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GENERAL ARTICLES.

ACUTE CATARRH OF STOMACH.

BY A. J. SANDERSON, M. D.

ACUTE attacks of indigestion are so common, and relief is obtained so readily, especially from the lighter forms, that they are regarded as of little importance. It is a common thing with some people to expect a bilious attack with the change of the season, or rather with the change of diet which the season brings. Especially is this the case if previous circumstances have been such as to confine the individual to some limited range of diet that has not been most agreeable.

The trouble treats itself to a great extent, and almost invariably the patient is apparently well in a day or two. But, the causes still remaining, repeated attacks occur, and the foundation is thus laid for long and serious difficulty. Hence, if one would avoid becoming a gloomy dyspeptic, attention must be given to these minor ailments.

The causes which produce an acute catarrhal condition of the stomach may not necessarily be very severe, as we consider that the slight inflammation of the stomach wall is but a few steps beyond the normal congestion of the mucous membrane which takes place after each meal. The natural process of digestion calls a large amount of blood to the surface to supply the rapidly acting peptic glands. If anything within the stomach overstimulates this blood supply, the result is a proportionate degree of congestion or inflammation, and as a consequence there is a change

in the structure of the stomach and a perversion of the functions.

Slight abuses of the stomach will produce this condition to a certain extent, and the symptoms arising from it seem of so little importance as to be scarcely noticed, and they are allowed to occur so frequently that chronic dyspepsia is the result. This comes on so gradually that the patient himself is not aware that the trouble exists until it is thoroughly established.

The irritation of the gastric mucous membrane which produces catarrh may be thermic, as the taking of substances which are too hot or too cold, or mechanical or chemical. Mechanical causes would embrace overeating. This is often seen on Thanksgiving day, or after the first appearance of some especially desirable food, when the individual before has been living on a monotonous diet for some time. The same class of causes would embrace all irregular eating, both in time and quantity, also the taking of indigestible articles of food, which must be mechanically rolled about in the stomach until the muscles have gained power to expel it through the guarded door at the pylorus.

Chemical sources of irritation would embrace by far the larger variety of causes. The use of spirituous liquors, condiments, pickles, etc., which are unnatural stimulants to the stomach, would be included in this class of causes. But the taking of food in which aseptic conditions are not present is doubtless the most frequent cause. The use of fruits and vegetables in which the process of decay

has begun, or the use of meats, which, for the sake of tenderness, have been cured to the tainted stage, are among the chemical causes, which are perhaps the most frequent in producing dyspepsia. From them are developed ferments, and putrefactive agents in the alimentary canal, which produce an unlimited amount of poisonous substances.

The robbing the stomach of its nerve energy, during the most active stage of digestion, by using up its force in other directions, is also a cause of acute stomach troubles, though it probably does not figure so largely with them as with the chronic forms. Taking cold is also said to be a causal factor, though from experience we would say that the reverse is more apt to be true. It occurs frequently in the debilitated individual, also in the one convalescing from acute diseases. It the more easily occurs in these cases, simply because the normal tone or natural resistance is lacking.

It is not necessary to write much about the symptoms, because those who are interested in them are doubtless quite familiar with their peculiarities from personal experience. They may be mild or severe. In the latter case there may be vomiting and even diarrhea, accompanied by severe headache, or perhaps more likely preceded by it. There is not apt to be much severe pain about the region of the stomach unless it is caused by colic resulting from undigested food with ferments and gases passing into the intestines. There will be a feeling of heaviness and distress about the gastric region. There may be blurring of the eyes, dizziness, with more or less pain in front, extending to the back of the head. There is likely to be a loss of appetite; the mouth will taste badly, and the tongue will be coated, and there may even be disgust of food.

The treatment is self-suggestive. Stop taking food until the offending material has passed from the stomach. Usually, if it is best for the stomach to be immediately emptied, the patient will vomit, but if the latter is hard for the individual to do, it may be better to wash the stomach by means of the soft rubber tube, used as a siphon, to pass water in and out. The free use of water is advisable, as is indicated by the thirst. If there is much pain or discomfort, the application of heat over the stomach and bowels will often give prompt relief. What is most needed, until the organ has had time to recover itself, is complete rest, or as little use of the stomach as possible. Strong emetics and cathartics should be avoided, as they only irritate the inflamed surface.

SITTING.

BY IDA POCH.

To sit properly without apparent effort is perhaps a greater accomplishment than to stand properly, and we can not afford to ignore it, from æsthetic as well as physiological reasons. Only very occasionally we see some one *sit* on a chair; most frequently our friends and neighbors, and we ourselves, *fall* into a chair; and, having accomplished this extraordinary feat, behold, instead of sitting we lie, or sit as though the spinal column were one continuous wooden stick, instead of the most delicately adjusted movable chain of small bones.

No doubt our chairs are somewhat to blame for this bad sitting poise. Our rocking-chairs invite us to relaxation in their soft, roomy depths, and human nature is too frail, usually, to withstand such suggested comfort; so we must enter complaint against this American luxury, as an insinuating, body-destroying agent. To show you that this is not a creation of fancy, just seat yourself in that "perfect love" of a chair. It is so comfortable, and one is comfortably lost in its luxurious depths. Now let us analyze the position. That soft, wide seat makes it necessary to sit forward, so the hips do not touch the back, and the reclining back makes it so easy to relax the waist muscles. Now see the result as you lie back on the cushions. The waist muscles are relaxed, and consequently fail to support the abdominal organs dependent upon them; so the stomach, liver, etc., fall into the lower abdomen and pelvis. Very little science is needed to show us that the pelvic viscera are in no enviable situation. Of course the abdomen protrudes, much to our disgust. But it must in self-defense. It is quite impossible to have a full, active chest with a prominent abdomen, for when the latter will assert itself, the sensitive chest modestly retires. And the poor back is not equal to resisting all this pulling and pushing, so it yields, and there you have "such a nice, comfortable position," thanks to the easy-chair.

Now I hear some one say, "But it surely is possible to sit correctly in an easy-chair." Try it, and read at the same time. The head must be held up; but every inclination of chair and body is in the opposite direction, so to hold the head in a position to read, the neck is strained to such an extent that one could not possibly endure it for

many minutes. So we must conclude that the ordinary rocking-chair does not possess the elements of true comfort. More than this, our premises force us to conclude that sitting several hours daily in an improperly constructed chair is productive of such evils as curved spine, flat chest, prominent abdomen, all of which are but outward signs of an abnormal relation of the internal organs that is not compatible with healthy action.

A certain amount of the bad sitting is not due to the chairs, however, but to carelessness on our part. It is true there are few really hygienic chairs in common use; it is equally true that with some attention and effort, much of the evil resulting from a bad sitting poise might be prevented. The foundation for correct sitting is correct standing. The same poise of the body is necessary for each. First, last, and all the time, the chest must be raised and active. Not until we lay off the burdens of the day and seek complete rest in sleep are we at liberty to relax the chest, or, in fact, any muscles whose duty it is to support any portion of the body in an erect position.

Let us assume the correct standing poise preparatory to sitting. Place one foot well back; beside the chair is best for a beginner; next flex the knees. This should throw the chest still further forward and strengthen the curve of the spine. Now *hold* the body and let it settle back easily, as if some one were holding the chest, and something very light were supporting the back. Ah, we came down rather heavily at the last! One could hardly expect to do it just perfectly the first time. The muscular power to support the body through the various stages of the descent must be gained by practise. When this power is under our control, we shall be able to get into a chair with grace and ease.

Now we are on the chair, how shall we sit? Bring the hips back until they touch the back of the chair; for one of the things to be avoided is sitting upon the end of the spine. Nature did not construct the spine to sit upon, but wholly for the support of the torso. Keep the back well curved, the abdominal muscles tense, and do not forget the ever-active chest. Now let the shoulders settle back until they touch the back of the chair. The middle of the back does not come in contact with the chair at all. It is not necessary that the body should be stiff and rigid in order to sit erect; but whatever bending one wishes to do should be from the hips, never from the waist. The head need not be

held stiffly, only do not let it *drop* forward. Hold the head in a proper relation to the torso by contracting the neck muscles, and if you desire to incline it, let the action be controlled. In other words, in this, as in every other muscular effort, let the will be dominant, thus avoiding jerky, spasmodic movements.

Now, how shall we change from the sitting posture to standing? Place one foot back (beside the chair for beginners), bring the body forward, with chest leading. When the body is well forward over the feet, raise it by straightening the knees. Always let the chest advance as if you were being raised by something attached to the chest.

All this will seem exceedingly stiff and awkward until we become accustomed to it, and by exercise sufficiently strengthen the muscles required to perform the action. It will seem difficult to sit erect, and the continued effort necessary will be wearisome in the beginning; but when the correct poise has once become natural, it will be equally tiresome to sit in the old way even for a short time. And a straight-backed chair will be more appreciated than the health-destroying easy-chair formerly was.

Ability to hold the body erect in the sitting posture, it will be seen from the foregoing, is a powerful factor in lessening the unhealthfulness of many sedentary occupations. Piano practising for a number of hours daily would prove decidedly less injurious if attention were given to the poise of the body as well as the position of the fingers. And even sewing would be less of a soul and body destroying task if stomach and liver were allowed opportunity to work properly.

In studying the hygiene of sitting, we must not forget the children, for "an ounce of prevention is worth a pound of cure." Children should be provided with seats suitable to their size. It is necessary, in order to maintain the correct attitude in sitting, that the feet, as well as the thighs, be properly supported. Notice how uncomfortably a child sits in a chair intended for an adult. He must sit on the front edge of the chair, from which the legs hang pendant, too short to reach the floor, and his shoulders can only reach the support intended for them by a backward bowing of the spine, which will sooner or later result in more or less permanent deformity of the spine and other portions of the trunk. If a child becomes restless seated in this way, do not wonder, but put yourself in his place and you will be too wise to find

fault. Let a child have a suitable chair, and remember it outgrows it just as it does its shoes. Children should be taught to sit well, just as they are taught other matters of discipline and etiquette. Those intrusted with the care of children frequently neglect this important matter, and the growing boys and girls become deformed and ill-shapen. At school they bend over their books, or rest upon one elbow placed upon the desk, and assume numberless abnormal positions, all of which are conducive to ill health. This is a matter of vital moment, which we do well to consider.

ADULTERATIONS.

FOR a number of years the U. S. Department of Agriculture has conducted a series of elaborate investigations regarding the adulteration of common food products. These investigations, so far as they have gone, show that there is scarce an article of diet which is not shamelessly adulterated. These investigations include lard, wines and liquors, tea, coffee, and cocoa, confections—substances in which we are not interested, as they are all more or less injurious even in a pure state, and may all be profitably dispensed with—also dairy products, sugar, molasses, syrup, and honey. The adulterals of canned vegetables has been considered in previous numbers of the HEALTH JOURNAL.

Sometimes the adulterations are harmless, as the addition of chicory to coffee; again, they are decidedly injurious. Laws against adulteration exist in at least a number of states. The California law was published in the JOURNAL recently. These laws are largely a dead letter, as there are few who would go to the trouble of prosecuting an offender. It is well, however, that each one know what to expect in this direction.

Sugars, especially high-grade sugars, seem to be unadulterated. Low-price sugars may be made a means of fraud by the addition of water, but nothing of an injurious nature seems to be added to this. As a rule, the high-priced sugars are the cheaper, as they contain proportionally more sweetening matter than low-priced sugars. In other words, \$1.00 worth of high-priced sugar has more sweetening power and more nutritive matter than \$1.00 worth of low-priced sugar. White sugars are "blued" in order to overcome their "dead" grayish color, by the addition of a small amount of ultramarine blue, which is said to be harmless.

Syrups and molasses are much more largely adulterated than sugars, principally with glucose, an artificial sugar made from starch.

The following is a simple method of detecting starch sugar (glucose) in honey or syrup: Dissolve one part of honey (or syrup) in five of water. Add a few drops of Lugol's solution (obtainable from any druggist). Glucose honey gives a brownish red, but pure honey is colored only the wine yellow of the test solution.

Cane sugar may be detected in honey by the following test: Fill the bottom of test tube with pure concentrated sulphuric acid. Carefully pour in a twenty-five per cent solution of honey in such a manner as to make it overlie the acid. If the honey be pure, the line of contact at end of half an hour will not be darker than a light brown, whereas cane sugar will be nearly black.

THE PREVENTION OF CONSUMPTION.

At the present day, when so much is being said, both in lay papers and medical journals, concerning the contagiousness of tuberculosis, and the advisability of confining persons thus afflicted in hospitals set apart for their sole use, it may be well to note that this question is but the revival of a similar one promulgated many years ago. At that time certain rules were adopted in Italy intended to enforce the seclusion of consumptives, but, owing to their exclusiveness and absolute character, they failed to produce the effect intended.

Dr. B. W. Richardson, in the last *Asclepiad*, states that, although for many years a physician to a hospital for consumptives, he has never seen a case showing any ground for the theory of direct contagion in this disease. He also states that his colleague, the late Dr. Leared, who made the subject of contagiousness of consumption a special study, had practically similar experience.

While there is no ground for the theory that consumption is directly contagious, there are a few rules of considerable importance laid down by Dr. Richardson, that, if observed, so affect the human system that the greatest results will be obtained toward the prevention of this disease.

RULE I.—Pure air for breathing is the first rule for the prevention of consumption.

This rule carries all others before it. No room called cozy, with the temperature at 70 degrees Fahr., with every crevice closed, and with an atmos-

phere in a dead calm and laden with impurities, should be permitted, either as a living room or bedroom. Every effort should be made in every household to ventilate freely the rooms in which people live and sleep. In every bedroom there should be a fireplace, the chimney of which should always be open; the windows should be open during sunlight, and full circulation of air permitted. The greatest care requires to be taken that the room is free of dampness. If an indication is shown of dampness on the walls, glasses, or furniture, it is a sign that the air of the room requires frequent fires. Precaution should likewise be taken that dust be not allowed to accumulate in the atmosphere of a room, and that all articles causing the gathering of dust and holding of dust, such as heavy curtains, picture frames, and cornices, should be excluded. Carpets that hug the wall should always be avoided, and at least one foot of bare flooring, thoroughly varnished, should be present between the edge of the carpet and the wall. No room ought to play the double office of bedroom and living room, and the bedroom, in which a good third of the life is spent, should be the airiest, brightest, and cleanliest in the house.

RULE II.—Active exercise, outdoor as much as possible, is essential for the prevention of consumption.

Outdoor life is one of the best preventives of consumptive diseases. Walking is the true natural exercise, since it brings into movement every part of the body, causes a brisk circulation, and promotes active nutrition. If distance prevents getting out into pure country air, cycling is a very good means of attaining the benefit. On damp days, when going out is impossible, indoor movements, like calisthenics and dancing, are good, but always in the purest air obtainable.

RULE III.—Uniform climate is important for consumptives.

The soil should be dry, the drinking water pure, the mean temperature about 60 degrees Fahr., with a range of not more than 10 or 15 degrees on either side. Shelter from northerly winds is advisable, and residence apart from crowded populations is very preventive, as consumption is more frequently developed fatally in cities than in the country. In England the excess of the disease in cities has been found 25 per cent greater than in the country. Climates which are equable—high and dry—give excellent results. The disease does not flourish in Arctic regions, nor in such very cold regions as the Orkneys, Shetland, and the Hebrides.

The disease is most prevalent at the level of the sea, and decreases according to height above the sea level. In this country it is most common and fatal in the spring months, when variations of climate are most keenly felt, and when the atmospheric changes are the most trying and treacherous.

RULE IV.—The dress of the consumptive should sustain uniform warmth.

The clothing of consumptive persons should not be heavy, but should cover as much of the body as possible. It should be permeable, as in porous cellular clothing, which is always coolest and warmest; and it should fit loosely on the body, so as to exclude all tight lacing and everything that impairs the free motion of the chest and limbs. In damp, foggy weather a porous kerchief, like a small Shetland shawl, worn as a respirator, is good.

RULE V.—The hours of rest should be carefully regulated by the sunlight.

Consumptive persons should go to bed early and rise early, so as to get as much as possible of the best of all purifiers and revivifiers,—sunlight. The morning air is of the greatest use, and an early morning walk, even in a town, is of extreme value. The bedclothes should be light and porous. Porosity is of real importance, and should always replace such tempting but unhealthy coverings as the impervious eiderdown quilt. Each person should have his or her own bed. It is always bad for two persons of any age to sleep in the same bed.

RULE VI.—Outdoor occupation is preventive.

The occupation of the consumptive person should be, as far as possible, out-of-doors. Of 515 cases of consumptive disease observed by myself, 68.34 per cent of cases occurred among persons following indoor occupations. All occupations in which dust is distributed through the air are most detrimental to consumptive persons.

RULE VII.—Amusements of consumptives should favor muscular development and sustain healthy respiration.

This rule is very important. Amusements should be out-of-doors as much as possible, and should not be carried to so extreme a degree as to cause fatigue. Indoors they should be carried out in a well-ventilated room, and at reasonable hours. Such exercises as bring the lungs into play without strain are good; thus reading aloud is always good, and singing may, with prudence, be carried out beneficially. Playing upon wind instruments is not advisable.

RULE VIII.—Cleanliness in the broadest sense is of special moment.

The body and the clothes that cover it should be kept scrupulously clean, and all uncleanly and slovenly habits should be avoided. The bath, tepid, or just agreeably cold, should be resorted to frequently, so as to keep the skin persistently clean. Underclothing should be frequently changed, for health will not be clothed in dirty raiment. Every act of vicious sensual indulgence should be avoided, since the grosser the sensuality the greater the physical evil arising from it. Parents and teachers in schools should especially remember this truth. In cases where consumption is developed, all clothing and articles connected with the sick, and all things connected with uncleanliness, should be scrupulously removed, so that they come not in contact with other persons. It is especially urged that expectorated matter, or sputum, from persons afflicted with consumption, should never be allowed to remain and dry, so that its particles can diffuse through the air. Handkerchiefs used by consumptive persons should be immediately removed and cleansed, or, what is better still, pure white paper handkerchiefs, like those of the Japanese, which can be destroyed at once, should be brought into use. Spittoons should be most carefully washed and cleansed if they be used, and spitting upon the floor, or in any public vehicle, should be avoided, not only as a filthy but as a most unsightly and unhealthy habit.

RULE IX.—Every precaution should be taken to avoid colds.

I do not remember ever seeing the commencement of symptoms of tubercular consumption without a preliminary cold. Getting accustomed to pure air, and plenty of it—getting inured, in fact, to outdoor cold—is, on the whole, a good precaution against taking cold. But sudden exposures to heat and cold, to draughts and to wet, are always dangerous. In the spring much danger arises from changing the clothes too rapidly from warm to cool suits. It is best never to overwrap the body with clothes at any season, but it is especially bad to make sudden extreme changes. It is also bad to get wet feet, or to keep on damp shoes and stockings. It is most injurious for women to wear the chest covered up all day, and in the evening to go into heated rooms with the chest, shoulders, and back uncovered.

RULE X.—The diet of consumptive people should be ample, with full proportion of the respiratory foods.

With consumptive persons digestion is often capricious, since, as Dr. Arbuthnot well observed, "respiration is a second digestion." Fatty and oily foods, foods of the respiratory class, should predominate. Fresh butter with bread, if it agrees, may be taken freely, and cream is excellent; curds and cream are also excellent. Milk, when it agrees, is the best of beverages; fresh vegetables and fruits and roasted apples are always advisable. Alcoholic drinks should be avoided altogether. Meals should never be heavy; four light meals a day, with the food pretty equally divided as to quantity, is the best form. All foods should be well cooked, and the milk should, on every occasion, be boiled before it is taken. Mere luxurious habits are inadvisable for consumptive persons, and none more so than smoking.—*Times and Register*.

SEXOLOGY.

BY MARY WOOD-ALLEN, M. D.

WE perceive that a dual nature exists in all organized life. The lower animals, seeming to live in obedience to the great law of nature, find life harmonious and beautiful, but in the human race we do not find the same harmonious adjustment. Men and women, instead of standing side by side, looking at life with eyes only far enough apart to give a true perspective, too often stand opposed to each other, taking, therefore, directly opposite views of life, looking upon each other in the light of opponents, the one upon the offensive, the other on the defensive.

We believe it to be the divine purpose that the union of these two integral parts of humanity should be productive of happiness and the highest good of the race. Through sex "the desolate of the earth are set in families." Through sex has come to every human being the strongest ties of relationship,—father, mother, brothers, sisters, husbands, wives. The greatest glory, the sweetest pathos, the strongest devotion, have been possible through the influence of sex. The greatest influence which any individual may possibly exert upon future generations is through his children, and they come to him through sex. Our strongest, most touching and truthful romances have been based upon the passion of love, which is the relation of the sexes. But, as an actual fact, we find that

through sex comes also to the human race its most serious suffering, its most abject and deplorable misery.

It is evident, then, that the question of sex relation is not understood and accepted by the human race according to divine intention. That which is capable of bringing so much of joy and benefit ought not to be made such a terrible engine of suffering and destruction.

Men, as a rule, accept their virility with gladness; they are proud that they are men. It is an almost unheard-of thing that a man should wish he were a woman; but how many women accept their sex with a sense of degradation! How many rebel against it, and wish in their hearts that they were men! Many women are unwilling to admit that sex is more than a partial influence in their lives, affecting only a small part of their organization; they assert that there is no question of sex in mind; that intellectually men and women stand upon the same basis, difference in intellect being only difference between individuals, and not differences because of sex. But if we investigate this subject with an unbiased judgment, we are forced to admit that sex is something more than the possession of a few physical organs; that its influence is not limited to a small area of the body; that, in fact, sex is a pivotal point in every human existence.

The first question asked concerning every newborn babe is, Is it a boy or a girl? The answer to this query determines the conditions of its life. The toys of its infancy are selected according to its sex. Its education is largely conducted with the thought of sex in view. Its clothing is fashioned according to its sex; its games and sports are modified by its sex. But you may say that all these influences are external, outside of the child, and if left wholly to itself, no such differences would exist. Leaving the things which are external, let us look at those things which are beyond the control of external influences.

Admitting that, up to the age of puberty, sex may have little influence upon the individual, yet it is a question if, even in early childhood, the peculiar masculine and feminine qualities would not manifest themselves even if all external circumstances in both sexes were identical. But at puberty, changes take place which indicate how great an influence sex has upon the whole organization. It governs the bony structure, and the skeleton of the woman differs from that of the man; it governs a

part of the glandular structure, and secretions differ between the two; it decides that hair shall grow upon the face of one and not of the other; it governs the walk and external contour of the body. Why should we question that it governs the whole mental being as well? And why should it not? To admit it does not imply the superiority of one or the inferiority of the other. Why should it not be as great a glory to be a woman as to be a man? Why should there be any degradation in asserting that woman does not bring to the investigation of any subject the same powers of intellect as does man; that woman does not view the subject from the same standpoint, but that she brings to its investigation those powers of thought and mental vision, those qualities which go to round out and perfect man's view, and thus give the true perspective?

Men can never be physical mothers, neither can women be physical fathers, and it seems only reasonable to believe that mentally and spiritually their relations to their children will differ, and can never be interchanged. The child who is deprived of the harmonious training of both parents always misses something. In our emphasis of the duties and responsibilities of motherhood, we are in great danger of ignoring the equal dignity and responsibility of fatherhood. Even as we are inclined to emphasize the masculine idea of God, leaving out of view the feminine attributes of gentleness and yearning tenderness, so we are tending toward a wholly feminine view of parentage, thinking and talking as if motherhood were all of it. But in order that fatherhood shall be raised to its divinely-appointed place, the thought of sex must be raised to a high level and the facts of sex be taught with simple truth and scientific accuracy to the young.

Edward Carpenter says: "Until these are openly put before children and young people with some degree of intelligent sympathetic handling, it can hardly be expected that anything but the utmost confusion of mind and morals should reign in matters of sex. That we should leave our children to pick up their information about the most sacred, the most profound and vital of all human functions, from the mere gutter, and learn to know it first from the lips of ignorance and vice, seems almost incredible and certainly indicates the deeply-rooted unbelief and uncleanness of our own thoughts. Yet a child at the age of puberty, with the unfolding of its far-down and emotional sexual nature, is eminently capable of the most

sensitive, affectional, and serene appreciation of what sex means, and can absorb the teaching if sympathetically given, without any shock or disturbance to its sense of shame—that sense which is so valuable a safeguard to early youth. To teach the child quite openly its physical relation to its own mother, its long indwelling in her own body, and the deep and sacred bond of tenderness between mother and child in consequence; then, after a time, to explain the work of fatherhood and how the love of the parents for each other was the cause of the child's existence—these things are easy and natural, at least they are so to the young mind, and excite in it no surprise or sense of unfitness, but only gratitude, and a kind of tender wonderment. Then, later on, as the special sexual needs and desires develop, to instruct the girl or boy in the further details of the matter, and the care and right conduct of his or her own sexual nature, on the meaning and dangers of solitary indulgence, on the need of self-control and the possibility of deflecting physical desire to some degree into affectional channels, and the great gain so resulting—all these are things which an ordinary youth of either sex will readily understand and appreciate, and which may be of priceless value, saving such an one from years of struggle in foul morasses and waste of precious life strength."

With this wise teaching, love will come to have a new and exalted significance. Love, worthy of the name, will gladly claim the privilege of self-control, of self-renunciation for the happiness of the beloved.—*Mother's Friend*.

FAINTING.

THIS is something every person should know: First of all, loosen every tight thing from around the neck or abdomen; that is, unfasten the collar from round the neck, and, if the patient is a lady, cut her stay laces if she wears stays. Allow the person all the fresh air possible; do not crowd around, and, if in a crowded place, carry the person out or to the open window. A fainting person should always be laid flat down on the back, and it greatly aids recovery if the head can be put lower than the body, so that the blood goes readily to the brain.

The main cause of fainting is that the brain is deprived of blood, and if the head is laid low, the

brain can get its share again, and so resume its workings. Cold water sprinkled over the face, smelling salts or burning feathers held to the nose, and fanning the face, all help to restore consciousness. In an ordinary case the person may be allowed to sit up when conscious, and after a little rest resume her way.

The custom of giving brandy or other spirits to a person who has fainted is a mischievous one. Allow the person to come to, then let her slowly drink a cupful of cold water, and no harm is done. But if brandy is given, the person may pass from one fit to another, or become ill from the drink given. Medicines of any kind are not needed after fainting, only care must be taken to take things quietly for the next few hours.

Persons subject to these attacks must keep out of close, hot, and unventilated places, either of devotion or amusement. They should not take Turkish baths nor even hot baths. In place of the latter they may have a sponge all over with hot water. Tea and coffee must not be drunk by those subject to fainting attacks; if ladies, they must not wear corsets. Men must not use tobacco in any form, nor drink intoxicants, if subject to these attacks. Heavy and indigestible foods, like pork, veal, ham, etc., must be avoided, as must heavy work.—*People's Health Journal*.

PERFUMES AS ANTISEPTICS.

LOVERS of perfumes will be pleased to learn that an eminent French specialist has discovered that many of these fragrant essences are not only harmless, but actually of value to health. He demonstrates this fact by the results of an experiment, whereby he exposed a number of disease microbes to the action of various essential oils distilled from flowers and plants. Bitter almonds, wallflower, thyme, lemon, and mint proved exceedingly killing, while lavender ranked higher than either eucalyptus, turpentine, or camphor. This is indeed good news, for nearly every woman loves lavender, while many suffered much discomfort during recent influenza epidemics because they believed that caution required them to go about smelling of eucalyptus. Of course the ordinary lavender water contains the essential oil in a much diluted form; yet even so, we are told, it has considerable hygienic value. The same remark applies to Eau de Cologne, which contains both thyme and lemon.—*Exchange*.

THE DARKENED ROOM.

DR. B. W. RICHARDSON says that the first words of most physicians when they enter sick rooms in private houses should be Goethe's dying exclamation: "More light! more light!" It certainly is true that generally, before the doctor can get a good look at the patient, he has to ask that the curtains be raised, in order that the rays of a much greater healer than the ablest physician may ever hope to be admitted. If the patient's eyes are so affected that they can not bear the light, a little ingenuity will suffice to screen them, and at the same time allow the cheerful light to enter. A dark sick-room must be an uncheerful one, and now that it is known that light is one of the most potent microbe killers, let us have it in abundance.

Why should people behave as if they were quite sure the patient were about to die? In the matter of abundant light, hospital wards are more salubrious than most private sick-rooms, for light not only slays bacteria, but cheers the mind. To account for "the darkened room" that is such an ordinary accompaniment of illness that it may be said to be firmly built into English literature, we must go back hundreds of years, when a patient who was sick, say on a "four-poster bedstead," was tightly inclosed with red curtains—that color, through some unaccountable superstition, being thought to have an occult potency over disease. Old superstitions die hard, and it will yet require years of education and the united efforts of doctor and nurse to let in God's first created gift to man to the rooms that it will warm and brighten and purify as nothing else can.—*New York Independent*.

A MICHIGAN chemist exhibits a substance made from sawdust which, it is said, looks, smells, and tastes like glucose. He first converts the sawdust into starch, and then into sugar, which he claims crystallizes into as handsome a granulated sugar as ever a sugar refinery turned out. And he affirms that he can make the sugar cheaper than Cuba, China, Germany, or any other country can produce it.—*Sabbath Recorder*.

THE WEARING OF SHOULDER-STRAPS.

"A NUMBER of women have hopelessly deformed their shoulders by the wearing of shoulder-straps," said a physical culture enthusiast the other day, to

a class of ladies. "The weight of the skirts on the straps has worn little furrows in the heavy muscles of the shoulders. Just notice the shape of women who wear narrow straps.

"The proper thing is a fitted waist, with heavy material set in round the armholes and down the sides, as stays, or strengthening pieces. To these are attached the buttons or hooks that sustain the weight of the skirts and hose.

"It is absolute suicide to hitch these things upon the ordinary corset. That throws the whole of the weight upon the body below the waist, and is the cause of more distress than one can well imagine. There are a great many people who could not be induced to put shoulder-straps on growing children; indeed, the waist is in every respect more desirable. It need not be high in the neck, but should cover the curve of the shoulders, so that the weight of the garments may rest evenly over them.

"The physical culturist has a wide field, and the time is coming when the possibility of developing the figure of a child will be studied as carefully as the development of the mind."—*Times and Register*.

WRAPPING PAPER FOR ARTICLES OF FOOD.

THE city of Montpellier is said to be the first in France to adopt regulations concerning the kind of paper to be used for wrapping up articles of food. By a municipal decree, in force for some months, the use of colored paper is absolutely forbidden. Printed paper and old manuscript may only be used for dried vegetables, roots, and tubers. For other articles of food, new paper, either white or straw-colored, must be used.—*Annals of Hygiene*.

SUGGESTIVE.

AN Irish newspaper has the following, doubtless truthful, advertisement:—

"Wanted: A gentleman to undertake the sale of patent medicine. The advertiser guarantees that it will be profitable to the undertaker."

This is as good as the utterance of a Windsor, Ontario, undertaker who had just purchased a new hearse, when remonstrated with upon his extravagance. Said he, "There are lots of people in this town who will be dying to ride in that coach."—*Medical Age*.

Mother's Helper

MOTHER AT HOME.

BY MARGARET E. SANGSTER.

SUCH a quaint little mother, in a gown of silver gray,
Her snowy hair smooth parted, in the dear old-fashioned way,
And on her head a lint-white cap, of softest, filmiest lace,
That made a picture frame about her sweet and placid face.

Such a brave little mother! So many a year had fled
Since her husband, leal and loving, had been numbered
with the dead.

So many, many summers had she borne a lonely heart
That her fair age and her bright youth were half a life apart.

Such a gentle little mother! Ah! the boys remember now,
Sorrowfully, every shadow on that tender, tranquil brow.
They remember how she taught them, how she kissed them
each at night,
And they felt no need of angels' keeping watch till morn-
ing light.

Such a trustful little mother! There were dark days now
and then,
Though the dear lads never dreamed it until they were
bearded men;
She would go away alone, kneeling in her chamber dim,
And would tell the Lord her troubles, casting all her care on
him.

Such a happy little mother! With a laugh like bells a-chime,
Ever swift to see the bright side, ready with a quib and rhyme.
Oh, so quick with love's own pity! oh, so earnest 'neath the
jest!
Ever lavishing her kindness, giving ever of her best.

Such a winsome little mother! Why, the village children
came
Trooping merrily about her; she knew every one by name;
Baby faces smiled to greet hers, by some subtle impulse
stirred,

As if fledglings knew the brooding of the tender mother bird,
Such a true little mother! Never dallying with wrong;
Honest to the very heart's core; bearing burdens late and
long;
Paying every debt with interest; filling every day with work,
With a deep disdain for any who the day's demand would
shirk.

THE CHILD'S NURSE.

A VOLUME might well be devoted to the con-
sideration of the choice of the day nurse for those
unfortunate little ones who, from force of circum-
stances or lack of knowledge, are doomed to be
deprived of the care of their natural mothers;
but this is not the nurse referred to in our head-
ing. It is to the sick child that we invite atten-
tion. In slight illnesses, in most cases, the
mother will be able to carry out the directions of
the physician successfully, and many times she
will be obliged to take the full care even when the
disease is most serious. For this reason every
woman who enters upon the sacred office of ma-
ternity should seek to inform herself in the prin-
ciples of nursing. In many cases, however, other
duties will not permit her to give to the sick child
the care it needs, especially if the disease from
which it suffers is a contagious one and there be
other children in the family. In this case it is
necessary to select some one of experience and
ability to take her place; and oftentimes it is desir-
able that some one less anxious than the mother
should have the care of the little sufferer, as such
a one would be better able to carry out the details
calmly, throwing about the sick one an atmosphere
of good cheer, which is as necessary to the well-
being of the child as of one of maturer years.

Not every one who may be a good nurse in
adult cases is able to care for little ones to advan-
tage. Children are elective to a marked degree,
and it is often very detrimental to the child to
keep some one with him whose presence he does
not enjoy. Obviously, the first attainment of a
successful child nurse is an ability to win the
child's love and confidence at the outset. This
usually is not hard to attain, but is rather an ele-
ment of tact, and is the legitimate result of genu-
ine love in the heart for children. It is a mistake

for one who does not possess this quality to attempt to nurse children.

It is a great help if the child's nurse has some knowledge of kindergarten games and songs to bring to her aid in caring for children not too sick to be amused, or during convalescence from severe illness. She will need to be able to combine great firmness and gentleness, and must know how to insist without coercion. She must possess acute powers of observation, and be able to appreciate the wants of the patient, and to comprehend the emphatic but unspoken language—the aspect, manner, cry, posture, etc. It must be the first object of the nurse to learn these, or she will fail in her task. Of this we shall write more particularly at some later date.

She must also be able to call to her aid inexhaustible patience, gentleness, cheerfulness, and self-restraint. She must understand thoroughly the science of preparing foods suitable for the delicate stomach of the little one—that which will provide nourishment without overtaxing the digestive powers. The science of administering the same when it is prepared must also be understood.

The most fearless truthfulness must be insisted upon at all times. Any other course is fatal to the continued confidence and control of the child. Never tell a child that it will not hurt when it will, or that a dose is good when you know it is bad. By such a course not only is the nurse's influence lessened, but the child's trust is injured for life—a most deplorable thing.

One thing is especially necessary in nursing all sick children, in order that they may receive the greatest good, and that is that they be kept as quiet as possible. It is a great mistake to feel that the child can be better cared for in the arms of the mother or nurse. It is far more comfortable on the bed, where the air can play about it, and where it can lie with all its muscles relaxed and in an unstrained position. If at first it frets to be held, a gentle but persistent refusal, meanwhile soothing the little patient, will overcome the desire, and the child itself will prefer to lie quietly upon the bed.

Because of its importance we will repeat the instruction of last month in regard to fresh air and sunshine. All nature thrives in sunlight and droops in darkness. The human plant is no exception.

The great importance of recognizing deviations

from health in children may be better appreciated by a knowledge of the fact that of all the children born, one-fifth die before they are one year old, and one-third before they have reached the age of five years. "These facts," says Dr. West, "afford conclusive argument for enforcing the importance of closely watching every attack of illness that may invade the body while it is so frail."

THE SACREDNESS OF FATHERHOOD.

THE following abstract from an address given by A. H. Lewis, D. D., at a Social Purity Conference held in Boston recently, has in it so much that is suggestive of a sublime truth little appreciated, that we venture to give it to your readers. In so doing, we trust hearts may be prepared to receive the thought in all its grandeur of purity and holiness, and that the few seeds there scattered may bring forth fruit a hundred-fold, not only in the lives of those who read, but in all those over whom, by precept and example, they may have an influence. Let every father rise to the dignity of his manhood, the sacredness of his fatherhood, and determine that, as for him, he will live "to give every soul its earthly birthright to be well and nobly born."

"Men lead in social impurity. They furnish the money which creates the commercial power of this evil. Enough will be offered upon the altar of lust in this city to-night to build many churches and relieve thousands who are in distress. The fires of lust turn the forces which belong to pure fatherhood to bitterness and ashes. Because of these things this theme is pertinent to the occasion, and I must speak with such plainness and earnestness as the time demands.

COMMERCIAL VALUE.

"The world puts great price on fatherhood—in horses, cattle, dogs, and chickens. Many men seem to care more for such fatherhood than they do for their own divinely-ordained powers and mission. And yet these men will demand the highest standard of womanly purity when they seek a wife.

"We talk of 'fallen women.' There are at least three 'fallen men' to every 'fallen woman,' and they should be classed as 'prostitutes' along with those whom they hire for purposes of prostitution. Every high conception of 'the sacredness of fatherhood' cries out against such shame and stain on manhood.

WHAT IS FATHERHOOD?

"It is a divine gift by which each man may become a subordinate creator, under God; a creator not of animals for to-day, but of immortals for all time. Thus God has ordained to perpetuate the work, which he alone could begin. Man's creatorship involves body and soul, all being and all destiny. No one generation stands alone. The heart throbs of many generations mingle with ours to-night and ours will mingle with the lives unborn, until the end of time.

PREPARATION FOR FATHERHOOD.

"Ideal fatherhood, such as the dawn of the twentieth century ought to see, begins with perfected physical life. To be valuable for fatherhood, a horse must be a 'magnificent animal.' So must a man. This is especially true as to everything which touches that form of life we call 'nervous force.' Whatever impairs this unfits for fatherhood. Hence the shame and sin of bestial lust. Hence the crime of men against themselves, and their children, in the use of alcohol, tobacco, and all like poisons, the wickedness of placing the pleasures of an animal indulgence over against the demands of fatherhood. Men, have you asked why tobacco shops and saloons must abound in indecent pictures? why the cigarette, which is corrupting the fountains of fatherhood in our boys, sets a commercial value on lust-provoking pictures? Think of it.

"Fatherhood demands highest and strongest mentality. The quality of brains is transmitted, as well as the color of the eyes. It is no small part of man's divine glory that he is the 'reasoning animal.' No man has the right to be such that his children gain from him nothing but intellectual mediocrity, or worse. And, higher still, no man has the right to be spiritually dwarfed, or morally ignoble, in presence of the high destiny involved in fatherhood. The thinking animal must also be the worshiping immortal, before the true standard of fatherhood is gained.

THE SPHERE OF FATHERHOOD.

"When the morning-stars sang the first wedding march in the sinless Eden, God set the bounds of fatherhood and motherhood within the sacred temple of monandrous wedlock. To seek fatherhood otherwise contravenes the higher laws of human life and relationship. To incur the unfitness and degradation which come through promis-

cuous lustful indulgence is a crime from which every noble man will shrink.

"Judged by the highest law, the lust-indulging man has no right to become a father. He has no right to put weights on body and soul which his innocent child must carry through weary eternities.

"We talk of the glory of motherhood. Art puts the aureole upon the head of the madonna; this is well. But fatherhood has equal glory. When a pure husband knows that another heart is beating beneath the heart of his wife, that another life belonging equally to both is preparing to step into full birth, that he has thus begun to project himself into the history of all life and all time, then, as never before, he begins to put on the crown of manhood, and to take part with God, the Everlasting, in the work of creation; then the angel who writes the 'vital statistics' of the universe places his name among those who have entered the sacred temple of 'Fatherhood.'

TRUTH IN HOME TRAINING.

BY A. M. GIBSON.

"A WELL-ordered household is a powerful argument in favor of the Christian religion."

"The greatest evidence of the power of Christianity that can be given to the world, is a well-ordered, well-disciplined family."

Sadly few are such families to-day. "A reform is needed, a reform deep and broad."

It is not the purpose of this paper to dwell in a general way upon the work of parents or their responsibilities, but in a few brief thoughts to consider more especially the subject of truthfulness and how to implant it in our children.

The mischief-making power of untruth is very great. The tide is ever downward, and the temptation to deceive and falsify is on every hand. How shall we keep the lives of our children from, and unstained with, this gross evil, is a question that comes to us with solemn import. "As the twig is bent, the tree is inclined," and so if we would have our children become men and women of moral worth, having strict integrity as the chief corner-stone in their character building, we must begin in earliest infancy to develop this virtue, which, being perfected, shall serve an impregnable bulwark against a host of baneful and pernicious influences which assail every man, woman, and

child who steps forth upon the battle field of life.

The Lord has himself instructed us with care and minuteness upon this point: "Lying lips are an abomination to the Lord; but they that deal truly are his delight." And again, "The lip of truth shall be established forever; but a lying tongue is but for a moment." Parents are exhorted to take up their life work, and to think candidly of the sacred obligation resting upon them, for every act of the parents tells upon the future of their children. "From every Christian home a holy light should shine forth, and parents should now, as never before, sense the overwhelming responsibility of parental faithfulness."

In view of the greatness of the work and our own helplessness, how often do we cry out, "Who is sufficient for these things?" "The great stimulus to the toiling, burdened mother should be that every child trained aright, and who has the true inward adorning, will shine in the courts above." Oh, that Christian mothers could realize the great privileges and the possibilities which are theirs!

If our children go forth from the home training pure and virtuous, our life work can never be called a failure.

But to return to our subject. We would suggest as a first step in training a child to truthfulness, implicit truthfulness on the part of the parents. How many times are the very first lessons in deceit and falsehood imparted by fond mothers who would be shocked if told that they themselves were training their children to be false witnesses; and yet this is sadly true. In later years parents deplore the untrustworthiness of their children in this regard, but are blind to the fact that they are but reaping the crop from seed of their own planting.

How natural that children should be like those they first learn to love! Have we not all seen mothers, to obtain submission, or to accomplish a desired end, resort to deceptive insinuations and unreasonable threatenings? They do not count their petty deceptions falsehoods, but such they really are. Parents may even, when chastising a child for untruthfulness, violate the principles of truth and integrity. I recall an instance of a little boy who had dissembled, and the mother, who professed to be a Christian mother, severely reprimanded him. After he was punished, penitent and tearful, the mother, fearing he might forget the experience, suggested that she cut off a bit of his tongue. So, with scissors in hand, she took hold

of the frightened child, and bid some salt to be brought to put on the cut to make it "hurt dreadfully." Did the mother intend to carry out the cruel suggestion?—No. She loved her boy, but hoped to so frighten her child that he would never be thus guilty again. She succeeded in frightening the child, but at a fearful cost. Confidence in mother's tenderness was weakened, and the lesson of God's willingness to forgive had been lost.

I also remember another instance of deception on the part of a mother that will illustrate the importance of perfect truthfulness on the part of mothers. A family of children having been left alone during the day, had, in a very trifling matter, offended the mother, for which they were duly punished, after which the mother, to increase their distress, feigned to be overcome with grief, and almost, if not quite, dying. They hastened for assistance, when, with chagrin, the mother had to confess the deception, and that she only wanted to make the children feel bad because they had displeased her. While that mother had the momentary satisfaction of seeing her children tortured into an agony of distress lest they had killed their mother, she, in her shortsightedness, sowed seeds of lying and deception for her "reaping by and by."

In contrast with these experiences, the results of which I well know, I remember reading of a child whose confidence in her mother's word was so implicit that, upon hearing an expression of doubt as to its possible fulfillment, said with emphasis, "It's so; I know it's so; it's so if it ain't so, for mother said so."

We can not emphasize too strongly the importance of exact truthfulness on our part, if we would magnify and maintain this grace in our children. As a means of encouragement, I would manifest confidence in a child's word, and so cultivate truthfulness by trusting. I would not say to Johnny or Mary, "I don't think you can be trusted; I am afraid you tell stories, and I can not endure children who tell lies," and thus put a barrier between myself and any good I might do them, but would rather say: "I am going to trust you, Johnny, and you will be true, won't you? I'm sure you will; and now go, and God be with you." An inspiration is at once aroused in most children to prove themselves worthy of confidence.

It is well to begin very early to teach children that God hates lying lips. Bible stories illustrative

of this may be told, and experiences which may have come under our own observation may be told as stories and make lasting impressions.

Dear mothers, we shall need to be very vigilant. It must be here a little and there a little, as opportunity offers. In whatever else we fail, let us be thorough in the work for our children. To cultivate pure, true, and godlike characters in our children will cost something; it will cost prayers, tears, and patient, oft-repeated instruction. In times of perplexity we may take the children to God in our prayers, asking him to do for them what we can not do,—to soften and subdue their hearts. He hearkens to the prayers of earnest, faithful Christian mothers.

Sanitarium, St. Helena, Cal.

TRUTHFULNESS.

A BIBLE READING,

BY MRS. A. CARTER.

WHAT is God? Deut. 32:4 tells us that he is "a God of truth and without iniquity, just and right is he." A writer has said, "Of all virtues, the love of truth, with faith and constancy in it, ranks first and highest." God is truth; and to love truth is to love God. God requires of man that he should be, or seek to be, what He is. How particular God is upon this point of speaking the truth, we may learn from his words.

David, in Ps. 51:6, says, "Behold, thou desirest truth in the inward parts." In 1 Sam. 16:7 we read, "The Lord looketh on the heart;" and in Jeremiah we read, "The Lord searcheth the heart." The Lord searches the heart to see if there is deceit in it, and deals with his children accordingly.

We have a striking example of how God deals with deceit, even though it be hidden in the heart, in his dealings with Ananias and Sapphira, recorded in Acts 5:4. The Spirit of God spake on that occasion, "Thou hast not lied unto men, but unto God."

God says of those who speak the truth in their hearts, that they shall be citizens of Zion. Ps. 15:1, 2.

What does God hate?—"Lying lips are abomination to the Lord; but they that deal truly are his delight." Prov. 12:22.

Again we read, in Zech. 8:16, 17, "Speak ye every man truth to his neighbor; execute the judgment of truth and peace in your gates; and let none of you imagine evil in your hearts against his neighbor; and love no false oath; for all these are things that I hate, saith the Lord."

How reliable should our words be? It should not be necessary to take an oath, for in James 5:12 this is forbidden. Our yea should be yea, and our nay, nay.

Many instances are given in the history of God's dealing with his people, in which his displeasure has been distinctly manifested toward those who have departed from the path of truthfulness. These are recorded for our learning, that we may shun their evil example.

How did it happen that man, made in the image of God, ever fell into this error? We read in John 8:44 that the devil was a liar from the beginning, and the father of lies. We have the first recorded lie in Genesis 3, when Satan said to Eve, "Thou shalt not surely die." Eve believed these false words instead of the words of truth spoken by God. So Satan has gone on from that day to this with his deceitful work.

What will be the final doom of those who do not speak the truth? Rev. 21:8 paints the fearful picture of the second death. In Revelation 22 we read that outside of the gates of the heavenly city are those who love and make a lie.

How can we train our children that they may enter that beautiful city?—First, teach them that there is a God of truth, also a father of lies, as shown in the Scriptures. Second, by ourselves following the injunction of Paul when he says, "Be ye imitators of God, as dear children." Thus, by our example of always speaking and acting the truth under all circumstances, can we lead them in the right path. Third, by persuading them to be the children of God, by accepting Christ as their Saviour, thus engrafting them, in tender years, branches of the True Vine; and he who has said, "I am the way, the truth, and the life," will himself guide them into all truth.

BUILD thee more stately mansions, O my soul,

As the swift seasons roll!

Leave thy low-vaulted past;

Let each new temple, nobler than the last,

Shut thee from heaven with a dome more vast,

Till thou at length art free,

Leaving thine outgrown shell by life's unresting sea.

—O. W. Holmes.

LESSONS IN NATURE FOR LITTLE ONES.

MORE ABOUT THE USE OF FLOWERS.

YOU remember that we learned some time ago that the flowers were not only useful in making us happy by their beauty and their perfume, but that they furnished food for many insects, and that bees drink of the sweetness of the flowers, and make food, not only for themselves, but also for us, in the form of honey. Other insects, we learned, live upon the flowers, some upon the juices, and some upon the leaves, and some make their homes in the leaves.

But the principal use of the lovely blossoms is to provide for making other plants just like itself; otherwise, long ago the earth would have been deprived of its beautiful dress.

Notice the morning-glory, that we have studied before. At the bottom of the little house is a green ball covered with some tiny green leaves. If we cut this open lengthwise, and also the side of the house above, we will find that it has in it some tiny little bodies, which we will call the baby plants. If we observe carefully, we will see that there is connected with these a little stem, reaching into the midst of the family above, which represents the mama of the family. Around it you will find six other little stems, each bearing on its top a yellow box. This contains a minute powder, which, in some flowers, will adhere to our noses when we smell of them. This delicate little gold dust must find its way down through the tiny passage in the little stem that stands in the midst, which we have learned to call the mama, but which some people call the piston, and must unite with the little seeds below else it would never grow and ripen, and become capable of producing another plant like itself. Sometimes this gold dust, which we will call pollen, is not so located in the flower family that it can of itself fall upon the little piston, which, we notice, has an enlarged top, red, yellow, or brown, which is a little sticky, so as to cause the dust to adhere to it. So it is necessary that these flowers should be visited by bees and other insects, who, on their way to secure the nectar below, carry the pollen over the place where it should enter the piston.

Sometimes the flowers have to depend upon the wind; but in all these cases, the wind and the insects are faithful to the intent of the all-wise Creator of all things; and so it always comes about

that each little ovule, that we have learned to call the baby seed, receives the fertilization designed for it, and is thereby enabled to grow under favorable circumstances, and to produce another beautiful plant and more beautiful flowers like the one which produced it; and it in its turn gives forth other seed; and so the plants are multiplied on the earth. This is one of the reasons why the flowers are made so sweet, so as to attract the bees to do this work for them. Birds also take part in perfecting the beautiful flowers, and when the seeds are ripe, they use them for food sometimes, and scatter them in distant places, and so the flowers are scattered all over the earth. Then the bees and insects act as gardeners, though they do not know what they are doing.

PLAYROOM FOR CHILDREN.

IF possible arrange a playroom for the children. By this I do not mean a nursery, where dressing, lessons, meals, and kindergarten work are done, but rather an apartment designed for what might be termed outdoor sports.

Very cold days this attic or basement room might be warmed with a coal oil or gas stove, if there is no other method of heating. If this is impracticable, however, do not in consequence give up the idea of a playroom. There are rainy days in summer and many inclement but mild ones in winter when an unrestrained indoor frolic will be a great treat to the children of this venerated age, when the grandmother's attic is a tale of the past.

In the winter children can don overshoes, playcoat, cap, and mittens, and, with a shovel, hoe, and wheelbarrow, enjoy many an hour with an indoor sand pile; and, we venture to say, tired mother and nurse will enjoy that hour as well.

Another feature for a playroom is blocks, and plenty of them, cut as large as ordinary bricks, so that they can be easily handled with "mittened" hands, and "carted about" in express wagon or wheelbarrow.

An "unemployed" carpenter ought to manufacture dozens of these wooden bricks in a day out of the right kind of lumber. Various sizes of blocks would add much to the interest of building.

A big blackboard, where several children can draw at once, is an artistic pastime which mittened fingers can indulge in, and colored crayons will add to the interest.—*Times and Register*.

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IN the present number of the JOURNAL, as well as in the numbers of the past two months, will be noticed articles upon "Exercise," from the pen of Miss Ida Poch. These subjects will continue through the succeeding numbers of the present volume. We would especially mention them as worthy of careful reading. Too much attention can not be paid to the physical development of the body in the production of proper habits of sitting, standing, walking, etc. Should any question arise in the minds of any of the readers in reference to the practicability or application of any of the principles set forth, we would solicit correspondence in reference to the same. We would also be glad to answer any questions which might be asked by any of our readers upon this important question.

Miss Poch is connected with the physical culture work at the sanitarium, and has rendered very efficient service in this line. We trust that many will derive benefit from the study which she is placing before the readers of our JOURNAL.

ARRANGEMENTS are being made for new contributors to add to the work of the JOURNAL. Hereafter we expect to publish matter from the pen of Dr. L. J. Belknap, who is engaged in sanitarium work in Portland, Oregon. We also expect contributions from other experienced workers in the line of hygiene, health principles, and rational medicine. We trust to so appreciate the needs of the public at the present day that we may be able to make the PACIFIC HEALTH JOURNAL a welcome visitor to many thousands of homes along the Pacific Coast.

TAKE CARE OF YOUR LUNGS.

CARELESS neglect in the treatment of a cold, or the ignoring of chest symptoms that do not seem important, has been the regret of many who have awakened to find themselves suffering from serious lung trouble. Latent pneumonias need as much, or even more, watchcare and prompt attention than those which are ushered in with a severe chill, and accompanied by grave symptoms. During the winter months too strict attention can not be paid to the laws of hygiene of the lungs, and if colds settle within the chest, or troubles arise in which there is more or less fever, with rapid pulse and sharpness of breath, with respiratory depression, it is best to look into the matter as closely as possible, and to use prompt measures for relief.

Pneumonia is not confined to severe and cold climates, for in some of our southern states it is more prevalent than in the northern parts of the country. Some have suggested that it occurs where the climate is dry, and that this dryness of the atmosphere takes from the moisture of the tissues, and renders them less resistant to atmospheric changes. Whether this be proven or not, we find pneumonia often occurring in places where it could not be looked for as a result of severe exposure or of sudden and extreme climatic changes.

These milder forms of inflammation of the lungs, which come from slight causes, are often neglected, and thus give rise to lung diseases from which individuals never recover. Colds which settle upon the chest should be nursed as intelligently as though there were more serious trouble present; and if they are at all severe, the patient should be confined to a room of even temperature, with good light and air, and free from drafts. The diet should be regulated, and fomentations applied to the chest, and if relief is not obtained, continued poultices should be used over the most affected part.

Latent and unrecognized pneumonias may come about without any apparent cold, and in the beginning may be hard to recognize, even by examination of the chest. Especially is this true in children. A cough may not be apparent for some time. A child would have a marked fever and

labored breathing. But cases sometimes occur in the adult in which these symptoms are not especially prominent. If one finds himself with a constant depression of respiration, accompanied by a little fever and general lassitude, it is best to take warning, and at once resort to appropriate rest and treatment.

SANITARY PROGRESS.

THE following extract is taken from a paper presented by Dr. C. A. Ruggles, of Stockton, at the last annual meeting of the Sanitary Convention in the state of California. The work of these worthy medical men should be appreciated and forwarded by all good citizens of the state. We are especially glad to note the interest that is being taken to improve the quality of the milk with which our large cities are supplied.

"I am glad to notice a very great advancement as to sanitation. The people are beginning to inquire as to the *prevention* of disease, as well as to the *cure*. Much interest is being manifested in the subject of sewerage. Cities and large towns are studying the best methods of protecting their drinking water from the percolation of pathogenic germs, and are fast arriving at the conclusion that altogether too intimate relations are existing between the well and the cesspool and privy vaults; and from us should they receive all possible encouragement to continue in their good work. The efforts of sanitarians generally, and our local health officers particularly, have been happily rewarded in their endeavors to instruct the public mind, producing a more perfect understanding as to the communicability of disease, and the necessity of certain preventive and restrictive measures, causing a pleasant and graceful submission to quarantine, isolation, and other sanitary measures, readily acceding to temporary personal inconvenience for the public good."

"The milk question is one of such moment as to demand our serious attention. Sanitary statistics show us that nearly sixty per cent of hand-fed babies die before they are five years old, and that the mortality from nutritional diseases, directly or indirectly, during the first year, is quite as great.

"My firm belief is that premature weaning is too fashionable, and can not be too harshly condemned, as it exposes the little innocent to all the dangers of contaminated milk, or to many of the scarcely less dangerous artificial foods. There is no doubt

that the logical conclusion to be deduced from these premises is that a very large part of the mortality in cities and towns is traceable to cows' milk as a cause. The number of diseases known to have been transmitted by milk have been multiplied with our increasing knowledge of pathology.

"The formerly much-used terms, intestinal catarrh, summer complaint, cholera infantum, marasmus, teething diarrhea, and a host of other vague designations, may be spoken of now as acute or sub-acute milk infection, referring by these terms to the effects of numerous poisonous products of the bacteria found in milk. Taking into consideration the great importance of the question, the state board of health as an advisory body has concluded to recommend to all local boards of health to procure the formation of city or town ordinances which will cause all cows producing milk to be sold in said cities and towns to be inspected as to their health and proper sanitary surroundings—an order of things now in successful operation in the town of Alameda."

QUERIES.

4. WOULD you advise a meat diet for a bad case of catarrh of the bowels? F. G.

Not unless the beneficial results upon the bowels were superior to those of any carefully selected diet which could be otherwise procured. What is most necessary to be accomplished is to bring about an aseptic condition of the alimentary tract, and it is well known that meat products afford the most favorable soil for the cultivation of germs and putrefactive agents; hence, if equally good results could be obtained, it would be preferable to use a carefully selected diet of such things as sterilized milk, yolk of eggs boiled hard, gluten, and carefully prepared and well-cooked grains.

5. CAN heart disease be cured? O. H.

Heart diseases are functional or organic. The first are cured by removing the causes which bring about the nervous irritation. In organic troubles, which involve usually disease of the valves, the heart can not be restored to the normal condition, but the trouble can usually be affected by a corresponding increase in the development of the muscles of the organ, until it is able to send its natural supply of blood to the body. This compensation may be maintained through a long life, providing that the laws of hygiene of the heart are carefully recognized.



LITTLE THINGS.

DESPISE not little things, my friend,
 But always give them heed;
 The flower that makes your garden bright
 Came from a tiny seed;
 The mighty oak which to and fro
 Its branches great will toss,
 Was but a little acorn once
 Buried 'neath earth and moss.

The rain sent down from heaven above
 In most refreshing showers,
 Comes pattering gently, drop by drop,
 To thirsty grass and flowers;
 The snow comes softly, flake by flake,
 In feathery forms so white,
 And over all the earth she throws
 A cover warm and light.

The spire that reaches to the sky—
 Stone upon stone is laid;
 The coral island in the sea
 By insects small is made;
 Of drops are formed the ocean's waves
 That beat upon the strand;
 The shore which is by ocean washed
 Is only grains of sand.

Perhaps one little word from you
 May cause life to look bright,
 A little act of kindness make
 A brother's burden light;
 A tear dropped for a sorrowing friend
 May help to heal and cheer;
 A smile will scatter sunshine
 On some one's path so dear.

—Alice Lotherington.

WHAT IS HYGIENIC DRESS?

BY MISS IDA POCH.

HYGIENIC dress is commonly understood to be a synonym for everything ungraceful and unlvely in the matter of dress, especially if there is more or less disregard for Dame Fashion's mandates. Certainly hygienic dress presents opportunities for displaying want of taste, etc., but hardly more than the conventional mode.

The beauty of any gown is entirely subject to individual taste, since the principles upon which hygienic dress is constructed admit of simplicity and plainness, or elaboration of design and trimming to suit the most expansive idea.

The requirements are simply these: The dress shall be fitted to the figure instead of the figure to the dress. In order to do this the seams in the garment must correspond as nearly as may be to the lines of the body. For instance, in the customary cut, the front line of the garment is a concave curve, while the natural figure presents a convex curve. This effect is produced by making one dart too far forward. The back dart is put just under the middle of the bust and follows the natural curve of the body; but the ordinary-sized figure does not furnish space for two darts without crowding the forward one over the soft tissues, and where there is no natural body curve.

Another requirement made by hygienic principles is that each portion of the body shall, so far as possible, carry its own clothing. There must

be no extra weight from the hips especially. If it is necessary for any portion to carry additional weight, let it be the shoulders. As many of the garments as possible should be close fitting like the skin. The weight of the combination undergarments will not be noticeable for this reason. These close-fitting garments also conserve the heat of the body.

It is also necessary that the body be clothed uniformly, or if one feels this is not sufficient, reason would dictate that those parts farthest from the vital center (the arms and legs) receive the added attention in the shape of more and longer sleeves, equestrian tights reaching to the ankle, and heavier shoes.

We must not fail to have the dress appropriate to the intended use. Trains may be very pretty and graceful, but surely one would not consider a dress which requires a pair of hands to keep it from under the feet of the hurrying crowd, just appropriate for street wear. And who would blame the mistress who disapproved of Mary Ann in a soiled woolen gown in the kitchen or nursery?

Isn't it strange how so many delicate women manage to carry around dresses under the weight of which a strong man would groan? This at present fashion demands, but the hygienic dress must not contain an unnecessary inch of lining, and it is best to consider weight when purchasing materials, for it requires vitality and muscular exertion to carry a weight, whether it be a gown or a bag of potatoes, and some of these very delicate women put forth enough effort in carrying about their clothing to accomplish a goodly share of the work they hire a Chinaman to do.

Of course in a hygienic suit there is no place for "bones or stays." No, we had not forgotten the "torture," but its evils are so apparent that surely it is almost a waste of time and space to mention it. By the way, though, there is a most excellent corset which may be worn, not only without harm to the wearer, but with great advantage to old and young, fat and thin, sick and well. It is manufactured by one who thoroughly understands the business, is warranted to fit, and leave the figure just as nature intended it to be. It is very comfortable, and we would recommend it to all our readers. It is the corset nature makes of bones and muscles. Plenty of exercise and good food will make it good and strong. Try it—but not with skirt bands and weights hanging from the hips. Comply with all the requirements of health-

ful dress, and see, or rather *feel*, the happy results. After once clothing the body in a rational, common-sense way, who would return to the old bondage?

There is still another item without which our costume would not meet with approval. It must be so perfectly easy and suitable in every particular that the wearer is not conscious of her clothing. The mind should not be called upon to give one thought to personal appearance after everything is once properly adjusted. It does seem that the discomfort of woman's dress keeps her mind always full of that subject, to the exclusion of other and weightier matters.

To be healthfully dressed does not mean that one must be necessarily out of date. But surely it is more in accordance with reason and common sense to study one's own particular style, and discover what is best adapted to one's own personality and situation.

"It is astonishing how much people judge by dress. Of those you come across, many go mainly by appearances in any case, and many more have in your own case only appearance to go by. The eyes and ears open the heart, and a hundred people will see for one who will know you."

This being true, surely it would be well to impress those we meet as a thinking individual, rather than as a lay figure draped and bedizened to advertise the latest fashions.

To sum up briefly: Let the dress clothe the body in accordance with the instincts of modesty and protection. The dress is but the setting; the jewel is the individual. As every setting does not suit every jewel, so every fashion of dress does not suit each individual, and surely the setting must be such as to enhance, not diminish, the beauty of the jewel. Let us be careful, then, to leave time to cultivate mind and heart, and so clothe the human form that its members may show forth the beauty within.

THE NEXT THING.

BY MARIAN HARLAND.

"THAT girl will get along all right. She always knows how to do the next thing," said an elderly woman of a practical young one.

Few people appreciate what a valuable gift is this knowledge. She who possesses it is seldom taken at a disadvantage, for if one project fails, another

instantly presents itself. We laugh at Mr. Dick, and read with indulgent amusement Miss Betsey Trotwood's encomiums upon his sound common sense, but we get some idea what she means when we read the advice given to poor little David when he came into the cottage at Dover, footsore, ragged, and dirty. "What shall I do with him?" cried Miss Betsey, at her wits' end in the emergency. And Mr. Dick promptly solved the problem by the terse utterance, "Give him a bath!" He might not be able to keep the head of King Charles the First out of his book, but he did understand how to do the "next thing."

This faculty is of inestimable value in sudden accidents, when no doctor is at hand, and prompt action is necessary. Here is a case in point. An old-time Virginia lady, who was called hurriedly into her kitchen one morning by the tidings that one of her maids had cut her foot on a piece of broken glass and was bleeding to death, found the girl lying back in a dead faint, with one woman holding salts to her nostrils, while another was trying with a wisp of cobwebs to staunch the blood that came in great leaps from the severed artery, and had already formed a pool upon the kitchen floor. The mistress lost not an instant. Snatching a bandana from the head of the nearest negress, she knotted it loosely about the ankle of the wounded girl, caught up a broom that stood in the corner, and thrust in the stick through the loop of the handkerchief, twisted it until the blood ceased to flow, and then held it until the nearest physician could be summoned. Such occasions are happily rare, although the woman who does not lose her head in an extremity is always a treasure. The mother who, in the absence of a doctor, does not waste valuable time in weeping and in wringing her hands, but knows enough to do the next thing, to hold a broken limb in position, to put a convulsed child in a hot bath, to give an emetic if he is choking with croup, to exclude the air from a bad burn, to apply ice to the head of the delirious patient, mustard to the chest of one suddenly attacked with difficulty of breathing, and hot fomentations to the abdomen of any one suffering from intestinal disturbances, often spares her patient serious illness, and sometimes saves his life.

It is not only in extreme cases, however common, that the knowledge of what is the next thing to do proves of service. To the woman who must economize it is an invaluable ally. I have known women who would disdain to take what they could

get when they had failed to get what they wanted. "If I couldn't get pudding, I would not take pie," said one of these, referring to a matter with which literal pie and pudding had nothing to do.

A wiser, if meeker, proverb tells us that half a loaf is better than no bread. The housekeeper who knows how to make that half take the place of cake, is an adept in doing the next thing. She is the woman who forces thought and skill to supplement her slender purse in providing for a household. It is she who has a nourishing soup on the days when her meat dish is small and simple, and a light dessert when the dinner that preceded it has been substantial. She would like to have each course perfect of its kind. She can not afford to do this, so she does the next thing.

She would like a new gown, but she can not stand the expense of new material, so she does the next thing and achieves a satisfactory costume out of two old ones. She has planned a certain line of work for a certain day. Through the fault of some one else she is disappointed, but the day is not lost. The next thing is waiting to be done, and in doing that she forgets to be annoyed at her frustrated scheme.

Not only in homely and practical directions is this knack of adaptation helpful. There is a more sacred fashion in which it may come into the life of us all. Mrs. Whitney's "Hope Divine" voiced something of this when she wondered what God was going to do with her next. We are all of us likely to reach that stage sooner or later. There comes a time when perhaps the whole plan of life is changed for us. A competence has been swept away; an apparently secure position has slipped away from us, or, perhaps, a grief has left us with only the least, broken thread of existence in our fingers—of existence only, we say—life is over. But even then there is a "next thing." Security may be gone, but it has made room for faith. The delight in living for ourselves is past, but the joy of service for others is always with us. That is God's "next thing" for us.

"I don't wish to have my lot made any easier until I have gained from its hard places all God wished me to find in it," said one of the noblest, most spiritual women it has ever been my happiness to know. And she went on simply, "Think what an awful thing it would be if I were to become suddenly prosperous, and had to feel that now these rough times were past, and I had wasted them and had not learned all God meant them to teach me."

We have not all the open vision so fully developed. But it will come more and more as we grow into the habit of looking for and accepting life as the Father has planned it for us. We can not grow into this in a day—not until we have long and patiently followed his will and striven to make it ours by conforming to the Great Example, and living a life of gentle sacrifice of self, till we come into that blessed companionship with the Master; it has then become for us the next thing.—*Congregationalist.*

HYGIENE FOR WOMEN.

THE complex and complicated work of women in this age of the world is a snare and a delusion, and most women who feel at all the pressure of the real cares of life, come to the verge of nervous prostration before they realize that they have exhausted their limit of human strength. The following from the pen of Jennie Chandler, published in the *Journal of Hygiene*, contains a suggestion all would do well to heed:—

“Reserve force is the strength left over after one has done her work. If a bridge builder builds a bridge, he calculates how heavy a load it will need to carry, and then makes it not only strong enough to carry this load, but a great deal more. None of us would feel comfortable in going over a railroad bridge if we knew the builder had not made it with a great deal of reserve strength never to be called into use.

“It is so with our bodies; they have usually considerable reserve power not called out by the ordinary daily tasks we put on them. We admire a woman who has reserve force for all emergencies; we know she can do her ordinary work, whatever it is, with ease, and hold out well in the race of life. But it is much easier to estimate the amount of strength required in a bridge for a certain place than in our muscles and nerves. We can calculate the former by mathematical rules, but not the latter. There is no mathematics which will tell a woman just how much she can endure with safety and how much will break down her constitution and ruin her health forever, so they often take on themselves care and work beyond what they have any right to do. There is a tendency of our time to push everything to the limit of endurance. My suggestion to women whose reserve force is not great is to husband it well, accumulate it by right food, abundant sleep, and frequent short vacations.

Guard it carefully, instead of drawing upon it daily as so many do who become feverishly anxious to accomplish some undertaking. The successful athlete carefully measures his resources, and if his race is to be a long one, nurses his reserve powers. If he engages in a race, he does not overexert himself at the start, but so regulates his expenditure of energy that he shall have an abundance left for the finish. That is precisely what women should do who are engaged in any hard work.

“Every woman, high or low, who labors daily is engaged in a long race, which is in part a test of endurance. She should so measure her pace as to have always at command some reserve power. She should not undertake to do more than she can without undue fatigue, and she will be able to do more, for a short time, at least, when occasion requires the extra exertion. Just as we see the swift runner exhausted before the race is half over, and beaten by his slower but more enduring competitor, so we see women overtaking their powers when young, and growing old and feeble while young in years. It is the reserve power that tells in prolonged contests—the reserve power of muscle, of spirit—for she who exhausts herself in any kind of effort is unable to withstand the slightest added burden, and succumbs to a force she might easily have resisted if she had kept her resources well in hand.

“In these days, when women are entering almost every occupation competing with men, often driving them from their work, because their services cost less, it is important that women guard and protect themselves by a large accumulation of reserve power.”

HARK YE, O WINDS!

BY JULIA A. WILLIAMS.

HARK ye, O winds, wild winds!

One boon I earnest crave:
’Tis that ye softly, softly blow
Above my baby’s grave.

Above the little mound
Where only dead leaves lie,
O sing as ye alone can sing,
A tender lullaby!

Whisper to her, O winds,
Whisper soft and low
Of a lonely, aching heart,
And tears that vainly flow;

Of dreary, restless nights
Since she has gone away;
Of longings passionate and keen
All through the empty day!

Yet stay; breathe this, O winds
(Hope is conquering pain),
That sometime, somewhere, to my heart
I’ll clasp my babe again!

—*Housekeeper.*

FRUIT AS MEDICINE.

IF the whole code of nature's laws could be perfectly understood, it might appear that the Creator of all, to whom the end is known from the beginning, had provided a remedy for every ill to which flesh is heir. Physicians and laymen are constantly discovering remedial influences in natural forces, and doubtless we are only beginning to know the hidden powers that lie about us unused.

The beneficial influences of certain fruits in health and disease have long been known to a certain degree, and more knowledge on the subject is being developed from day to day. We will mention the virtues of a few for the benefit of our readers.

Fresh ripe fruits are excellent for purifying the blood and toning up the system in any condition where they can be borne by the stomach.

Celery is invaluable as a food for those who suffer from any form of rheumatism, also from diseases of the nerves, and nervous dyspepsia. Sour oranges are also highly recommended in rheumatism. Lemons also are useful in this disease. Lemons, even in large quantities, are useful in malaria, and very obstinate cases of malaria have been cured by drinking the juice of lemons cooked with their skins on in a little water. The dose is a rather bitter one, but not so bitter as quinine, and much less harmful.

Lettuce is useful for those suffering from insomnia. Watercress is a remedy for scurvy.

Peanuts are said to be useful in some forms of indigestion, and are especially recommended for corpulent diabetics. Walnuts, butternuts, and almonds are especially recommended for people for whom oils are indicated, particularly those inclined to scrofula. The oil of nuts in all cases is better than the animal oils more generally used. Three or four English walnuts, taken with a little salt after each meal, finely masticated, are said to cure obstinate cases of constipation. Peanuts may be browned and used as coffee. Very wholesome and nutritious soups may be made from finely-ground peanuts. There has recently been developed a method of extracting the oil from peanuts and almonds, and making it into butter, to be eaten with bread in the same manner as ordinary butter is used.

Onions are almost the best nervine known. They are particularly valuable for the coughs of

children. A syrup can be prepared by making a layer of sliced onions, raw, alternating with a layer of sugar. The same remedy is good for children of older growth. In constipation, insomnia, and various kidney and liver troubles, onions are also useful.

Asparagus is used to induce perspiration. Spinach is useful for those suffering from gravel, and carrots for those suffering with asthma.

Tomatoes are a powerful aperient, acting especially upon the liver. Figs are also an aperient.

Bananas are a very useful food, containing a high degree of nutrition, and are digested by children in most cases before anything else can be taken care of. They are very palatable if baked for eight or ten minutes in their skins, and when thus treated are much more easily digested than in the raw state. A method has been developed of preparing bananas in the form of a meal, which may be used to make bread and cakes. In this way they serve as a very useful article of food.

WOMEN'S HEALTH PROTECTIVE ASSOCIATIONS.

HEALTH PROTECTIVE ASSOCIATIONS, with memberships entirely of women, are now common throughout the country. The good they have accomplished is recognized as of great public value. Their opportunity for public service is unlimited, but the educational influence of such organizations has hardly been recognized. Members are compelled to give attention to the sanitary laws; to the management of the departments; to the expenditures of public money appropriated to these departments; to the comparisons of the sanitary methods and systems of different cities, states, and countries. Dirty streets mean more sweeping and dusting indoors. Neglected ash barrels and garbage pails mean increased care for every housekeeper. Public nuisances maintained under the law or tolerated against it, mean public discomfort and ill health to a greater or less degree, and these affect the household, the realm of women.

Health Protective Associations would accomplish more effectual work in large cities if they were divided according to wards or election districts. The political heads of the wards or districts, as well as the political clubs, could be used effectively and effectually to accomplish the wishes of the association.

Wards and election districts differ in their needs,

THE HOUSEHOLD.

and it is reasonable to suppose that the members living in each district would have special interest and enthusiasm to overcome the evils that affected their home life most closely. This would bring the sanitary conditions of the public schools to the closer attention of mothers and sisters, and the result would be an increased knowledge of the conditions among those now wofully ignorant of conditions in the schools which are often a disgrace. The heads of the branches would form the Executive Committee, and could call a meeting of all the members at any time, or arrange stated periods of time for public meeting. The cost of membership should be within the reach of every woman.—*The Outlook.*

THE HUMAN TOUCH.

A VISITOR to a glass manufactory saw a man moulding clay into the great pots which were to be used in shaping the glass. Noticing that all the moulding was done by hand, he said to the workman, "Why do you not use a tool to aid you in shaping the clay?" The workman replied: "There is no tool that can do this work. We have tried different ones, but somehow it needs the human touch."

There is much in the Lord's work that likewise needs the "human touch." The divine hand would have been too glorious, too dazzling, too bright, if it had been reached out of heaven to help and lift up and save, to wipe away tears, to heal heart wounds, to be laid in benediction on the children's heads; and therefore God took a human form, that with a human hand he might touch the sinful and the sorrowing. And now that Christ has gone away into heaven, he does not reach out of the skies that glorified hand, which burns with splendor, to do his work of love in this world, but uses our common hands, yours and mine, sending us to do in his name the gentle things he would have done for his little ones.—*Y. P. Leader.*

"LET nothing disturb thee,
Nothing affright thee;
All things are passing;
God never changeth;
Patient endurance
Attaineth to all things;
Who God possesseth
In nothing is wanting;
Alone God sufficeth."

FOOD FOR THE YOUNG FOLK.

AT the Congress for the Protection of Children, sitting at Bordeaux, France, a resolution was adopted to the effect that artificial food should be forbidden in the case of infants under six months of age; that from six months to twelve months of age the food should be milk with a little farinaceous material or the yellow of eggs; and that from one to two years the diet should consist of milk, eggs, mashed vegetables, tapioca, and a little boiled fish. The feeding bottle with India-rubber tubing was unanimously condemned.—*Annals of Hygiene.*

WORDS of cheer are words of help; words of gloom are words of harm. There is a bright and a dark side to every phase of life and to every hour of time. If we speak of the bright side, we bring the brightness into prominence; if we speak of the dark side, we deepen its shadows. It is in our power to help or hinder by a word any person with whom we have any dealings. A look or word can help or harm our fellows. It is for us to give cheer or gloom as we pass on our way through life, and we are accordingly responsible for the result of our influence.—*Medical Times.*

THE USE OF A BICYCLE.

IN the *Journal de Sciences Medicales de Lille* for August 3, M. H. Lavrand gives a résumé of a discussion in regard to the bicycle which took place at the recent meeting of the Societe de Medicine.

M. Lucas-Championniere presented the question from a hygienic point of view. The bicycle, he said, had been condemned as a means of exercise for women, and had been thoughtlessly compared to a sewing machine, to which it was not at all analogous. It had been said to cause deformity, but this accusation showed a want of reflection and a profound ignorance of anatomy and of physiology. In reality, all the muscles came into play in order to propel the machine and to keep one's equilibrium; consequently the vertebral muscles could not but increase in size and in power.

The first action of the bicycle was to develop the muscles, not only those of the legs, as was commonly believed, but all the muscles of the body; and in this exercise M. Championniere thought we had the most perfect method for muscular development. Its action on the general health

was also evident. The manifestations of nutrition were profoundly modified; an examination of the urine had shown this. The increase of the proportion of urea had indicated a greater waste. The influence on the heart was also very evident, and any excess in this exercise was prejudicial.

One of the most valuable advantages of this form of exercise, however, was that it put the heart into a good condition of resistance. With regard to the benefit to the lungs, it might be said that the good results were almost immediate, if care was taken to avoid the chill which was always apt to follow any prolonged exercise.

M. Marcel Brand thought that this form of exercise was the best that could be employed in the treatment of the vicious habits of adolescence, and he cited several cases in which recovery had been obtained when all other treatment had failed. The majority of affections dependent on the diminution of nutrition were favorably improved by the motion of the treadle. With regard to neuropathies, he said the most favorable results had been obtained after a moderate use of the bicycle, and certain tabetics had derived much benefit from its use.

M. Bouloumie presented the subject from a therapeutic point of view. He stated that he had recommended the bicycle to several gouty persons, who, after using it, had not suffered so much with stiffness in the knees and in the tibio-tarsal articulations, which had become much stronger and more flexible. The general condition also had been benefited. In persons suffering with subacute nephritic colic from uric acid gravel, and presenting frequent and continual pains in the kidneys, without renal inflammation, the exercise seemed to facilitate the passage and expulsion of the calculus and to diminish the pains. In such cases the patients must be warned against excessive exercise, as any fatigue was extremely harmful.

For persons affected with urinary and digestive disorders, principally liver troubles, an upright attitude in the saddle, with the body resting squarely upon the ischia, was absolutely indispensable. In this way all parts of the body would contribute to the maintenance of the equilibrium, the abdominal organs were not compressed, the action of the diaphragm was not hindered, and the circulation was not impeded at any point. This exercise, on the whole, said M. Bouloumie, was one which favored the development of the muscles and regulated the principal functions, and it could be recommended

from a physiological, hygienic, and therapeutic point of view, subject to these conditions: (1) A good position in the saddle; (2) a proper saddle; (3) a moderate rate of speed.—*N. Y. Medical Journal.*

MARRIAGE AND VACCINATION.

THE stringency of the vaccination laws is in England the subject of considerable agitation, but what would be said to the interference with the rights of the individual which is maintained by the laws of Norway and Sweden? In those countries so impressed is the Legislature with the public duty of vaccination that before a couple can be legally married, certificates must be produced showing that both the bride and bridegroom have been satisfactorily vaccinated.—*Selected.*

READING.

BY MARY A. WHEDON.

"To put one under the influence of a good book is to bless him." So says Henry Drummond. A very good index to a person's character is his literature.

As our boys and girls go out to earnestly toil for an honest living, temptations flaunt before, behind, and on each side of them; if they fall, have we any indifference or neglect on our part to regret? Are we actually playing a part in that tragedy? One parent may say, "I grew up without training, and I guess my children can," and another says, "I had no home influence, and I can not comprehend its necessity." Ah, but, my dear brother and sister, in these days of literary advantages you have no excuse! With what books and papers, manners and influence, are you surrounding your children?

Tell me what books a young person reads and I will tell you what sort of person he is. From good reading we get a mental contact with the noblest minds of the universe, and nobleness, either oral, printed, acted, or thought, has its influence; its atmosphere permeates every nook of your home; it smooths the wrinkles, hews the corners, and softens the angles of individual life second only to personal contact. Our little ones are scarcely out of babyhood when they clamor for pictures and stories. This is the time that tries tired motherhood. Shall the lisping little wisher be put by with

his desire ungranted? Shall the hungry little mind go unfed?—No, certainly not; but what to give it is the query of motherhood. Shall we take the long-favored "Mother Goose Tales" and fill the minds of our future men and women with thoughts of killing, shooting, theft, and all improbable ideas? Let a mother or father take up those tales and look them thoroughly over. How many can be found that are not savored with some death-dealing blow, more for the rhyme than the sense? Read at random from the book for fifteen minutes a day six consecutive days to your boy and you can readily trace the direction in which you are developing his taste. He will clamor for the most exciting and thrilling ones; he will soon amuse himself by repeating them and fitting his actions to his words. In that innocent little mind you have laid the first foundation for a reckless life. What goes into the mind of childhood at so youthful a period helps to make a part of that child's tastes and character. Keep on feeding it and you are innocently fanning a little spark to a flame.

On the other hand, search for simple rhymes and stories of nature—flowers, rippling brooks, and shady trees, of animal and child life—and see how quickly your little one will begin to imitate the loving attitudes and kind attentions in those stories. Such child literature is hard to find. Like gold hidden in dark mountains, it lies submerged in the depths of piles and full counters of the first mentioned style. At this stage of childhood you are beginning to develop or dwarf the nature.

Nor does the work stop till your children go from your homes with tastes formed for either good or bad reading. My first impression of people in their own home or room is gathered from a glance at the literature lying about, and my guide seldom fails me. A person's nature is very like his diet. If one feeds on weak, light, or trashy books, bear in mind that person has a character much of that stamp and style. I once went to look for board in a neatly furnished house and was shown a very pleasant room, the occupant of which desired a roommate. So did I. She was away, but the landlady told me many nice things about her, and how to decide I did not know. The surroundings were desirable, but what was to be my society? How could I tell? What answer should I give without first meeting the young lady? While these thoughts and other similar ones were flashing through my mind, my eyes fell on the sum total of

all the literature the room contained—some unnamable story papers on the center table. It took me but one instant more to decide.

All the years from babyhood to manhood and womanhood are the characters of our children being strengthened or weakened. Put into their hands good books, with pure thoughts and noble purposes, and see how their lives will grow to meet them. If bad things tempt to evil, so good things tempt to good. Watch one pure thought after another take root and grow in your child's mind. See his eye brighten, his straightforward look, his honest countenance, his manly carriage, all grow from the root of pure thoughts. Give him impure ideals, and see the nervous expression, the undecided shamble of actions that result.

Choose the books for your children as you would their friends. Said one of our noted men: "Books are the windows through which the soul looks out. A house without books is like a room without windows. No man has a right to bring up his children without surrounding them with books if he has the means to buy them. It is a wrong to his family. He cheats them. Children learn to read by being in the presence of books. The love of knowledge comes with reading and grows upon it. A love of knowledge in a young man is almost a warrant against the inferior excitement of passions and vices."

Sir William Waller says, "In my study I am sure to converse with none but wise men; but abroad it is impossible for me to avoid the society of fools." Anthony Trollope said, "The habit of reading, I make bold to tell you, is your passport to the greatest, the purest, and the most perfect pleasures that God has prepared for his creatures." From Bishop Potter we have, "It is nearly an axiom that people will not be better than the books they read." J. B. Braithwaite clinches the nail when he says: "The mind requires nourishing food. Trifling reading enfeebles it."

In once conversing with a young mother on the influence of frivolous reading, she said to me, "Oh, but the environments of your early life were so different from mine; the reading of my girlhood has poisoned my whole life!" Another acquaintance who is too deaf to enjoy society, comes from her books with such a wholesome, open-hearted air that some one ventured to question her for the reason, when she replied, "I have such lovely companions and society in my books; I meet such great and noble minds!"—*Housekeeper*.

THE CAUSES OF DEATH.

ACCORDING to the census of 1890, of every 10,000 deaths in the United States 1 will be from calculus, 35 due to Bright's disease, 40 to fevers other than typhoid, 59 to rheumatism, 70 to scrofula, 130 to cancer, 140 to apoplexy, 148 to whooping-cough, 160 to dysentery, 190 to meningitis, 220 to scarlatina, 246 to ague, 250 to convulsions, 310 to typhoid fever, 350 to heart trouble, 480 to diphtheria, 880 to diarrhea, and 1,420 to phthisis. Of this number 2,210 are from typhoid, diphtheria, and phthisis, all of which are preventable; and if we take in whooping-cough, dysentery, scarlet fever, and diarrhea, we shall have more than one-third of all deaths at the present time from preventable causes.—*Exchange.*

"I WONDER IF EVER."

I WONDER if ever the children
Who were blessed by the Master of old,
Forgot he had made them his treasures,
The dear little lambs of his fold.
I wonder if, angry and willful,
They wandered afar and astray—
The children whose feet had been guided
So safe and so soon in the way.

One would think that the mothers at evening,
Soft smoothing the silk tangled hair,
And low leaning down to the murmur
Of sweet childish voices in prayer,
Of bade the small pleaders to listen,
If haply again they might hear
The words of the gentle Redeemer
Borne swift to the reverent ear.

And my heart can not cherish the fancy
That ever those children went wrong,
And were lost from the peace and the shelter,
Shut out from the feast and the song.
To the days of gray hairs they remembered,
I think, how the hands that were riven
Were laid on their heads when he uttered,
"Of such is the kingdom of heaven."

He has said it to you, little darling,
Who spell it in God's word to-day;
You, too, may be sorry for sinning,
You, also, believe and obey.
And 'twill grieve the dear Saviour in heaven
If one little child shall go wrong—
Be lost from the fold and the shelter,
Shut out from the feast and the song.

—*Chila's Paper.*

BEREFT.

BY LILLIAN GREY.

THE baby lies
With folded eyes,
And hands at rest upon his breast,
So whitely chill,
So strangely still—
O mother, mother! let him sleep,
For many eyes wake but to weep.

The curling hair
Needs not your care,
Nor restlessness your soft caress;
Such quiet feet
That late were fleet—
O mother, mother! let them stay,
For many feet go far astray.

And many a life
Is marred with strife,
And sin and hate oft lie in wait,
And dangers stand
On every hand—
O mother dear! it may be best
The baby early went to rest.

And yet—and yet,
To ne'er forget,
Nor cease to long with yearning strong,
By day or night
For touch or sight—
O mother, mother! give him up,
God bids thee drain this bitter cup.

There is a place
Of solemn grace,
Where flowers grow, and free winds blow,
And grasses cling,
And wild birds sing—
O mother, mother! leave him there,
And plead to Heaven for strength to bear.

—*New Orleans Christian Advocate.*

FROM SLEEP TO DEATH.

IN consideration of the reports to the effect that electricity as a means of executing condemned criminals is harsh, barbarous, and uncertain, it is suggested by Dr. Andrew Wilson, of London, that a means painless and merciful would be that of the lethal chamber, invented by Sir B. W. Richardson. It is employed at Battersea in the disposal of homeless and ownerless dogs which are valueless and whose maintenance is undesirable or impossible. The death produced by the inhalation of carbonic acid gas, as far as any record of the action of the gas can inform us, is certainly painless. It is really a sleep which deepens insensibility into death.—*Exchange.*

THE CHILD A QUESTIONER.

BY H. CLAY TRUMBULL.

A CHILD is born a questioner. He does not have to be trained to be a questioner; but he does need to be trained as a questioner. A child has been not inaptly called "an animated interrogation point." Before a child can speak his questions, he looks them; and when he can speak them out, his questions crowd one another for expression, until it would seem that, if a parent were to answer all of his child's questions, that parent would have time to do nothing else. The temptation to a parent, in view of this state of things, is to repress a child as a questioner; and just here is where a parent may lose or undervalue a golden privilege as a parent.

The beginning of all knowledge is a question. All progress in knowledge is the result of continued questioning. Whence? What? Why? Wherefore? Wither? These are the starting-points of investigation and research to young and to old alike; and when any one of these questions has been answered in one sphere, it presents itself anew in another. Unless a child were a questioner at the beginning of his life, he could make no start in knowledge; and if a child were ever caused to stay his questionings, there would be at once an end to his progress in knowledge. Question is the expression of mental appetite. He who lacks the desire to question is in danger of death from intellectual starvation.

Yet, with all the importance that, on the face of it, attaches to a child's impulse to ask questions, it is unmistakably true that far more pains are taken by parents generally to check children in their questionings than to train them in their questioning. "Don't be asking so many questions;" "Why will you be asking questions all the time?" "You'll worry my life out with your questions." These are the parental comments on a child's questions, rather than, "I'm glad to have you want to know all about these things;" or, "Never hesitate to ask me a question about anything that you want to know more of," or, "The more questions you ask the better, if only they are proper questions."

Sooner or later the average child comes to feel that the fewer questions he asks, the more of a man he will be; and so he represses his impulse to inquire into the nature and purpose and meaning

of that which newly interests him, until, perhaps, he is no longer curious concerning that which he does not understand, or is hopeless of any satisfaction being given to him concerning the many problems which perplex his wondering mind. By the time he has reached young manhood, he who was full of questions in order that he might have knowledge, seems to be willing to live and die ignorant rather than to make a spectacle of himself by multiplying questions that may be an annoyance to others, or that may be deemed a source of discredit to himself.

There are obvious reasons why the average parent is not inclined to encourage his child to ask all the questions he thinks of. In the first place, it takes a great deal of time to answer a child's questions. It takes time to feed a child, and to wash it and dress it, but it takes still more time to supply food and clothing for a child's mind. And when a parent finds that the answering of fifty questions in succession from a child only seems to prompt him to ask five hundred more, it is hardly to be wondered at that the parent thinks there ought to be a stop put to this sort of thing somewhere. Then, again, a child's questions are not always easy to be answered by the child's parent. The average child can ask questions that the average parent can not answer; and it is not pleasant for a parent to be compelled to confess ignorance on a subject in which his child has a living interest. It is so much easier, and so much more imposing, for a parent to talk to a child on a subject which the parent does understand, and which the child does not, than it is for the parent to be questioned by the child on a subject which neither child nor parent understands, that the parent's temptation is strong to discountenance a habit that has this dangerous tendency.

That there ought to be limitations to a child's privilege of question asking is evident; for every privilege, like every duty, has its limitations. But the limitations of this privilege ought to be as to the time when questions may be asked, and as to the persons of whom they may be asked, rather than as to the extent of the questioning. A child ought not to be free to ask his mother's guest how old she is, or why she does not look as pleasant as his mother; nor yet to ask one of his poorer playmates why he has no better shoes, or how it is that his mother has to do her own washing. A child must not interrupt others in order to ask a question that fills his mind, nor is it always right for

him to ask a question of his father and mother before others. When to ask, and of whom to ask, the questions that it is proper for him to ask, must be made known to a child in connection with his training by his parents as a questioner.

It is to the parent that the child ought to be privileged to come in unrestrained freeness as a questioner. Both the mother and the father should welcome from a child any question that the child honestly desires an answer to. And every parent ought to set apart a time for a child's free questioning, when the child can feel that the hour is as sacred to that purpose as the hour of morning and evening devotion is sacred to prayer. It may be just before breakfast, or just after, or at the close of the day, that the father is to be always ready to answer his child's special questions. It may be when father and child walk out together, or during the quieter hours of Sunday, that the child is sure of his time for questioning his father. The mother's surest time for helping her child as a questioner, is at the child's bedtime; although her child may be free to sit by her side when she is sewing, or to stand near her when she is busy about other household matters, and to question while she is thus working. Whenever the child's hour for questioning his parent has come, the child ought to be encouraged to ask any and every question that he really wants to ask; and the parent ought to feel bound to give to the child's every question a loving and well-considered answer.

A child needs parental help in his training as a questioner. While he is to be free to ask questions, he is to exercise his freedom within the limits of reason and of a right purpose. A child may be inclined to multiply silly questions, thoughtless questions, aimless questions. In such a case, he needs to be reminded of his duty of seeking knowledge and of trying to gain it, and that neither his time nor his parent's time ought to be wasted in attending to questions that have no point to them. Again, a child may be inclined to dwell unduly on a single point in his questioning. Then it is his parents' duty to turn him away from that point by inducing him to question on another point. Whenever a child is questioning his parent, that parent has the responsibility and power of training the child as a questioner, by receiving in kindness and by shaping in discretion the child's commendable impulse and purpose of questioning.

When a child asks a question that a parent really can not answer, it is a great deal better for the

parent to say frankly, "I do not know," than to say impatiently, "Oh, don't be asking such foolish questions!" But, on the other hand, it is often better to give a simple answer, an answer to one point in the child's question, than to attempt an answer that is beyond the child's comprehension, or to say that it is impossible to explain that subject to a child just now. For example, if a child asks why it is that the sunrise is always to be seen from the windows on one side of the house, and the sunset from the windows on the other side, there is no need of telling him that he is too young to have that explained to him, nor yet of attempting an explanation of the astronomical facts involved. The better way is to answer him that the one window looks toward the east and the other toward the west, and that the sun rises in the east and sets in the west. This will give the child one new item of knowledge; and that is all that he cares for just then.

A child may ask a question on a point that can not with propriety be made clear to him just yet. In such a case he ought not to be rebuked for seeking light, but an answer of some kind is to be given to him, in declaration of a general truth that includes the specific subject of his inquiry; and then he is to be kindly told that by and by he can know more about this than he can now. This will satisfy a well-disposed child for the time being, while it will encourage him to continue in the attitude of a truth-seeking questioner.

A very simple answer to his every question is all that a child looks for; but this is his right if he is honestly seeking information, and it is his parents' duty to give it to him, if he comes for it at a proper time and in a proper spirit. A child is harmed if he be unduly checked as a questioner; and he is helped as he could be in no other way, as a truth seeker, if he be encouraged and wisely trained by his parents in a child's high prerogative as a questioner.—*Hints on Child Training.*

Not long ago we noted that surgeons were cracking the skulls of idiots with the hope of improvement by giving the brain a chance to expand. Sir George Humphrey, after examining nineteen skulls of idiots, finds no indications that there is occasion for such treatment or anything to hope for it. Don't born 'em!—*Ex.*

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RETREAT NOTES

—Dr. Maxson found a goodly number of surgical cases waiting for his attention on his return. His operations have been attended with their usual success.

—Under the new management of the sanitarium, Dr. A. J. Sanderson, who has been acting as medical superintendent in the absence of Dr. Maxson, during the last three months, will continue his connection with the institution as first assistant.

—Among those who have arrived the past month may be mentioned Mrs. M. E. Hoyt, of Nebraska; Miss Wilder, of Oakland; Miss May, of San Francisco; Miss Lillie Moore, Pomona, Cal.; Miss Louisa Smith, Sacramento; Mrs. H. Nottingham, Sacramento.

—Mrs. A. J. Joslin, wife of the photographer of Petaluma, was received at the sanitarium some weeks since, for treatment to overcome the effects of a quantity of chemicals swallowed by mistake. We are glad to report that she has made remarkable progress, and will soon be able to return to her home.

—The sanitarium has recently enjoyed a somewhat extended visit from some of its eastern friends and supporters, Elder O. A. Olsen, A. R. Henry, and Dr. J. H. Kellogg among the number. Elder Olsen spent nearly a week at the home, and during that time addressed the family in the chapel on a number of occasions.

—Mr. Irving Keck, of Battle Creek, Mich., will take Elder Burden's place as business manager at the sanitarium. Mr. Keck is a man of large business experience and kindly manner, a man well calculated to fill the position acceptably. We are sure our patrons will find in him one who will appreciate their needs, and will make every effort to supply every want.

—Prof. C. S. Nash, who has recently passed through a very serious operation under the hand of Dr. Cushing, at Laine Hospital, has returned to remain with us a season, that his convalescence may be more rapid and complete. Professor Nash has tested the virtues of rational medicine, and understands well the benefits of hygienic living and surroundings. We are glad to report that he is progressing favorably, having gained nine pounds in eight successive days. He is accompanied by his wife.

—On the evening of January 7 Mrs. Sanderson, *nee* Miss Emma Griggs, of St. Charles, Mich., arrived from the east. On Thursday evening, the 9th, a reception was given in honor of Dr. and Mrs. Sanderson at the home of Dr. Maxson. All the members of the sanitarium household were present, together with many friends in the neighborhood, and extended congratulations to the newly-wedded pair, giving them a hearty welcome to their new home. A program of music was arranged for the entertainment of the guests. Bouquets of violets served as appropriate souvenirs. The occasion was pronounced by all a success.

—Dr. G. H. Heald, who has for two years been a member of the medical staff of the sanitarium, has recently gone to the Medical and Surgical Sanitarium at Battle Creek, Mich. Dr. Heald has rendered very valuable services at

this institution, particularly in connection with the work in the chemical and physiological laboratory, of which, in fact, he has had the charge. He has gone east to take advanced work in this line of study. His services will be missed, but he will only be prepared for more efficient work by his sojourn there. Dr. Brighthouse, his sister, accompanied him, and will pursue other lines of study in connection with her profession.

—Since our last issue important changes have taken place in the management of the institution. Elder J. A. Burden, who has labored long and faithfully in behalf of the interests of the sanitarium, has been called to other fields of labor. Many of our patrons who have been acquainted with Mr. Burden in his capacity of business manager, will regret to learn of this change. He will be sadly missed in many departments of the work, not the least of which is his connection with the religious interests of the home. His sermons in the chapel, setting forth the principles of Christian living, and the work, words, and life of our Saviour, have been most graciously received by the sick and afflicted.

—Miss Rachael Vrooman, of Oakland, is visiting the sanitarium. Miss Vrooman has been an occasional visitor for many years, and has had opportunity to watch the development of our institution. She declares that she finds no place like it for real rest and refreshment. She comes from a very hard six months' work at the University of California, where she has recently taken a degree. She has come to prime herself for another six months of severe study in the law school of San Francisco, which she expects to enter very soon. Miss Vrooman is the daughter of Henry Vrooman, well known in this state as a lawyer of superior ability. She gives promise of doing fair honor to the name of her deceased parent.

—New Year's eve was celebrated by the exhibition of a very fruitful tree in the students' class-room. The occasion, though interesting to all, was for the special benefit of the Sabbath school children, and the tree bore its fruit most bountifully in their behalf. The whole was planned, and, indeed, was the gift of Dr. Lathrop and his wife, whose long residence with us has endeared them to all, and all to them. A fitting program was rendered for the entertainment of the family. We are happy to state that Dr. Lathrop was able to preside on this occasion, and himself made a very pleasing address to the children, and acted the part of Santa Claus in distributing the gifts.

—Mrs. E. C. Chapman arrived at the sanitarium on the evening of January 5. Mrs. Chapman has recently returned from the island of Tahiti, where, with her husband, she has been stationed as a missionary for the last three years. Mr. Chapman has had charge of a printing office on that island, and has been engaged in translating religious works into the language spoken by that people. They returned to this country on account of the ill health of Mrs. Chapman. They arrived on the missionary ship *Pitcairn*, after having been on the vessel since July. During these months they have visited, in company with others, the islands of the Pacific, in many of which missionary stations have been established by the people whom they represent.

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David praiseth God.

PSALMS.

He prayeth for safety.

19 To deliver their soul from death, and to keep them alive in famine.
 20 Our soul waiteth for the LORD: he is our help and our shield.
 21 For our heart shall rejoice in him, because we have trusted in his holy name.
 22 Let thy mercy, O LORD, be upon us, according as we hope in thee.

PSALM 34.

^a Prov. 24. 16.
^b Ps. 37. 19.
^c ver. 6. 17.
^d Ps. 130. 6.
^e John 13. 36.
^f Zech. 10. 7.
^g John 16. 22.
^h Ps. 94. 23.
ⁱ or, shall be guilty.
^k 1 Kin. 1. 29.
^l Ps. 71. 24.
^m or, Achish, 1 Sam. 21. 18.

19 Many are the afflictions of the righteous: but the LORD delivereth him out of them all.
 20 He keepeth all his bones: not one of them is broken.
 21 Evil shall slay the wicked: and they that hate the righteous shall be desolate.
 22 The LORD redeemeth the soul of his servants: and none of them that trust in him shall be desolate.

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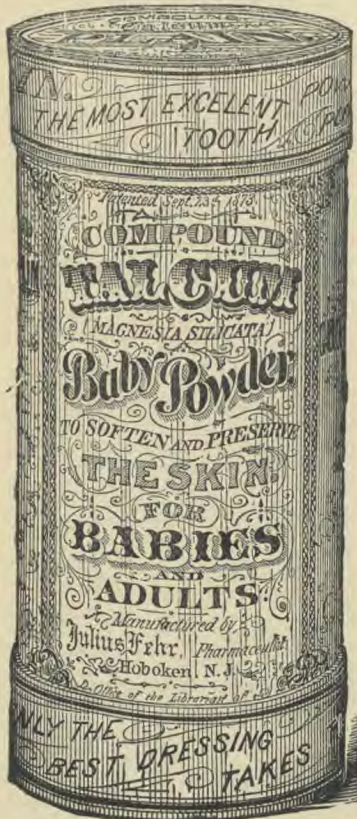
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