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NO. 1.

GENERAL ARTICLES.

COLDS.

BY G. H. HEALD, M. D.

(Continued.)

2. *Care of the nasal passages.*—In order to protect the delicate tissues of the throat and lower air passages, the nose acts as a filter, removing dust, germs, etc. It adds large quantities of moisture to the ingoing air, perhaps a pint daily; it warms the air thoroughly, so the dry, cold, dusty air, which would be exceedingly irritating to the lower air passages, is converted into warm, moist, clean air. The nasal passages are adapted to this work by their shape and construction. The walls approach each other in such a manner that the air passages are very narrow. Lining the outer side of each passage is the moisture apparatus, which consists of a large number of blood vessels, capable of discharging a watery fluid quite rapidly into the nose. When the outer air is moist, less fluid is discharged than when it is dry, these membranes acting as a regulator to keep the ingoing air in a constant state of moisture and warmth.

These organs easily become subject to slight chronic inflammation on account of their great delicacy and the atmospheric changes to which they are subject. Other factors in the production of a low inflammatory condition are the microbes, which are filtered from the ingoing air, unhygienic habits, which lower the general tone of the body, and hereditary predisposition. Whatever the cause, there are few persons indeed who have perfectly

normal air passages. The result of this mild chronic inflammation—scarcely noticed, perhaps—is that a sudden change in the circulation throws an extra burden on the nose, and the result is probably an acute catarrh. From the nose the inflammation may reach the throat either by simple extension or by closure of the nasal passages, making it necessary to breathe through the mouth, and thus bringing dry, dust-laden, and perhaps cold air in contact with the lining membrane of the throat and lower air passages.

An important measure, then, in lessening the tendency to colds is to treat the mild chronic catarrh, which is largely responsible for the trouble. This is best done by a specialist, but much can be done to overcome the difficulty by home treatment. Cleanliness is of first importance; in fact, Dr. Seiler, a prominent nasal specialist and author, believes that it is as necessary to cleanse the nose daily as it is to cleanse the mouth, for the nose, acting as a filter for the inspired air, necessarily gathers more filth than the mouth. Whether it is important for those having normal nasal passages to douche the nose daily, we leave to the judgment of the reader; but for the person with a chronic inflammation of the nasal passages, it becomes a matter of the first importance.

The old-style nasal douche is a rather dangerous instrument in some forms of nasal catarrh, as by its injudicious use water may be forced into some of the side passages, and cause deafness or other serious trouble. A better method is that of snuffing the cleansing fluid from the hand or

a sponge. Water prepared as below should be poured in the palm of the hand, then, with one nostril closed, the water should be forcibly drawn into the other. In order to reach all parts of the passages, the water should be drawn up with the head held in various positions; first, bent forward as far as possible; second, with the head erect; third, with the head thrown well backward. The ordinary spray atomizer is another good instrument for cleansing the nose.

Clear water is irritating to the nasal passages, but if the temperature be raised to that of the body, and the specific gravity be increased to that of the fluids of the body by adding certain salts, the resulting fluid will be unirritating, and the cleansing can be performed without discomfort. It is better to use such salts as will help to dissolve the thickened mucus which forms in the nasal passages, such a favorable breeding place for germs. Cleansing solution made as given below will be found grateful, and will prevent the occurrence of many colds in the head. Add one dram of either of the following salts or mixtures to a pint of soft water (or put one teaspoonful to two cupfuls):—

1. Common salt.
2. Common salt and saleratus, equal parts.
3. Common salt, borax and saleratus, equal parts.

If soft water is not obtainable, use boiled water. It is well to use the water as hot as can be borne with comfort. Such a wash should not cause any irritation to the nasal mucous membrane. If stinging is produced, the salt has not been added in the proper proportion or the water is not of the right temperature.

3. *Abortion of a cold.*—But suppose we have contracted a cold, what may we do to break it up?—First, take a hot foot-bath *immediately*; go to bed, and cover up warmly. Drink a pint of hot drink—water or lemonade—and remain in bed until the next morning. On arising take a cold hand bath, rub vigorously, and dress. This, with no other treatment, is often sufficient to break up an incipient cold. A free perspiration following the hot treatment indicates that the circulation is again adjusted.

Occasionally a steam or hot air bath, as described in a recent number of the HEALTH JOURNAL, will answer very well. Other methods of restoring the circulation, as hot full baths, packs, etc., are frequently a success, but experience shows that a hot

foot-bath, with hot drinks, and confinement to bed, is most successful.

One great cause of failure in attempts to break up a cold is the fact that few will stop to treat a cold when the first symptoms appear. It is only as the symptoms become distressing that most persons are driven to seek relief. Here the adage, "Procrastination is the thief of time," is literally true, for the neglect to give a few hours to the treatment of a cold in its incipiency, may rob a person of days and weeks of his time—may lay the foundation for lung trouble which will rob the individual of many years of life.

(To be concluded.)

DYSPEPSIA.

BY A. J. SANDERSON, M. D.

PROBABLY there is no trouble that is more universal, either in its known or unknown phases, than this disease, neither do we know of any condition from which so large a variety of manifestations present themselves. The severity of the trouble, however, is not in proportion to the severity of the symptoms which arise from it. Some of the worst forms of dyspepsia may be accompanied by few or no symptoms that would attract attention to the stomach, while, on the other hand, some of the simplest forms are accompanied with symptoms quite distressing.

Dyspepsia in itself is a mere derangement of the stomach work. The function has in some way become disturbed, and is the result of more or less structural change of some portion of the alimentary tract, usually the stomach itself. Generally speaking, it is a constant accompaniment of catarrh of the stomach, though it may exist with other diseased conditions, as cancer, ulcer, or other forms of more serious inflammation of the stomach walls.

Catarrh is an affection of the mucous membrane of an inflammatory nature, which produces only superficial changes upon the same. It is a trouble from which no one pretends to be free; and we may say that all who are subject to the influences and changes which this life meets, suffer from it at some period of their life, if not all through their years. When we speak of catarrh we ordinarily think of it as being connected simply with the nose and throat, but we might go farther into a region that is not so manifest, and find the same con-

dition, with its evil consequences, in the stomach, if, indeed, it does not exist in other portions of the alimentary canal.

Catarrh is sometimes acute in its course, as when we have a cold in the head, or when we suffer from what is called acute indigestion, which gives rise to severe pains, and perhaps vomiting. But catarrh in its chronic forms is what we ordinarily meet with, and with which dyspeptics generally have to deal, and toward which treatment is to be directed if a cure is to be established.

Because of the great and varied suffering and bad physical conditions which accompany dyspepsia, it is looked upon as a very troublesome disease, but, strictly speaking, it is not a disease at all, but a symptom of disease of the stomach, or some other part of the structural or glandular arrangement of the alimentary canal. Because the majority of cases of dyspepsia exist with gastric catarrh, we will speak of it especially as related to it. Dyspepsias arising from ulcers, cancers, or other serious inflammation of the stomach walls, would be such as would exist with a stomach fluid that would be secreted by a stomach wall that is affected with such disease. Gastric catarrh is so varied in its conditions, and comes from such a variety of sources, that, were it thoroughly understood, a volume would have to be written to give a satisfactory explanation. We hope during the present volume of our JOURNAL to make the subject one of special interest. In this article we will simply give an idea of what forms of dyspepsia may exist in the various conditions of gastric catarrh.

Catarrh in its simplest form exists only as a slight change in the surface character and normal secretion of the mucous membrane. From this, as it progresses, it tends in either one or two directions, first, toward an increase of tissue and secretory power, or, second, toward a diminution of the same. Thus, in the resulting dyspepsias we have these two extremes—one where the constituents of the gastric juice, either in one or more of their combined products, are in excess, which condition springs from overstimulation, or an excited condition of the stomach glands, and the other where one or more of the same products are diminished; and in very bad cases such symptoms may be absent entirely. In this form the stomach glands are in a more or less atrophic condition.

From the above, three natural divisions of catarrhal dyspepsia would present themselves; first,

the simple form, where neither of the two extremes are developed; second, hyperpepsia, where parts of the fluid are in excess, and, third, hypopepsia, where parts are diminished or lacking. Sometimes these varieties can be distinguished by the symptoms they present, but very often they can not be without a careful analysis of the fluids of the stomach. As a rule, the hyperpepsias are the most painful, and give rise to much distress, if not pain, very likely before meals as well as after; and the food, if it should be belched, will have a very sharp acid taste.

Simple dyspepsias, while not so often painful, are usually quite distressing, owing to the amount of fermentation that is liable to exist with them. Hypopepsia is likely not to be painful at all, and the apparent results may only be seen in the want of nutrition and perverted general sensations, though these cases may give rise to local disturbances by the amount of fermentation that is likely to exist with them.

The general indications for treatment in cases of hyperpepsia are to remove all sources of irritation, and give such remedies as will soothe. In both the other cases fermentation should be especially guarded against, by the avoidance of all foods that favor fermentative action, and the glandular work of the stomach should be stimulated by using every normal rational means. Especially is this latter necessary in cases of hypopepsia.

PRINCIPLES GOVERNING PHYSICAL TRAINING.

To be in a condition to exercise most perfectly all the functions of mind and body is not only a privilege but a conscientious, imperative duty which we owe to ourselves, our friends, and, above all, our Creator. The pursuit of health and beauty lead us along identical paths, for we can not have true beauty without a certain degree of health; neither is it possible to be entirely without beauty if health tints the complexion, brightens the eye, and lends that indescribable air of courage and happy content.

The benefits to be derived from bodily exercise are so far-reaching that no part of the human economy fails to reap some share. While the muscles appear to come in for the greatest share in the returns, we must remember that the muscular system is only the agent of the mental power,

and even the system by which the impulses are carried to and from the brain, enlivened and strengthened by judicious training. This being undoubtedly true, it follows that no system of gymnastics is perfect or adequate to the physiological needs of the body which does not provide mental as well as muscular activity.

The mechanical action of muscular contraction has a decided effect, first, upon the muscle itself by breaking down the old tissue, thus creating a demand for new. We find in the small world of our bodies the same law of supply and demand that governs the larger world in which we move. Therefore we find the demand for new building material instantly met by a larger blood supply. The order is sent all along the line, and new activity in every portion of the human machine is the result of the impulse imparted by muscular activity.

The digestive apparatus makes known its desire for more food by the keen appetite which naturally results from exercise, and turns out more and better products to supply the demand made by muscles and nerves. The blood becomes quickly and heavily laden with waste matter from the disintegrated tissues, and must be purified more rapidly to enable it to carry the required nutriment, hence, fuller and quickened breathing. The heart meets the demand made upon it by brisker and stronger action.

Nor does the good work stop here. The clean, rich blood is carried to the brain and nerve centers and results in purer, more wholesome, and nobler thoughts and ideas, which manifest themselves in deeds of like character. Thus we see that exercise wisely taken, forms a notable factor in our physical, mental, and moral education.

In taking exercises certain recognized facts must be kept in mind if we would obtain the best results, or, in fact, any satisfactory results. Bodily exercise is work done with the object of perfecting the human organism in strength, skill, and health. Work is done at all hours, often with poor food and little sleep. Exercise is taken at proper hours, with proper rest, and attention to other matters of hygiene. This is the reason why work wears out, and exercise strengthens and invigorates.

One of the first requirements is regularity. It is not enough to devote time to exercise sufficient to average fifteen or twenty minutes daily, but each day's program must show the allotted time devoted to the training of the body. In other words, one

long jump a week will not do the work of one short jump each day.

Another important consideration is the time of taking exercise. In this particular individual circumstances must govern to a large extent. For the greater number it will be most convenient to take a few minutes morning and evening, for the regular work, and between times improve odd moments. This practice will prove not only a benefit but a restful relaxation from the customary routine. If there is but a moment and you must stand, stand properly and take a full breath. It will be a rest instead of a task, and you will the more quickly form the habit of poisoning the body correctly.

The time devoted to physical training must be in accordance with the strength and physical condition of the individual. While exercise may be a powerful help, it is possible to reach the point of overwork by this means as well as work. This, however, may easily be avoided by a generous mixture of common sense with the desire to be graceful, beautiful, and healthful.

It is hardly necessary to mention fresh air and sunshine as helps to obtain desirable results from exercise. So in choosing the place for the daily exercise, have air and sunlight at least, for it may be impossible to exercise in the sunshine. However, if it be possible, unite the beneficial effects of systematic exercise with the beneficial effects of sunshine and fresh air.

And last, but by no means least, let us mention the dress. Let the dress be suitable—light, easy, roomy, and it is not a bad idea to have it of material that will not suffer in the laundry, because there is always more or less perspiration during exercise, and a fresh suit adds something to the pleasure of the work. In another article in this number the principles underlying correct dress will be mentioned, so in this we will simply call attention to the necessity of the application of those principles.

EXERCISES.

Before beginning a series of exercises we must learn that the true foundation for all physical training is correct poise. The chief object of this series of lessons will be to enable those who practice the lessons given to acquire this poise and maintain it with ease, for we believe that incorrect standing is not the result of practiced effort, but a lack of effort to properly poise the body. Incidental to obtaining this most desirable result will

be the development of a good physique and a greater degree of health generally, as already stated.

To describe the correct standing poise and how to take it, we quote from *PACIFIC HEALTH JOURNAL* of September, 1895, the article "Correct Poise":—

"In the correct standing position every muscle is energized. The weight of the body is on the balls of the feet. The chest is most prominent, and the hips set well back, with the abdomen drawn in. The spine is strongly curved; the head is held well back on the shoulders, and the chin is slightly drawn in, in such a way that a weight placed upon the head could be easily carried. The shoulders are well braced back but not strained or drawn up. The muscles of the legs are firm and the arms hang loosely at the sides. Standing in this position a line passing in front of the ear and shoulder falls at the ball of the foot.

"The method of taking the correct position given by Dr. Kellogg, of the Sanitarium, Battle Creek, Mich, is as follows:—

"Stand with the arms stretched at the sides, heels together and touching a wall or other flat surface. Let the hips, shoulders, and back of head, also touch the wall. Now bring the head as far back as possible so as to force the shoulders forward, without moving the hips or heels. Now bring the head forward by contracting the front neck muscles; thus the chin will come into its proper relation to the remainder of the body. Now as you rise to the point of the toes, you will find it possible to return to the original position without swaying backward out of line—that is, in rising to the toes the body is raised straight up rather than forward and up."

"Ah, yes," we can hear some one say, "but I am tipping over forward, and I feel as stiff as if joints were an unknown quantity!" True; but it is always rather awkward to change lifelong habits, be they right or wrong. There is really not as much danger of tipping as before, because it is really the natural poise; and the center of gravity is just where nature intended it to be. The stiffness will disappear as soon as the proper muscles are trained to do their duty in holding the body erect without the help of the will. In other words, when the position is taken without thought, self-consciousness and awkwardness will disappear together, for they are inseparable.

Now take the correct standing position as well as you can.

EXERCISE 1.—To raise the chest stretch the arms horizontally forward as far as possible. Inhale, and raise the arms sideways and upwards at the same time. Continue the circle backward, keeping the arms well stretched all the time until they return to the side position. Now exhale. Be careful meanwhile to keep the head well back and the back strongly curved.

EXERCISE 2.—Having returned to correct position, hold the body firmly and rise slowly upon both feet as high as possible. At first this will be found difficult to do, but daily practice will soon strengthen the muscles of the legs, ankles, and feet. In bringing the body into position do not allow the weight to settle back upon the heels.

EXERCISE 3.—Contract every muscle and hold the body firmly in correct position. Now sway the body forward and backward from the ankle without bending the knees or raising either toes or heels. This is a difficult but very necessary exercise to easy walking. (This and the foregoing exercise should be practiced on both feet, then on each individually.)

EXERCISE 4.—Stand on something so as to raise the left foot several inches from the floor; balance the weight of the body on the right foot. Now swing the left foot in front of the right leg, flexing the knee so the toe points toward the floor and the sole of the foot is parallel with the right leg. Then swing it downward and backward of the leg. Repeat this movement several times, keeping the weight wholly on one foot, and without touching the other foot to the floor. Be careful not to allow the body to sway. Then change the weight to the other foot and repeat the movement.

(Before attempting exercise 2 on one foot practice exercise 4.)

These exercises should be taken systematically and in the given order. We have found it best to devote from ten to fifteen minutes several times daily to the work. For the first few days, taking the correct position and holding it for a few minutes will be work enough, and may occasion some muscular soreness, which must be overcome by strengthening the muscles, which can only be done by judicious but persistent effort.

I THINK one of our greatest faults is that of judging hastily. We should try to put ourselves in another's place, and think if we would do any differently under similar circumstances.

PHYSICAL DECAY.

"If the repair were always identical with the waste, life would then only be terminated by accident, never by old age." This is a fact well known to all who have investigated the subject, though Mr. G. H. Lewes, in his "Physiology of Common Life," makes the statement quoted. In early years this balance of the human system is admirably preserved. As man advances in life, however, and gets up to fifty or sixty, he begins to get stiff in the joints, and experiences what he calls "feeling his age." Renovation of various organs of the body depends on the blood, and if this supply is not at all times furnished in sufficient quantity and quality, a gradual deterioration takes place. Heart and arteries become clogged, and the whole delicate machinery suffers from the lack of nourishment. Deposits of phosphate and carbonate of lime accumulate, and the change is really a chemical one, by which the blood is hindered from going to the extremities of the system and fulfilling its work of repair and renovation. Old age, then, is the result of a change in the blood, which becomes overloaded with earthy salts, leaves its refuse matter in the system, and the valves of the heart become cartilaginous. Becoming thus, the heart is not able to propel the blood to its destination. Arteries also having become ossified, a still further obstruction takes place, and the whole body languishes. Blood is life. If it is kept continually in good order, our years are prolonged. New bodies, as in youth and early manhood, do not accumulate these fibrinous and gelatinous deposits, which, as the years go by, help the gradual process of ossification and cause the decrepitude of age. Now if some means were discovered by which the blood could be kept in a condition like that of youth, it would throw off these earthy salts which obstruct the action of the heart and arteries. Our food and drink make our blood. It seems, then, that it is to them we should look primarily for the quality of it.

Without eating and drinking there is no life, but we may select certain kinds of food containing a minimum amount of the elements which cause the ossific blockage in the system. An English physician, Dr. C. F. De Lacy Evans, who made many researches in regard to our food, comes to the conclusion that more fruit should be eaten, especially apples, grapes, and bananas, they being rich in nutritious elements. Being deficient in

nitrogen, they are best for elderly people, as they keep the blood in a better condition than flesh. After the age of sixty people should eat less beef and mutton, and use more apples and nuts of all kinds, the latter being rich in many of the nutritious elements of meat. Fish and poultry have not the objectionable earth salts of beef. In order to retard physical decay and to keep the blood in a wholesome condition, distilled water is recommended. It has solvent qualities which act upon the earth salts in the blood and expel them from the body. A goblet of this water taken three times a day, with ten or fifteen drops of diluted phosphoric acid in each glass, has a tendency to assist the blood in eliminating the obstructing salts. A man is as old as his arteries. If they are soft and compressible, the deteriorating effects of old age have not appeared.

Flourens, in his well-known work on "Human Longevity," cites the case of the Italian centenarian Cornaro, whose recipe for health and long life was extreme moderation in all things. Flourens himself insists that a century is the normal life, but that 50 years beyond, and even 200 years, are human possibilities under advantageous conditions. Hufeland also believed in 200 years as an extreme limit. Sir James Crichton Browne, M. D., concedes, in a late address, that Flourens was right. Duration of growth gives the length of life. Hufeland held that the human body grows till the age of 25, and that eight times the growth period was the utmost limit of man. But if 20 years be taken as the time of growth, even five times that will give us a century. According to Flourens and Cuvier, man is of the frugivorous or fruit and nut eating class of animals, like the gorillas and other apes and monkeys. Man has not teeth like the lions and carnivorous beasts, neither has he teeth like the cows and herbivorous ones. Intestines in the man are seven or eight times the length of the body; the lion's are but three times the length of his body. Herbivorous animals, like the cow, have intestines forty-eight times the length of the body.

So, judging man by his teeth, his stomach, and his intestines, he is naturally and primitively frugivorous, and was not intended to eat flesh. Fruit is aperient, and apples act on the liver, and are good brain food also, as they contain much phosphoric acid. As to the effect of certain climates, perhaps too much stress has been laid upon that. We find that Thomas Parr, who lived in England,

died in his 153d year, and was dissected by the celebrated discoverer of the circulation of the blood, Dr. William Harvey (who expressed no doubt of his age), was never out of his native country. Accounts of men who have lived to extreme age in Ecuador and Mexico indicate possibilities. A climate that allows much outdoor living is the best for health. More depends on food than on any climate. Exercise, fresh air to live in and to sleep in, daily bathing, and freedom from medicine, are the important things. In July, 1893, the *Courier Journal*, of Louisville, published a long account of James McMullin, who died in Carlisle County, Ky., at 117 years of age. When Buffon, Hufeland, Flourens, and men of that class, who had studied the subject, believed in the possibility of 150 or 200 years of life, the subject is not to be laughed at.—*William Kinnear, in Harper's Weekly.*

KNOWLEDGE BRINGS HAPPINESS.

THE other evening I heard a young lady say: "I never sew; I do not darn my own stockings. I purposely do not buy needles, lest if I have them handy I shall use them." Now, a stranger would have thought that a very senseless remark, and have accredited the young woman with the very smallest amount of brains, but I knew her to be a well-educated, bright, helpful, self-supporting girl. Knowing the inns and outs of affairs, I could see at once just how this state of things had come about. The family until a few years past had been wealthy, and the children had been educated to the utmost helplessness possible by having everything done for them. Reverses came, and, lo! nobody, from the father up or down, knew how to do the least thing toward gaining a livelihood.

The mother became an invalid; "life was too much for her," and she succumbed, took to her lounge, and—whined. She had never been taught to manage a house, so she tried to amend this fault in her daughter's education, and from her vantage ground of the lounge gave orders that she could not execute herself, and that were unreasonable, thus laying a sure foundation for a hatred of house-keeping on the part of that young lady. She had never learned to sew, and so she recognized that her daughter should profit by the mistakes of her own life, and become an accomplished needle-woman; consequently, she so nagged her about

sewing that the poor girl, in sheer despair, determined to find a way of making her own living that would take her out of this home atmosphere.

She learned telegraphy, and, being unusually bright, holds a position that enables her to hire her sewing done. We had a long chat, and she confessed to me that she would really have enjoyed housekeeping if she could have learned or practiced it under favorable auspices, and when I saw her pretty room in a modest boarding house, I could tell at once that she was a "born house-keeper," but had been spoiled in her younger years.

Now, mothers, if you want your girls to be good housekeepers, make the work pleasant for them. Don't nag. Don't say, "I never saw such a careless room, or such an untidy girl," but show her that you take an interest in her room, and help her to make it pretty, and she will soon learn to care for and keep it neat. The time to begin to make a girl a good housekeeper or to teach her to take care of her own clothes is when she is a *little* girl. As soon as her tiny fingers can hold a needle, let her at least *think* she is helping you by hemming a duster or a kitchen towel. If she has a rent in her dress or pinafore, if possible, show her how to mend it. It will give her the habit of neatness. If she has a shoe button off, don't sew it on for her—let her do it herself. There are very few young children who are not pleased at the idea of helping.—*A. Montclair.*

RELATION OF EXERCISE TO HEALTH.

BY A. J. SANDERSON, M. D.

[Notes from parlor lectures at the sanitarium.]

THE fact that our physical health and strength are to a great extent in proportion to the amount and quality of exercise in the life that is past, should teach us the importance of giving due attention to the building up of a good muscular system. We came into the world without strength, but with all the facilities for becoming healthy, useful, and strong. If the body be supplied with good food and plenty of fresh air, both of which are ever abundant in nature, we have all that is necessary for material with which to build the strongest physical frame.

The natural tendency in all living things is to exercise. The child exhibits this instinct to a re-

markable degree. It is ever active during its waking hours, and the result is the rapidly developing body and the ever-widening range of voluntary action during infancy and youth. The child has no sooner learned to do one thing than it is trying something else—if, indeed, it is not trying to do several things at once. This is the order of nature; and if we should follow her directions, activities would never cease, but would continue to be through life the givers and vital regulators of health.

It does not make so much difference what the exercise may be, provided it be of the proper amount and quality. For this purpose it must be regularly taken, and of a general nature. Local development, or exercise which calls into play only a few of the muscles of the body, is liable to do harm. Many deformities, such as curvature of the spine, stooping postures, etc., are produced in this way. For this reason, those who are confined to occupations which necessitate this, should be careful to take such exercise as will counteract the evil effects of this use of the few muscles. Students who take all their exercise at tennis, or any similar game, will find very unsatisfactory results in the physical conditions produced.

Another result to be obtained from exercise is the regulation of healthful nutrition. We are nourished, not by the amount which passes into the stomach, but by the products that the acting tissues of the body call forth from the digestive organs and successfully appropriate into themselves. Without exercise this can not be normal. The tissue change is less, and the food elements do not give their proper nutrition, and neither are the waste products perfectly eliminated. Of this abnormal condition of inactivity, weakness and disease are the universal results, hence the complaints that usually arise in persons of entirely sedentary habits.

Not only does exercise regulate nutrition, but its effects are of vital importance on the great functions of respiration, digestion, and circulation. None of these can do their best and normal work without a well-developed, symmetrical physical frame. The respiratory function is of the first importance to the body. Millions of cells fill every part of the body, all calling every moment of the time for a continued supply of oxygen, without which they can not live. If the breath stops but for a moment, every cell of the body suffers from the loss of oxygen, and begins to die from the accumulation of poison within itself.

Respiration supplies oxygen to the blood, and removes from the same the carbonic acid gas and other waste products; and the amount of both is very large. Physiologists tell us that there are one hundred and seventy-six cubic centimeters of blood passing through the lungs every second. In this amount there would be one hundred and seventy-six thousand cubic millimeters, and each cubic millimeter has from four and one-half to five million red blood cells, every one of which has a load of carbonic acid gas of which to be relieved, and requires in its place a fresh supply of oxygen.

We can see from this how much work is done by the lungs every second. The lungs have abundant capacity for this work, with a large reserve for times of excessive exercise and emergencies. We naturally take in only about twenty cubic inches of air at a common breath, while with a forced inspiration we may take in one hundred cubic inches. On account of this surplus of room there is a tendency in lives that are not physiologically active, to disuse the lungs, and we find ourselves using only a portion of them. From this lack of use the chest tends to contract, so that its capacity is diminished, and along with this the muscles of the chest wall become weakened, and the breathing capacity is materially lessened. This is made worse by a violation of any of the laws of the hygiene of respiration, such as wearing clothes that in any way restrict the body, or indulging in habits that lessen chest development.

Exercise is the first essential to prevent this respiratory loss, as it acts doubly upon the function. It builds up the muscular system, which makes the outer frame more symmetrical, and increases the cavity within, and at the same time creates such a demand for oxygen on the part of the tissues that the lungs, in response to this call, do willing and voluntary service to supply the extra amount of respiratory food. For this latter reason the life should be supplied with regular physical work, which will call into use the normal supply of oxygen.

It is also essential that at times energetic exercise, such as a short run, or a brisk walk up an incline, should be taken, so as to put the healthy lungs into extreme activity, which will be a great renovator of the millions of air-cells, and tend to keep them healthy.

Respiratory exercise should be such as will develop the muscles that hold an important relation to the chest capacity. These include all the mus-

cles of the trunk, as normal respiration involves all parts of the chest and abdomen. Special attention should be given during all kinds of work or exercise, to see that the chest is prominent, and well forward as compared with the position of the shoulders.

With the functions of digestion, exercise is of no less importance. That part of respiration which is known as abdominal breathing, has a vitalizing effect upon the action of the stomach and liver. It is also a very important feature in the maintenance of a good circulation of the blood in these organs. A good supply of oxygen in the blood during the time of secretion of the digestive fluids, is very important for obtaining the best qualities of these fluids. If the blood at this time be loaded with carbonic acid gas, the latter is in danger of passing from the blood vessels in the walls of the stomach and intestines, in exchange for the oxygen which may have been swallowed with the food, and in this way gives rise to annoying and troublesome gas in the alimentary canal.

Well-developed abdominal muscles will also favor the existence of a well-developed muscular system in the walls of the stomach and intestines, which is a very important factor in healthy digestion, and in the normal action of the bowels.

With the function of circulation, exercise plays a no less important part. It calls the blood to the acting muscles by creating a demand for the blood; and, by mechanical action upon the blood vessels, it greatly facilitates the general circulation. The result is also very beneficial in helping to develop and give tone to the muscles of the heart.

A WISE AND NOVEL TREATMENT.

A YOUNG wife had just settled in her new home. All seemed fair and promising, but one night her husband came home very late and staggered into the house. His wife was greatly shocked, and told him he was ill and to lie down at once. He did so, and in a moment or two was comfortably asleep on the sofa. His face was a reddish purple, his breathing heavy, and altogether he was a pitiable-looking object. The doctor was sent for in haste, and mustard plasters applied to his hands and feet. When the doctor came, felt his pulse, and examined him, and found that he was drunk, he said:—

"He will be all right in the morning."

But the wife insisted that he was very ill and severe remedies must be used.

"You must shave his head and apply blisters," she urged, "or I shall send for some one who will."

His head was accordingly shaved closely and blisters applied. All night he lay in a drunken sleep, notwithstanding the blisters were eating into the flesh. It was not till near morning he began to beat about, disturbed by pain.

About daylight he awoke to a most uncomfortable consciousness of blistered agonies.

"What does this mean?" he said, putting his hand to his bandaged head.

"Lie still—you mustn't stir," said the wife; "you have been very ill."

"I'm not ill."

"Oh, yes, you are! You have brain fever. We have worked hard with you all night."

"I should think you had," groaned the poor victim. "What's the matter with my feet?"

"They are blistered."

"But I'm better now. Take off the blisters, do," he pleaded piteously.

He was in a most uncomfortable state, his head covered with sores, and his hands and feet still worse.

"My dear," he said, groaning, "if I ever should get sick in this way again, do not be alarmed or send for the doctor, and above all do not blister me again."

"Oh, indeed, I will! All that saved you was the blisters, and if you should have another spell, I should be more frightened than ever, for the tendency, I am sure, is to apoplexy, and from the next attack you would be likely to die, unless there were the severest measures used."

He made no further defense; and from that day to this he has not had another attack of drink.—*Drover's Journal.*

THE Revolutionary War cost the United States \$135,193,703. The thirteen Colonies furnished 395,064 troops from 1775 to 1783. England lost 50,000 men. The War of 1812-1815, with Great Britain, cost the United States \$107,159,003. The number engaged, of militia and regular service, was 471,622. The killed and wounded numbered 5,614.

WHEN death, the great reconciler, has come, it is never our tenderness that we repent of but our severity.—*Adam Bede.*

Mother's Helper

CONDUCTED BY HARRIET S. MAXSON, M. D.

THE CHILDREN.

ONLY to keep them so,
Soft, warm and young;
The wee, feeble fingers,
The babbling tongue;
Tears that we kiss away,
Smiles that we win;
Careless of knowledge,
As guiltless of sin.

Only to keep them so,
Frank, true, and pure,
Of our full wisdom
So lovingly sure;
Our frown all they shrink from,
Our fiat their law;
Our store, whence all gladness
They fearlessly draw.

Only to keep them so,
Sweet hands that cling,
Sweet lips that laugh for us,
Sweet tones that ring,
Curls that we train to wave,
Feet that we guide,
Each fresh step a wonder,
Each new word a pride.

Only to keep them so!
Women and men
Are the tinies that circled us
Lovingly then.
Gentle and good to us,
Patient and strong,
Guarding our weaknesses,
Bearing us long,

Tenderly mocking us,
Old thoughts and ways,
That scarcely keep measure
With life's rapid days.
Good to us, waiting,
Our sunset shows fair;
But only to have them so
Just as they were!

—All the Year Round.

THE BABY'S SICK-ROOM.

Too often any spot where a pallet can be spread within reach of the busy mother's ears, is considered a fit place to receive the sick baby. If return to health depends largely upon environments in the case of the adult, much more is this true in the case of the little one. Their little nerves are much more impressible than the more staid ones of those of advanced years. For this reason alone care should be used in the selection of a sick-room for the child.

Whatever may be the nature of the sickness, it is especially desirable that the room should be large and airy, and that it should be far removed from disturbing noises if possible. It should have plenty of sunlight, unless the condition of the child's eyes or nervous system renders light objectionable. This is seldom the case, however. Only in extreme cases is it necessary to shut out the life-giving rays of the sun. The old idea of a darkened room as appropriate to sickness is a thing of the past, and it is now generally understood that of all people in the world the invalid needs the sunshine.

In case the little one is suffering from a contagious disease, certain requirements are necessary which would not be otherwise. If possible, the room should be at the top of the house, and on an entirely different floor from the rooms occupied by other members of the family, particularly children. All unnecessary articles of furniture should be removed, leaving the room as nearly bare as possible. If desired, some cheap curtains may be placed at the windows, and a clean bit of old carpet spread before the bed. It is necessary of course to have a table and a chair or two, but aside from this it is not necessary to contaminate

more articles. Great care must be taken to render the room and its belongings perfectly aseptic after the occupant has recovered health.

It is of course most desirable, if there are other children in the house, that the infection should not spread, and to prevent this certain restrictions must be carried out. Vessels containing disinfectants are practically of no use except to vitiate the atmosphere. A sheet may be hung in the doorway, saturated with disinfectant solution, which will be effectual in preventing the spread of contagion through the door, which is necessarily opened at times. This sheet may be dipped in a solution of carbolic acid, in proportion of six and one-half ounces to the gallon of water. The carbolic acid will mix with the water better if it is first dissolved in glycerine.

When it is possible to do so, it is well to have an anteroom or room attached to the sick-room, devoted to the use of the afflicted one and the attendant. In this room should be placed a wash-tub containing a disinfectant solution, which should receive all the bed and body clothing as soon as removed, and it is essential that these should be changed frequently, at least once a day. In this room also may be kept all the plates, knives, forks, spoons, nursing bottles, etc., that are used for the child. They may be thoroughly washed and disinfected in this room. Anything brought from the kitchen to the suffering one, or anything needed by the attendant, may be handed to her at the door of this ante-room, and thus lessen greatly the danger of spreading the contagion.

When the illness is over, and the patient is so far recovered as to make it safe for him to join the family circle, the room must undergo a thorough disinfection, and this should be done before anything is removed from it. The pillows, mattresses, blankets, etc., should be subjected to the fumes of the sulphur. The feather pillows and hair mattresses may be rendered aseptic by being sent to the steam renovator, but it is better even then that they be first subjected to the fumes of the sulphur before being taken from the room. Sulphur fumigators may be obtained ready prepared from any drug store, but the ordinary stick sulphur or flower of sulphur will do just as well. For thorough disinfection three pounds is necessary to each thousand cubic feet of space. This may be placed in an iron kettle which is set up on bricks or stones in a tub partially filled with water, in this way avoiding any danger of fire in the room. A

little alcohol poured over the sulphur before the light is applied, will be all that is necessary to set the sulphur burning. The room should first be prepared by closing the windows and sealing the same with paper pasted over the cracks, or the cracks may be filled with cotton. The fumes should be kept confined in the room for at least six hours. The floor should then be washed with a disinfectant, either corrosive sublimate, one to one thousand, or a five per cent solution of carbolic acid. The walls should be washed, and if papered, and the paper can not be washed, it should be removed, and new paper applied.

The requirements of the sick-room are of course somewhat modified if the disease is not contagious; still it is well to have it removed from the living rooms, in order that it may be as quiet as possible, and that it be large and airy and light. Great care should be exercised in ventilation. While it is necessary to have plenty of fresh air, there are many diseases from which children suffer, in which any draft would be exceedingly dangerous. For instance, when the child suffers from measles, scarlet fever, or any lung trouble, exposure to draft might induce a condition of inflammation which would be speedily fatal. For this reason it is sometimes necessary to ventilate the room from an adjoining room, in which the air must be kept very fresh and warm. If there is a ventilating flue in the room, the matter is made easy, as the fresh air will be let in through the cracks and crevices in the room. If this is not provided in the building, the room may be ventilated by the windows being lowered at the top and raised at the bottom, the draft being kept off by means of an inclined protector at the window sill, and the bed again protected by a large screen.

For deodorizing a room, aromatic pastiles may be obtained at the drug store, and burned in the room. Coffee burned in the room answers the same purpose; but these do not take the place of disinfectants or ventilation; they are simply deodorizers.

In many cases where the throat and lungs are affected, it is desirable that the air should be kept moist, and for this purpose a large open pan can be kept over an alcohol lamp or on a stove. There are instruments made for this purpose especially, when there are throat troubles, such as croup, etc., by means of which a current of steam is directed near the mouth of the sick one. These can be obtained at almost any drug store. The

temperature of the room should be uniform, and kept about the same all day. When the air is kept moist, the temperature will have to be kept slightly higher than otherwise.

In the sick-room, as well as in the day nursery, there should be a little closet provided for the reception of medicines and appliances which the mother is justified in using for herself. These should be carefully guarded and kept under lock and key, in order that there will be no opportunity for the children to administer them on their own responsibility. A very serviceable article in the sick-room is a little refrigerator, where may be kept milk and ice, and other foods necessary to be used frequently for the nourishment of the little patient. An alcohol lamp also, with a vessel for making fresh food, should be kept either in the sick-room or in the room adjoining.

MAKING CHILDREN HAPPY.

BY N. P. M.

THE rearing of children is a subject which always has been and always will be a source of much discussion. We shall never arrive at the point when the application of labeled rules will meet each day's experience; but there are general principles which ought to give definite aim to our government. We assume that all good mothers wish their children to be obedient, truthful, intelligent, but do all teach them to be happy? Some may say, "This is too evasive a thing to be controlled; children are naturally happy." Thank God, the dear little ones do start upon life's pathway with hearts ready to absorb all the sunshine that comes to them, and now is the opportunity to make their world so rich, so beautiful, that its rays may stream over into mature life and carry with it some of the freshness and enthusiasm that gladdened childhood days. No hardship or trial can so paralyze the will or make existence such a treadmill as the feeling that life is not worth living.

We believe that through the period of childhood the heart and intellect can be so trained, and interests so multiplied, that, however dark the days may be which follow, the feeling will never come that it is not worth while striving. As to the plan to be pursued in this education, we would put first and above all the force of example. Let the home atmosphere be bright and cheerful, and all disa-

greeable things kept in the background. This will far outweigh all desired teaching. Make your children feel that you regard ill-temper and being cross very serious faults, and making those about them happy the right expression of a right spirit. The cultivation of love for animals is an important element in a child's education. Nature in all its varied forms should be a daily lesson, and, impressed upon the sensitive mind, will be through life a source of joy. Try to keep them from looking upon their tasks as disagreeable duties, and encourage them to feel that there is great satisfaction in being useful. Children so trained are the ones who push forward and make a career of usefulness and honor.—*Womankind.*

HOME TRAINING.

BY FLORENCE J. MORRISON.

HOME is the place where our earliest and best recollections are associated. It is here that the first lessons of infancy are learned. Here the parents' examples are first imitated by the young child, whose earliest impressions are gained from them. The mother's heart is the child's first schoolroom.

It is in the home circle that the most sacred earthly ties are bound. It is in the father, as the head, that every member of the family centers. "His name, 'house-band,' is the true definition of husband. He is the lawmaker, illustrating in his own manly bearing the sterner virtues, energy, integrity, honesty, and practical usefulness. The father is in one sense the priest of the household, laying upon the altar of God the morning and evening sacrifices, while the wife and children unite in prayer and praise."

"With such a household Jesus will tarry, and through his quickening influence the parents' joyful exclamation shall yet be heard amid more exalted scenes, saying, 'Behold I, and the children whom the Lord hath given me.' Saved, saved, eternally saved! Freed from the corruption that is in the world through lust, and through the merits of Christ made heirs of immortality."

To the mother belongs the privilege of planting in the hearts of her children those seeds of love, which, nurtured and fostered, will bear the fruits of earnest and useful lives. It is she who must fit them to meet the duties and emergencies of life, and in this work of training in knowledge and

power she will keep her heart fresh and young, and thereby insure the growth of those powers with which nature has endowed her, thus enabling her the better to perform her duties.

As children first acquire knowledge and habits from the examples of their parents, the latter should be circumspect in all their actions, manners, and speech. If you wish your children's faces illumined with good humor, contentment, and satisfaction, joyous and happy, day by day, then must your own countenance appear illumined by the sunshine of love. Kind words, kind deeds, and loving looks are true works of charity, and are much needed in our home circles.

Your children will form habits of evil speaking if they hear you talk lightly or revile your neighbor. If you wish your children to show charity toward the erring, you must set the example by the habitual exercise of the virtue yourself. If you take pleasure in dwelling upon the faults of others, if you refuse to cover over their infirmities with the mantle of charity, your example will nullify your teaching, and your admonitions will be lost.

Virtue is the child of good habits, and the formation of habits may be said to constitute almost the whole work of education. The mother can create habits which shall mold character, and enable the mind to maintain that habitual sense of duty which gives command over the passions, and power to fight temptations, and which makes obedience to principle comparatively easy.

It is not in an occasional act of civility that the charm of home consists, but in the continued practice of courtesy and respect for the rights and feelings of those around us. Whatever may be the precepts of a home, the practices of the fireside will give form to the habits. The parents' example outlives the child's character.

Let parents begin the proper training of their children in early life and they will be able to so mold their characters that not only will they acquire the habit of bridling the tongue, but they will learn to avoid the presence of the slanderer as they do a deadly viper.

The first book that children learn to read is their parents' example. "Childhood is like a mirror, catching and reflecting images all around it. Remember that an impious, profane, or vulgar thought may operate upon the heart of a young child like a ceaseless spray of water upon polished steel, staining it with rust that no efforts can thoroughly efface."

Where the rule of life is to do good and make others happy, there will be found the art of securing an upright and happy home. It is the grandest work ever assumed by men and women to deal with youthful minds. Parents are certainly disqualified to properly educate their children if they have not first learned the lesson of self-control, patience, forbearance, gentleness, and love.

If parents would preserve their children from the pernicious influence of selfishness and all its corrupting tendencies, they must be earnest in purpose, active and fervent in spirit. Selfishness and indolence beget discontent, envy, and jealousy. If you would secure your children's future welfare, cultivate in them habits of thought which will keep their minds occupied upon that that will be of use or advantage, and prevent them from acquiring habits of selfish indulgence.

It has been said that "he who performs no useful act in society, who makes no human being happier, is leading a life of utter selfishness—a life of sin—for a life of selfishness is a life of sin." It is the parent's duty to see that their children protect themselves from the many pitfalls which surround them, by being clad in the armor of self-control and self-respect.

This self-control is an energy of the soul which masters the whole being for its good. It is the sense of duty and the sense of honor combined. Self-control may be defined as an "armor, which, though powerless to shield from sorrows that purify and invigorate, yet will avert all hostile influences that assail, from whatever source they come."

Parents having once made their children conscious that always and everywhere they carry with them such an angel to shield, warn, and rescue them, may let them go out into the world, and fear nothing from the wiles and temptations which may beset them.

Parents should teach their children to share their gifts and pleasures with others, to be obliging, kind, and benevolent—inspire them with a feeling of genuine self-respect. The influence of such instruction may come back into your own bosom, as well as reach far beyond—even into that of the great model Teacher, Christ.

Healdsburg, Cal.

Most any man is willing to tell of the good things he has done, but few tell of the good things they might have done.

A BEDTIME SONG.

SWAY to and fro in the twilight gray;
This is the ferry for Shadowtown;
It always sails at the end of day,
Just as the darkness is closing down.

Rest, little head, on my shoulder, so;
A sleepy kiss is the only fare;
Drifting away from the world we go,
Baby and I in the rocking-chair.

See, where the fire logs glow and spark,
Glitter the lights of the Shadowland;
The winter rain on the window—hark!
Are ripples lapping upon its strand.

There, where the mirror is glancing dim,
A lake lies shimmering, cool and still;
Blossoms are waving above its brim—
Those over there on the window sill.

Rock slow, more slow, in the dusky light;
Silently lower the anchor down.
Dear little passenger say, "Good-night."
We've reached the harbor of Shadowtown.

—St. Nicholas.

SYSTEM IN CULTURE.

ON child training Mr. J. G. Oakley, in *The Outlook*, considers this matter from the point of view of sound principle. The insistence of the necessity of educating the young much in the line of animal training will finally obtain a hearing, we think.

I read lately an interesting account of the means by which Signor Blitz, a once noted exhibitor, trained canary birds to do unnatural things at his bidding. To teach one little bird the trick of lying motionless on the back when placed there, the bird was caught and placed in this position the first day 100 times in succession before it would remain so, and then it was through mere exhaustion. For a number of days following the tiny creature was subjected to the same discipline, only yielding by slow degrees. At length it would lie still at once. No methods of terror, as we are apt to think, were used; but, on the contrary, the flattery of a reward, in the shape of a sprig of bird-weed; it was the persistence and determination of a being of superior strength and intellect brought to bear on one definite point after another. This produced that set of habits, contrary to nature, which we call training. Such things can be done with birds and with beasts. The men who wish to

teach pigs to count and horses to dance do not stop short of success.

But how is it with those who have in hand the habits of children, or are responsible merely to guard them against bad habits, or to rectify some of the strange twists which children seem instinctively prone to? The stolid child sucks his thumb, the nervous one twitches his facial muscles, rolls his eyes, bites his finger nails, stammers, refuses to talk plainly. One of the commonest of these physical habits, and most tormenting, is that of biting the finger nails—usually a girl's misfortune, and contracted while she is reading stories. Sometimes the habit lasts through life; the girl becomes a helpless victim, but she would be forever thankful to any one who could help her conquer it. The mother will pour out voluble complaints of the trouble it has given her, and relate the tremendous efforts she has made to break it up. But did she ever follow up a remedy a hundred times a day, like the bird tamer? It would seem altogether reasonable and worth while to have a week set apart to accomplish a cure, just as a week is set apart for extraordinary household tasks, for the autumn sewing or the spring packing.

Unconscious influence does its work upon all the deep undercurrents of nature; and it is true in a broad sense that each life is predetermined by the character of the lives that fostered it, however carelessly. But let us suppose that a determination to get higher possibilities of conduct and character could constantly stimulate a parent, that he or she could feel as the exhibitor does who makes his living depend upon teaching his bird to lie still—how soon would there be a real advance of a race? Mothers, by taking a great deal of pains with the first child, particularly if that is a girl, often secure for themselves a line of lieutenants in the domestic realm who carry their best influence all along the line. The worst-neglected children are those who get their ideals and habits from hirelings. From these they are passed on to teachers, and so into life, with so much to learn and unlearn.

Sensitive natures, brought finally into contact with women and men with a much higher standard of manners, suffer keenly from a consciousness of deficiency. Parents can discipline their children without alienating their affections; but a proxy of any kind, an aunt or teacher who shall try to smooth away some of the rough knots of behavior, can easily seem hateful to an undisciplined nature.

—*Phrenological Journal and Science of Health.*

BABY'S RIGHTS.

BABIES are human, and, like grown-up human beings, have their rights. But few people appear to think so. How would any man enjoy having nearly every one who entered his house tickle him in the ribs and "keechee" at him and not expect him to protest against such treatment. Yet in such a way are most babies treated to make them laugh; and because they are unable to speak, they have to endure it. Babies should be kept free from all nervous excitement and as quiet as possible. They should not be made to laugh immoderately, because it induces wind to gather within the stomach, and many a violent fit of crying is occasioned thereby.

When my second child was an infant of some five months, I had, one day, a houseful of company. I was busied with waiting upon them, and the baby was passed about from one to another, each guest trying to outdo the last in making him laugh.

I did not find time to pay much attention to my child until the company had left, when I found him limp and weak, pulse a feeble flutter, and a cold perspiration covering his body.

The babe had not been fed for some time, but would not nurse, only lying perfectly motionless, with wide-open eyes. Becoming alarmed, a physician was called, who said, "The child has the appearance of having passed through some undue excitement, which has brought on nervous collapse."

I told the physician the events of the afternoon, and he thought that sufficiently accounted for the baby's condition. After that night of anxious watching and my baby's slow recovery, I forbade all tickling and undue tossing of him.

Perhaps few children would have been thrown into the same condition, yet those who are of the nervous temperament should be protected against such danger.—*R. Rosalie Sill.*

"THERE is no philosophy of life but the experience of it; there is no knowledge of God until, in some way, we come complete into his hands. Sin and need and sorrow may drive us there, but only life itself, in all its length and depth and vicissitude and final emptiness, can fully place us there."

THE ECHO.

BY MALEY BAINBRIDGE CRIST.

[Dedicated to Lucretia Heine Zink, aged three years, who gave inspiration to this poem.]

A BABY face with tear-wet eyes
Leaned over a deep curbed well;
"I'd det you out wif a stick," she cried,
"If I only knew where you fell "

"What is it, your doll, my love?" said I,
But she shook her golden head;
"I must det her out wif a great big stick;
It's dear little Echo," she said,

"Dear little Echo that loves me so;
Now listen, 'I love you,' hear?"
And up from the depths of the deep old well
Came "I love you," in accents clear.

"Echo's a water nymph, my sweet,
And that is her home," said I;
"And if you should bring her up here to live,
Why, the poor little thing would die.

"She lives down deep in a crystal cave
With everything bright and fair."
"Oh, well, then she's happy!" the baby said,
"An' I dess I'll leave her there."

And is it not thus with sage and seer?
They will smile or weep in vain,
Not knowing the passion of grief and joy
Is echo of their own brain.

—*Womankind.*

MODERATE DRINKERS.

SANITARY science teaches that no one has a right to destroy himself and peril the health and comforts of others. The moderate and periodic drinkers are always sources of danger to themselves and others. To wait until they become chronic and degenerate into law breakers is to apply the remedy when it is too late.

Public sentiment should not permit one to become an inebriate, or tolerate him after he has reached such a stage. He should be prevented and forced to undergo treatment, and should be regarded as dangerous to the safety and welfare of the community and isolated until fully restored.

In the near future science will demand that every inebriate shall have legal guardianship and restriction of personal freedom until he recovers. When these cases realize that such restrictions will be enforced, they will seek treatment in the early stages of their disease. The teaching of science demands that both the pauper and millionaire be seized at the very onset and forced into conditions of health and sobriety, and saved from becoming burdens on the community, centers of ruin and misery.—*Dr. T. D. Crothers.*

TEACHING SELF-CONTROL.

BY L. EMILY HEALD.

"THE poorest education that teaches self-control is better than the best that neglects it." "The government of self is the best government in the world."

"Children are what their parents make them, by instruction, discipline, and example;" and, as in all features of child training, "an ounce of example is worth a pound of precept," it follows that the element of first importance in this work of self-government is the perfect self-control of the parent. The Lord through his prophet says that the fruit of self-control on the parent's part "will be an hundred-fold."

Self-control certainly is one of the life habits, the foundation of which is laid in babyhood. Trumbull writes that a child's first struggle with self ought to be to control his impulse to give full play to lungs and muscles at prompting of nerves. "If the parent realizes that the child must be induced to control himself, and seeks in loving firmness to cause the child to realize that same truth, the child will feel the parent's conviction and will yield to it, even though he cannot comprehend the meaning of his parent's words. The *way* of helping the child will be found by the parent who *wills* to help him.

"As soon as a child is able to understand what is said to him, he ought to be taught and trained to control his impulse to cry and writhe under the pressure of physical pain."

Even when a child gets a bump, cut, burn, or blow, it is the unmistakable duty of the mother to help her child to gain a measure of control over himself, "so as to repress his cries, and to moderate his exhibit of disturbed feeling." If not trained to control his nerves, he will be hopelessly controlled by them.

Coaxing and rewarding a child into quiet at such a time brings to mind the familiar story of the little fellow who threw himself onto the floor and kicked and yelled, and then cried out, "Grandma, grandma, I want to be pacified; where are your sugar plums?" As Dr. Bushnell forcefully says: "It must be a very dull child that will not cry and fret a great deal when it is so pleasantly rewarded. Trained in this manner, it will very soon be perfected in the double character of an ill-natured sensualist and a feigning cheat besides.

"By what methods or means can the great themes of God and religion get hold of a soul that has learned to be governed only by rewards of sensation paid to affectations of grief and deliberate actings of ill-nature?" Yea, truly, the salvation of the soul depends much upon childhood education on this point.

Mary Allen West says: "To keep perfectly still, even for a minute, is one of the hardest things for a child to do; indeed, it sometimes is impossible for him to do it to 'order,' but he can be trained to it unconsciously in play. He holds out his open hand, and doubles down his fingers one by one, counting them, or calling off on them the names of father, mother, brother, and sister, till all five are down, and ends with:—

'Now I put them all to bed;
Pillowed is each sleepy head;
Let them rest in peaceful slumber,'

which mother sings, while the little one stands perfectly still. He could not keep still unless he felt there was a reason for it, but here is a game of which he understands the meaning, and he will remain perfectly still for minutes, with an expression of greatest importance, lest he waken the sleepers. Thus he is exercising self-control. . . .

"Self-will is aroused when something crosses the child's will, and by unthinking parents is condemned. 'The child in the cradle' wants something—wills to have it, and means to get it if screaming will procure it. If it is something that he is justified in wanting, like food when he is hungry, the child is right," and his wants should be attended to. "On the other hand, self-will may be aroused because he will not submit to some justifiable demand of his elders; and then he is wrong, and to humor him would make his will degenerate into obstinacy. The baby cannot reason this out; he only knows what is agreeable to him, and cries for that. It is for those about him to distinguish between right and wrong desire, and by promptly satisfying the one, and as promptly making him understand that he cannot have the other, begin that training which shall enable him to discern between right and wrong exercise of will. This discovers the distinction so often overlooked, between right and wrong obedience. The child's will should be directed toward the right, not cowed into unmeaning submission; thus only can he be trained to rule himself."

From Calvin Cutter, M. D., we quote: "Parents mourn over many evil effects of unrestrained

passion and moral deterioration in the rising generation, while, in truth, these are too often but the legitimate harvest of the seed they themselves have sown, in the form of stimulating foods and drinks." He gives it as "a suggestion of vast importance that, as the organs of a child are more sensitive and excitable than those of adults, hence stimulants of every kind should be strictly avoided, and the food be mainly of a vegetable character."

Satan's first and most severe temptation to man, as it was to Christ, is to indulge appetite. When he gains the victory on this point, he finds ready access to the soul on the other two great temptations,—presumption and love of the world. All others grow out of these three leading ones. Then it follows that he who overcomes on the point of appetite is able to overcome on every other point. How important, then, that parents take special pains and time patiently and carefully to teach their children the necessity of self-denial and self-control on this point—to teach them that they are to eat to live, instead of living to eat! But how painfully frequent is a picture in striking contrast with this—the mother mostly occupied with the fashions and follies of this degenerate age, and the children allowed to eat whenever and whatsoever they desire; and the tables, even of many professed Christians, set with a variety of dishes which irritate the stomach and produce a feverish condition of the system, thus encouraging the appetites for tobacco and liquors, with their whole train of evils, till the grown child becomes a slave to himself, instead of a master of self.

Pictures are an effective means by which to secure the coöperation of the child in this temperance training now being considered. By beholding, our children, as well as ourselves, become changed. Therefore, instead of cuts of the toper's nose and stomach, let us hang upon the wall portraits of such strong, symmetrical, beautiful characters as those of Joseph, Daniel, and Paul. Coming down to our own day, Gladstone, Oliver Wendell Holmes, the Alcott family, may be mentioned. Often word pictures can be more readily obtained than other sorts, and, perhaps, produce as good results. Children never tire of the stories about Joseph, Daniel, or his three friends. The most effective of all, of course, is the story of Jesus. Self-denial is a prominent characteristic in all who are truly great.

Perhaps a single picture of some athlete rowing a boat will awaken a desire in the child to eat and

live so that he too may become the possessor of a strong, healthy body.

If the training of self-mastery commenced in the nursery, continued with varying methods suited to increased years, the maturity of your children will prove the truth of the proverb, "He that ruleth his own spirit is greater than he that taketh a city."

TO WOO SLEEP.

SLEEPLESSNESS is always annoying, and that it is exhausting every one knows. When it is occasioned by worry, the only way to find relief is by stopping the current of thought. There is power enough in each one of us, if we know how to use it, to suspend the brain action, and to force back the crush and hurry of the thoughts that are tormenting us. The process is simply to insist and persist, by a strenuous action of the will, in fixing the mind upon a single object, however insignificant it may be, and the more so the better. Then hold it there, determined not to let go, and seeing nothing but that one object. It may be a nail driven in the wall, a hole in a wall, or any other fixed object. This is so simple a thing that the reader may doubt its efficacy in overcoming and relieving the wearing and distressing suffering of insomnia. Let him try it and be relieved, as others have, times without number. Let the reader try this simple experiment carefully, and if it does not send him to sleep, then there is some trouble in the brain that needs the physician's care.—*Sel.*

THE ALMIGHTY'S TREATMENT OF NERVOUS DEBILITY.

"WHEN Elijah was utterly depressed in mind," says *The Independent*, "and believed that his brave attempt to create a reformation in Israel had completely failed, and that there was nobody left that cared for the true God, and was ready to die of a broken heart, then God gave him a quiet desert, far from distraction, then a good sleep, then a comfortable meal, then sleep again, then more food, and then a six weeks' vacation. After that he recovered his spirits and was greatly improved in his religious feeling, his faith in God, as well as in bodily condition. One's religious moods may often depend on the condition of the body, if not one's religious life."

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M. D., L. J. Belknap, M. D., David Paulson, M. D., Abbie M.
Winegar, M. D.

THE PACIFIC HEALTH JOURNAL FOR 1896.

By a recent action of the stockholders and the board of trustees of the Rural Health Retreat, the management of the PACIFIC HEALTH JOURNAL has been transferred to the Medical Missionary and Benevolent Association. The editorial management will rest in an editorial committee, to be annually elected by the trustees of the association. The following physicians have been appointed to constitute the present editorial committee: W. H. Maxson, M. D., Mrs. H. S. Maxson, M. D., A. J. Sanderson, M. D., L. J. Belknap, M. D., David Paulson, M. D., Abbie M. Winegar, M. D.

The JOURNAL will represent the interests of the Rural Health Retreat as heretofore, together with Christian help work and other lines of medical missionary work upon the entire Pacific Coast. The able management of the JOURNAL in the past has won for it and for the principles which it represents, many warm friends, not only in California, but in various parts of the United States, and in other countries, whose friendly interest, it is hoped, will be as well merited in the future as in the past.

As several writers of ability are added to the editorial corps, we believe the interests of the JOURNAL will be well maintained, and that its usefulness may be extended under the new management. The editorial corps will spare no opportunity to represent in a most thoroughgoing manner the principles in the interest of which it is published.

Energetic efforts will be at once put forth to extend the circulation of the JOURNAL.

J. H. KELLOGG,

President Medical Missionary and Benevolent Association.

ADVANCE.

It is encouraging to note the fact that there is a rapid growing tendency on the part of prominent men in the medical profession to use as therapeutic measures less drugs, and instead to rely more fully upon the natural forces to reconstruct and thus eliminate disease. The last contribution we notice is an editorial in the *Daily Lancet*, written on an address given by Dr. Cohen, of Philadelphia, by invitation, before the Lehigh Valley Medical Association, which we here append:—

“In a recent address delivered by invitation before the Lehigh Valley Medical Association, Dr. Solomon Solis-Cohen, of Philadelphia, directed attention to the fact that drug giving is not essential in our therapeutics in very many cases, and, as a rule, should be made to play a subsidiary part. Acknowledging their usefulness in proper hands and under proper circumstances, the too great frequency with which drugs are resorted to encourages patent medicine making and amateur prescribing. In very many cases, even of acute disease, recovery will take place under proper care and watchfulness, without any drug taking whatever.

“Both in acute and chronic cases, many of the ends for which drugs are given can be better and more safely reached through the use of what may be termed natural or hygienic remedies, namely, heat and cold, air, water, diet, rest, exercise, including under the latter head massage and electricity. As the evolution of the human being has been achieved through action and reaction, with and in a certain environment, so action and reaction under specially adapted environments may modify physiologic and pathologic processes in such a manner as to assist in recovery from disease. In this connection the effect of climate upon diet, and of altitude upon the respiratory and the circulatory apparatus, is worthy of consideration, and also the

circumstances and conditions in which diet, climate, and altitude may be made use of in therapeutics.

"It is not necessary to go from home in order to secure many of the benefits of atmospheric change. The inhalation of compressed and rarefied air by means of suitable apparatus may, in Dr. Cohen's opinion, be used to develop the lung and influence the circulatory organs, in the great majority of cases, so as to bring about recovery from pulmonary tuberculosis and afford great relief in emphysema, dilatation of the heart, and other pathologic conditions in which the process has gone too far to permit a true cure. Likewise, the use of heat and cold in subduing inflammations (as in pneumonia, certain diseases of the joints, chronic rheumatism, and the like), the use of cold water in typhoid fever, in neurasthenia and other nervous affections, the rest cure, the treatment of pulmonary, cardiac, and other affections by suitable exercise, and the application of massage and electricity, were briefly explained. He believes that blood letting is a useful therapeutic measure, which should be resorted to more frequently than is the present custom, as in many cases it is preferable to the use of drugs.

"The fundamental thought of the whole lecture was that by studying the means through which nature has brought the human organism to its present condition, endowed it with the power of resistance to climatic vicissitudes and inclemencies of the weather, as well as the ability to resist conditions of disease by automatic cell action, the physician may learn how to employ similar means in aiding the natural processes of resistance and recovery. Although, while doing this, much assistance may temporarily be given by the timely and skillful use of drugs, it is a mistake to make them the sole dependence, and the lecturer called upon teachers and writers to lay greater stress upon those therapeutic measures other than drugs, which had been and always would be used by the best physicians."

QUERIES.

1. DEAR EDITOR: I have been suffering with a weakness of the lungs, and have been thinking of a change of climate. Will you advise me through the HEALTH JOURNAL what you consider the best climate for incipient lung trouble?

Z. A.

The question of climate best adapted to lung troubles depends much upon the nature of the

trouble. Some cases thrive better in a high altitude than in a low one. Most cases thrive better in a dry, high climate than in a warm, moist climate. Some people would do better back in the mountains than on the coast. But, while this is true in most cases, the exceptional cases do better in a low, warm climate especially near to the seacoast. Many are benefited by sea voyages. This depends very much upon the condition of the lungs. If there is a considerable portion of the lungs involved, and there is a great deal of coughing and expectorating, they are almost always bettered by the high climate. These pathological germs are less vigorous in their action in a high, dry, cold climate than in the warm, moist climate, therefore thousands are benefited by living in various portions of Colorado. We had the pleasure of visiting, quite recently, the Boulder Sanitarium, under the management of Dr. O. G. Place, and were very much pleased indeed to note the favorable climatic conditions of this locality especially. All such cases were very much benefited, and some cured, and in a general way I feel free to say that the majority of cases run very much less risk, and have better climatic advantages, in the high, dry, cold climates—and the cooler the better, if it is clear and dry. There are, however, some cases of dry catarrh, or a comparatively dry tubercular action of the lungs, that are benefited by living on the seashore, or taking a sea voyage. In all such cases those places should be chosen with the general directions given above, and with a view to outdoor exercise and life, and comfortable and pleasant accommodations.

3. DEAR EDITOR: Baby is seven weeks old. She is generally quite well, but each night has a long crying spell, lasting sometimes from eight o'clock until midnight, with only short intervals of quiet. What shall we do for her? The doctor advises weak whisky and water. Also, what shall the mother take to increase the amount of milk?

A READER.

In answer to the first question, we would state that there may be several reasons for the discomfort of the little one, as evidenced by these long spells of crying. In the first place, it may be due to overexcitement. It is possible that the baby has too many visitors, and is shaken up too much in being carried about and exhibited. A baby seven weeks old should remain quiet in its crib as much of the time as possible. It really needs to be taken up no more than is necessary for bathing, dressing, and nursing. Second, the crying may be due to indigestion, which may be the result of

improper feeding. A baby seven weeks old should be fed not oftener than once in two and a half hours. If on beginning to cry soon after having had a meal, it is taken up and given the breast again, the result only adds fuel to the fire and increases its suffering. In this case the child should be offered hot water, which will assist in relieving the gas, which is in most cases the cause of the trouble. The water may be given better from a bottle through a nipple than from a spoon, inasmuch as the spoon becomes much hotter than the water, and the water is not sufficiently warm to accomplish the object of relieving the pain. To the water may safely be added a little essence of anise, or oil of anise. If this does not give relief, a little asafetida water, made by rubbing a small bit of gum of asafetida in warm water, may give relief. This can be aided by the use of moist flannels over the bowels. If this does not give relief, we would recommend that the child be put into a warm bath. I would not recommend that the child be given whisky in any strength, for any reason. The digestive trouble, if indeed the crying be due to colic, may be due to indiscretions on the part of the mother in reference to her diet. We should recommend that she have a very plain diet, taking nothing either very sweet or very sour, and abstain from fruits and fresh vegetables. She should also abstain from tea, coffee, and cocoa. The mother's milk may further be influenced to the detriment of the child by the nervous condition of the mother. It may be that in the latter part of the day she is tired from overwork and weary from excitement. All these things should be strictly avoided.

Concerning the second question, What shall the mother drink to increase the amount of milk? we would say that the various palatable gruels prepared from the different grains, with cream and milk, are best calculated to give an increase in the quantity, and a very much better quality of milk. Oatmeal gruel stands foremost in the list, having a special influence in this direction.

BEDS AND BEDROOMS.

Too little attention is paid to beds and bedrooms when we consider that about a third of everybody's life is spent in bed. At sixty the individual can look back upon twenty years spent in bed—twenty years of bed training, twenty years of growth and

development in bed; and to a great extent the body, the face, and the temperament are thus formed, by the habits and attitudes of the individual at this time.

A soft bed, that will give a great deal, with high, soft pillows, will always deform the body. There will be to some degree spinal curvature, and a lack of symmetry of the body and poise of the head that speak too plainly of improper sleeping attitudes. You will hear some individual say that he can not sleep except on one side. If this is true, there is something wrong; it may not be more than a habit of this kind that has warped the body.

Correct habits of sleeping should be formed early in life, and parents should see that the beds are not springy enough to take the body out of line, and the pillows should be small, and not of the softest kind. Sleep will be more refreshing on a bed of this kind than on one which is so soft as to spring out of line.

There is also a great tendency to sleep under more clothing than is healthful. The body is amply provided with a circulatory system that will keep it warm if it is exercised to a reasonable extent, with a moderate amount of clothing. Hence if the body is accustomed to too warm clothing, there is not the opportunity for surface circulation, and the larger portion of the blood is stalled in the various internal organs of the body. This renders the individual susceptible to the colds incident upon changes of atmosphere.

A good bed, good sleeping attitudes, plenty of ventilation, will help to develop, in the twenty years out of the sixty, an amicable disposition and a symmetry of body that will go a long way to insure the health and happiness of the individual.

LIFE'S GOLDEN YOUTH.

LIVE as long as you may, the first twenty years form the greater part of your life. They appear so while they are passing; they seem to have been so when you look back to them; and they take up more room in our memory than all the years which succeed them. If this be so, how important that they should be passed in planting good principles, cultivating good tastes, strengthening good habits, in fleeing all those pleasures which lay up bitterness and sorrow for time to come! *Take care of the first twenty years of your life, and you may hope that the last twenty will take good care of you.—Selected.*

The Household



COMPENSATION.

OH, the compensating springs! Oh, the balancings of life,
Hidden away in the workings under the seeming strife,
Slowing the fret and the friction, weighting the whirl and
force,

Evolving the truest power from each unconscious source!

How shall we gauge the whole, who can only guess a part?
How can we read the life, when we can not spell the heart?
How shall we measure another, we who can never know
From the juttings above the surface the depth of the vein
below?

Even our present way is known to ourselves alone,
Height and abyss and torrent, flower and thorn and stone;
But we gaze on another's path as a far-off mountain scene,
Scanning the outlined hills, but never the vales between.

How shall we judge their present, we who have never seen
That which is past forever, and that which might have been?
Measuring by ourselves, unwise indeed are we,
Measuring what we *know* by what we can hardly *see*.

Ah! if we knew it all, we should surely understand
That the balance of sorrow and joy is held with an even
hand,

That the scale of success or loss shall never overflow,
And that compensation is twined with the lot of high and
low.

The easy path in the lowland hath little of grand or new;
But a toilsome ascent leads on to a wide and glorious view;
Peopled and warm is the valley, lonely and chill the height,
But the peak that is nearer the storm cloud is nearer the
stars of light.

Launch on the foaming stream that bears along like a dart,—
There is danger of rapid and rock, there is tension of muscle
and heart;

Glide on the easy current, monotonous, calm, and slow,
You are spared the quiver and strain in the safe, quiet flow.

Oh, the sweetness that dwells in a harp of many strings,
While each, all vocal with love, in tuneful harmony rings!
But oh, the wail and the discord, when one and another is
rent

Tensionless, broken, or lost, from the cherished instrument.

For rapture of love is linked with the pain of fear or loss,
And the hand that takes the crown must ache with many a
cross;

Yet he who hath never a conflict hath never a victor's palm;
And only the toilers know the sweetness of rest and calm.

Only between the storms can the Alpine traveler know
Transcendent glory of clearness, marvels of gleam and glow;
Had he the brightness unbroken of cloudless summer days,
This had been dimmed by the dust and the veil of a brood-
ing haze.

Who would dare the choice, *neither or both* to know,
The finest quiver of joy or the agony thrill of woe?
Never the exquisite pain, then never the exquisite bliss,
For the heart that is dull to that can never be strung to this.

Great is the peril or toil if the glory or gain be great;
Never an earthly gift without responsible weight;
Never a treasure without a following shade of care;
Never a power without the lurk of a subtle snare.

For the swift is not the safe, and the sweet is not the strong;
The smooth is not the short, and the keen is not the long;
The much is not the most, and the wide is not the deep;
And the flow is never a spring, when the ebb is only neap.

Then hush! oh, hush! for the Father knows what thou
knowest not,

The need and the thorn and the shadow linked with the
fairest lot;

Knows the wisest exemption from many an unseen snare,
Knows what will keep her nearest, knows what thou
could'st not bear.

Hush! oh, hush! for the Father portioneth as he will
To all his beloved children, and shall they not be still?
Is not his will the wisest? is not his choice the best?
And in perfect acquiescence is there not perfect rest?

Hush! oh, hush! for the Father, whose ways are true and
just,

Knoweth and careth and loveth, and waits for thy perfect
trust;

The cup he is slowly filling shall soon be full to the brim,
And infinite compensations forever be found in him.

Hush! oh, hush! for the Father hath fullness of joy in
store,

Treasures of power and wisdom, and pleasures forevermore,
Blessing and honor and glory, endless and infinite bliss—
Child of his love and his choice, oh, canst thou not wait
for this?

—*Frances Ridley Havergal.*

THE CARE OF THE DINING TABLE.

BY MRS. H. B. BOULDEN.

PERHAPS nothing is a truer index of the degree of refinement to which a family has attained than the daily appearance of the dining table. First of all, perfect neatness should characterize everything about the table. Never must the linen appear soiled; never must anything be served carelessly in a dish which is to find place upon the family table; never must anything show evidences of having been upon the table before. It is attention to these minor matters that marks the chief difference between plebeian and refined natures.

It is difficult to secure a pleasing effect unless the linen used be of good quality. It certainly need not be noticeably coarse. There are inexpensive grades of table napery which are pleasing to the eye, which wash and wear well, and are economical in the long run.

Even when the table-cloth is handsome and heavy in quality, people of best taste use a cotton flannel table-cloth underneath. This serves two purposes; it gives a smooth, rich appearance to the outer cloth, softening the fall on all sides of the table; it also so completely muffles the sound of anything placed upon it, that the fact that there is a wooden surface beneath is almost lost sight of. No one who has used the cotton flannel cover will ever again set the table without it. Very wide double or single faced cotton flannel is to be had expressly for the purpose.

Given a fairly good quality of table linen, the utmost care is necessary in the laundering to make it look its best when in use. Napkins and table-

cloths must be very damp when ironed, must be pressed until quite dry, and must have the very least starch added to bring out the design and give a fine finish. Great pains must be taken to have the edge ironed perfectly straight and the corners square. Indeed, the whole linen cloth or napkin must be pressed exactly in the direction of the threads of which it is woven. If this last is properly attended to, there will be no trouble about the cloth lying flat when spread upon the table.

For dinner very large napkins should be chosen; for breakfast and supper, or lunch, a medium size. For breakfast, rich red linen is cheerful and pleasing, with fringed napkins to match; especially is this true in cold weather. But there are many people of refined taste who will never use any color other than white. Nothing can surpass white for use upon the table.

In order to save the table-cloth as much as possible, sets of prettily embroidered tray cloths, carving cloths, and center pieces are very useful.

Tints—pale blue, pale pink, pale yellow, and gold—are most desirable. Ladies' linen handkerchieves tastefully worked in white or tints make very serviceable and pleasing center pieces. Fine tray cloths and carving cloths may be made to match by buying the linen lawn, hemstitching and working it to match the handkerchief used for the center. For commonest wear very satisfactory cloths may be purchased very cheaply; and when embroidered they are ornamental and useful also. These linen pieces must receive daily scrutiny, and several sets must be provided in order that a change may be made whenever it is necessary.

The same rule as to colors in linen should be observed when choosing dishes. It is becoming more and more customary to use a good quality of dishes for daily meals, instead of reserving everything good or attractive for guest occasions. Plain white French china for the main body of the selection is a nice choice. Many pretty odd pieces, sets of plates, and articles of glass or silver, add to the general effect and relieve the monotony of the white.

Nothing should be returned to the table in the dish which it previously occupied, unless every trace of the dish having been used before is removed. Salt and pepper and vinegar cruet require careful wiping and polishing after each meal-time's handling.

If the carving set is of steel, it should also be carefully polished before each meal. Glasses

should be ever beautifully bright and clear. Once a week the silver used should have its careful brightening by the use of some good polish.

In setting the table the knife should be placed at the right of each place and the fork at the left, but laid vertically. Beside the knife, in the order in which they are to be used, the necessary spoons should be placed. If more than one fork is to be used, as for oysters or fish, they should likewise be upon the left, although some prefer to place the oyster fork at the right perpendicular to spoons and knife. A little to the front and to the right of each place the water glass should be set. The napkin, lying flat and square, occupies the space between knives and forks. Salt, pepper, and all the smaller articles should be placed at suitable intervals.

Butter in neat moulded forms, little spheres being especially pleasing, is to be found in individual butter dishes at each place.

Usually the plates are piled before the carver or, rather, beside the carver's place. But for simple meals, such as light lunches or suppers, they may be placed right side up before each person. Everything to be placed upon the plate is, in the latter event, passed to those at the table. Utmost care should be exercised in order that all things to which any one is to help himself be handed to him on the left side, in order that he may use his right hand with perfect ease. Always this rule should be insisted upon, as it is more than awkward to be obliged to help one's self from a dish held on one's right side. It can only be done by using the left hand; and few can use that hand comfortably for such a purpose.

The table is never really complete without a few, at least, of the season's flowers. Whatever dainty flower is most typical of any particular season is the one most suitable to choose to adorn the table. In the autumn the purple berries of the Virginia creeper or the scarlet mountain ash berries possess fine decorative qualities. Laid upon the table outlining the center piece they are very effective, especially when a tasteful bunch is arranged for a central ornament. Vines which do not easily wither may be used to finish the center piece in the same way; and from the flowers placed in the center of the table, some sprays of the same vine may fall naturally.

Fruit with its own natural leaves makes a beautiful table ornament. Peaches with their leaves already showing the autumn's tints, are especially

lovely when arranged in a fruit dish upon the table. The beauty of any fruit is greatly enhanced by the addition of its natural foliage; for thus nature intended it to be seen. Both flowers and fruit should be presented as nearly as possible as they are found in the world of nature.—*Womankind.*

GRAINS.

GRAINS are cereals belonging to the grass family. Nearly all the products known as grains are used for food, either in a ground or unground state. The elements composing all of the grains are nearly the same, but these, being differently proportioned in the various kinds, produce the great variety, thus giving them different degrees of alimentary value. The grains are very nutritious, and, if properly prepared, are easily digested. They are rich in the proteids—gluten, albumen, casein, and fibrin; also in the carbohydrates—starch, sugar, dextrin—and a small per cent of the hydrocarbons—the fats. The woody matter and mineral elements contained in the grains act an important part in the proper development of the human system. The average nutritive value of grains is about eighty-five per cent, while that of the best beefsteak is only twenty-eight per cent.

Life could be sustained on grains alone, as nature has arranged their elements in about one part nitrogenous to six or seven parts carbonaceous, which, it has been found, is the proportion best suited to promote health and long life. This is especially true of wheat.

The use of grains is far too limited to represent rightly their value as an article of diet, considering they are of themselves, so nearly a perfect food when properly prepared.

Hardly one family in twenty-five uses the grains in any form, except it be in flour, oatmeal, and now and then a dish of rice.

It is as essential to have variety in grains as in any other article of diet. One would soon tire of any dish prepared and served in the same manner day after day. If desired, a different grain might be served every morning for a month, as there is such a large assortment to select from. Indeed, this class of foods could become a staple article of diet without becoming at all monotonous. Grain was largely depended upon as a staple article of diet in olden times, and it is a well-authenticated fact that the highest condition of man has always

been associated with grain-consuming nations. "The old Germans, whose soldier-like forms and great bodily strength excited the astonishment of the Romans, lived chiefly upon oatmeal porridge, according to the positive evidence of Pliny. The oat was therefore the food of our forefathers, who had evidently at some time brought it from their Asiatic homes. The Romans learned of the oat from the Germans and Celts. The German races long maintained their original national food."

The working power of the horse is so considerable that we measure the power of machinery by it. Watt and Boulton measured the power of horses in the London breweries, and found them capable of performing 33,000 foot pounds per minute. From whence does the horse derive his wonderful strength?—From the grains, particularly the oats, upon which he feeds. The oat does not grow for the horse alone, but man can and does use it for nourishment, and there may be prepared from it many delicious foods and drinks which will produce enduring strength. Testimony might be multiplied showing that grains contain food elements which impart greater strength than any other article of food. Other nationalities than those mentioned use the various grains quite extensively. The Chinese eat with their rice a carbonaceous food—peas and beans, which are rich in nitrogenous elements—thus forming nearly a perfect food. The people of India follow the same principle by using lentils with their rice.

We often hear this remark, "Grains do not agree with me." This can be traced to three causes: They are either not properly cooked, not properly eaten, or not properly accompanied. As we have seen, grains are composed largely of starch, and if this is thoroughly cooked, the chemical action which changes it to sugar will take place. Then the saliva, an important agent in digestion, can act upon it in the mouth; and "work well begun is half done," is as true in the digestion of foods as in anything else.

If grains are eaten hurriedly, or without being accompanied by some hard substance, such as zwieback, toasted crackers or rolls, to insure thorough mastication, they do not properly mix with the saliva, and hence digestion is retarded. Sometimes grains are taken with cream, sugar, or butter. These taken together will often cause fermentation in the stomach, and the evils resulting from this are manifold. Sugar and salt destroy the delicate flavor of the grains.

Caradoc Graulin says: "A glass of good new milk should accompany every dish of grains, but the milk should not be poured over the warm grain. Milk soddens the grain, and the hot grain impairs the flavor of the milk, by making it neither hot nor cold. A spoonful of hot grain dipped into fresh cold milk acquires a piquancy which the palate discriminates and relishes; for one can become an epicure in grains."

"Sugar clogs the system; it hinders the work of the living machine." If used continually it has a tendency to clog the appetite. Fresh fruit juice, sweet cream, cold milk, or sauces prepared in various ways, make appetizing dressings. Many people after a short trial would enjoy the grains without sugar, and would soon find them necessary at least once a day.

All grains require prolonged cooking, with gentle, continuous heat, so as to soften the cellulous structure, break up the tissue, and change the starch to dextrin. Rice and some of the grain meals do not require as much time. A double boiler is the best and most convenient utensil to use in preparing the grains and many other dishes. The price of these has been reduced of late, but if there are any who can not afford one, there need be no excuse for not having the grains thoroughly cooked, as a double boiler can be easily improvised by using a bright tin pail placed in a kettle of boiling water; or the grains may be put into an earthen jar or crock, closely covered, and baked in an oven for two or three hours. The quantity of liquid required will vary with the kind of grain used. Water is generally used in cooking grains, but for preparing rice and farina, milk is better, as they are composed largely of starch.

The following points should be observed in the preparation of grains: Look them over carefully; be accurate in all measurements; see that the water boils when the grain is added, and be careful that it does not boil away, so as to lessen the quantity. The water should continue to boil while the grain is added, and should be stirred until it has become set and ceases to settle. It should then be placed in an outer boiler, which should continue to boil the required length of time. This should not be stirred at all after the grain is set, as stirring renders it pasty and less appetizing. After the grain is prepared and placed in the outer boiler, very little fire will be required to keep it at the boiling point. If at any time it is necessary to replenish the water in the outer boiler, let it be

done with water that is at the boiling temperature.

A good way to prepare mushes from granular meal and flour is to reserve a portion of the liquid to make a batter. For instance, in making the graham mush, measure one quart of boiling water and place on the stove; then make a batter of warm (not hot) water, and one pint of graham flour. Stir this into the water slowly, so as not to stop its boiling. This prevents a tendency to cook in lumps, which is often the case when dry meal is sprinkled in with the hand. All the rolled grains require one cup of grain to three of liquid, and should be cooked from three to four hours. Cracked wheat requires four and one-half cups of water to one of grain.

To save time and fuel, the grains for breakfast may be prepared the day before while getting dinner. When they are sufficiently cooked (if in warm weather), cool as soon as possible, by placing in cold water or an ice chest. In the morning the outer boiler should be filled with boiling water, and in it should be placed the inner boiler containing the cooked grains. These will be ready for serving by the time the other preparations for breakfast are made. No stirring and no more liquid will be needed, since an extra half cup was used when the grain was prepared the day before.

Grains are economical from every point of view. They are among the most nutritious foods. They are the cheapest; one pound, which will furnish enough mush for twelve or sixteen persons, costs but five or six cents. Grains should be kept in a dry place, and free from air and moisture.

By the use of grains, time and labor would be saved the busy housewife, as there are few articles of food which are more easily prepared, and which give as general satisfaction. "Fruits and grains prepared in the simplest form are the most healthful, and will impart the greatest amount of strength to the body, and at the same time not impair the intellect."

If oatmeal blancmange, bran jelly, farina mold, etc., are served with fruit, cream, or sauces, they are to be preferred to many of the innutritious and highly seasoned desserts so often placed upon our tables.

Properly prepared, and continuously eaten, grains will help to make sinewy muscles, strong nerves, active brains. Possessing these, the expenses for nurses and doctors would seldom need to be incurred.

HYGIENIC MENU.

BREAKFAST.

Cracked Wheat.	Fresh Fruits.	Baked Potatoes.
Graham Bread.	Baked Apples.	Zweiback.
	Whole Wheat Rolls.	Caramel Coffee.

DINNER.

Lima Bean Soup with Tapioca.	Mashed Potatoes.	Stewed Lentils with Cream.
Whole Wheat Rolls.	Egg Gravy.	White Bread.
Apple Manioca with Plain Sauce.	Corn Meal Puffis.	Graham with Dates.
	Fresh Fruit.	

LIMA BEAN SOUP.—Soak a pint of beans overnight; in the morning slip off the skins. Add one-third cup well-washed rice, and enough water to cook and not burn. Simmer gently until they will fall to pieces. When done, rub the beans through the colander and thin to the consistency of cream with boiling water. Pour into a double boiler, and add a heaping tablespoonful of tapioca, which has been soaked overnight. Cook slowly until the tapioca is transparent. Salt to taste. Serve hot.

STEWED LENTILS.—Soak a pint of German lentils overnight. Drain off the water; put to cook in cold water. Boil up once, then place on the range, where they will simmer gently for two or three hours. Season with salt and cream. Serve at once.

"APPLE MANICOA.—Pare, core, and quarter six medium-sized tart apples and put them in a quart of boiling water. Add a cup of sugar, and cook without stirring until softened. Then sprinkle into the water in which they are cooking five tablespoonfuls of manioca and cook until transparent, which will be in about ten minutes. Flavor with a little grated lemon rind, and serve hot with sugar and cream. Canned peaches, apricots, or cherries may be used in a similar manner, adding boiling water, if there is not sufficient juice to properly cook the manioca. Or the manioca may be first cooked in boiling water, using four scant tablespoonfuls for the pint of water, and when transparent, turning it over sliced bananas, pineapples, or oranges, moulding and serving with whipped cream.

"PLAIN PUDDING SAUCE.—Thicken one and one-half cups of water with one tablespoonful of corn-starch. Boil a few minutes, then stir in two-thirds of a cup of sugar and one-half cup of sweet cream. Take off the stove and flavor with a little vanilla or lemon."—*Science in the Kitchen.*

"Y-E-S-BUT."

BY HELENA H. THOMAS.

It was a bright autumn day, so summer like that, in spite of the gorgeous dress of shrub and tree, winter seemed far in the distance. Nature, as if loath to leave us to the mercy of Jack Frost, was in so balmy a mood as to make me forget for the moment that the sweet peas I was gathering were the last the vines would ever yield. But the sun seemed to go under a cloud, and my joyous thoughts were momentarily dispelled by one of those "Y-e-s-but" people who, unfortunately for my peace of mind, just then appeared upon the scene in the person of our milkman, who has come to my door daily for the past eight years. He is an honest and good sort of man, too, but he has one failing. If he is greeted by, "Nice rain, good for wheat," he is sure to shake his head and say:—

"Y-e-s—but it is bad for the corn."

If it comes off warm and dry, and we venture, "Good weather for the corn," his reply is:—

"Y-e-s—but it is bad for the potatoes," and so it goes, he answering to all hopeful remarks throughout the summer, winter, spring, and fall by a sigh and, "Y-e-s—but."

Perhaps I am wrong, but it has many times occurred to me that farmers are especially given to this "Y-e-s—but" habit. To be sure, there are farmers and farmers. But many in the face of the greatest prosperity indulge in this mode of expression. So farmers' boys would do well to guard against this habit of their sires.

Well, this morning my heart was attuned to "praise God, from whom all blessings flow," and my body was basking in nature's warmth, while I picked the dainty beauties, all unmindful of the wintry gloom just before us, until reminded of it by the milkman. At his approach I said, "Glorious morning to be out."

"Y-e-s—but winter will soon put an end to your pleasure," replied he, pointing to the flowers in my hand, as he said it, and then passed on with a sigh.

It was foolish, I know, to be thus influenced, but sighs are contagious, as well as yawns, and the next instant I caught myself echoing that sigh, as for the first time I realized that in all probability the morrow would find the garden a mass of blackened foliage and flowers. With one stroke that "Y-e-s—but" had hushed my song of glad-

ness, and for the moment a requiem was in my soul, in which plant and flower seemed to join and say, "We bloom for you for the last time."

Then the words of the croaker, "The winter will soon put an end to your pleasure," came to my rescue, for they awakened the query, "Is it true?"

Then for answer thought traveled over the vanished months back to the early springtime, when the crocus and lily of the valley gladdened many hearts, then on to the month of roses, until reaching autumn, with its wealth of bloom and these last flowers.

Then the many loving messages spoken through them to weary, lonely, sick, and dying, made answer, for I seemed to hear the vanished flowers saying: "No, a thousand times no, the pleasure we gave has no death; it does not end with us; it will live on and on. The season of winter may come, and plants which made so much heart pleasure possible may die, and we may never again put forth bloom, but wintry blasts will not put an end to the memory of the pleasure we gave."

Thus musing or listening, the dreary thoughts awakened by the "Y-e-s—but" man vanished, and my heart again took up the song of "Praise God, from whom all blessings flow." Still those words "Y-e-s—but" ring in my ears, and I find myself thinking how much happier this world would be if there were not so many people in it who continually mar the joys of others by "if's" and "but's." For at every turn in life hopeful, cheerful greetings are met, as was mine a few hours ago, by a sigh and "Y-e-s—but."

However, the words in themselves are innocent enough, and there is a right as well as a wrong way of using them; for instance, if the heart grows earth weary, then hopefully say, "Y-e-s—but it is better farther on."—*Presbyterian*.

A LADY'S CELLAR.

It is too soon to abolish the cellar. If it is properly kept and ventilated, the cellar undoubtedly makes the house above it more wholesome. While land is so economically parceled out in city lots, we can not have places of storage on a level with our kitchens. Economy and comfort are both promoted by purchasing many supplies in large quantities, and these must be stored.

It is possible to have a clean, convenient, and wholesome cellar with our ordinary houses and

mode of living. Among my acquaintances is a lady whose cellar is a pleasant place to visit, and withal so clean and orderly that when a plumber or workman of any sort is called to perform some work in it, he generally gazes about in open-eyed wonder, appearing to think he ought to go down one more flight of stairs to find the ash heaps, dust, cobwebs, stale vegetables, and musty odors which he has learned to suppose belong to this repository.

Perhaps you object to the expression "lady's cellar." It is not a familiar conjunction of terms. A lady may have a boudoir, a parlor, a bedroom—but when has a lady's cellar ever been heard of? That room is supposed to belong to the house, to be an appendage of the kitchen.

It ought to be a fact, however, that if the mistress of the house is in truth a lady, every part of her abode will be beautified and purified by her refinement, the cellar and toilet as certainly as the drawing-room. With your permission, then, this lady's cellar is clean, light, and airy, the windows and doors being so placed as to facilitate ventilation. No calcimine is used, but twice a year it has a coat of good old-fashioned whitewash. To the housekeeper who has never enjoyed that odor of cleanliness, I would recommend a journey to her freshly lime-washed walls. My friend tells me that once a week her cellar is thoroughly swept, and occasionally the cemented floor is sprinkled with copperas water. All ashes from the furnace are removed every day, and no decay is allowed. I observed that the boxes and barrels in use were not placed directly on the floor, but each one rested on slats of wood, to keep them from any possible mold or dampness.

About one-third of the space was partitioned off especially for food supplies, and this could be kept at a low temperature. Here were the apple bins, in this case a row of large boxes, one filled with Tallman Sweets, one with Spitzenbergs, one with Greenings. An artist would have enjoyed the bright coloring set off by the white wall. Here was the barrel with the cider turning to vinegar.

"I buy this cider from a friend in the country," she said, "because I have no confidence in the ordinary vinegar of the shops."

Here were the shelves of fruit in glass jars hidden from view by a thick covering to keep out those meddlesome chemical rays. Here was the jar of butter. She lifted the cover to show the

circular bag of salt laid over the top to preserve the flavor.

In the outer cellar were barrels of kindling wood with a wholesome piny odor. Close by a coal bin stood a blacking case with a gas jet above. She laughed as I looked at it, and said: "The boys black their shoes down here; it saves much dust upstairs and seems to be the proper place. The boys like it."

There was a coconut mat at the foot of the stairs, which were carpeted with rope matting. The refrigerator stood on a platform by the side of the staircase.

I do not attempt to give a complete description and minute details. My purpose is to suggest, and to show that a cellar need not be an unpleasant place.

When we went upstairs my friend candidly confessed that, with her one servant, and her many social duties, her parlors were not always as well dusted as she wished, but she very well knew that the health and happiness of her family depended more on the wholesomeness of the house and food than on the condition of her parlor. Let me add what she did not say, that her parlor is always bright and cheery and everything in it bids one welcome. There are no triple or quadruple curtains to keep out the light, but just enough filmy drapery at the windows to soften, not to shut out, that beautifier and health giver.

It is not necessary to tell what the kitchen must be under such a guiding hand. The one maid is happy there and thinks she has a beautiful home. A visitor, admitted to the kitchen on the maid's day out, exclaimed, "Why, your kitchen is like poetry!"

If our hearts are really clean, if refinement is really attractive to us, and our affection for our families of the truly helpful kind, will we not endeavor to make all parts of our homes clean rather than bizarre?

My friend is not a "household drudge." She has leisure, she is a pure-hearted Christian woman, and—a club member!—*New England Kitchen*.

TO DRIVE MOTHS FROM UPHOLSTERED WORK.—Sprinkle the upholstered parts with benzine. The benzine should be put in a small watering-pot such as is used for sprinkling house plants. It does not spot the most delicate silk, and the unpleasant odor passes off after an hour or two exposure in the air.

READ GREAT BOOKS.

CANON FARRAR says: "Read great books; enrich your mind with noble sentiments." The truly great books are good books, and no young person can afford to read any other than good books. The curse of thousands of young people of to-day is the reading of *little* books—books which are little because they contain small ideas of manhood, of citizenship, of society, of personal honor, of righteousness. There are many popular books which are interspersed with little flings at Christianity, with caricatures on personal piety, and with sly suggestions that the Bible is a book behind the times. Remember that the devil never advises any young person to read the really great books. He is too selfish to do this.

Remember, also, that the devil is greatly interested in books, and in that sort in which he is exceedingly anxious to have the young people interested. And forget not that when the adversary can not get the young people to read his little books, he prefers that they read small books, good so far as they go, instead of the great book full of solid thought on high subjects. Why?—Because the little books can not furnish strong mental discipline, can not develop large intellectual power, can not rightly equip the mind for the best service for God and humanity. If Satan can not prevent a young person from becoming a Christian, his next best scheme is to try to have the young person remain as little and inefficient a Christian as possible. This is Satanic sharpness. Now, we all know that it is vastly easier to read a good *little* book than it is to read a good *great* one; but the very effort required in reading a great book—one far beyond our comprehension in some respects—is invaluable as a mental discipline, to say nothing of the moral influence of the book upon us. And be sure to read the great Bible.—*Young Men's Era*.

TO CURE SLEEP-WALKING.

A CORRESPONDENT of the *N. Y. Evening Post*, commenting on an instance in which a sleep walker was killed by falling from the roof of a house, says:—

"Such accidents can be easily prevented by laying upon the carpet by the side of the sleep-walker's bed a strip of sheet metal, iron, zinc, or copper, so wide and so long that when he puts his feet out of the bed they will rest upon the metal. The coldness felt will waken him thoroughly, and he will go to bed again. A friend broke up the habit of sleep-walking in his son by placing a strip of wet carpet by the side of his bed."

DO WOMEN KNOW?

THAT if a screw is soaped before it is put into wood, it is much easier to put it in.

That a teaspoonful of powdered borax added to cold starch will tend to give the linen an extra stiffness.

That banana peel will clean tan shoes as well as regular dressing.

That pole rings can be made to run easily by rubbing the pole with kerosene until thoroughly smooth.

That all rugs when shaken should be handled by the middle and not the ends.

That salt dissolved in alcohol will take out grease spots.

That rain water and white castile soap in a lukewarm suds are the best mixture in which to wash embroideries.

That moths dislike newspaper as much as the prepared tar paper.

That court-plaster should never be applied to a bruised wound.

That a very fine steel pen is best for marking with indelible ink.

That storm serge is the best material for ladies' cycling suits.

That fruit is more healthful in spring than at any other season.—*Sel.*

LITERARY NOTICE.

AMONG the new publications which have found their way to our table, none fills a more widely-felt need, and none are likely to meet with a more hearty reception by the public, than the little work entitled "The Care of The Baby," edited by Dr. J. P. Crozer Griffith, and published by W. B. Saunders, of Philadelphia. The first chapter of the book discusses the hygiene of pregnancy, and the care of the baby before its arrival. The characteristics of a healthy baby are considered in the second chapter, and the growth of its mind and body in the succeeding one. Following are chapters devoted to the consideration of the baby's baths, dressing, feeding, sleeping, and its exercise and training, physical, mental and moral. Timely suggestions are made in regard to the apartments which are designed to be occupied by the baby during the day and night, considerable space being devoted to the description of the room which should receive the sick child, both in contagious and non-contagious diseases. Special attention is paid to safe and effectual ventilation. A long chapter is devoted to the consideration of *the sick baby*. In it the author intends to impart such knowledge as will enable a mother to know whether the child is ill; what is the probable nature of its ailment; whether she shall send for a physician; what she shall do before he comes, and how she should carry out his directions after he comes. The subject matter of this chapter is considered under three headings: I. The Features of Disease. II. The Management of Sick Children. III. The Disorders of Childhood.

One of the most valuable features of the book is an appendix, containing recipes for foods for children, particularly those intended for use in sickness. Also giving directions for administering plain and medicated baths, for making poultices, etc.

Such illustrations are introduced as are deemed necessary to make plain the author's meaning. Every mother should have the book. Address, W. B. Saunders, Philadelphia, Pa. Price, \$1.00.

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Fig. V—Semi-Reclining.

- 1st. Raised by foot and lowered by automatic device.—Fig. I.
- 2nd. Raising and lowering without revolving the upper part of the chair.—Fig. VII.
- 3rd. Obtaining height of 39½ inches.—Fig. VII.
- 4th. As strong in the highest, as when in the lowest position.—Fig. VII.
- 5th. Raised, lowered, tilted or rotated without disturbing patient.
- 6th. Heavy steel springs to balance the chair.
- 7th. Arm Rests not dependent on the back for support.—Fig. VII—always ready for use; pushed back when using stirrups—Fig. XVII—may be placed at and away from side of chair, forming a side table for Sim's position.—Fig. XIII.
- 8th. Quickest and easiest operated and most substantially secured in positions.
- 9th. The leg and foot rests folded out of the operator's way at any time —Figs. XI, XV and XVII.
- 10th. Head Rest universal in adjustment, with a range of from 14 inches above seat to 12 inches above back of chair, furnishing a perfect support in Dorsal or Sim's position.—Figs. XIII and XV.
- 11th. Affording unlimited modifications of positions.
- 12th. Stability and firmness while being raised and rotated.
- 13th. Only successful Dorsal position *without moving patient*.
- 14th. Broad turntable upon which to rotate the chair, which cannot be bent or twisted.
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Fig. XVII—Dorsal Position.

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