certain things are suitable for their parents which are not to be allowed to them. I shall never forget a visit at a charming home where the darling, only daughter, two years old, was rigidly brought up, because of delicate health, and has repaid that wise care by growing into a charming, healthful maiden. She sat at the table and ate her mush and milk without a protest, because she had sauce of appetite secured by regular feeding. Sometimes, in a spirit of mischief, she would look at her mother and say, "Nellie wants butter." "Butter is for papa and mamma, and not for Nellie," was the invariable reply. "Butter for papa and mamma, and not for Nellie," sang the little one over and over again in her sweet, happy tones. Once a lady, upon whom she was calling with her mamma, offered her a piece of cake. Nellie looked up into her face with an expression of amazement. "Why, I don't eat cake," said she.

A tired little boy, twenty months old, arrived, with his parents, late one night at a hotel in Rome, after a long day of travel. There was trouble about finding rooms, and the little fellow ran about the parlor, resting his tired little feet—tired with sitting still so long. A lady, who pitied him, gave him some candy. He at once went with it to his mother. "Give it to me, dear," said she. Without a whimper it was relinquished, and general surprise was expressed at the docility of the child. It was simply a part of his training. He was not used to having candy at any time, and he never ate except at his regular time.

The same little boy found it his greatest pleasure, in Germany, every night to visit the kitchen, where the servant girl was breaking the great loaf of sugar into bits for the table. It was the baby's delight to put the pieces in the bowl; and never, by mistake, did one wander to his mouth. "You are a cruel mother," said the Frau, "and that child is an angel." "I am not a cruel mother," was the reply; "I think of both the moral and physical welfare of my child, and not merely of his momentary gratification. He is better off without the sugar, and when he is grown, he will be better fitted to resist temptation because he has learned when little to see things which he must not have."

—*Advance.*

THOUGH the Good Book tells men to give thanks unto the Lord, nine-tenths of the praying that is done is complaining.

CHILDREN'S TEETH.

"LET good digestion wait on appetite, and health on both," says Shakespeare. Health will fail to "wait" on either if parents will allow their own and their children's teeth "to become a mass of decay" at an early age.

There is no one point on which people are so careless as the proper care of children's first teeth, and those of the second set that erupt between the fifth and seventh years of age.

There is no one condition that tends in a greater degree to produce good health and vigorous growth of the body than a good, sound set of teeth.

People do not relish the idea of being told they are careless, or worse, but it would seem that a subject of such vital importance would receive the most careful attention.

Incalculable harm is done to both the health of a child and to the integrity of the second set of teeth, in allowing the temporary teeth to become decayed and abscessed, carrying pain and suffering, and frequently indigestion and all its accumulated evils.

The number of children who have decayed teeth, and, in many cases, a part of the first set gone and the second set badly broken down, is too great.

"Neglect is the mortal enemy of the teeth." If the first set of teeth is lost before the proper time, the second set suffers much from their loss, and in some cases does not erupt at all. If decayed, the first teeth should be filled with plastic filling material, and let remain until their places are ready to be taken by the second teeth.

But a great deal of good can be accomplished by keeping the teeth brushed and cleaned. The child should be taught to brush his own teeth, and use the pick after every meal. It will do the parent no harm to practice the lesson occasionally himself.

In this manner one can save more teeth, using no instruments but the brush and pick (and, by the way, one should use nothing but a quill tooth-pick) and silk thread, than all the dentists can by performing their usual dental operations.

It must not be inferred that we can, by any means, always or in every case avoid the necessity of filling children's teeth; but when cared for properly, the defect would be detected at so early a stage that the operation for repair (filling) would

be painless, not tedious, involving but little expense, and its durability beyond question.

If not filled then, while decaying, the mouth will be foul and unhealthy, the lips and tongue will be irritated, often severely, by the rough and ragged edge presented, the decay will be likely to reach the pulp, causing excruciating pain, the death and premature loss of the tooth, and lasting injury to the jaws and position of the incoming set.

The child will not and cannot chew on sore gums and teeth. The food will be put down and out of the way as soon as possible without the proper preparation of it for the stomach, and the result is early dyspepsia, with its train of horrors. The one point of paramount importance which I wish to urge is that the teeth should be kept clean from their first appearance through the gums, no matter how young the child may be, even if born with teeth, as some are.

They should be kept as scrupulously clean as the cheeks, the eyes, or the ears, for they will suffer more from neglect, even though milk be the only food for the younger years. The brush is the only thing that will accomplish this.—*The Healthy Home.*

DELICATE YOUNG GIRLS.

THE following from *Harper's Bazaar* contains much good sound sense:—

"Some portion of the delicacy of health still often seen in our young girls comes from circumstances in their home life that could be amended in most instances if they were recognized and understood. Too frequently the pallid child who complains, even on waking in the morning, of being tired—tired as when she went to bed—has shared the bed of some much older person, grandmother, or aunt, or mother. The narrow things of home do not allow separate bedchambers, it may be; but it would seem as if separate beds might always be managed, even if at the sacrifice of the symmetry of the arrangement of furniture and the picturesqueness of the room. If they cannot be managed otherwise, it would be better for the young girl to have her bed freshly made every night on a lounge, or on any of the multitudinous contrivances that nowadays disguise a bed in the shape of desk or wardrobe or bookcase. Why it should be necessary, what is the hidden reason of the trouble, is not easy to say, even if it is possible; but the fact remains that, without any observable benefit to the elder person, the child

sleeping in the same bed seems to lose strength and vitality, appetite, roundness, and rosiness, and to wither away, till one remembers the old stories of spells and incantations, where the victim withers as the candle burns, or the waxen image shrinks in the heat, till nothing is left of either. Give the young girl her separate bed, her early and her quiet sleep in a darkened and cool but not cold room, her gradual awaking only at the hour when nature awakes her, and her quick bath and brisk rubbing, and it will be a singular thing if she does not lose her pasty pallor and her languid sensations, and become round and blooming and full of energy.

"With this done, probably the rest will arrange itself, that is to say, she will have an appetite for her breakfast, a normal appetite for normal things, and not for pie only, and for nothing else but sweetmeats, if indeed even for them. This matter of a nourishing and easily-assimilated breakfast is one of as great importance as the other. The girl who rises too tired to eat her breakfast, or so late that she must snatch a morsel and run for school, goes without the fit amount of nourishment, and is impoverished in blood and muscle and growth, and often in mental strength to a corresponding extent. There is no blood to color the cheek, or give sparkle to the eye, or strength to the limbs, or energy to the heart. There is no force to do the necessary work. The child is deprived of her natural share of life, and, if she lives at all, never reaches her full stature either physically or intellectually.

"Whoever it is that has charge of the child's health should make it one of the first duties, at any inconvenience whatever, to see that the child has a breakfast which is relished, and of which she will eat well and heartily. If it cannot be done without rising early, without overseeing the servant, without doing the work one's self, a servant being lacking, then one must rise and do it; for, having the child to care for, duties are owed to her, superior, we might almost say, to the duty owed one's self; and among the first of these duties is that of seeing that her body is properly sustained by affording her the articles of which she will eat a sufficient quantity for the support of her system, which, in the growth of her body, constantly needs new material. A young girl's appetite is often fastidious, although not uncomfortably so if she is perfectly healthy; and many a mother

complains th at her d no breakfast, the plain fact being that her daughter had really no breakfast to eat, since there was nothing prepared at all alluring to the feeble appetite, or of which, even by an effort, enough could be eaten to make a meal, while you would hardly expect a canary to make a meal off the pebble stones that would content an ostrich. It does not need that the viands should be dainties or delicacies, they perhaps would be as bad as the opposite; but only that a study of taste, and an observation of what is eaten and what is left neglected, shall be exercised in the preparation of the meal, always remembering that this study is given, not to pamper a jaded appetite, but to promote enough appetite to feed a starving system."

AN APPEAL FOR SIMPLER STYLES.

"BABYHOOD" would like to enlist an army of earnest mothers in a great crusade against the present self-conscious styles of children's dress. It is impossible, when such an undue amount of time and trouble and money is concerned in the clothing of tiny creatures hardly out of infancy, that they should remain simple-minded and thoughtless, as they ought to be, of what they wear. The straining after pictorial effect—as it is misunderstood—the effort to make plain children pretty, and pretty children prettier, through the effect of their clothes, cannot but direct the attention of the little folks to themselves, to their personal appearance, to their physical attractiveness. Instead of cultivating their taste for beautiful things, it merely stimulates their vanity, and begets a love of adornment and display most unfortunate and unchildlike.

Instead of learning, through their earliest perceptions, that their garments are only the customary drapery of civilized life, of which cleanliness, simplicity, and fitness are the first and most important requirements, their earliest consciousness is filled with the idea that the effect of what they wear, and not its comfort and convenience, is the really important point. In this day and generation, when the chief ambition of the average human being seems to be to live in the public eye, let us bestir ourselves to prevent the babies from being born "grown up."—*Babyhood.*

WHEN a woman goes to a man for sympathy in her troubles, she does it at the risk of accumulating new ones.



NEIGHBOR JONES.

I'm thinking, wife, of neighbor Jones, the man with a stalwart arm—

He lives in peace and plenty on a forty-acre farm;
 When men are all around us with hearts and hands a-sore,
 Who own two hundred acres, and still are wanting more,
 He has a pretty little farm, a pretty little house;
 He has a loving wife within, as quiet as a mouse;
 His children play around the door, their father's heart to charm,
 Looking just as neat and tidy as the tidy little farm.

No weeds are in the corn field, no thistles in the oats;
 The horses show good keeping by their fine and glossy coats;
 The cows within the meadow, resting 'neath the beechen shade,
 Learn all their gentle manners from a gentle milking maid.

He never had a lawsuit to take him to the town,
 For the very simple reason there are no fences down;
 The barroom in the village for him has not a charm;
 I can always find my neighbor on his forty-acre farm.

His acres are so few that he plows them very deep;
 'Tis his own hands that turn the sod; 'tis his own hands that reap;

He has a place for everything, and everything its place;
 The sunshine smiles upon his fields, contentment on his face.

May we not learn a lesson, wife, from the prudent neighbor Jones,
 And not sigh for what we haven't got—give vent to sighs and groans?

The rich aren't always happy, nor free from life's alarms;
 But blest are those who live content, though small may be their farms.

—*Atlanta Constitution.*

THE CARE OF LAMPS.

GRANTED cleanliness and ordinary care, there can be no accident. To begin with, the lamp should be trimmed and filled with oil in the morning every day. Once a week the oil container should be thoroughly emptied out and the small amount of dirty oil thrown away. Next see that the burner is clean. Whenever the lamp burns badly, this should be at once looked to, as it often

is the cause. If the burners are boiled for a few minutes in soda and water at regular intervals, there will be no difficulty in the burning.

Next see that the wicks fit exactly. For this purpose, when new wicks are required, the lamp burner should always be sent. Some people buy their wick by guess, a most foolish plan, for not only must it be of the right width, but also of the right thickness, so as to allow of the oil reaching the flame properly, and also to let the wick be turned up or down easily. Another thing to ascertain is if the wick is worn out. A lamp should have a fresh wick every month at least. Be careful before fitting in a new wick to see that the latter is perfectly dry. It should be placed for ten or fifteen minutes on a hot plate before fixing it in the lamp, so as to remove any moisture.

It is said that soaking the wicks in vinegar, and then drying them thoroughly, prevents all chance of smoking; but of this there should be no fear where the lamp is regularly and properly cleaned and trimmed. Be very careful in trimming the wick not to let any of the charred part fall into the burner. This is a fruitful source of trouble. Lamps with metal reservoirs are undoubtedly safer than those of glass or china, as the former, if upset, can be picked up and replaced before the oil can escape. Therefore, where children are about, it is better to have only metal containers or else metal containers which can be slipped into the china or glass stands.

Of course the oil used must be of good quality. There is no saving, but, on the contrary, waste and some danger, in poor oil. Bad oil clogs the wick and the burner, besides giving off an unpleasant and very dirty vapor.

One more hint. Never turn down a lamp, allowing it just to glimmer. It is meant to burn with the flame at full height, and when allowed to smolder in this way, it will either smoke or smell—possibly both—and most certainly heat rapidly and become a distinct source of danger.—*London Queen.*

FAMILY SCRAP BASKET.

WHEN suffering from overstrained and tired eyes, bathe them in hot water several times a day.

To make a good meat stew use as little water as you can cook the meat in and let it stew very slowly.

FINE shavings from soft pine wood make a pleasant pillow. They are sure to have special curative virtues for coughs and lung troubles.

IN trimming lamps with broad wicks clip the ends a little lower than along the middle and thus avoid a smoked or cracked lamp.

If the feet become frost-bitten, soak them for one half hour in a strong hot solution of alum water, and if one application is not enough, two will be a cure.

EARTHEN or stoneware jars or crocks should be filled with cold water and put on a slow fire and allowed to come to a boil once or twice before using to cook in.

REMOVE oil spots from marble by covering them with a cream of calcined magnesia and benzine and brushing off the former after the dissipation of the latter.

NEVER bite or pass sewing silk through the lips, as lead poisoning has been known to result from such a habit, as it is soaked in acetate of lead to make it weigh heavier.

EACH of the following quantities weighs one pound: One quart of sifted flour, one pint of granulated sugar, ten eggs, two cups of butter packed, two cups of sugar, four cups of flour.

PLACE the common adhesive fly paper on the floors of the room infested, with a small piece of fresh meat in the center of each sheet. The flies will jump toward the meat and adhere to the paper.

TO make a good lotion for the face and hands grate a fresh cocoanut and put in a cloth and squeeze out the milk. Then wash the face in this milk and rub the skin briskly for quite a few moments and wipe off with a soft flannel cloth.

THERE are few cases in which the quality of the attending physician is of more importance than in those of lesions of the cardiac valves. It is not easy to formulate treatment, or to lay down rules of hygiene that are generally applicable. The patient should live by rule, reporting to his physician at regular intervals, and guard against all sources of cardiac weakness or undue stimulation, if he desires to "live long in the land."—*Waugh*.

HOW TO GET RID OF BLACK ANTS.

THIS is what an exchange says about it in connection with bees; it is just as good in other respects:—

"The best ant killer that we know of is pure lard oil. The ants seem to like it better than honey, and will walk right into it, and once they are into it they cannot get out. A good way to trap them is to take an old tin pie pan, put the oil into it so that it will be about one-quarter full, put it under the hive and examine it in a day or two, and the ants will be in it; take the pan to the fire, hold it upside down over it and let the ants fall into the fire, where they will be consumed. The operation may be repeated as often as is found necessary, but one dose usually does the business."

CREAM AS FOOD AND MEDICINE.

PERSONS consumptively inclined, those with feeble digestion, aged people, and those inclined to chilliness and cold extremities, are especially benefited by a liberal use of sweet cream. No other article of food or medicine will give them results equally satisfactory, and either as a food or medicine it is not bad to take. As an antidote for a tendency to consumption it acts like a charm and serves all the purposes intended to be served by cod-liver oil with much greater certainty and effect.

Where sweet cream can be had, cod-liver oil is never needed. The volatile and easily appropriated unctuous matter in cream, besides contributing directly to warmth and vigor, aids indirectly by promoting digestion, for the same reason and in the same way that other aromatic and attenuated oils aid the digestive function. While cream has special merits for certain kinds of invalids, there are no objections to its use by any or all persons. It is an innocent, palatable, nutritious luxury for everybody at all times.—*N. Y. Tribune*.

"PADDLING."

ON the above subject the *British Medical Journal* has the following: "Paddling is an amusement indulged in by children at the seaside. They are often immersed in cold water nearly as high as the hips, while the hot sun is heating on their heads. A common result is a condition resembling heat stroke. The child may have a febrile movement, with headache, nausea, vomiting, intolerance of

light, and even peritonitis may develop. Many are not so seriously affected; but there are numbers who are languid and poorly, suffering from headache and malaria from this cause, while the parents account for the disturbance by some theory entirely incorrect. The treatment which the author employs consists in the application of hot mustard and water to the extremities, while douches of cold water are applied to the head. To relieve congestion of the internal organs a brisk purge is also needed." We have observed that the evils of "padding" are not confined to those who visit the seashore.

HER FIRST CAKE.

SHE measured out the butter with a very solemn air; The milk and sugar also; and she took the greatest care To count the eggs correctly and to add a little bit Of baking powder, which, you know, beginners oft omit. Then she stirred it all together, and she baked it full an hour; But she never quite forgave herself for leaving out the flour.
—*Judge.*

WORTH REMEMBERING.

To clean a black silk dress use a sponge dipped in strong black tea, cold.

Sprinkle cayenne pepper in the resorts of rats, and they will leave the premises.

Headache, toothache, backache, or most any joint ache will be relieved by heating the feet thoroughly with the shoes on.

If a dish gets burnt in using, do not scrape it; put a little water and ashes in it and let it get warm. It will come off nicely.

Many a mad man, and perhaps more women, would have been saved from insanity if they had resolutely obtained sufficient sleep.

Pine may be made to look like some beautiful wood by giving repeated coats of hot linseed oil and rubbing hard after each coat.

According to the *Medical Record*, castor oil has not failed in any case to remove warts to which it was applied once a day for two to six weeks.

Kerosene will make a tin kettle as bright as new. Wet a flannel cloth and rub with it. Kerosene will also remove stains and dirt from varnished furniture.

It is said that a Paris laundryman has discarded all soaps, sodas, and boiling powders. He merely uses plenty of water and boiled potatoes, and can cleanse without employing any alkali the worst soiled linens, cottons, or woollens.—*Selected.*

IN FAVOR OF A VEGETABLE DIET.—All the heavy work of the world is not done by men who eat meat. The Roman soldiers, who built such wonderful roads and carried a weight of arms and luggage that would crush the average farm hand, lived on coarse brown bread and sour wine. They were temperate in diet and regular in exercise. The Spanish peasant works every day and dances half the night, yet eats only his black bread, onion, and watermelon. The Smyrna porter eats only a little fruit and some olives, yet he walks off with his load of a hundred pounds. The coolie, fed on rice, is more active and can endure more than the negro, fed on fat meat.

PAPER PILLOWS.—The latest fad in England is paper pillows. The paper is torn into very small pieces, not bigger than the finger nail, and then put into a pillow sack of drilling or light ticking. They are very cool for hot climates, and much superior to feather pillows. The newspapers are printing appeals for them for hospitals. Newspapers are not nice to use, as they have a disagreeable odor of printer's ink; but brown or white paper and old letters and envelopes are the best. The finer the paper is cut or torn, the lighter it makes the pillow.

HERE are directions for making an excellent cough medicine for children. Take one lemon and four tablespoonfuls of granulated sugar. Slice the lemon, squeeze, and mix thoroughly with the sugar. Then add one pint of water in which flaxseed has been boiled. One teaspoonful every hour is the dose, but it may be given oftener than this, as it is entirely harmless in its effects.—*The Voice.*

TIN-CANNED goods are open to great suspicion from the ingredient of lead which enters into solder and often into the coating of the plate. Poisoning from this cause is frequently reported in the newspapers, and far more frequently unreported. Government inspection of such goods is imperatively demanded for the protection of human life, and of health also. No poison is more insidious and cumulative than lead. Rubber rings used in sealing glass jars are also found by the German inspectors to be dangerous from the same ingredient. Red rubber is visibly condemned, having its color from red lead, which it yields readily to the juices that come in contact with it.



SOME OF THE EVILS OF WEARING CORSETS.

ADVANCED methods of examination of the abdominal viscera have revealed other evil results of false methods of dress, which throw much light upon conditions which have hitherto caused much perplexity in the treatment of disease. By careful examination it can now be demonstrated what position is occupied by the stomach, as well as by the more solid organs, like the liver and spleen. In examining a large number of ladies it was found that in only a very small per cent did the stomach occupy its proper position, but in many was displaced to a very great degree, even occupying a position four or five inches below the normal.

The stomach is in shape like a curved cone, the larger, or cardiac, end being to the left, the convex border looking downward, and the smaller, or pyloric, end being quite firmly fixed on the right side, just below the liver. The left and larger end of the stomach is the most pendulant, and first receives the food, which makes its exit at the pyloric end. The result of this condition is that the food occupying the most pendulant position remains, the stomach being unable to clear itself. This remaining portion becomes a nest of fermentation, which is communicated to every new supply of food, and thus the organ which is designed to furnish reinforcements to the body becomes, instead, almost a source of detriment. Not only does the individual suffer directly from the local discomfort, but indirectly from weakness and nervousness from the lack of the food which should be supplied, and from the poisonous influence of the products of fermentation.

This condition of prolapsus may be brought about in several ways. The constriction of the waist and crowding downward of the ribs by a

tight waist or corset is by far the most potent means, no doubt, but the result may be greatly enhanced by the additional weight of the skirts about the hips and over the abdomen.

This displacement of the abdominal organs of itself, to say nothing of the direct influence of external pressure by causing similar displacement of organs below, is the cause of untold misery to untold multitudes of women, depriving them not only of their comfort and happiness in large degree, but their usefulness in life, entailing upon their posterity weak constitutions and great suffering.

And right here in large measure, we firmly believe, lies the secret of the weakness of the present generation. For how can diseased organs give existence to sound children? Let the knowledge of this great evil be diffused, let it only be understood by the noble-hearted, duty-loving *mothers*, and we believe a great benefit would result to the coming generation. Instead of the puny, pinched-faced little old women we shall see rosy-cheeked, rollicking little girls; and, being allowed to develop according to natural laws, we shall see them grow to staunch, useful maturity, capable of beautifully fulfilling the duties and happy privileges of womanhood. Women are the mothers of boys as well as of girls, hence the significance of that old but true saying, "The hand that rocks the cradle rocks the world." Let our boys receive their lawful heritage, a sound body, in which only can a truly sound mind dwell, and the world will miss much of the perverted thought which now sways the masses.

Oh, that woman could appreciate her privileges, and fit herself in every way to claim the glory of her position!

H. S. M.

SHE'LL darn her husband's socks all right,
With never-ceasing care,
But when her stockings show a hole
She buys another pair.

—*Cloak Review.*

Current Topics.

WORLD'S FAIR NOTES.

—Reviewing the State as a whole, there are forty counties out of a total of fifty-four in California that are engaged in preparing exhibits of their products for the World's Columbian Exposition, that opens at Chicago on May 1, 1893.

—The leading Chicago newspapers speak in high terms of the proposed California exhibit at the Exposition.

—Philadelphia will have at Chicago a reproduction in miniature of the Centennial Exposition of 1876.

—The food fish of Wisconsin will be shown at the World's Fair, the State Commissioners having appropriated \$3,000 for that purpose.

—A London company has booked nearly 1,000 excursionists to visit the Exposition at Chicago, and incidentally all the sights of New York, Philadelphia, Washington, Chicago, and Niagara Falls, at a total expense, including transportation both ways, of about \$125.

—J. A. Roberts, Commissioner from New South Wales for the Columbian Exposition, arrived from Australia a few days since *en route* to Chicago. He states that each of the five colonies in Australia, and two of New Zealand, will prepare separate exhibits for the World's Fair, but they will be so arranged as to form one complete exhibit under a combined management.

—Miss Harriet F. Monroe will receive \$1,000 for writing the dedicatory ode that is to be read at Chicago next October, when the Exposition buildings are dedicated.

—The California building at the World's Fair will not exceed in cost \$75,000. The building is in the Moorish-Mission style of architecture, and covers about 60,000 square feet of ground space. Including the gallery, there will be about 100,000 feet of floor space. By competent architects the design for this building is considered one of the most beautiful, if not the most beautiful, of all designs yet submitted for State buildings.

LITERARY AND OTHER NOTICES.

Demorest's Family Magazine has for its gift picture for the purchaser of its July number a very pretty little fruit piece of apricots, cherries, and bananas. Among the interesting articles are "Child Life in the Slums of New York," "How to Row without a Teacher," "The American Flag, How to Make One," etc. The various departments are up to the usual standard of this magazine.

"Report of Sixty Cases of Uterine Myomata Treated by Electrolysis," with a Description of New Forms of Electrodes and a Coulombmeter," by J. H. Kellogg, M. D. (The American Medical Press Company, limited, Philadelphia, Pa.) This is written in the author's clear style, and his large experience entitles what he has to say on this subject to great weight.

From Prof. E. W. Hilgard, of the State University, under date of June 17, we have received the following notice, which we commend to our readers:—

A WARNING TO THE PUBLIC.

"*The Ohio Fruit Co.'s California Cold Process for Preserving Fruits, Vegetables, and Liquids.*—It seems that a quiet but active canvass is being made in this State, and probably elsewhere, under the above caption; and the circular is headed by a notice that 'anyone printing or selling directions not obtained from us will be prosecuted to the full extent of the law.' 'Compound Extract of Salyx' is the sonorous name under which the alleged new nostrum is advertised.

"The name of this 'Compound Extract' is incautiously suggestive of salicylic acid. An examination of the sample fruit distributed by the canvassers accordingly shows, in the liquid around the fruit, one-third of one per cent of salicylic acid, which, of course, is well known to preserve fruit, as well as other vegetable and animal matter, but is better adapted to the preparation of show specimens than to preserve for human consumption. Doubtless there are persons who may for some time take such doses of the well-known preservative with impunity. There are others with whom its use would in a short time create very serious disorders of the digestion; and there are those whose digestion is stopped, point blank, when such 'preserves' are eaten.

"Anyone is at liberty to take his choice as to which of the above classes he considers himself as belonging, and may take his dose of medicine with his dessert, if he chooses. But should anyone desire to do so, it is quite unnecessary for him to pay the 'Ohio Fruit Company' at the rate of \$8.00 a pound for what he can get at retail for \$1.50. Nor need he be alarmed about the Fruit Company's threat of prosecution. The use of salicylic acid (elsewhere forbidden by sanitary regulations) is guarded by no patent, and never has been; that of 'Coffee C' sugar prescribed by the company certainly is not. All are therefore at liberty to sweeten their fruit according to taste, and to spice it with the antiseptic acid without asking leave of anybody.

"E. W. HILGARD."

We have received the sixth annual announcement of the St. Louis Hygienic College of Physicians and Surgeons, for 1892-93. We are glad that interest is being taken in such institutions, of which there is great need. In fact, every medical college ought to give just such a course as is given in the St. Louis Medical College. For catalogue and information, address S. W. Dodds, M. D., Dean, 2826 Washington Avenue, St. Louis, Mo.

A copy of Harper & Brothers' finely gotten-up descriptive list of publications has come to our table. The first part contains a description of their great establishment and their work on Franklin Square, New York. This reliable house issues publications of every description.

"The Treatment of Tuberculosis of Bones and Joints by Parenchymatous and Intra-Articular Injections," by Nicholas Senn, M. D., Ph. D., of Chicago, Ill. Dr. Senn is professor of the Practice of Surgery and Clinical Surgery in Rush Medical College. He gives much information in this reprint from the *Annals of Surgery*, which will be valuable to physicians.

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NOTICE—SPECIAL.

Will subscribers and advertisers please take notice that all *business* in connection with this magazine is for the present, at least, removed to St. Helena. All communications in this respect should be addressed to PACIFIC HEALTH JOURNAL, St. Helena, Cal. Communications pertaining to the editorial department should be addressed to the editor, care Pacific Press, Oakland, Cal.

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A NUMBER of subscriptions to the HEALTH JOURNAL expire during May, June, and July. Is yours one of them? If so, please renew at once. See date opposite your name on the address label. Only \$1.00 per year. All names on our lists not paid for in advance will be dropped from the printed mailing list before the next issue of the JOURNAL.

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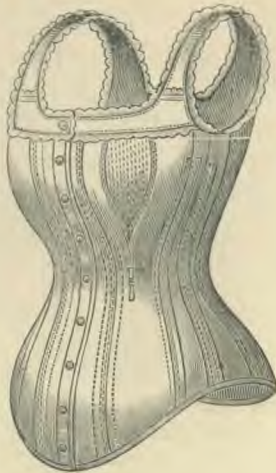
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How to Dress Healthfully.

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.

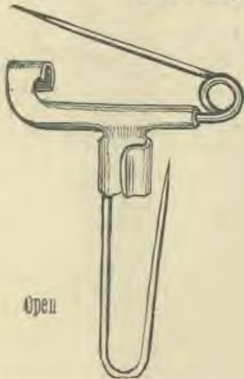
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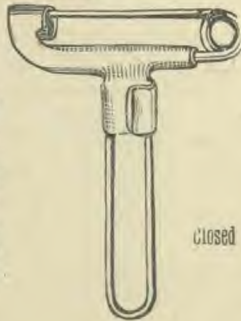
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Garters are another serious source of functional obstruction. Whether elastic or non-elastic, the effect is essentially the same. They interfere with the circulation of the blood in the lower limbs, and often produce varicose veins. Cold feet and headache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

Skirt Supporting Hooks.



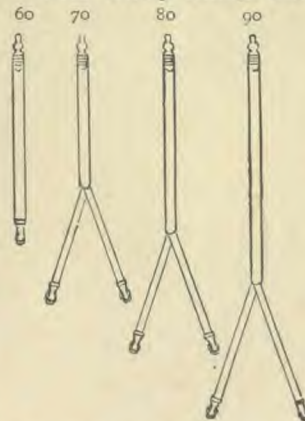
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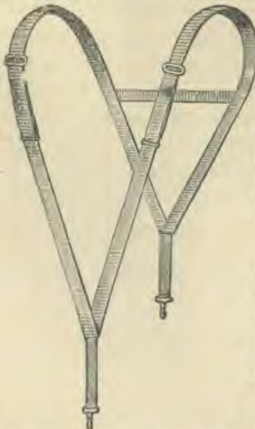


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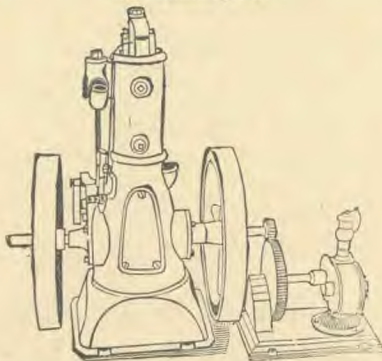
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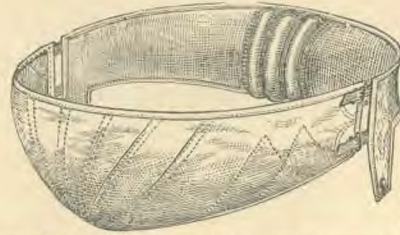
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Oatmeal Biscuit.—These are about twice the thickness of an ordinary cracker, are slightly sweetened and shortened, and made light by yeast, exceedingly palatable. They are recommended for constipation, if the person is not troubled with acidity or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

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

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

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

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

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.

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