

# Pacific Health Journal

Vol. VII.

Oakland, Cal., August, 1892.

No. 7. 8

## Pacific Health Journal.

**A 32-PAGE MONTHLY.**

SUBSCRIPTION PRICE, : : \$1.00 PER YEAR.

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

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

W. H. MAXSON, M. D.,  
MRS. H. S. MAXSON, M. D. } **Editorial Contributors.**

All Drafts or Money Orders should be addressed and made payable to, PACIFIC HEALTH JOURNAL, St. Helena, Cal. All Business Communications should be sent to the same address

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

WE regret that we are not able to lay before our readers this month the usual amount of the good original instructive matter which the JOURNAL has contained for several months past. Dr. Sanderson is traveling in the East, and we suppose that a press of other things has prevented his article on "The Sound Body" from reaching us in time. It will, we expect, be on hand for next month's issue. Doctor Maxson and his wife have been driven in their work at the Rural Health Retreat, and to do justice to their patients, their first duty, of course, they have been delayed in their work for the JOURNAL. Some important and advantageous changes are being made at the Retreat, we understand, and the physicians there have been kept particularly busy of late.

WE feel comparatively safe, however, in promis-

ing our readers that the JOURNAL is to grow better in the future than in the past. We have officially learned that Dr. W. H. Maxson is to be connected with the JOURNAL in the future, not as contributor alone, but as editor. For this we, on our part, are grateful, and we are sure that the future of our magazine will please our readers. Mrs. Dr. H. S. Maxson will take charge of the Mother's Helper and Healthful Dress departments, and Miss Laura Bee and Mrs. C. E. L. Jones will conduct the Housekeeper's department.

MISS BEE is a scientific cook, not in the sense of pleasing the taste and "tickling the palate" alone, but in satisfying the needs of humanity. Mrs. Jones is a practical and intelligent housekeeper and reform worker. It may be seen, therefore, that these two departments last named will be made a real help to mothers and housekeepers, not in the way of pleasing theories, but in practical instructions, practical suggestions, useful recipes for cooking, and whatever else is needed in this line.

WE present in the latter department this month an extract from "Science in the Kitchen," by Mrs. E. E. Kellogg, of Battle Creek, Mich., a book that ought to be in the home of every housewife. Several recipes from the same work are reproduced. Mrs. Dr. Maxson's contribution to the Healthful Dress department has been in part supplied by an article from the pen of Mrs. Dio Lewis, entitled "How I Escaped the Clutches of Consumption." We were sorry to have to abridge the article, but no change has been made in its wording. It gives excellent practical instruction,



which many in the bondage of fashion would do well to follow.

FOR the other departments of this issue we ask a careful reading. The beginning of an excellent story from the prolific pen of one of our old contributors, Miss Fannie Bolton, is found in the Home Circle. The story is based on a real experience. "Experiments with Alcohol," in the Temperance columns, comes from a useful little work, to which the article is credited. It is sold by Frances J. Barnes, West 103d Street, New York. These articles are published by the kind consent of the author. The article on "Tobacco" is from that excellent "Cyclopedia of Temperance and Prohibition," by Funk & Wagnalls, New York. Among our general articles will be found "Pain and Its Relief," "Pork as Food," "The Flour of the Future," "The Privy Vault Danger," and others which are timely and practical. The items and notes from the Rural Health Retreat will be of interest to those who are acquainted, or wish to be, with the working of that institution. Attention is called to our health foods advertised in this number, which are manufactured at the Retreat. On the whole, we are sure our readers will be satisfied that they have more in this number than their money's worth.

WE are glad to note some stir on the part of the authorities to look up and isolate the few cases of that terrible disease, the leprosy, which is among us. A State pesthouse is a necessity in such a case, for frequently the poor victim comes by way of the sea from some foreign port, and belongs to no locality in the State. He has been sent away sometimes to be gotten rid of, or is running away in hopes that he may escape the leper house, with all its horrors. But subjects, as the lepers are, for the sympathy of all, the community should not be endangered by the presence of those so afflicted, and it is really better for the poor lepers to be in some place where treatment and care can be administered in a much better average way than the poor victims would find in their catch-as-they-can life. Our State and county boards of health ought to be diligent in this matter. The worst cases are among the Chinese, and the diseased is much less likely to be discovered among them. Just the other day a Chinese was discovered in a washhouse in Oakland, but when the health officers reached the place, the leper had "smelt a rat" and

had gone. One of the best ways to escape these fearful diseases, in fact, all diseases, is to live temperately, hygienically, with conscience void of offense toward God and man. So shall disease pass you by.

CHICAGO does not present to her sight-seers and visitors any great inducements in the way of pure water. She has in the past been obtaining her supply for a short distance out in Lake Michigan, while pouring into the lake a constant stream of sewage. True, her new tunnel, eight feet in diameter, which runs out into the lake four miles, is now completed, but those who are acquainted with the matter say that the mighty stream of pollution pouring continually into the lake, aided as it is sometimes by storms, will contaminate the water more than four miles out, and render it not a very pleasant beverage. Certainly the World's Fair will not help the purity of Chicago's water supply. Such a condition of things is beneficial to the dealers of spirituous and malt liquors. It is frequently the case that when putrid water, or what is supposed to be impure water, is placed before a person, even one who is not a drinker, he will prefer ale, beer, or whisky, a liquid perhaps a thousand times viler than the sewage decoction called water. Those who desire to drink liquor at the World's Fair will have plenty of argument on the ground of impure water. Great municipalities are nowadays governed by corrupt rings, saloon keepers, and generally by just that class of men who would endanger the health and safety of thousands just to add to their store of filthy lucre. Chicago is not alone in this respect.

IT is astonishing to see how many deaths are attributed to "heart failure" and "dropsy," in the reports of physicians in cases of sudden death. From what we know of the lives of many of such cases, alcoholism (to express it mildly as possible) would be the truer term. The family do not wish to be disgraced by telling the plain truth, that the person died a drunkard, and so the accommodating physician calls it "heart failure." Of course the heart of the dead man failed, and so also did his breath, and it could as truly be said of scores who die from drunkenness, as the boys used to say, "he died for want of breath," as to say that he died from "heart failure." The term covers a multitude of sins, but the Syracuse (N. Y.) Board



of Health will have, at least, less of it. They have refused certificates of death which are filled out in that way. If drunkenness were called by its right name in death, it might be less attractive in life.

#### SCHOOL CRAMMING.

A SPICY writer, "Jennie Wren," in the Oakland *Morning Times* of July 15, enters a decided protest against the present system of public school cramming, which she likens to the feeding of the *pate de foie gras* geese, and makes earnest plea for fewer hours of study. There is wisdom in her remarks, and the parents of not only Oakland but elsewhere ought to raise their voices against the present stuffing process. Children have bodies to be trained as well as minds, and the body is fully as important as the mind in early years. The writer above referred to mentions two cases, which we believe are typical of hundreds of others in every town of any size. She says:—

"I have one bright little friend who came home from school every night with brilliant eyes, flushed cheeks, and every muscle twitching, carrying under her arm a great pile of books for home study. She was sensitive and peevish, her voice shrill and excited, her eyelids and lips never still. At my urgent request, her mother took her out of school for six months, furnishing her enough quiet duties to preserve discipline, and keeping her out-of-doors a great deal. The change is simply marvelous. Still a very nervous child, her eyelids stopped twitching; her voice is softer, her temper sweeter, and the work she has to do is well done, simply because she is not kept under continual restraint.

"I know another girl, a quiet, slow, earnest little soul, who nearly studied herself to death last term. Long before the last of May she was pale and languid, her movements were heavy, and every fresh exertion was accompanied by an unconscious, pathetic little sigh. Her mother became very much worried about her, and contemplated giving her a year's rest, which nearly broke the little maiden's heart, because she would drop behind her class."

The above is not overdrawn. The fact of the case is that the high pressure of nineteenth century life is developing a very nervous class of children, especially in our cities, children with large brains and weak, puny bodies, incapable of bearing the strain which their excessive mentality, aided by the school cramming process, puts upon them.

It was once so rare an occurrence in the world for a son to die before his father that inspired history of marvelous brevity considers it worthy of note. (Gen. 11:28.) But those who die now before manhood and womanhood are legion; and many of those who do not die, live miserable lives, with broken-down constitutions, weak, nervous, hopeless.

Of course all this is not due to the schools alone. Deficient sleep and irregular hours at home are heavy weights upon the little boy and girl. The more highly organized and sensitive the nervous system of the child, the more sleep is needed, but it is just this class that gets the least. They do not get sleepy until late at night, their overwrought nerves do not allow it, and the careless or unwise parent yields to the entreaties of the "wide-awake," and it (she, generally) is allowed to remain up till nine, ten, or even eleven o'clock, to be aroused in the morning peevish and fretful because of insufficient sleep. A nervous girl ought to have on an average eight or nine hours' sleep till fifteen years of age, and many times an hour or two extra is time well invested. We do not mean that they should be in bed simply; they should put that time in in sleep. It is not a good thing for children to remain in bed except to sleep.

Another matter which increases the odds against the child is deficient food. We do not imply that parents generally do not furnish their children food enough in quantity, for they do, but it is frequently of mighty poor quality. The child arises in the morning after a deficient night's rest, weak, nervous, irritable, with dark rings around the eyes, and with little or no appetite. Nothing tastes good unless it is fried potatoes, dyspeptic toast (toast which causes dyspepsia, we mean), warm tea or coffee, white bread and butter, with pickles, perhaps, for a "relish." We have seen just such breakfasts as that set before children. It is simply abominable. Give the child a light supper, send her to bed early, place before her some nice graham gems, wheaten rolls, well-cooked mush and good milk, food which will build up and strengthen every part of the system. The child may not like plain food at first, but it will pay to educate her so that she will possess such an appetite as to like anything which is good and wholesome.

But we did not design to say all of this when we began our comments on "Jenny Wren's" appeal. We do not believe in this "cramming process" of our schools as applied to the weak, sickly



children of this generation, nor do we believe it is just the best thing for the strong children. However, the schools are not wholly at fault. Let the parents do all they can to fit their children for the heavy task of life by seeing that the child has a healthy, strong physical basis upon which, or in which, to build his mental training. With this should come, of course, a sound moral training. Plenty of sleep, plenty of open-air exercise, good ventilation, and good food at regular intervals, are among the physical *desiderata* for such an object.

M. C. W.

#### CORRECTION.

WE gladly give space to the following correction, although sorry for the error which calls for it. Mrs. Dr. Maxson's note will speak for itself:—

"In the article published last month entitled 'Proper Feeding for the Newborn,' in the prescription given for food for the very young, 'sugar, *if* milk,' should have been written 'sugar *of* milk.' We hasten to make this correction because we believe that glucose and cane sugar can only, and will surely, work mischief in a child's stomach, and should never find entrance there. Sugar of milk can be obtained at any drug store, and, being the natural ingredient of an infant's diet, is well taken care of when taken into the stomach."

#### NATURAL SLEEP.

BY W. H. MAXSON, M. D.

It would seem absurd indeed to the world in general to say that a large majority of American adults do not know how to sleep, or how to get the full measure of repose that nature has embodied in that function. American people are fast becoming a nervous people. Rapid eating, rapid work, rapid accumulation of means, rapid expenditure, rapid living, and rapid transit are what make up the ever constant whirl of life, until the pulse and the nerves have become enfeebled, and thereby the nerve centers, like a dynamite bomb, are ready to explode on the slightest provocation or concussion. A general anxious feeling or a feeling of unrest hovers over the homes, the cities, and the nation, and while there are many individual exceptions, the larger majority of the people are living in a continual state of expectancy, with nerves alert, and only pacified when excited. Thus

the theater and the play, sensational literature, stimulating foods and beverages, are on the increase. The enormous consumption of nerve medicines and tonics would alone speak loudly to one who studies in the least degree the physical tendencies of medicines. Nothing proves better the artificial state of man in this age than the artificial means by which he tries to adjust himself to nature's laws—means which, in the most cases, serve merely to keep up appearances of life a little longer; but the crash comes sooner or later, for any undue stimulation of that which is natural must, in a short time, lead to disease and death.

Overexcitement means rapid nerve waste. It is tying down the safety valves and burning tissue in the furnace. There is a physiological measure of excitement that is good for the individual, for it stirs up the nutritive processes, clears out the cobwebs in the brain, and makes the mind clearer and stronger for it. But excessive and abnormal excitement has burned the youth out of many a body, leaving the possessor an old man at forty. Stock exchanges are notorious fields of shattered nerves and softened brains. Political campaigns may bring party triumphs, but yearly they bring enormous order drains upon vitality to thousands. As strange as it may seem, few indeed in the active whirl of life have that poise of nerve force, that discipline of the vital functions, which will render them at ease when the day's business shall have been completed; and it is such only that are capable of taking rest to the best advantage or experiencing natural sleep.

How many there are that take their business to bed with them, and when sleep comes it is laborious and fatiguing, more or less disturbed by mutterings, dreams, and restlessness. An overstimulated nervous individual can only with difficulty relax, and let go the things for the time being that have overanimated them during the day, and thus find perfect repose; but instead they mechanically disobey all the laws of nature in sleep, simple as they are. They are so blinded by immediate personal interests that the habit of not resting when sleeping has grown to such an extent that to return to natural sleep takes thought and study.

Few who pretend to rest give up entirely to the bed, a dead weight, letting the bed hold them instead of trying to hold themselves on the bed. Watch closely and you will usually see the muscles are tense, if not all over, so nearly so that it is fa-



ing; the spine seems to be a central point of tension. It touches the bed at each end, it is true, but only in its entirety as far as the individual will permit. The knees are usually drawn up, the muscles of the legs tense, the hands and arms contracted, often clasped above the head, the fingers clinched, either holding the pillow or themselves; the head, instead of letting the pillow have its whole weight, holds itself on the pillow, the throat muscles often contracted, or the muscles of the face drawn one way or another. This may seem exaggerated when it is sleep that we are talking about, but it is indeed too true.

How many poor sleepers are more fatigued when they get up than when they go to bed, and yet natural sleep is "nature's sweet restorer," and always brings perfect recuperation to fit one for the coming day's duties. "If I could only stop myself from thinking," is a complaint often heard, but no one can reason himself or herself out of the habit. Even the knowledge that nothing is gained by it, and that it is a drain on the system, often adds to the difficulty and renders the habit more difficult to abandon. But you say, I must get control, reason must assert herself over every bodily function. Try it. You will find that the strain and nervous tension in trying but add to the difficulty. To use a homely phrase, "It is less difficult to jump out of your boots than out of yourself." If you cannot stop thinking, do not try. Let the thoughts steam ahead if they will, only use enough will power to relax all the muscles, make yourself as heavy as possible in bed, and, while the attention of the mind is drawn to the letting-go process of the muscles, the imps of thought find less to do in the brain, because the mind is absorbed in a better work, and soon the senseless thinking will stop.

Five minutes of complete rest are worth more than an hour of common resting. There is no better way of learning to overcome perverseness in sleeping than to study with care the sleep of a healthy little child. Having gained the necessary freedom to give perfect repose, the dropping of all thought and care can be made an easy task. To take the regular process, first let go the muscles, which will enable one more easily to drop disturbing thoughts or refuse without resistance to admit the thoughts, and freedom from care for the time will follow. Take plenty of time for repose, and, above all things, court a clear conscience before resting; the latter adds much to tranquil sleep.

## QUERIES.

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

### 26. SNUFF TAKING.

WE are asked to write something concerning the pernicious effects of snuff taking.

The subject embraces all that tobacco using embraces, the pernicious effects being upon the nervous system primarily, and upon the other systems secondarily. They are so well known that the subject does not require extensive comment, as anyone can see about them daily illustrations of misery and suffering resulting from these baleful practices. The habit of taking snuff is practiced in the Eastern countries more than among Americans. It is more extensively used in the Northern States than in any other part of America. There was formerly a practice of rolling the tobacco and plugging the nostrils with it—a practice although less unpleasant yet not so pernicious as snuff taking.

The nicotine is absorbed by the mucous membranes of the nasal passage, and its effect is readily experienced in the nervous system.

Of all practices by which nicotine is taken into the system, it is most easily absorbed from the smoke. Chewing tobacco probably comes next in order. The effect of chewing is nearly as deleterious as smoking, although it comes primarily upon the stomach and digestive tract. Next in order comes snuffing, it being so nauseating and filthy to some of the early nations that it was considered a crime, and the penalty of death was inflicted for the third offense. All are evil and only evil.

### 27. REMEDY FOR DIARRHEA.

What is the best remedy for simple diarrhea?

Acute forms of diarrhea are the most easily controlled. When inflammation has not taken place, by taking several successive hot-water enemata, fomentations over the bowels will be effective. It is surprising indeed how readily the most difficult cases can be controlled by this means, and medicine is rarely needed. The diet should be well guarded and plenty of scalded milk and twice toasted bread should be taken. If there are no inflammatory symptoms, nothing further need be done.

"BELOVED, I wish above all things that thou mayest prosper and be in health, even as thy soul prospereth."





### PAIN AND ITS RELIEF.

WE are glad to see the growing wisdom manifested in various quarters regarding rational and hygienic remedies. "Medicus" has the following sensible remarks on "Pain; a Friend and Not a Foe," in the *Housekeeper*, which we commend to our readers:—

"The simplest of all remedies for the relief of pain is one that is understood and adopted even by the lower animals. I refer to hot or warm fomentations. You will often see a dog or cat wet and warm its paw in the mouth, and then apply it to a sore ear; and notice again, how tenderly a dog applies his hot tongue to a painful spot that he can reach, or, if not able to reach it, how he will solicit assistance from some canine companion—assistance that is never refused. I was much struck one day in Barnum's show at noticing the behavior of two monkeys—indeed, it was almost human. One had a collar on, and under it a great ragged sore, that the collar was sadly chafing; and there he sat holding his head to one side, while a companion with deft and nimble fingers tried to pick the lock and so relieve the other. But every now and then he put his warm tongue inside the wretched collar and held it there against the sore for half a minute at a time, to ease the pain.

"The reader probably knows, without being told, how to foment. The water should be as hot as the sufferer can bear it, and two thick pieces of flannel should be used, wrung out of the hot water, the one to be applied as soon as the other is taken off. Two worsted stockings or socks will do if nothing better is at hand. But rest and warmth in bed are incumbent after hot fomentation; and if the illness is of a serious character, or appears to be, the room should be warmed by lighting a fire.

"Rest is a great pain killer; so, too, is sleep, and in all cases of suffering you should try to get your patient asleep by legitimate means. The house

should, therefore, be kept quiet, for even a door slammed will effectually banish sleep.

"Neuralgia of all kinds is greatly benefited by heat, by rest, and by sleep. But it should not be forgotten that, as a general rule, the health is below par when one is afflicted with neuralgia. Tonics help to raise the standard of health, but I do assure you they are only a partial cure, a mere patch-up, and that pain of this kind is only removable by removing first and foremost any apparent cause—it might be a bad tooth, for example—and then trusting to a more generous diet, recreation, fresh air, baths, and change of scene and atmosphere.

"When there seems to be some degree of congestion or slight inflammation of any internal organ, a simple mustard plaster often acts like a charm. Blisters, on the other hand, should not be used without consulting the family doctor. They often do more harm than good, by weakening the system.

"I should be sorry indeed, in these health sermons of mine, to advise anything that is not safe; therefore I pray you, avoid so-called pain killers, whether in the form of liniments, or oils, or narcotics. The latter are infinitely more dangerous, but woe is me, they are much used. Chlorodyne is dreadfully abused. It is a most dangerous drug administered in the way of self-doctoring. It engenders the chlorodyne habit, and this, as any medical practitioner will tell you, breaks up many and many a happy home, and helps to fill not only our lunatic asylums, but our jails as well. I would not write thus if I were writing to girls only, but I know right well I have thousands of readers who are older far than our girls.

"Laudanum or morphia should never be taken for the relief of pain, unless prescribed by a medical man.

"Then there is bromide of potassium, not so much used for relieving pain as for sleeplessness.



Well, if judiciously administered, it may tide over an evil time; but one should not forget that sleeplessness is a symptom of something radically wrong in the brain or nervous system, and that drugs can do no permanent good.

"I assure you, reader, that the person who resorts to narcotics for the relief of pain or for sleeplessness is quite as foolish as the ostrich that buries his head in the sand with the idea that he is hiding from the pursuing enemy.

"You can never be wrong if you look upon pain as a friend who has come to warn you, in a rough kind of way, perhaps, that there is danger close at hand. So don't kill that friend without at the same time taking the warning he conveys.

"What would you think of the commandant of a fort to whom a horseman came riding fast and furious to tell him an enemy was advancing to destroy him, were he to place the messenger in the donjon-keep, then summon all hands, and order a banquet and ball? He would be a fool, would he not? Yes, and the person who, warned by pain, attempts to banish that pain without taking cognizance of the cause thereof, is quite as big a fool as the commandant of that forewarned but not forearmed fort.

"Now if, in this brief paper of mine, I have succeeded in causing the reader to consider three truths, I am more than rewarded. They are these: 1. The simplest methods for the relief of pain are best and safest. 2. Narcotics and pain killers are at all times dangerous. 3. Pain should be looked upon as a friend and not a foe."

#### THE PRIVY VAULT DANGER.

It seems almost useless for me to call attention to the special construction of the average closet used by the average citizen of this or any other State of the Union. That they are cold in winter and hot in summer is beyond a question. That they are uncomfortable and filthy all the time is self-evident. That they are usually inconvenient needs no proof, but simply an inspection, and that they are cared for less, although used much more, than any other department of the household of the ordinary family is beyond a doubt.

I assume that there is not a health officer in the State of Ohio who has been on duty in that capacity for a year only, who has not seen one or more instances of sickness or even death attributed to these murderous agents, that are not only toler-

ated but harbored by almost every citizen in the State. Take, for instance, the prevalence of typhoid fever, which was unusually marked in many localities during the past season, and which to a large extent owed its existence to the universal prevalence of these poisonous pits, which, together with the dry weather, allowed the leachings from these vaults to become more concentrated as they found their way through the soil to the scanty supply of water in the neighboring wells, from which the people obtain their drinking water.

This brings us to another point, which is well worthy of our attention, and that is to "show up" the fallacy of the old mathematical legend that a well or other hole in the ground only drains a radius equal to a diameter of twice its depth.

Our farmer friends have practically proven the fallacy of this antiquated theory, and have shown by the tilling of their lands that a tile drain of ordinary depth, say a foot and not to exceed two feet, will drain a section of ground for thirty feet on each side of the drain; or, in other words, they place their lines of tile sixty feet apart and not to exceed two feet deep, and yet in this way they will drain perfectly the entire surface between the two lines of tile, which, according to the old theory, should only drain the land for a distance of two feet on each side of a drain that is two feet deep.

Now, let us go back and apply this principle to the water-closets, not only in our cities and towns, but in our farming community as well. Take an ordinary village of from 500 to 2,000 inhabitants and the soil of that village is as full of these death traps as a pepper box lid is full of holes, intermingled with which are their wells of water, varying from 20 to 100 feet in depth, which are seldom to be found over 200 feet from one or more privy vaults; and yet these citizens wonder why the Lord has visited them with a scourge of typhoid fever, or chastised them for their iniquities by an epidemic of diphtheria; yet to the sanitarian, who takes a common-sense, practical view of the situation, it is just as plain and easy to answer as it is to tell why a man dies when he is suspended by a rope around his neck, which shuts off his wind.

For instance, if a drain one foot deep will drain 15 feet on either side of it, or in all 30 feet of soil, then a well 50 feet deep would drain a radius of at least 1,500 feet; or, in other words, a water-closet 750 feet from this well would be liable to contaminate it with its leachings in the course of



time, saying nothing about the possibility of our wells being supplied with subterranean streams of water which may pass under a score of these closets, which may be a mile or more away, and thus become contaminated and unfit for use by the filtering of these foul receptacles.

Again, our farmer friend, who, from practical experience as well as economy, knows that it is not necessary to place the lines of tile more than two feet deep, or closer together than sixty feet, and yet, on the other hand, he will dig a well fifty feet deep that is within 200 or even 100 feet (often very much closer) to a privy vault that is nothing more than a hole in the ground for the deposit of the foulest concoctions that is possible to be collected in it, which are allowed to filter year in and year out through the surrounding soil into this well.

The same farmer seems to forget, in locating his well and privy vault, the principle which he applies in the tiling of his land, and does not stop to consider the danger to life and health of himself and family, or, if so, he does not consider them as valuable as the crops he raises off of properly tiled land, or the money he saves by discarding the "old rule" of drainage by adopting the new, which saves him thousands of dollars in the tiling of his farm, as well as serves his every purpose that tile placed close together would.

Probably he does not understand that these poisonous germs do not lose their vitality by filtering long distances through various stratas of soil. If he does not, it is time he should be acquainted with this fact and discard the old theory that filtration and aeration do not kill the germs of disease that have found their way into his drinking water, and give him healthy, potable water.

The ordinary "dry closet" should be adopted where sewer connections and water privileges are not available. By the "dry closet" I mean comfortably constructed buildings, located at some convenient place near the building, and that, instead of using the ordinary vault, it be so constructed as to allow of the use of an ordinary vitrified three to six gallon crock, to be placed under each hole in the privy in such a manner as to catch all the fecal and urinal discharges without contamination of any other part of the closet, and that each time after the use of these privies the parties using them be required to throw a small scoopful of ashes or dust over the discharges just deposited

in the crock, and in this manner the closet can be kept free from offensive odors, and can be easily and cheaply cleaned, and all contamination of well water absolutely prohibited.

In the place of a crock, a large bucket of galvanized iron with a suitable bail can be used, but the old-fashioned methods of making these "dry closets" with wooden drawers should be abandoned, as the wood is liable to soon rot and thereby permit leakage of their contents into the soil, or the building, or both.—*R. Harvey Reed, M. D., Mansfield, O., in the Ohio Monthly Sanitary Record, January, 1892.*

---

### PORK AS FOOD.

---

THE following is what Dr. John Sherman has to say on pork as a food:—

"There is an old adage which tells us that 'man grows like what he feeds on,' and if this is in the slightest degree true, it certainly should be a warning for us to cut down the quantity of pork, beef, and all other animal foods, the consumption of which is not at all necessary for the existence of man, and which have been frequently discovered to be the prime factors in the propagation of disease.

"Pork, as an article of food, should be condemned by every medical practitioner, and placed upon the prohibitory list of every sanitarian. From earliest history we learn that the flesh of the hog was abhorred by the Hindoos, the Ethiopians, the Phœnicians, the Egyptians, the Scythians, and possibly many others. The Talmud or Hebrew laws declare that 'ten measures of pestilential sickness were spread over the earth, and nine of them fell to the share of the pigs.' Mahommed cautioned his people against the use of it, and Moses, with his wealth of spiritual wisdom, was not slow to denounce its use throughout all Israel. The Pythagorians were taught to abstain from eating all meats, and the Bedouins declared the hog to be the only animal whose presence and touch were stamped with pollution. Statistics can be shown to prove that the death rate among foreign soldiers from scrofulous diseases is about twenty-five per cent, and as pork enters largely into the diet of those military subjects, I feel no hesitancy in siding with a recent declaration that 'scrofula and tuberculosis are diseases directly communicated from hog to man.' It must, therefore, be



very apparent that the eating of any portion of this animal's flesh is not only unhealthy, but positively dangerous. I cannot understand how any person can continue to relish pork after seeing, or even reading about, the filthy, loathsome, and disgusting habits of the pigs.

"The muscle parasite, or *trichina-spiralis*, has been discovered in the flesh of seemingly healthy hogs, and, when taken into the stomach, causes the most intense suffering, which is nearly always followed by a painful, lingering death. Experiments upon this subject have proven that about 170,000 of these interesting animals can live and propagate upon a square inch of the human muscle. There are various methods employed to detect its presence. The best means, however, is to submit a piece of the diseased meat to a light solution of liquid potassa for about thirty minutes, after which, by the aid of a microscope, they can be plainly observed.

"It was not my purpose to make this article a lengthy dissertation upon the hog, its flesh, or its pedigree; but I certainly do hope that I have sufficiently delineated the facts as they are presented to me, for the exercising of an alterable influence upon all those who have hitherto been daily partakers of this forbidden food."

---

### THE FLOUR OF THE FUTURE.

BY ERASTUS WIMAN.

WHAT part has science in making of bread? To what extent has this staple article of food been improved and benefited by the immense strides made in scientific knowledge, applicable to almost every other article? There seems a great lack of knowledge of the proper composition and nutritious qualities of flour; of the process of fermentation; of the generating of gases in baking; of the effect of the absence or superabundance of any certain ingredient in bread. It is true that the bread of this century is whiter than that of our forefathers; it may be lighter, from the addition of artificial baking powders and similar compounds; but is it better, more wholesome, nutritious, and digestible? Compared with the making and the composition of bread, which everybody consumes, there is ten times as much science employed in the making of beer.

The demand has been made for white bread; fashion calls for it; the millers have complied.

Mechanical skill has come to their assistance, and every part of the wheat which would tend to darken the flour is being removed with a precision and thoroughness which are simply wonderful. But does this tend to make the bread better? Does it give the workingman a greater return for his hard-earned loaf? Does this refined milling process give to the convalescing invalid, to the growing child, more strength and nutriment than did the old-fashioned dark bread? The answer to the foregoing questions is decidedly in the negative. Indeed, on the other hand, it is impossible to estimate the injury done by the elimination of the most valuable constituents of the grain. A prominent English physician, when discussing this question, has recently said:—

Wheat and water contain all the elements necessary for man, and for the hard-working man, too. Where is the man that can exist on our present white bread and water? There is an old joke about doctors being in league with undertakers; it would rather appear as if the millers and bakers were in the doctors' pay, as if, were it not for them, and for the white bread they are so zealous in producing, the doctors would have less to do. Separating the bran from the flour became fashionable at the beginning of the present century. This fashion created the dental profession, which, with its large manufacturing industries, has grown up within the last two generations. It has reached its present magnitude only because our food is systematically deprived of lime, of salts and phosphoric acid, the creators of nerve, bone, and tissue, which especially are so signally absent from our modern white bread.

What we need is a reversal of the opinion which demands a white, starchy flour. We further need a milling process which will grind the whole berry of the wheat to such fineness that the grain will not act as an irritant on the membrane of the stomach and bowels. It is well known that the germ of the wheat contains a high percentage of ash and phosphoric acid, and also fat; indeed, the germ contains almost all the fat of the grain, and it therefore becomes one of the most important elements of food. The slight discoloration of the flour which is caused by its presence has, however, condemned it, and in the modern system of dressing white flour it is discarded. For much the same reason the cellulose and the cerealine, which are part of the bran, are also unadvisably cast out.



This cerealine is one of the most important of the soluble albuminoids in respect to the energy with which it attacks the starch of the grain and converts it into a species of sugar, called maltose or dextrose. It also has a diastatic action, which sets up a ferment wherever it is present, thus largely assisting in the digestion of other articles with which it comes in contact. It acts on the food much in the same way as the saliva or gastric juice. It is, in fact, one of nature's wonderful aids to digestion.

The bread made from whole wheat meal has a richer, more palatable taste than ordinary wheat bread. Certainly its constituents, being those provided by nature, are calculated to assist the digestive powers, and especially to counteract any constipated tendencies. For the health of the whole people, as well as upon grounds of economy, it would appear to be a duty to better utilize the nutritious and digestive substances in the wheat.

This question of proper food is one that thinking physicians might discuss. If it is a fact that, by a simple reform in the grinding and preparation of an article of such universal use as flour, a great benefit can be effectually secured; no greater good could be achieved than by encouraging such a reform. It is important to create a popular feeling strong enough to carry reform and improvement over the strong fortifications which prejudice, ignorance, and habit have formed around the present starchy compound which we call wheat bread.—*North American Review.*

#### THE EFFECT OF IMPROPER VENTILATION AND DIET.

WHATEVER tends to unbalance the circulation and to send the blood to the head, will injure the organs that are located there; it may be the eyes, the ears, or some other part. Sitting in overheated rooms is a bad practice, or sitting in those that are not well ventilated, or going with the feet cold for hours together. The blood in these cases is driven from the extremities and forced into the brain, causing congestion there. Many persons have injured their sight in this way, and some have lost it altogether.

Another great source of evil to the organs of sense is found in an improper diet. I am not sure, indeed, that more injury is not done in this way than in any other. Whatever deranges the digestive organs to any great extent is sure to make

trouble; there will be congestion somewhere, and in all probability the head will not escape. Suppose the diet is such as to obstruct the liver. The blood will become thick with bilious matter, and its circulation sluggish; in this state the fine capillaries cannot receive it, and the larger vessels become engorged or congested. The brain is said to be more largely supplied with blood-vessels than any other part of the body; it is also the most active organ in the whole system. It is therefore easily explained why it is likely to suffer when there is any derangement in the circulation.—*Demorest's Family Magazine.*

#### THE CARE OF THE EYES.

To read or write in twilight, or dim light of any kind, is trying to the optic nerve. Parents should be especially watchful over their children in regard to this.

The keenness of the sailor's organs of sight is almost proverbial. This effect has two causes. The cold salt spray dashing into the seamen's eyes strengthens and hardens them. Also, the mariner's practice of constantly piercing the atmosphere to see *something*, often absolutely undiscernible, greatly trains the organ in clever acuteness. A thought is immediately suggested: Would it not be beneficial to teach the children to test their ability to see distant objects? The hands of the courthouse clock, an incoming vessel, a faintly appearing train, the rapidly fading forms of birds in flight, and many other objects that the little ones would be eager to notice if so directed, would aid to expand and perfect the various delicate and minutely beautiful parts which compose the eye.

Infants are frequently born with eyes so weak that they "water" upon exposure to wind or light, even when judiciously advanced to these. This weakness may be cured by frequent bathing with water of the saltness and temperature of tears, or, as in my experience has been of more value, dashing cold water over the eyes each time before taking out, and never bathing the baby's face, especially about the eyes, with *warm* water. Cold tea is also recommended, and may do the work for some and fail in other cases.

Incipient, and even sometimes either acute or chronic, inflammation of the eyes may be soothed by laying over them a cloth saturated with extract of hamamelis.



There are few people who are not occasionally annoyed by an aggravating twitching of the muscles of the eye. This is caused by abuse of the organs, or general weariness of the whole system, and the remedy, of course, is rest.

Students, and others compelled to use the brain a great deal, often complain of a deathly sleepiness, an utter inability to hold the eyes open. This is not at all a disease of the eyes, but merely nature's demand for her just dues. A physician of my acquaintance, in such a case once recommended "a week's sleep," and it sufficed.

Where the eyes are so afflicted that rest and simple remedies fail to restore them, no time should be lost before consulting an oculist, and submitting these valuable organs to skillful professional treatment.

One important thought was almost forgotten. It is very injudicious for the sick, sitting or recumbent, to read or use the eyes closely. The eyes, probably from their intimate relation with the brain, are sympathetically affected by every ill that may attack any other part of the body.—*Good Housekeeping.*

#### IS CONSUMPTION CURABLE?

MANY hundreds who have had consumption have actually recovered from it without knowing they ever had it. This fact, which is not news to physicians, is explained at much length in the *Medical Record*, by Dr. Henry P. Loomis, of New York, as the result of a very large experience in the study of post-mortem cases. As curator at Bellevue Hospital, Dr. Loomis has studied 1,146 post-mortem examinations of cases in which death occurred at the hospital. Many of these were non-consumptive cases.

The result has been to confirm the impression previously created by reports of autopsies made in prominent European hospitals, that in many cases the process of lung destruction is arrested by some cause. Through some cause the lung heals, pulmonary symptoms cease, and the patient gains in health, and dies finally of some other ailment. This is shown by the revelations of the dissecting table. Old lung cavities, possibly unknown during the patient's life, are found to have healed, not by a complete restoration of the affected portion of the lung to a normal condition, but in a way which shows that the damage was not sufficient to prevent a cessation of all pulmonary

symptoms, nor to prevent a natural healing, and an adequate use of the functions of the lungs. It is also shown that "if the tubercle bacilli, if present, are rendered inert by the connective tissue which surrounds them, and are finally destroyed, then we can say that a cure takes place in very many cases—a number much larger than is generally supposed."

This doctor's experience in the Bellevue post-mortems, confirmed by the cases in other hospitals, shows that cases of pulmonary consumption are healed naturally in a far greater number of cases than anybody has supposed. His cases were chiefly of a class of subjects whose lives had been highly unfavorable to such healing. He says: "The class of cases examined at Bellevue came from the lower ranks of life, and during life were under the worst possible hygienic conditions, and yet nine out of every hundred furnished those pulmonary lesions which are evidences of cured phthisis."—*N. Y. Ledger.*

#### A SINFUL ACT.

SOMETIMES it does people good to tell them plainly that certain of their acts are sinful. If we use milder phrases, they are not touched by them. What we desire to class under this head at the present time is an act ladies in all our cities are guilty of every day, that of dragging behind them, in cars, on the pavement, in churches, halls, and offices, a piece of cloth, known as the trailing skirt. We presume few of them know how much dust they stir up, and how much harm this does.

The evil is worst in stores frequented by ladies. No matter how cleanly the proprietors keep the floor, each visitor brings in on the feet more or less dirt. It soon becomes dry and light and every skirt that touches the floor whirls into the air millions on millions of particles. Everyone present is compelled to breathe it, but the poor clerks suffer most. While counseling one of these recently—one who seems to be in the early stages of consumption—I found that the dust raised by these elegant ladies prevents her recovery, and she cannot or will not give up her place. She will die by the hands of her sisters, who are thoughtlessly murdering her. They do not know it, but that does not render them less guilty. The light is abroad, and it is their business to find it out. Under such circumstances it is a sin to wear a skirt long enough to sweep the floor.—*Herald of Health.*





## COME AND HELP.

BY CHAS. MACKAY.

COME forth from the valley, come forth from the hill,  
Come forth from the workshop, the mine, and the mill,  
From pleasure or slumber, from study or play,  
Come forth in your myriads, to aid us to-day;  
There's a word to be spoken, a deed to be done,  
A truth to be uttered, a cause to be won;  
Come forth in your myriads; come forth every one;  
Come, youths, in your vigor; come, men, in your prime;  
Come, age, with experience fresh gather'd from time;  
Come, workers, you're welcome; come, thinkers, you must;  
Come thick as the clouds in the midsummer dust,  
Or the waves of the sea gleaming bright in the sun;  
There's a truth to be told and a cause to be won—  
Come forth in your myriads; come forth every one.

—Selected.

## EXPERIMENTS IN THE USE OF ALCOHOL.

MY DEAR TOM: In answer to your request that I write out for you a brief report of my experiments upon myself and others with alcohol, I will say first, that the task is not overly pleasant from a social or manly status, but from a professional standpoint it is easy and agreeable, in view of the purpose you have in mind.

Let me diverge for a moment, and tell you how I happened to interest myself in this study.

I had recently read the report of the young French physician, who, finding himself a slave to alcoholism, determined to commit suicide rather than submit to the life of misery likely to be his. To produce death he selected the fumes of charcoal. He said, "Before I die I will leave an immortal record that will keep me in the minds of my professional brethren, and I will perform a lasting service to science." Shutting himself in his room, he started the charcoal furnace; then, with his watch, pencil, and paper before him, he recorded, from moment to moment, the influence of the carbonic oxide gas upon his functional action; finally

he recorded, with evident suffering and great difficulty, "Death is closing over me at last; it is horrible—farewell."

This report has proved of vast service to students in scientific research.

I also read with deep interest the report of Dr. Beaumont, giving his experiments upon the man, St. Martin, who lived for so many years with a hole through his body and into his stomach, caused by a gunshot wound. Through this opening Beaumont studied stomach digestion, and left a report which has been read the world over by students of medicine. Then there is the report of the scientists, H. and S., who studied the influence of various poisons, the experiments being made upon themselves. It has always been the custom of students in the science of medicine to make their experiments upon themselves, or lower animals. During the past two or three years we have had the report of the celebrated surgeon, H., as to the effect of the poison cocaine on himself; and very lately we have had the report of the renowned Koch as to the influence of his "lymph" upon animals (and himself) before he began his treatment of human beings.

With these examples and some others before me I determined to make experiments upon myself, and thus study the influence of alcohol upon the human body. I was about to make a scientific report when I received your letter of request, which has changed my plan, for I can see that you are likely to make better use of my conclusions than if they had been buried in medical libraries.

My experiments developed nothing very new, but they confirmed the facts already set down by other students as to the influence of this mysterious liquid, alcohol, upon the human being.

Following my conclusions, I have ventured to suggest some causes for alcoholism, and have also set forth some ideas as to treatment, looking upon alcoholism as a disease, physical and mental.



Before I began my personal experience, I made careful investigation of my family history, as to my inheritance of mental or physical taint, or strong mental bias. This record I found clear.

Then the other danger was presented. What tendency was there in my mental or physical nature which would be likely to lead me into a fixed habit, which I could not throw off at will?

I concluded that I was not an extremist in any particular. I was cool, self-possessed, and had been tried more than once as to strength of my will power, and therefore I felt comparatively safe. Then what if any dangers were before me? I could not tell. I saw misery, poverty, sorrow, crime, disease, and death, as the result of alcoholism, but I said I must brave these if I search for light that I think may be of service to humanity. I also remembered an old Eastern romance. An old "sheik" said to his ward, "Well, prince, you are about to go upon your worldly travels; which one of the following crimes will you indulge in,—seduction, forgery, robbery, murder, or gambling?" The young prince replied, "I will pursue a life of drunkenness." "Ah!" said the old tutor, "this comprehends all the crimes I have named, and more; may Allah protect you."

I had one point in my favor—I was in perfect health—strong and robust. During my youth and student life I had been free from alcohol, so that the experience of its use would be a new sensation to me, and I had physical strength to resist the deleterious influence.

My experiments began in January, 189-, and ended one year later.

#### MY FIRST EXPERIENCE.

I well remember the first night. I invited a friend to dine with me. We had a course dinner, and I ordered the regulation wine list incident to a dinner, beginning with raw oysters and ending with black coffee. We drank quite a quantity of alcohol, made up of three kinds of wine and a small glass of brandy with coffee. With the cigars came very unsteady talk and walk to my rooms. After two hours my companion left me, but not before we had taken more brandy. He was somewhat accustomed to such experiments, and when he left seemed fairly clear, but I was muddled and felt that I would soon be very sick, and so it proved. For more than three hours I was as sick as a drunken, alcoholic-poisoned man could be. I reproduced nearly the whole of the dinner, from oysters to

coffee. The alcohol of the liquors had been absorbed into the system. I felt the congestion of my brain through the fearful head-splitting pain. My kidneys were inflamed, my liver and bowels also, as indicated by the sudden diarrhea which came on. I was poisoned through and through, from head to foot, and I said to myself, For a foolish, unwise, and dangerous experiment you have capped the climax. If this is alcoholic poisoning, I am done with it; I make my experiments hereafter on dogs and cats, or some man more foolish than myself.

The morning following this, my first experiment, found me ill in bed—eyes bloodshot, tongue coated, taste vile beyond description, stomach sore and inflamed, head swollen, brain congested, heart beating wildly and giving evidence of weakness and depression. My system seemed to have been swept through by a "blizzard" that had left destruction and scars in its train. I had overperformed this first act in the drama of scientific alcoholic research, and I therefore resolved that my future experiments must be more carefully conducted. I put my wounded body under medical treatment. My food consisted of soups and milk, with the addition of digestive tablets to aid digestion, assimilation, and nutrition. In a few days I was quite well again.

#### MY SECOND EXPERIENCE.

It was not long after the first experience that I made another experiment, but this time with more deliberation, and kept myself just inside the line which separates sobriety from demonstrated drunkenness, but I found myself poisoned just the same and rendered sick and physically miserable. I now came to understand that I could not hammer my brain and body, however strong they might be, in this way, without doing myself serious harm, and therefore I began to make observations based upon the use of one, two, three, or four ordinary drinks of whisky or brandy by myself and others who came under my observation. I was also fortunate in having just at this time several patients, men and women, who were habitual alcoholics and periodical drunkards. The latter, after they had been drinking for a week or two, would send for me to put them on their feet again. Poor, miserable creatures! How they suffered, how they resolved, only to break away again! These subjects supplied me with the best material for study, and I now give you my conclusions, after more than a



year's constant and uninterrupted observation, not only of myself, but of patients in my private practice, also patients in certain private and public hospitals. I also spent some little time with a friend, the house physician in a large private inebriate hospital. Here I was looked upon as a patient, and was therefore enabled to gain much information as to the symptoms and mental condition of the inmates, and I can now say, with a witness who once testified to a certain assault, "Part of which I was, the whole of which I saw."—*Joe Brown," Doctor, on Alcoholism, Its Cause and Cure.*

### TOBACCO.

THE name of the plant is said to be derived from the island Tobacco, or from Tobasco, a Mexican province where Spaniards first saw this narcotic used as a luxury. Others derive the word from tabacos, a Caribbean pipe in which the drug was smoked. In 1560 Nicot gave the weed to Catherine de Medici; hence the familiar name, "Nicotian weed." The virulent alkaloid nicotine, found in the dry leaf, takes its name from Jean Nicot. Monumental sculptures in China suggest great antiquity in the use of tobacco. Humboldt says that it has been cultivated from time immemorial. For many centuries, some writers contend, its use was confined to South America, but since the days of Columbus it has extended through the world, notwithstanding the opposition of governments and the efforts of reformers. In 1590 Shah Abbas affixed penalties to the indulgence, but many fled to the mountains rather than forego it. In 1624 the pope anathematized all who defiled the house of God by carrying even snuff. The next year the Grand Sultan Amurath IV. prohibited smoking as unnatural and irreligious. The penalty was death. The Muscovite who was found snuffing had his nostrils split. The Grand Duke of Moscow made chastisement the penalty for the first offense of bringing tobacco within his realm, and death that for the second. Queen Elizabeth declared that its use reduced one to the condition of the savages, whose habits were thus imitated. King James I. wrote in his "Counterblaste to Tobacco" that smoking was "loathsome to the eye, hateful to the nose, harmful to the brain, and dangerous to the lungs," and that the stench nearest resembled "the horrible Stygian smoke of the pit which is bottomless." In his "Anatomy of Melancholy"

Burton admits the medicinal virtues of the weed, but says: "As it is used by most men, it is a plague, a mischief, a violent purger of goods, lands, and health; hellish, devilish; the ruin and overthrow of body and soul."

In 1616 its cultivation began in Virginia. In 1620 ninety respectable English women were imported by Jamestown planters for wives, at the price of 120 lbs. of tobacco, then worth fifty cents a pound. The next year they were worth \$75 in tobacco. Cigars were not generally known in Europe till about 1814, when Austria began State factories for their manufacture. During the next 42 years, 6,000,000,000 were made in those factories. About two thousand million cigars have been exported from Cuba in a single year. In 1850 four hundred thousand acres of our soil were devoted to this plant. Gen. John H. Cook, of Virginia, wrote: "Tobacco exhausts the land beyond all other crops. As a proof of this, every homestead from the Atlantic border to the head of tide water is a mournful monument. It has been the besom of destruction which has swept over this once fertile region." Thomas Jefferson said: "We find it easier to make one hundred bushels of wheat than one thousand pounds of tobacco, and they are worth more when made. The culture of tobacco is productive of infinite wretchedness." The United States leads with an average yearly crop of more than 280,000 tons. In 1888 the total product was 565,795,000 lbs. of which Kentucky contributed 283,306,000; Virginia, 64,034,000; Tennessee, 45,641,000; Ohio, 35,195,000; North Carolina, 25,755,000 and Pennsylvania, 24,180,000. The value of the (unmanufactured) crop in 1888 was \$43,666,665. Leroy Beaulieu gives the consumption per 100 of inhabitants in European countries thus: Spain, 110 lbs.; Italy, 128; Great Britain, 138; Russia, 182; Denmark, 224; Norway, 229; Austria, 273.—*Cyclopedia of Temperance and Prohibition.*

### A DRUNKARD'S HOME.

THE diabolism of rumselling is best known by the wife of the drunkard. We may try to sympathize with the poor, wretched woman who sees her once loving husband, whose fond smile and manly form were the joy and gladness of her life, now a bloated, maudlin fool and raving maniac, coming, with oaths and curses, into what is left of



a desolate home, recklessly using his hands, or whatever comes within his grasp, to wreak his vile passions on the poor woman and the helpless children who crouch beneath his blows.

This is a kind of wretchedness that can only be known or fully realized by actual experience. It is no uncommon thing that happens in some remote section of the country, to be told as a legend of crime or human infirmity, but it is an everyday occurrence in a number of wretched households all over the land; and yet this diabolism, this awful misery, is brought about and fostered by open dens of perdition called saloons, of which there are over ten thousand in the city of New York, dealing out their poisonous liquids called beer, whisky, brandy, etc., to gratify the perverted and depraved appetites of not less than one hundred thousand human beings.—*Scourge of Rumselling, in Demorest's Family Magazine for August.*

#### COMPOUND OXYGEN.

THE latest craze, says the *Globe Democrat*, in Boston is the compound oxygen drunk. Said N. W. Floyd, of Springfield, Mass.: "There are a half dozen establishments in the Hub that are doing a rushing business in catering to this form of dissipation. They are patronized exclusively by men and women of highest social position, the women outnumbering the men. The sensation produced by the inhalation of compound oxygen is described to me by those who have tried it as ecstatic. There is nothing known to the science of medicine or pharmacy that equals its delights. Big quaffs of it that fill the lungs' air cells are said to set all the nerves of the body a-tingle, and the brain in a delicious whirl. The effect lasts all the way from five minutes to an hour, according to the person." The intoxicated person does not recover from the mental collapse which follows the debauch for several hours.

#### QUESTIONS FROM "TEMPERANCE ARITHMETIC."

A YOUNG man bought 2 glasses of lager daily at 5 cents a glass. How much did that cost him in a year of 365 days?

In a city there are 8,000 saloons. If each of these makes 25 drunkards yearly, how many drunkards do they all make in a year?

If each of these drunkards wastes \$369 a year, how much will they all waste yearly?

In 1880 there were in the United States 15,432 persons working in breweries, 4,899 in malt houses, 6,532 in distilleries, 10,000 variously engaged in distilleries and breweries. How many in all?

A man set in a row the kegs which had held the brandy he drank in 10 years. He had used one pint each day. How many kegs were there, and how much brandy was yet in the last keg? Nine gallons to a keg.

If a man drinks a pint of ale a day, how much ale will he drink in 10 years?

If the 209,718 saloon keepers, 209,718 saloon assistants, and 600,000 drunkards of the United States, be formed into a procession two abreast, allowing each set three feet for standing room, how long will the procession be?—*Sol*

#### FICTION AND FACT.

THE fiction about drink is that it is a food.

The fact about drink is that a gallon of ale contains less nourishment than a penny loaf; that a glass of wine contains less food than could be put on a threepenny piece, and that a glass of spirits contains as much nourishment, and it is about as satisfying, as the bite of a mad dog.

How can this be true when people feel so much strengthened and revived after taking drink?

Because stimulation and excitement are mistaken for STRENGTH.

A spur or a whip will carry a horse to the top of a hill; but no one is insane enough to suppose the horse is really stronger for the whipping.

The fiction about drink is that it strengthens the body and enables it to bear additional fatigue.

The fact about the drink is that it weakens the center of life and action, viz., the heart. A pint and a half of beer, or two glasses of wine, or one glass of spirits, will cause the heart to beat six thousand extra strokes in a day.

The fiction is that alcohol helps digestion.

The fact is it causes indigestion and dyspepsia.

The fiction about drink is that it warms the body.

The fact about it is that it cools it, lowering the temperature, and rendering the body more susceptible to cold.—*The Sunlight.*

"NEVER speak well or ill of yourself," says an Eastern proverb. "If well, men will not believe you; if ill, they will believe a great deal more than you say."





## AS YOU WILL.

BY LUELLA CLARK.

Do you wish for kindness? be kind.  
 Do you ask for truth? be true.  
 What you give of yourself, you find;  
 Your world is a reflex of you.

For life is a mirror. You smile,  
 And a smile is your sure return.  
 Bear hate in your heart, and erewhile  
 All your world with hatred will burn.

Set love against love. Every deed  
 Shall, armed as a fate, recoil;  
 You shall gather your fruit from the seed  
 That you cast yourself in the soil.

Like answers to like. No power  
 Can free from the force of the law  
 That fashions the perfect flower  
 From the definite germ. No flaw

In the mould but will reappear  
 In the finished cast, to your shame;  
 Each kindling of anger or fear  
 Will wrap your best deed with its flame.

Each act is a separate link  
 In the chain of your weal or your woe.  
 Cups you offer another to drink,  
 The taste of their dregs you shall know.

Look without. What you are, doubt it not,  
 You will see, you will feel in another;  
 Be your charity stainless of blot,  
 And how loving the heart of your brother!  
 —*Western Christian Advocate.*

## "HER HUSBAND IS KNOWN IN THE GATES."

BY FANNIE BOLTON.

"It is all a very fine thing to talk," said Mrs. Aims, "but after one's married and settled down, there is an end to romance. The whole tendency of life is to become humdrum, especially of married life," and Mrs. Aims put her hand to her

mouth to hide the weary yawn that added emphasis to her remarks.

"But to settle down is just what I am determined not to do," said Mrs. Lee. "It stands to reason that if you settle down, there will be an end to everything progressive and healthful. You may see the consequence of settling down in everything that becomes stagnant around you. There is nothing that breeds so much unhealth as this settling down. Take a stream of running water, for instance, and just as soon as it settles down we know that it will become a stagnant pool, full of bitterness and malaria. But come, now, what is the sense of people with such bright possibilities before them as you and I, ever settling down and becoming humdrum? I do not believe in a woman's losing all her inspiration and aspiration as soon as she is married, thus confirming the world in the belief that she lived for nothing else before save to catch a husband. I believe that she should be—"

But Mrs. Aims broke in on Mrs. Lee's remarks, saying: "Well, when a woman comes to have the cares of a family, poor health, and ever-increasing burdens, there is little chance left for high flights of ambition. It takes the wind out of her sails of inspiration to hear John and Maggie quarreling, and Ethel whining, to see the house upside down, the servants cross, the baby dirty, and your husband in a fit of the sulks. Such an atmosphere is not very conducive to inspiration or aspiration. If one can manage to keep from being intolerably cross, can keep from boxing the children's ears, scolding the servants, and feeling bitterly to her husband, can go on plodding from day to day like dumb, driven cattle, it is about all that can be expected of human nature."

Mrs. Aims tossed her head as though she had settled the discussion, and Mrs. Lee looked at her in sad perplexity. Mrs. Aims thought she had



gained the advantage, and continued, condescendingly: "You are only a young married woman. It is the time of the singing of birds with you; but after a while you will find your high-flown ideas will have to come down, and, in spite of yourself, you will find that you are settling down. The law of gravitation works in the spiritual as well as in the natural world, and, though you may not think yourself 'clay,' or that you are mated with a 'clown,' but with a good, ordinary man, you will find that there is something that will 'have weight to drag thee down,' and find 'what is fine within thee growing coarse to sympathize with clay.'"

But now Mrs. Lee had fully recovered herself, and broke out with: "Well, if it is so, it ought not to be so, and it shall not in my case. You say if a woman manages to drag on like 'dumb, driven cattle,' it is all you can expect of human nature. That may be so; but it is not all that you can expect from a nature touched with a divine spirit. A Christian woman ought not to find anything that would 'have weight to drag her down.' If she has relations with the Unseen and Eternal, she need never find 'what is fine within her growing coarse to sympathize with clay.' Do you remember the story of the feverish hand? I have read it in the papers several times. No? then I will tell you it. There was a poor woman in the very plight you describe. The house was upside down, a large washing to be done, children to be dressed for school, the baby crying, and company coming for dinner. And with all her cares a fever burned in her veins. Her husband happened to touch her hands as he went out to his work, and said, 'Your hand is feverish.' Well, she knew this, and the burden of the day seemed greater than she could bear. After she had the house somewhat straightened up, she went to her room, and, while combing her hair to make herself presentable for the company, she opened her Bible, and read, 'And Jesus touched her hand, and the fever left her.' Weary, nervous, irritable, almost despairing, this woman knelt before the divine Physician, and Jesus touched her hand and the fever left her. She was lifted above her cares, for she rested at Jesus' feet, and when her friends came for dinner, she was able to become a minister of heaven to their spirits. If Christ is the fountain of a woman's inspiration, she has an unfailling source of supply, and, whatever her burdens, she may be like a watered garden and spring of water whose waters fail not."

"That is a beautiful theory," said Mrs. Aims, with a slight curl of her lip; "but, my dear, wait until you have had an experience. Doesn't the Bible say, 'Let not him that girdeth on his harness boast himself as he that putteth it off'?"

"Yes," laughed Mrs. Lee; "but now that I have got started, I am going to unfold the whole of my Utopian theory. I not only believe a wife should hold her inspiration and aspiration for herself, but should be a regular propeller to her husband."

"Ha! ha!" laughed Mrs. Aims; "that reminds me of a scrap I read in the paper the other day. It was something after this sort: Looking over the waters of the bay, you see on the tide a majestic steamer coming steadily into port; but there is no smoke from its stack, no steam from its pipes, no working of its wheel, and yet on it comes into the harbor, laden with precious baggage. What is the secret of its advancement? Why, there is a delightful little tug fairly puffing herself hoarse, towing the big steamer into port. This was given as an illustration of what a wife might do for a husband—tow him into some delightful harbor, when, if left to himself, he would be an aimless wanderer on the ocean of life, and finally end in being a great ungainly hulk of worthlessness."

"That's it exactly," said Mrs. Lee eagerly. "I am sure I am willing to work ever so quietly, but I shall persist in seeing my husband in no ordinary harbor of usefulness. I know he has grand stores in him, although he is all unknowing of it yet."

"Puff," said Mrs. Aims, holding up her hand and blowing on it as though she were ridding it of thistledown. "My dear, don't waste your steam. If a man has anything in him, it will come out without any of your tugging. If a man is a man, he will show it."

"Ah, but you see I believe that a great deal of a man's success depends upon a woman's influence! Mrs. Aims, do you think that history counts for nothing? Look at the examples we have in the mothers, wives, sisters, and friends of the great men of the world. Do you not generally find a woman in it whenever a great good or a great wrong is wrought in the land? Of course, from the nature of a woman's position in the home and in society, the woman's work does not appear on the surface, but there are plenty of instances to prove the truth of my theory. As to her influence for evil, look at Jezebel, look at Catherine de Medici, look at Madam da Pomadour. Look at the mother of



Lord Byron. Did not she drive his fine genius to madness by her taunts and excesses? And, for influence for good, look at the mothers of Moses and Samuel, look at Queen Esther, the mother and grandmother of Timothy, and, coming into modern times, look at the Mrs. Judsons, the noble mother and wife of Robert Moffat, at Mrs. Gladstone, Mrs. Talmage, and scores of others."

"Yes," said Mrs. Aims, "look at the wife of the Prince of Wales. What a wonderful result has been wrought in his life through her beneficial influence!" and Mrs. Aims laughed scornfully.

"Oh, but that is only the exception that proves the rule!" said Mrs. Lee. "I do not say that every man may become great who has a noble wife. But, in spite of all objections, I say that a woman's influence may go a long way towards making or unmaking her husband, and I am certain that Mr. Lee has undeveloped strength and power. He has never had much chance for education, not half the chance your husband has had, but, as far as I can influence him, he shall go on and cultivate himself, and become a power for good in the world."

"Going to be another 'Hannah Jane'?" said Mrs. Aims. "Slave for him, only to have him consider himself your superior at last, and prefer some other woman to yourself when he comes to want something besides a cook and a housekeeper?"

"No, indeed," said Mrs. Lee. "I shall try to keep step with him in study, and ahead in spirit. I shall always see a goal beyond for him, searching further and higher, and shouting to him on every height he gains, 'Excelsior.'"

"And some day find him dead upon the last peak amid snow and ice," said Mrs. Aims.

"Yes, if it must be, I would rather have him die near heaven than in the lowlands; for there is the comfort of it all, since we are to take our minds with us to heaven, and no knowledge is lost, and we will have infinity and eternity ever before us in which to develop and advance."

Mrs. Lee was enthusiastic in her words, but Mrs. Aims sighed wearily.

"It amuses me to hear you, you dear young child. Wait until you know a little more of life. Wait until your husband has to put up stovepipes, fix the hoops to broken washtubs, eat sour bread, go through blue wash Monday, and green Friday, and all sorts of colored days except rose colored. Life brings out a great many circumstances that

develop the prosy side, and by and by the light of illusion will all be gone, and you will come to see things as they are, be disenchanted about yourself, and realize how small is the man you have worshiped as a hero. By and by you will sit down, and there will be a dearth of conversation between you, no flash of thought, for you will know all that he does, and he will have fathomed you, and there will be nothing new for conquest on either side. Thinking of the fancy sketches that you are now making, you will laugh, and scorn at yourself, and say, 'What fools we mortals be!' I am settled down."

(To be continued.)

#### EQUAL STANDARD OF RIGHTS.

THAT quaint personage, Josiah Allen's wife, offers the following sensible thoughts respecting an equal standard of right for both sexes:—

Josiah Allen's children have been brought up to think that sin is jest as bad in a man as it is in a woman, and any place of amusement that was bad for a woman to go to was bad for a man.

Now when Thomas Jefferson was a little feller, he was bewitched to go to circuses, and Josiah said, "Better let him go, Samantha; it hain't no place for women or girls, but it won't hurt a boy." Says I, "Josiah Allen, the Lord made Thomas Jefferson with jest as pure a heart as Tirzah Ann, and no bigger eyes and ears; and if Thomas J. goes to the circus, Tirzah Ann goes too."

That stopped that. And then he was bewitched to get with the other boys that smoked and chewed tobacco, and Josiah was jest that easy turn that he would have let him go with 'em, but says I:—

"Josiah Allen, if Thomas Jefferson goes with those boys and gets to chewin' and smokin' tobacco, I shall buy Tirzah Ann a pipe."

Josiah argued with me; says he, "It don't look so bad for a boy as it does for a girl."

Says I, "Custom makes the difference; we are more used to seein' men. But," says I, "when liquor goes to make a fool and a brute of anybody, it don't stop to ask about sect; it makes a wild beast and idiot of a man or woman; and to look down from heaven, I guess a man looks as bad layin' dead drunk in a gutter as a woman does. Things look differently up there than what they do to us. It is a more sightly place. And you talk about looks, Josiah Allen. I don't go on clear looks. I go on the principle. Will the Lord say



to me in the last day, Josiah Allen's wife, how is it with the sole of Tirzah Ann—as for Thomas Jefferson's sole, he bein' a boy it hain't of no account?' No, I shall have to give an account to him for my dealings with both of these soles, male and female. And I should feel guilty if I brought him up to think that what was impure for a woman was pure for a man. If a man has a greater desire to do wrong—which I won't dispute," says I, lookin' keenly on to Josiah—"he has a greater strength to resist temptation. And so," says I, in mild accents, but as firm as old Plymouth Rock, "if Thomas Jefferson hangs, Tirzah Ann shall hang too."

#### HINTS ABOUT THE HAIR.

THE weaker and softer the hair is the more carefully should it be treated. Children with soft, fine hair are probably more troubled with irritable scalps than others; and, if this irritation is not treated immediately on its appearance, weakness of the hair is to be looked for in future, and even premature baldness.

But no great amount of hard brushing can be tolerated by the scalps of young people. It ought to be better known that treatment on this rough principle, though it may stimulate the skin and the consequent growth of hair for a time, soon does more harm than good, for the scalp becomes weak, and the hair gets shorter, thinner, and falls off. Use, therefore, a soft brush; but if you have very strong hair, then the brush may be correspondingly rougher.

Should oil be used? Probably a waxy pomatum is best, but even this should be used most sparingly. Really, in my opinion, the hair, to be healthy, requires fresh air and sunlight as much as does any growing plant, and all know what the result would be if a tree's bark were completely coated with any stiff paste. When oils or pomatums are used, care should be taken that they are quite fresh.

Hair that is oiled must be more frequently washed—say once a week. Use the best and mildest soap, of lukewarm water and yolks of new-laid eggs, and dry carefully with a soft towel.—*A Family Doctor, in Cassell's Family Magazine.*

If a bad story is told on a man, not one-third of the people will listen, but they will all listen if the bad story is told on a woman.

#### DOCTORING AN AFRICAN KING.

THE following extract is from the correspondence of the *Scottish Geographical Magazine*:—

"It is no joke to be doctor to the king of Uganda, for whenever I took him a new supply of medicine, I had always to take a dose myself, and to administer one to seven of the persons who might happen to be present. Should one of the seven unfortunates die within a week, it would be considered that I had attempted to poison the king. If the king had to take a pill, I had always to hold two in my hand; he chose one, and I had to swallow the other, unless I had a friend with me who kindly undertook the office. I soon noticed, however, that Mtesa also chose the smaller, so I arranged accordingly. One day Mtesa played me a nice trick. I had been to the palace to take him a lotion, and had warned him particularly not to drink it. After I had left, he sent a page after me with a gourd of mwengi, asking me to taste it, and say if he might have some. I did so, and said, 'Yes.' It being a very hot afternoon, my friend drank the remainder; but it soon became evident that the king had doctored the wine, for my friend became violently sick. It turned out afterward that Mtesa wished to see what effect the lotion would have upon me."

#### HOW TO IMPROVE THE VOICE.

LUNG power and capacity may be wonderfully increased and strengthened by a constant repetition of the syllable "ah," on the three or four notes in the middle register of the voice, that is, the three or four notes which one sings most naturally and with the least effort. Let the pupil get one note clear cut, round, full, and musical; then from that note, as a starting-point, let him go up and down, gradually working out the huskiness from the adjacent notes, and sounding them until they become pure and resonant, and can be delivered without strain or effort. Let him work systematically, and, above all, avoid the pernicious trick of learning "pieces" by rote or by ear. His first effort should be to increase the purity and range of his voice, and to that end he should, as suggested above, use the broad syllable "ah" only, for a time; and on no account should he try to sing an air until he can do so understandingly, with a full knowledge of musical notation, and a perfect command of his vocal resources.—*From How to Sing without a Master, in Demorest's Family Magazine for August.*



# Mother's Helper

## MY BABY GIRL.

BY LAURA C. GIBBONS.

My baby girl, your great round eyes  
Are clear and blue as summer skies.  
How little you know  
What anguish keen, what bitter tears,  
May dim those eyes in coming years;  
What visions of woe  
May meet their gaze; but, come what may,  
These words we have to stand for aye:  
"For God shall wipe all tears away."

My baby girl, what soft white hands  
These are to meet life's hard demands!  
You cannot conceive  
What heavy burdens must be borne,  
What galling fetters must be worn,  
If we would achieve  
The heart's desire; but souls oppressed  
By heavy cares have this behest:  
"Come unto Me, I'll give you rest."

What tiny feet, my baby girl!  
Can they withstand the giddy whirl,  
The clamor and strife  
Of this mad world? Will hidden snares  
Or pitfalls catch them unawares?  
Temptations are rife,  
The way is rough; lest harm betide,  
Seek thou His way who leads beside  
The waters still; in Him abide.

—*The Housekeeper.*

## DON'T CROWD THE BABY.

THE human baby is the most helpless of all babies, and that renders it easier for us to do it harm. Our well-cared-for baby will have the pure, God-given nourishment from the maternal fountain, given with regularity. She will have freedom of limbs and internal organs secured by proper dress. She will have quiet, undisturbed hours of rest. Her waking hours will also be undisturbed. Cheerfulness will permeate the atmosphere. Her judicious parents will not endeavor to stir the mind to

an early awaking. They will not desire a precocious baby, but will delight in watching the sure physical development, and the slow natural unfolding of the flower of the mind. Parents, in pride and fondness, are often over-anxious to see the mental development of their children. They have not patience to wait for nature, and so, with unwise fingers, pull apart the delicate leaflets of the bud to see what the full-blown flower will be, and sad results often follow. According to nature's laws, mental growth is proportioned to physical growth. The healthy child cannot be kept still without detriment, and the weak child cannot be incited to activity without injury.—*Mary A. Allen, M. D.*

## LET THE GIRLS DEVELOP PHYSICALLY.

BY MARY A. ALLEN, M. D.

THE boundary line between infancy and childhood is not definitely drawn, but there comes a time when we instinctively think and speak of the little one as no longer a baby. We now suppose our well-born baby to have lived through its peaceful infancy, and now coming into the larger joys and griefs of childhood. It seems to me that we are too willing to lay a burden of sex upon our little girls. We do not allow them the same innocent freedom that we do boys, but even in early childhood we limit their activity and curtail their pleasures according to prescribed ideas of propriety for girls. "Little girls don't play so;" "little girls should not climb;" "little girls should not run;" "such sports are only fit for boys." This is the song sung in the ears of girls from morning to night, until it is no wonder they often say: "I wish I were a boy. Boys have so much freer life than girls." We often hear it said that there is a great natural difference between boys and girls, that boys are noisy and like rough sports, while girls are more



quiet and like playing with dolls. Do we ever think that we know very little of what girls are by nature? The first toys we buy for boys are whistles, tops, and drums; for girls, tea sets and dolls.

When Johnny wears cropped hair, and stout, serviceable clothing; when his hat may be used for a head covering, or a hod for carrying bricks; when he can make his appearance in the parlor with torn trousers and a dirty face, and mamma only say, "It does not matter for a boy, you know," Mamie must wear forced frizzes, thin boots, cobweb stockings, and a dress that will be ruined by contact with fences; and if she dares to appear in public with a torn dress or soiled face, she will receive a lecture upon the impropriety of behaving "like a boy." If a more natural simplicity in dress is allowed the girl, still the same ideas are employed to enforce proper behavior. She must not be rude, boisterous, impolite, or selfish, because it is not ladylike, while the boy has the better motive of politeness or right suggested as his incentive towards good conduct.

Sex in reality has nothing to do with the moral qualities of childish behavior. Children are individuals, and their differences of character are individual. Sex is not developed and has no sway over them, and we should not bring into their lives an undue consciousness of that which as yet does not exist for them. We should not be lenient with boys because they are boys, nor severe with girls because they are girls. We should teach righteousness upon general principles, and not erect two standards of action to be applied according to physical differences, but should maintain the "Thou shalt" and "Thou shalt not" as undeviatingly applicable.

Soon enough the girl must take up life's burdens, and she will bear them all the more cheerfully if not laid too early and needlessly upon her shoulders. Why should we, one and all, be calling to the innocent-hearted child, "You must not, you must not, for

'Woman's lot is on you.'

All too soon she will be weeping silent tears, or

"Watching the stars out by the bed of pain;"

or, sadder still, be

"Making idols but to find them clay,  
And to bewail that worship."

Let us therefore be willing that her childhood shall not be needlessly darkened by clouds which may brood over her future; let us, by a wise training,

endeavor to prepare her to meet the trials of maturity with a brave heart, undaunted by any implication that God makes life harder for his daughters than for his sons.

No living object is more truly and suggestively beautiful than the child woman. Standing between two worlds, the world of care-free childhood, and the strange, mysterious world of womanhood, the girl, neither child nor woman, now turns to her active, childish sports, with all her old eagerness, and now advances timidly into the unexplored domain of womanhood. Possessing all the grace and artlessness of the child, she has added the subtle charm of the woman, made all the more alluring because of her unconsciousness. Half afraid of the new impulses which are beginning to sway her, she hesitates upon the threshold of a new life. So young, so innocent, both of herself and of the world, she appeals to every feeling of honor, of true manhood and womanhood, for care and protection, and deeply degraded must that person be who can disregard that powerful though unspoken appeal.—*The Advance.*

#### "WHERE SOME MOTHERS FAIL."

MUCH is said about the depth of a mother's love, and unswerving devotion is claimed to be a never-failing trait; but there are many women who, while, to all appearances, affectionate and devoted to their children, are very much lacking when put to the test.

The highest standard of many in training their children is the manner in which their mothers trained them. This is against reason, and in many cases has baneful results upon their children. The better plan is to study each child's individual character and needs, and to train him accordingly. No mother should neglect to read much of the pure and wise literature.

Some children are easily led in the right way, yet many of these, through a mother's neglect, are the first to fail when temptations beset them.

Many mothers, when their children arrive at years of discretion, say to themselves: "I have taught them right from wrong; they are old enough to look after themselves; if they are foolish or weak enough to fall into sin, I cannot help it; I have done my duty by them; they can now run in their own course. It has been very tiresome, but now I can rest." Many of them do rest. Some are too faint-hearted to utter even a protest after a



child grows into adult age, to deter him from foolish or wrong conduct.

Gently, but unremittingly, do your utmost for your child's good, even though your soul sinks with hope deferred. Some day your child may recognize what his sorrowful mother has done for him, and it may lead him to better things.

I have known women who turned against a son because he had not married to please them, and to say, "I have done with him; his wife can look after him now."

Though in some cases the wife was an innocent, thoughtless, even a giddy girl, yet the mothers kept their words, and even took a certain pride in witnessing the son's deterioration under his wife's management.

I knew a lady whose young married daughter (a helpless invalid, confined to her couch for many months) implored her to make her home with them in order that in her afflicted life she might have the solace of her mother's presence. She offered her mother and unmarried brother a good home, and as much privacy as they desired. All she craved was to be with them and see them during some of her lonely hours.

The mother, a good, unselfish woman, wrote back that she could never leave her present home on account of the ties she had in the graveyard, the graves of her long-dead husband and baby. How blind! What a fullness of joy she might have taken into her afflicted daughter's life! What a beneficial influence hers might have been upon her little granddaughter, who, so often, was almost deprived of a mother's care! What a peaceful, all-pervading comfort over all her daughter's home and its inmates her presence might have been!

There are not a few mothers who permit the only child left at home to wean them away from their married sons and daughters. This is natural, but should not be permitted to deprive other children of their rights.

Look at it in this way: nine times out of ten the child left at home has not remained there from devotion to the mother, but because it did not seem possible to marry happily. In other words, the old home was preferred because a more congenial one did not offer. Whatever this child may do for the mother, in all probability either of her married children would have done equally as well, and with the same affection, had they remained at home; because they married is no reason why they should be forgotten or neglected.

Not long ago I heard a mother say: "I shall always live with Hesba, and shall leave her all I have, for all my other girls married and left me, and she has not. If ever she does marry, I shall still live with her, in return for her goodness to me. She says I must." Each of her other daughters would most gladly have given her a home, but she did not seem to think they had any claims upon her in that way. Hesba remarked: "Actually, I have never had even one offer of marriage; if I should have a good one, I believe I should accept it."

It is a difficult thing for a mother at all times to do all that is right and impartial for each of her children; it requires a vast amount of study, and at times a really hard sacrifice of personal feeling; but personal feeling should be suppressed, and it should be looked at as much as possible from each child's individual standpoint.—*The Housekeeper.*

#### FRIGHTENING BABIES.

ONE of the most cruel of all things is to frighten very young children. To tell them the horse will bite them, the cow will bite them, the man will come and take the baby away, the dog will eat up the baby, the doctor will come and make the baby take some awful bitter stuff—all such talk is worse than whipping, scolding, or putting a naughty child supperless to bed—all of which are bad enough, but frightening the child preys on its spiritual nature to such an extent that in a few days it may have its life made miserable for years. People who talk that way to a child are poisonous as serpents, and as much to be dreaded. Then there is fashionable poison also indulged in by many a parent, telling the child to run from a spider, centipede, or tarantula, teaching it to scream at sight of a mouse or snake. People of that kind have no business to be around young children. Make men and women of your children. Teach them to kill poisonous insects and reptiles, mice, etc., etc., and do not make boobies of them by trying to make your friends believe you are raising them tender-hearted. We want plain, practical people to be raised up in the world, to live as man ought to live, master of all beings below him, and not crammed with a lot of sentimental nonsense.—*The Castaway.*

SCIENTIFIC instruction on the evils attending the use of alcohol is now given in the schools of thirty-three American States.





### ONLY A WOMAN,

HER name was quite familiar to the Hottentots and Zulus,  
And the Comanches and Apaches and Sioux knew all  
about her,

She had furnished Chinese toddlers with the different kinds  
of tulus,

And the great unwashed of Java said they couldn't do  
without her.

She figured as a patron of a patent incubator,

And her name was spread out broadcast by the chickens  
as they speeded

From the frozen fields of Lapland to the lands of the equa-  
tor;

She supplied a waiting public with the very things it  
needed.

As a sewing circle leader she achieved a reputation,

And her name was like a tocsin in the dry goods stores  
around her.

She was known in every millinery art association,

And an army of dressmakers sent up thanks that they had  
found her.

But she was a total stranger to the art of domesticity,

As all matters appertaining to the same were much below  
her.

She could write up tracts by thousands on the home and its  
felicity

For the heathen of all nations. But her husband didn't  
know her.

— *Cloth er and Furnisher.*

### PROPER PREPARATION OF FOOD.

IT is not enough that good and proper food ma-  
terial be provided; it must have such preparation  
as will increase and not diminish its alimentary  
value. The unwholesomeness of food is quite as  
often due to bad cookery as to improper selection  
of material. Proper cookery renders good food  
material more digestible. When scientifically  
done, cooking changes each of the food elements,  
with the exception of fats, in much the same man-  
ner as do the digestive juices, and at the same

time it breaks up the food by dissolving the solu-  
ble portions, so that its elements are more readily  
acted upon by the digestive fluids. Cookery, how-  
ever, often fails to attain the desired end; and the  
best material is rendered useless and unwholesome  
by improper preparation.

It is rare to find a table some portion of the  
food upon which is not rendered unwholesome  
either by improper preparatory treatment or by the  
addition of some deleterious substance. This is  
doubtless due to the fact that, the preparation of  
food being such a commonplace matter, its impor-  
tant relations to health, mind, and body have been  
overlooked, and it has been regarded as a menial  
service which might be undertaken with little or no  
preparation, and without attention to matters other  
than those which relate to the pleasure of the eye  
and the palate. With taste only as a criterion, it is  
so easy to disguise the results of careless and im-  
proper cookery of food by the use of flavors and  
condiments, as well as to palm off upon the diges-  
tive organs all sorts of inferior material, that poor  
cookery has come to be the rule rather than the  
exception.

Another reason for this prevalence of bad cook-  
ery is to be found in the fact that in so many  
homes the cooking is intrusted to an ignorant  
class of persons having no knowledge whatever of  
the scientific principles involved in this most im-  
portant and practical of arts. An ethical problem  
which we have been unable to solve is the fact that  
women who would never think of trusting the care  
of their fine china and bric-a-brac to unskilled  
hands, unhesitatingly intrust to persons who are  
almost wholly untrained, the preparation of their  
daily food. There is no department of life where  
superior intelligence is more needed than in the  
selection and preparation of food, upon which so  
largely depend the health and physical welfare of  
the family circle.



The evils of bad cookery and ill-selected food are manifold, so many, in fact, that it has been calculated that they far exceed the mischief arising from the use of strong drink; indeed, one of the evils of unwholesome food is its decided tendency to create a craving for intoxicants. Bad cookery causes indigestion, indigestion causes thirst, and thirst perpetuates drunkenness. Anyone who has suffered from a fit of indigestion, and can recollect the accompanying headache and lowness of spirits, varying in degree from dejection or ill humor to the most extreme melancholy, until the intellectual faculties seem dazed, and the moral feelings blunted, will hardly wonder that when such a condition becomes chronic, as is often the case, from the use of improperly-prepared food, the victim is easily led to resort to stimulants to drown depression and enliven the spirits.

A thorough practical knowledge of simple, wholesome cookery ought to form a part of the education of every young woman, whatever her station in life. No position in life is more responsible than that of the person who arranges the bills of fare and selects the food for the household; and what higher mission can one conceive than to intelligently prepare the wherewithal to make shoulders strong to bear life's burdens and heads clear to solve its intricate problems? what worthier work than to help in the building up of bodies into pure temples fit for guests of noble thoughts and high purposes? Surely, no one should undertake such important work without a knowledge of the principles involved.—*Science in the Kitchen, by Mrs. E. E. Kellogg.*

#### USEFUL HINTS.

KEEP flowers fresh by putting a pinch of soda in the water.

Boil the clothesline and it will not "kink." as a new rope is apt to do.

Keep a small box filled with lime in your pantry and cellar; it will keep the air dry and pure.

Soda is the best thing for cleaning tinware; apply with a damp cloth and rub well, then wipe dry.

Prick potatoes before baking so that the air can escape; this will prevent their bursting in the oven.

When baking cakes set a dish of water in the oven with them and they will not be in danger from scorching.

Grease spots that have burnt and become hard on the stove may be removed by a few drops of kerosene oil on the cloth before rubbing them.

To mend large holes in socks or in merino underwear, tack a piece of strong net over and darn through it. The darn will be stronger and neater than without it.

To clean a stove zinc or zinc-lined bathtub mix ammonia and whiting to a smooth paste, apply it to the zinc, and let it dry. Then rub it off until no dust remains.

A teaspoonful of alum will make clear four gallons of muddy water. Boiling the water is necessary to remove the disease germs when a farm pump or town reservoir has a bad name.

When scaling fish hold them under water in a pan; then the scales will not fly in your face, but will fall to the bottom, and when the water is poured from them, are ready to turn into the slop pail or compost heap.

Onions are improved by soaking in warm salt water an hour or so before cooking, as this removes some of the rank flavor. They cook tender much quicker if sliced in rings instead of splitting. If they are peeled and sliced with hands under water, some "idle tears" may be avoided.—*See.*

#### RECIPES.

WHOLE WHEAT BREAD.—The materials needed for the bread are one pint of milk, scalded and cooled, one quart of wheat berry flour [whole wheat flour], one pint of Minnesota spring wheat flour [good white flour], one-third cup of soft yeast, or one-fourth cake of compressed yeast, dissolved in one-third cup of cold water. Stir enough flour into the milk to make a stiff batter, put in the yeast, and let it rise until foaming. Have the milk so warm that, when the flour is put in, the batter will be of a lukewarm temperature. Wrap in a thick blanket, and keep at an equable temperature. When light, stir in slowly warm flour to make a soft dough. Knead for fifteen minutes and return to the bowl (which has been washed and oiled), to rise again. When risen to double its size, form into two loaves, place in separate pans, let rise again, and bake from three-fourths to one and one-half hours, according to the heat of the oven.

GRAHAM PUFFS.—Beat together vigorously until full of air bubbles, one pint of unskimmed milk, the yolk of one egg, and one pint and three or four tablespoonfuls of graham flour, added a little



at a time. When the mixture is light and foaming throughout, stir in lightly and evenly the white of the egg beaten to a stiff froth; turn into heated irons and bake in a rather quick oven. Instead of all graham one-third of white flour may be used if preferred.

**BAKED PEACHES.**—Peaches which are ripe but too hard for eating are nice baked. Pare, remove the stones, and place in loose layers in a shallow earthen pudding dish with a little water. Sprinkle each layer lightly with sugar, cover and bake.

**FRUIT PUDDING.**—Measure out one quart of rich new milk, reserving half a pint to wet five large rounded tablespoonfuls of sifted flour. Add to the milk one even cup of sugar, turn in the flour mixture, and heat to boiling in a farina kettle, stirring all the while to prevent lumps, and cook till it thickens, which will be about ten minutes after it begins to boil. Remove from the stove and beat while it is cooling. When cool add sliced bananas or whole strawberries, whortleberries, raspberries, blackberries, sliced apricots, or peaches. Serve cold.—*Science in the Kitchen.*

#### TO PREVENT MOTHS.

THE most destructive of the household pests is the moth, and the principal requisite for protection against it is promptness and care. The best way to protect garments from the ravages of this busy creature is to wrap them in newspapers, being very careful to leave not even the slightest crack by which a miller may find its way in. This should be done as early in the season as the garments can be spared, and they should be well-beaten and brushed before wrapping, in order to dislodge any eggs that may have been already deposited on them. If they are put away late, it is safer to open them sometime during July. The worm will then be hatched, if any eggs had chanced to be left in the garments, and can be easily seen and killed before it does any damage.

Cedar chests are of no more use in keeping out moths than any other tight box. Gum-camphor is sometimes put among woolen garments, and tobacco is also used; but though these may have some effect in keeping the miller away, they are not always safeguards, and the surest way is the simplest, that of wrapping the garments so that nothing can gain an entrance. To keep them out

of carpets, sprinkle the floor with turpentine or benzine before laying the carpet, and with a small, flat paint brush apply freely under the surbase and in all the cracks. Benzine poured over furniture and carpets where moths are will kill them. Great care should be taken not to use the benzine near a flame of any kind, and there should be no flame or fire in the room until the fumes have passed away.—*From "Household Pests," in Demorest's Family Magazine for July.*

#### ADVICE TO YOUNG HOUSEKEEPERS.

DON'T fix things any more than you can help.

Don't use coal fire in the summer, when oil is cheaper, cleaner, and cooler.

Always have everything on the table or on a small table close at your hand when you sit down to a meal.

Let your common sense interpret your cook-book.

Do not cut more bread than you need for a meal.

Never serve cold sliced meat for breakfast.

Always have your warmed-over dishes served as nicely as if they were original at the time.

Remember that punctuality is as necessary for the housekeeper as for the business man.—*Advance Courier.*

#### FOR CARRYING THE BABY.

THERE is always something being invented for the benefit of one class or another, and the latest production of inventive genius, the "baby carrier," says the *Ladies' Pictorial*, will specially appeal to the great host of mothers. This most ingenious and useful little article is in reality a miniature hammock, which can be fastened around the neck at various heights by strong hooks. The baby being placed inside, the hands of the nurse are left perfectly free, the arms are saved from any strain or subsequent aching, and perfect comfort and safety are insured for the child. The "baby carrier" weighs under three ounces, will wash, and, when not in use, can be folded up into a small compass and carried in the pocket. Every woman knows how, when baby wants to be nursed, everything else must be put aside, and every movement studied; therefore, the value of an article the use of which admits of a book or work being held, and saves the arms from many an hour's aching, can be thoroughly appreciated.





## HOW I ESCAPED FROM THE CLUTCHES OF CONSUMPTION.

BY MRS. DIO LEWIS.

BORN of unusually healthy parents and reared in the country, my childhood was mostly spent in the pure air and sunshine, which developed my naturally good constitution into vigorous womanhood. My father was a physician and was very watchful of the health habits of his children, such as the proper clothing of the body and the feet, as well as of their diet, always insisting that nothing should be eaten between meals.

Knowing the injurious effects of the corset on the growing body, he was strongly opposed to its being worn by any of his daughters, but, notwithstanding his wise counsels, fashion prevailed, and the corset was adopted after reaching the age of fourteen or fifteen. My mother, who inherited a remarkable constitution, and who raised a family of thirteen children, never losing a babe, had worn it from quite a child, but so *loose* that it had never caused suffering. This, however, was a rare instance, for few girls know the meaning of the words *loose* or *tight* when arranging their corsets; but to the wearing of this machine I mainly attribute the deaths of two of my three sisters, who died of consumption.

During the decline of one of these sisters I was at her bedside many hours daily through the winter and till her departure, in April. I was well and strong at that time, but when the changeable weather of the fall came on, my own throat and lungs became very irritable. A hectic fever and hacking cough set in every afternoon about four o'clock and continued into the night. The cough remained as long as the fever lasted, making sleep impossible.

My husband, who watched my case very closely and anxiously, said: "You must make a radical

change in your dress. The skirts, which now hang upon the soft parts of the body, dragging the internal organs out of place, must be supported from the shoulders, so that the lungs and all the organs within the body may have room for free action. A warm, loose dress, with thick boots, so you can live outdoors, must be adopted; these, with plenty of exercise and plain diet, must be your remedies, and not medicine."

I had discarded the corset many years before my marriage, but I still wore a tight dress and whalebones in it, with heavy skirts hanging upon the bowels. My husband urged that a very loose dress without whalebones, and flannels covering the whole body, be adopted; that the bands of the skirts be made very long and be supported over the shoulders by a pair of suspenders, saying: "If suspenders are necessary to support my pants, why are they not quite as necessary to support your skirts, which are three times heavier?"

This argument was convincing, so I lengthened the bands four inches and put on buttons for the suspenders; but, after a few months, these bands were as tight as before, and, not being able to move with the body when walking, they pulled upon the suspenders and thus upon the shoulders, making them very uncomfortable. The bands were again lengthened four or five inches, which gave great relief to the body, as the shoulders then carried the weight. Thus relieved, I felt like running and jumping as when a child. The bands were enlarged as often as was necessary. Unless they were large they could not hang from the shoulders. With this change in my dress my health and strength began slowly to improve. I do not mean that this change was the only reason for the improvement in my general condition, but that *without* this change improvement would have been *impossible*.

Under the former pressure how could the lungs



take in sufficient air to purify the blood, and the heart give it free circulation? How could the stomach digest the food taken into it, or the other organs perform their normal action? Of what use would be medicine or the observance of any of the laws of health? With this change came the ability to take long walks and the desire for them in all weathers.

This change in my dress was made in 1851, many years before "dress reform" was agitated. I continued to wear my clothes thus supported by suspenders until the year 1869, when, in Boston, I was appointed one on a committee for "dress reform;" I then adopted, in place of the suspenders, the beautiful reform waist made by our committee. It is very loose, high neck and long sleeves, with two rows of buttons, one an inch above the other. The lower row supports my under skirt and the upper row my dress skirt. Thus all the weight is carried by the shoulders. The one under skirt is never heavy. The necessary warmth for the body is supplied in a much better way by the knit underflannels, thick in winter and thin in summer.

My husband insisted on my having thick boots with *low* heels and *very thick* soles, saying: "Do you not walk on the same ground as I do? If necessary for me, they are just as necessary for you."

Thus clothed I could go out in rain or snow without injurious effects. To live outdoors was absolutely required. Any air outside was better than the house air, which had been breathed over and over again, however much we had tried to change it.

For exercise I joined a small class of ladies who were permitted to visit a gentlemen's gymnasium once a week, but there I found little help, as the exercises were not suitable for an invalid. I could only pull upon some weights and use the upright bars. This was discouraging, but my husband, always hopeful, said, "Persevere for the present, and we will also try sawing wood, which will be good exercise, because the harder you saw the deeper you must breathe."

So in the morning before breakfast we would be at work in the woodhouse. At first I could only saw through a stick the size of my arm, then rest while my husband used the saw; then another stick and rest. I soon found, however, that I could increase the number and size of the sticks as my strength came. This was in the fall, but before spring came I could saw all the wood used for the

day in two fires, while my husband, for company and companionship, split it. The position of the body in this exercise is not the best, but the harder I worked the deeper I breathed, thus forcing the air throughout the lungs.

Then riding with my husband in his daily practice in a large city, besides my long walks, kept me in the open air most of the day, and at night an open window in our bedroom made it like living out-of-doors day and night.

Three winters we spent in the South, as it was then thought necessary for all consumptives to go there that they might escape the severe and trying changes of the North and be in a climate that would allow them to live in the open air. But experience taught my husband that a *steady cold* climate, with its *vigorous, bracing, life-giving air*—if the person is well clothed—is far more desirable for a consumptive than a debilitating warm climate.

I should say that I always took the cold bath on rising in the morning, not in a bath tub, but what is called a "sponge bath," with water in the basin. Neither did I use a sponge, but mittens, without thumbs, made of Turkish toweling. With these and good toilet soap one can take a much more thorough bath in five minutes than in the bath tub. Warm baths I never took, unless they were the Turkish bath, in whose praise I cannot say too much. But the ordinary hot bath is very debilitating and few are strong enough to use it. Water that has been in the house overnight, in winter, is warm enough, and applied with the mittens very rapidly over the whole body, then rubbing off quite as vigorously with a rough towel, puts the body into a fine glow. Then, dressing quickly, you feel that you are ready for the battle of life.

My husband's strong arm supported me in thus going contrary to fashion and to the advice of many friends—and this means a great deal, for many wives have said: "I would be glad to make the same changes in my dress if my husband would sustain me in it as yours does. I know my dress is killing me, but I cannot bear that he should admire another lady's dress more than mine."

In closing let me say—and with deep gratitude—that to my good husband's watchful care, wise counsels, and loving support I owe my long life—now over seventy-five—and splendid health; not a pain to trouble me, and with the ability to walk one or two miles a day without fatigue, and to sleep all night.—*Herald of Health.*



# Health Retreat.

## "THE FOURTH" AT THE RETREAT.

THE spirit of patriotism that to thinking men makes the birthday of our nation a holy day as well as a gala day of rejoicing, pervaded our friends of the Rural Health Retreat in their peaceful, happy home in the secluded groves of Howell Mountain, and made this fourth day of July, 1892, what must be an ever memorable and happy one to them and their visiting friends. The following program had been prepared for their entertainment, and was fittingly rendered from a tastefully-decorated platform specially prepared for the purpose in the shady grove on the adjoining hillside:—

Invocation .....	Elder E. W. Farnsworth
Chorus .....	Key Note Song
Introductory .....	Capt. G. W. Kelley
Quartet .....	{ Mrs. Klostermyer, Miss Banta, Miss Leininger, Miss Wilkins
Declaration of Independence .....	J. H. Anthony
Solo and Chorus .....	Star Spangled Banner
Original Poem .....	Rev. C. R. Hager
Quartet .....	{ J. Klostermyer, J. H. Anthony, A. Hicks, Joe Hare.
Oration .....	Judge H. D. Talcott
Song, "America" .....	Congregation
Benediction .....	Elder J. Fulton
Marshal of the day, Gen. J. W. Freese.	
President, Capt. G. W. Kelley.	
Director of Music, Prof. E. Meredeth.	

The exercises were opened by an invocation delivered by Elder E. W. Farnsworth. After a jubilee song by the chorus, Captain Kelley made a short introductory address, referring to the occasion which called them together to celebrate the birthday of a nation—"conceived in liberty and dedicated to the proposition that all men are created equal." He held it to be our sacred duty that we should keep in view our sacred birthright of civil and religious freedom—endeavor to instill in the hearts and minds of our children that spirit of patriotism and love of principles that will make them in their manhood and in their womanhood the bulwarks of our freedom, to the end that (quoting from Abraham Lincoln) "they may take increased devotion to the sacred cause of liberty; and this nation, under God, shall have a new birth of freedom, and that government of the people, for the people, and by the people, shall not perish from the earth."

The Declaration of Independence was stirringly read by Mr. J. H. Anthony. An original poem by Rev. C. R. Hager, for many years a Christian mis-

sionary to China, was now given, prefaced by some touching remarks of love and reverence for our country's flag, called forth on seeing it in a distant land after long separation.

The feature of the day was an oration delivered by Judge Harvey D. Talcott, of San Francisco. In his oration Mr. Talcott submitted that much had been given to this nation and of it much was required. He called attention to our mild government, free speech, free religion, and free schools, and was incisive in the necessity of education as tending to preserve the nation and advance its best interests, and said that "any attack on our school system should meet with powerful and organized resistance."

Mr. Talcott also called prominent attention to the fact that "righteousness exalteth a nation, but sin is a reproach to any people," and "except the Lord build the house, they labor in vain that build it." The true hero was spoken of as no longer the mere child of the battle field, but he who reverently followed "the world's greatest Hero of eighteen centuries ago."

It was also clearly shown that this nation, if she is true to herself, must exert an influence as yet immeasurable upon the political institutions and the material progress of the globe. Mr. Talcott called attention to the heroic spirit of the older days and of their duty well done, as was that of those of late times. A tribute was paid to the nation's dead, and the lessons taught, and it was strongly urged that it is our bounden duty to celebrate with all our powers each national birthday, and fervently offer praise and thanksgiving to Almighty God, who has so favored us.

The exercises closed with a benediction by Elder John Fulton. All were greatly indebted to Prof. E. Meredeth, who ably arranged and conducted the music, and to Gen. J. W. Freese, the marshal of the day, and his assistants for the excellent arrangements made.

In the afternoon the younger people had a most enjoyable entertainment, in which were given music, songs, and recitations, closing with a very amusing impromptu address on the "Beauties of Hygienic Living," by Catherine Beale.

The day was a most delightful one and will long be remembered by our neighbors of the Rural Health Retreat and their many friends there present.



## RETREAT ITEMS.

- Daily arrivals from four to five.
- Mrs. M. C. Harris, of Oakland, came Monday, the 11th.
- Mr. and Mrs. Saxtorph, of Oakland, arrived the evening of the 9th.
- Mrs. A. B. Hill and Mrs. H. B. Higbee, of Petaluma, arrived the 11th.
- Judge Crain and family were the guests of Captain Kelly and family the 5th.
- Mrs. Ella Burden arrived the 8th from Portland to take charge of the books.
- Repainting of the main building has changed the appearance of the premises.
- Mr. F. Johnson, of Napa, came up on the noon stage of the 10th for a short treatment.
- Mrs. Nelson, of Woodland, stopped a few days the first part of July, the guest of Mrs. Langenour.
- General Freese and wife, of Eureka, have been the guests of the Retreat for a few weeks past.
- Miss Langenour, of Woodland, arrived Monday, the 11th, the guest of her mother and Mrs. McGriff.
- The rapidly increasing trade of our health foods makes it necessary to move our bakery to larger quarters.
- Elder E. W. Farnsworth gave us some instructive talks during his stay with us the first part of the month.
- Mr. Wm. Saunders and Elder D. T. Jones, of Oakland, were up the 7th to attend the meeting of the directors.
- Electricians have been at work for several days in putting in a system of call bells through the main building.
- Mr. Gilliss, of San Francisco, was up the evening of the 9th to make a short visit, with his wife and daughter.
- Capt. G. W. Kelly returned with his two daughters and son the 2d. His family has been with us for a few weeks past.
- Mr. and Mrs. Buckman, of Newton, Penn., have been making us frequent visits; they are stopping in the valley for a time.
- Mr. Carter, of Australia, who has been stopping with us for a few months past, took a trip to Healdsburg with a party of our friends.
- The addition to our bath rooms is rapidly nearing completion, and we shall soon have the electric bath tubs in running order.
- Mrs. J. Gotzian, of Oakland, arrived the 7th to make her home with us for a time, and assist generally by her counsel in our institution.
- A son of Professor Lovejoy arrived the last part of June to rest up and make company for his father. Professor Lovejoy is improving rapidly.

—The shock of the explosion of the Giant Powder Works was distinctly felt at the Retreat, and there was much surprising until further particulars were learned.

—The wife of Elder S. N. Haskell arrived the 6th to make her future home at the Retreat. Mrs. Haskell, though a lady of over eighty, stood a journey from Maine.

—Our culinary department has had an addition in the way of an experienced teacher of cookery from the Battle Creek Sanitarium, in the person of Miss Laura Bee.

—After a rest of two weeks at the Retreat, Professor Meredith, of Oakland, returned to his home the 7th. We are greatly indebted to the professor for the many musical entertainments.

—Mr. B. F. Walton, of Yuba City, made us a hasty call about the 1st. Mr. Walton and family were with us for several months last summer, and he reports satisfactory results from the treatment.

—Judge Talcott, of San Francisco, has made us several visits during the past month. The last was to greet his twelve-pound son. Mr. Talcott kindly favored us with an oration the Fourth.

—Rev. Nagel, from Hongkong, China, who has been treating at our institution for the past few weeks, has kindly been giving our guests and employes the benefits of his experience in the celestial land.

—We regret to lose the assistance of Mr. Jas. Klostermyer and wife. Mr. K. has been filling the position of book-keeper for some time in the past. The death of his mother and feebleness of his aged father are the reasons for his hasty departure.

—Some important improvements have been taking place on our hillside and in the grove. A few of our promenades have been greatly improved and a number of new ones made. The trimming of the trees in the grove has made it a delightful and cool resort.

—The Board of Directors met at the Retreat the 7th and 8th. Members present, S. N. Haskell, D. T. Jones, Wm. Saunders, Dr. Maxson, John Fulton, and E. W. Farnsworth by invitation. Some important matters were considered and the old managers elected to continue. Dr. W. H. Maxson and Elder M. C. Wilcox were chosen as editors for the JOURNAL; Mrs. Dr. Maxson, to take charge of the Mother's Helper and Healthful Dress departments of the JOURNAL, and Miss Laura Bee and Mrs. D. T. Jones, the House-keeper's department.

## Advertising.

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

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



## Publishers' Department.

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

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

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

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

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

### 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.

### BOUND VOLUMES.

We are prepared to furnish all the back numbers of the PACIFIC HEALTH JOURNAL in five bound volumes, with leather backs and corners, cloth sides, and gilt title upon the back. One book contains volumes 1 and 2, the others are volumes 3, 4, 5, and 6. They will be sent by mail, post-paid, for the sum of \$2.25 per volume, or \$10 for the five bound books. These books contain a vast amount of reading of the greatest importance to those who wish to learn how to regain or preserve health, also just the information needed for those who wish to make a home healthful, agreeable, and attractive. You will never regret investing the price of these volumes. Please send your orders, accompanied with the price for either one or all the volumes, and they will be promptly sent to your address. Direct to PACIFIC HEALTH JOURNAL, Oakland, Cal.

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

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

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

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

### LITERARY AND OTHER NOTES.

—Special canvasser J. R. Robinson writes that Contra Costa County will prepare an excellent World's Fair exhibit of fruits, grapes, cereals, vegetables, coal, etc.

San Bernardino County is contemplating the making of a native salt palace for the World's Fair, using blocks of crystallized salt that measure 12x24 inches, and are perfectly transparent.

—L. A. Kimball, World's Fair Commissioner from New South Wales, arrived in San Francisco July 7, *en route* to Chicago. New South Wales has appropriated \$150,000 for an exhibit at the Columbian Exposition.

—President A. C. Fish, of the San Bernardino County World's Fair Association, is endeavoring to furnish glass jars free to residents of the county who are willing to put up fine samples of fruit for the World's Fair.

—The Ladies' World's Fair Society of Fresno County has requested the Board of Supervisors to audit bills to the amount of \$500 for necessary expenses of the ladies in preparing a World's Fair exhibit. The society will distribute free at Chicago 2,500 pounds of raisins, put up in small souvenir boxes.

—The name of a new journal which has come to our table is *Food*, published at \$2.00 a year by the Clover Publishing Co., No. 71-73 Park Place, New York. It is well and spicily gotten up, and, while it may delight the gastronomic tastes of those who believe in fashionable *menus*, it will hardly meet the desires of the hygienist or health reformer.

—Among the interesting articles in the *Cosmopolitan* for July is "One of England's Great Modern Schools," "The Great City Companions" (by Elizabeth Bisland), "The Riverside Hospital" (New York's Pesthouse), "The State and the Forest," "Literary Independence of United States" (by Brander Matthews), "Making and Living" (by Edward Everett Hale), and others. This number is finely illustrated. Price, 25 cents. For sale at any news stand.

—The *Inter-Ocean*, of Chicago, presenting what is truly a novelty, in the form of an illustrated supplement, printed in colors, on a perfecting press. It is to be published regularly hereafter in every Sunday issue. The colors printed on this single press, of Mr. Walter Scott's invention, would, "in the ordinary color work," says the *Inter-Ocean*, "require four or eight presses to do the work;" that is, this press is four or eight presses combined, according to number of colors used. It is a great invention.

—The *National Popular Review* is the name of a bright new magazine, published by J. Harrison White, of San Diego, Cal., at \$2.00 a year. It is edited by P. C. Remondino, M. D., who, judging from this number, is able to put his thoughts in good, vigorous Anglo-Saxon, so that his lay readers may understand what is meant, as well as the profession. The object of the *Review* is to further the cause of hygiene, sanitation, and all measures preventive of disease. It will also review current literature bearing in any way on social welfare. There is plenty of room for such a journal, and we welcome its aid.



# HEALTH FOODS.

In the effort to meet the necessities of the Retreat, with its great variety of patients, we have produced a number of food preparations adapted to different diseased conditions, the merits of which are such as to secure for them a very large and increasing sale, not only to persons belonging to the invalid class, but those who wish by "good living" to avoid disease. The following are the leading preparations:—

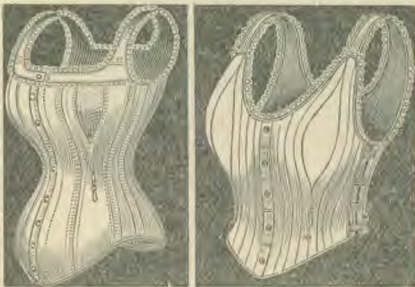
Cents per pound.		Cents per pound.		Cents per pound.	
<i>Oatmeal Biscuit</i> .....	12	<i>Plain Gr'h'm Crackers (Dyspeptic)</i>	10	<i>Fruit Crackers</i> .....	20
<i>Medium Oatmeal Crackers</i> .....	10	<i>White Crackers</i> .....	10	<i>Carbon Crackers</i> .....	15
<i>Plain Oatmeal Crackers</i> .....	10	<i>Whole-Wheat Wafers</i> .....	10	<i>Wheatena (Bulk 10)</i> .....	12
<i>No. 1 Graham Crackers</i> .....	10	<i>Gluten Wafers</i> .....	30	<i>Granola (Bulk 10)</i> .....	12
<i>No. 2 Graham Crackers</i> .....	10	<i>Anti-Constipation</i> .....	12	<i>Infants' Food</i> .....	40

Sample Packages containing Specimens of each of our Foods sent postpaid for 50 cents. Selected Samples, 25 cents.

All grain preparations can be supplied in large or small lots, as we keep a fresh supply constantly on hand of goods, which are largely made expressly for us, of a superior quality of grain. Address,

*Retreat Food Company,*

ST. HELENA, CAL.



How to Dress

Healthfully,

WITH ILLUSTRATED DESCRIPTION OF  
LADIES' AND CHILDREN'S



## Artistic Sanitary Underwear,

CONSTRUCTED ON DRESS REFORM AND HYGIENIC PRINCIPLES.

FOR DESCRIPTION AND CIRCULARS, ADDRESS

### RETREAT SUPPLY CO.,

ST. HELENA, CAL.



ADVERTISEMENTS.

Scientific American  
Agency for

# PATENTS

CAVEATS,  
TRADE MARKS,  
DESIGN PATENTS  
COPYRIGHTS, etc.

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

**Scientific American**

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

**PATENT OR  
NO  
FEE**

A 48 page book rec. Address,  
**W. T. Fitz Gerald, Att'y-at-Law.**  
Cor. 8th and F Sts., Washington, D. C.

*Hilbest Sons & Co. St. Louis, Mo.*



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

## The St. Louis Hygienic College

Of Physicians and Surgeons

Will begin its Sixth Annual Course of Instruction,  
Thursday, September 29, 1892. Men and women  
are admitted. This is the

ONLY HYGIENIC COLLEGE

— IN EXISTENCE. —

It has a full three years' course, embracing all the  
branches taught in other medical colleges; also Hygeio-  
Therapy, Sanitary Engineering, and Physical Culture.  
Address for announcement,

*S. W. Dodds, M. D., Dean,*

2826 WASHINGTON AVENUE,

St. Louis, Mo.

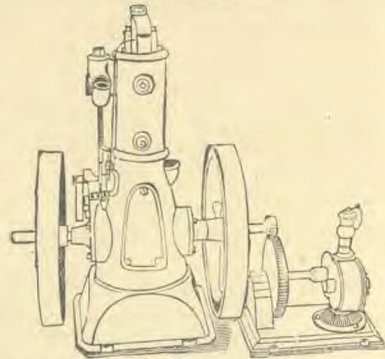
## MOTIVE POWER

## HERCULES Gas and Gasoline ENGINES.

Have fewer parts, and are there-  
fore less likely to get out of order than any other gas  
or gasoline engines now built. Just light the burner,  
turn the wheel, and it runs all day.

**MAKES NO SMELL OR DIRT.**

No double or false explosions, so frequent with the  
unreliable spark.



**For Simplicity it Beats the World.**

**It Oils itself Automatically.**

**No Batteries or Electric Spark.**

It runs with a Cheaper Grade of Gasoline than any  
other Engine.

FOR DESCRIPTIVE CIRCULARS APPLY TO

**PALMER & REY, Manufacturers.**  
San Francisco, Cal., and Portland, Or.

## The American Sentinel,

AN EIGHT-PAGE WEEKLY JOURNAL,

DEVOTED TO

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

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

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

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

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

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

Address,

**AMERICAN SENTINEL,**

43 Bond Street, New York.