



# Pacific Health Journal

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## GENERAL ARTICLES.

### ACUTE DYSPEPSIA.

ALTHOUGH we usually apply the term dyspepsia to the more chronic forms of indigestion, yet the acute derangements of the function of the stomach are of no less importance; in fact, if the meaning of occasional slight attacks of indigestion were understood and proper recognition was given to their causes, much of the chronic and more serious stomach troubles would be avoided.

In speaking of acute dyspepsia, we refer to those forms which are occasional, and the symptoms of which pass off in a few days. It may be so slight as to be scarcely noticeable, or the condition may be quite severe and become what is commonly called gastric fever.

The causes of the trouble may be considered in two classes,—the predisposing and the exciting causes, both of which bear an equally important relation to the trouble occasioned.

The exciting causes are often some slight indiscretion in eating—the manner of eating, or the quantity or quality of the food or drink taken. Predisposition to the trouble most often exists by having what we might call an unbalanced state of the nutrition, or by the use of an unnatural diet. By the first expression, we mean where the demands on nutrition are not sufficient to use up what is taken. The stomach represents one of the receiving chambers for the raw material, which is to become the basis of the body structure, and activity. The storage departments in the system are represented by the liver, blood, and blood-making organs, and

are meant for only daily service, so that when we take into the system during the day more than we need and more than can be properly used in the twenty-four hours, there must follow a clogging of some portion of the organism; and unless it is remedied by the diminishing of the supply or an increase of the function which uses up the same, it is sure to give rise to trouble; and this trouble is most often felt in the digestive organs. These organs do their best work when their action is in answer to the demand on the part of the system for more nourishment to supply the present needs. An extremely sedentary life can scarcely escape dyspepsia. An unnatural diet is one in which there is the persistent use of articles or combinations of foods that are not adapted to the peculiarity of the individual digestive organs. We might also speak of constantly living upon a few articles of diet without variation, as being a cause of weakening the digestive organs, so that the slight exciting causes may give rise to indigestion.

To speak further of the exciting causes that we have mentioned, the taking of an unduly large meal is one of the most common. Taking food at irregular times may be a cause. Besides this, it usually lies in the taking of some indigestible food, or of some food that is in such a septic condition that the fermentive changes continue after they have entered the stomach.

When the stomach attempts to work upon food that is not properly masticated, it often fails in its attempt, and slight disturbances result.

The symptoms may be simply a heavy feeling

about the stomach and a general indisposition, or there may be actual pain in the epigastric region, with eructations of gas, and headache. In these instances dizziness is quite likely to occur, and the tongue will be badly coated. The severer cases are usually accompanied with nausea, if not actual vomiting, and quite often the whole system is affected, so as to give rise to bone-ache, reflex pains in the limbs, under the ribs, back of the head, etc., together with fever and considerable prostration. The intestines are often affected by the same process, which gives rise to increased pain and flatulency. There may be either constipation or diarrhea. Much of the abnormal action is due to micro-organisms, and many of the symptoms doubtless arise from the poisons which are the product of their action.

The treatment for this condition is often indicated by the symptoms that are present. One of the most essential measures is partial or complete rest for the affected organs. It may be to great advantage to withhold food entirely for a day. When it is taken, it should be of mild character. If milk is a natural article of diet to the individual, it will be borne favorably in this condition. The addition of a little lime water, a tablespoonful to the glass, will often be to advantage, where there is excessive fermentation. If there is diarrhea, it would be better to boil the milk. Other food that is taken for the first day or so should be very simple, as boiled rice or some well-prepared gruel. If the diarrhea persists, the use of a gruel made of browned rice flour would be well. If there is a great deal of fermentive material in the stomach, as indicated by the nausea, vomiting should be encouraged, if it does not already exist. This may be done by drinking several glasses of luke-warm water, the efficiency of which may be increased by the addition of a little salt. The stomach tube is often resorted to with a great deal of advantage, by means of which the organ is thoroughly cleansed.

For the pain, a hot fomentation applied over the stomach will prove of great service. The same is also good to restore the normal condition of the affected part. If there is much headache, and reflex symptoms, a hot or mustard foot-bath will often give prompt relief, or a fomentation to the spine, opposite the stomach, may do the same. If the nausea is persistent, swallowing bits of ice will be agreeable. The same is good for the condition, especially if there is any tendency to fever.

In the latter case, the application of ice to the outside of the stomach will be of benefit.

When the person has been more or less poisoned by the unnatural products of indigestion, the free use of hot water for a few days will do much good by increasing the natural action of the eliminative organs. We do not speak of medicines to be taken into the stomach, because they are usually unnecessary. Cathartics are not indicated, and if it is necessary to move the bowels, a good soap-suds enema is the very best thing for the purpose. If there is diarrhea, the taking of a large hot enema will be very quieting to the irritated mucous membrane. These simple measures will usually suffice, if promptly carried out.

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### GETTING TIRED.

BY IDA M. POCH.

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IN the consideration of the effects of muscular activity, we must not fail to give due attention to the fatigue which more or less quickly follows exertion. Usually the muscle or set of muscles we are using becomes tired first, and we have only a local fatigue.

This phase of fatigue in its first stages is only relative, and the muscle will respond to increased stimulation. Thus, after one has done all that he feels he can do, if it is really necessary, and he *wills* to do it, quite a little more exertion is possible. We see this in racing under the excitement of competition.

After a time the muscle refuses to respond to any amount of stimulation. It becomes paralyzed from the excess of poisonous matter. This is absolute fatigue, complete exhaustion. This point is seldom reached, and when the muscular system has been strained to the point of absolute fatigue, it is so seriously injured that it almost never wholly recovers. It results in fevers, ruptures, inflammations, and even abscesses sometimes, from the inability of the eliminatory system to dispose of the large amount of broken-down tissue in the natural way.

A certain degree of fatigue is necessary to the development of the muscular tissue. The exertion must continue until the muscles are tired. There must be a breaking down of tissue to make way for rebuilding. This degree of fatigue is easily overcome by rest—lying down or change of occu-

pation. During the resting period, the accumulated poison is carried away by the blood, and new materials are quickly built into new tissues. It leaves behind it a lameness or soreness that is incident to the growth of muscular tissue, and must be overcome by gentle exercise.

Between the healthful and necessary tired, and the absolute fatigue, nature has placed a distinct dividing line, which, under ordinary circumstances, acts as a safeguard against overtaxing the muscular force. Repeated muscular contraction becomes painful mechanically owing to repeated shocks and disturbances in the muscle itself and the surrounding tissues. This immediate painfulness reminds us that the muscle is being strained beyond its legitimate strength. From this we see that there is no danger in ordinary fatigue, and that it is really essential to development. Even now I can hear some one say, "But before my muscles get tired, I feel so weak and exhausted; my heart goes pit-a-pat, and I get out of breath."

This is another phase of exhaustion; the latter part of it, breathlessness, we will consider next time, in connection with breathing. The sense of fatigue is out of proportion to the muscular exertion when the brain becomes exhausted first. In this case the man has no exact idea of the energy still held by his muscles. This is not muscular fatigue, because it may be produced without muscular exertion. This same sensation is noticeable when a depressing emotion exercises a debilitating influence on the nerve centers. Muscular action is stimulated and controlled by nerve force. In the above-mentioned case, the muscle has not lost power to contract, but the stimulating force is weakened, or insufficient, and for this reason the muscle ceases to act. It is quite probable that the seat of the sensation which causes the cessation of muscular work before the muscles are really tired, is in the brain.

Stating more plainly, we have this—two sets of exercises requiring the same amount of work may produce different degrees of the sensation of fatigue, varying with the nature of the exercise. That exercise which calls the intervention of the mind, soonest produces the sensation of fatigue.

We find then a law: The muscular work being equal, the sensation of fatigue is more intense, the more active the brain power demanded by the exercise.

From the foregoing we would conclude that for nervous persons such exercises as require sustained

attention should be used only to a limited extent, or the sensation of exhaustion would bar the way to muscular development. Those easy, familiar movements, that have become most nearly automatic, are, in such cases, best adapted to muscular development.

This brings us to the consideration of another effect of muscular training. If muscular activity has power to produce brain fatigue in any degree, it opens before us the possibility of reaching the nerve centers through the muscular system, and through this agency, to some extent at least, bringing it back to a stronger and more healthy state.

The development of muscular power, directly, as well as indirectly (through improved digestion, circulation, assimilation, etc.), aids in the development of the nervous system. This is a recognized fact; and the reaction of the brain upon the muscles, and the muscular system upon the brain, is the basis of much mental as well as physical training. This being true, it is hardly possible to overestimate the value of physical training which consists of proper, proportionate exercise, punctuated at proper intervals with periods of rest, and has for its aim, mental and moral control.

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### LUNG GYMNASTICS.

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BREATHING is the first act of life after birth. Every one in the world must breathe to live; it comes before eating.

Every day about two thousand gallons of air are taken into our lungs, out of which the body takes up what oxygen is needed to supply the needs of our systems. We are not made strong by our food unless at the same time air is brought into the system to unite with it in combustion.

Since to breathe is perfectly natural, why do we head the article with the term "Lung Gymnastics," which can be only a sort of forced respiration? Do not our instincts attend to the matter? Is it necessary that we give to it special attention beyond what nature does through the action of our methods?

If we all lived in conformity to the laws of life; if we were continually surrounded by pure air and engaged in some labor which promoted full, deep breathing, it would be useless to write about lung gymnastics for men and women, as it is useless to write about them for monkeys, or dogs, or cats.

But many of us live lives more or less artificial;

we must do so. Civilization requires it, especially a civilization such as ours. To a certain extent we have departed from the kind of life called natural. We clothe our bodies to retain some of the heat in them from being too quickly dissipated; we build houses in which to live, and the air in them is sure to be less pure than it is out-of-doors; we keep burning in our rooms fires and lights, and these consume some of the oxygen of the air, and give out a large amount of carbonic acid, which we also inhale. We sit in chairs, bend over desks, or our work causes a cramping of our chests, and so not only the quantity of air inhaled is less than robust health requires, but the quality is not so good as we would like.

The result is that there has grown up a large class of persons in whom physiological inharmony exists. If the food is abundant, more of it is taken than is required. The brain is subject to undue stimulation; the blood stagnates in the organs, and especially in the lungs; the muscles become feeble; the digestive organs weaken. Indigestion may result from insufficient breathing quite as much as from overeating. All this causes pain, suffering; and pain is the friend which compels us to readjust ourselves to those changes of life which must go on if the world makes any progress. Man must certainly adjust himself to his environment, which is ever changing, or perish.

Readjustment to environment, so far as the lungs of sedentary and weak-chested persons is concerned, may be accomplished by lung gymnastics, and some or all of the following methods have been found most useful:—

1. Animated conversation in which the voice is used as it ought to be used. There is much exercise in proper, well-conducted conversation. Too many, when talking, do not use all the vocal organs, or use them feebly. Train the voice to speak clearly, distinctly, and with sufficient loudness to be heard. It would save the listener the trouble of asking, "What did you say?" or the use of the more polite form, "I beg your pardon."
2. By singing. This art not only gives pleasure, but strengthens the lungs. It would be better for the health of our young people who go to college and high school if they would join singing classes in preference to learning to play on the banjo or other instruments which do not develop the lungs.
3. Playing on wind instruments may be beneficial to weak chests if not carried to excess.
4. Reading aloud and public speaking. It

seems to us as if training in oratory was more thoroughly attended to in schools generations ago than now. Far too many of our young men graduate at our universities without being able to stand on their feet and speak at all. This is a shame.

5. Running, for those who are young or in any way fitted for it. Running for a few minutes daily promotes rapid circulation of the blood and gives good wind power. The speed should be adjusted to the requirements of the person.

6. The club exercises are valuable for strengthening weak chests.

7. Deep breathing. This should be done slowly, and may be performed when lying down flat on the back, or when walking or standing. Fifteen minutes devoted to this exercise daily would help many persons over or out of a condition of weakness leading to consumption.

8. There are many gymnastic exercises suited to the chest and lungs, and are taught in any well-conducted school for physical culture.

9. Boys and girls in their outdoor sports should be encouraged to use their voices loud in calling, hallooing, etc. This is the way to cure people's weak vocal organs.

Lung gymnastics for those who need them should be kept up by sedentary persons all through life. If not, lung tissues grow more or less atrophied, and health may decline.—*Journal of Hygiene.*

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## FRUIT.

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RIPE fruits of all kinds almost, including nuts, are attractive, delicious, appetizing, and healthful. Overripe and immature fruit is neither appetizing nor healthful. Since so much is said about appendicitis, a great many persons who are very fond of fruit, and who need it, discard its use through fear of being attacked with this affection. The disease is not any more common than it used to be. It is only more generally recognized, and it is the explanation of many sudden and fatal attacks of peritonitis, or inflammation of the bowels,—the causes of which were unknown.

Most persons who discard fruit because of their fear of appendicitis use the pulpy fruits, such as apples, pears, plums, and peaches, freely and confidently, while they deny themselves the many-seeded fruits, such as raspberries, blackberries, strawberries, grapes, etc. These small and many-seeded fruits can always be eaten with impunity if taken with

other food, especially with bread, potatoes, and such glutinous and starchy foods as afford a covering for the seeds. It is surprising what sharp and rough and indigestible substances will safely pass through the whole intestinal tract without doing any injury at all, if plenty of potatoes, bread, or oatmeal is eaten at the same time. The best time to eat any fruit is at the table and with other food.

All fruits with skins on should be washed and peeled before eating,—especially fruits exposed on the streets and where dust and flies can have access to them. Few are aware of the danger of food contamination by flies. They are great scavengers, and are not at all choice as to what they eat, nor where they step. They pass at one bound from an infectious carcass, a foul ulcer, or a mass of diseased sputum or reeking filth, to the apple, pear, or peach, and with dirty feet and dirty proboscis run over it and contaminate it. Hence all such fruit should be first washed and dried and then pared, if possible. Even food to be cooked ought, for cleanliness' sake, to be washed if cooked with the skin on.

Fruits are rich in acids that are grateful to the stomach, stimulating the salivary secretion, are grateful to the taste, and aid digestion. It is foolish for persons to deny themselves the pleasure of eating fruit, through fear of infection by microbes or appendicitis, because perhaps one in a million persons happens to get a seed in the "appendix." Fruits are among God's good creatures, grown for the delight, enjoyment, and physical benefit of rich and poor, prince and peasant.—*Iowa Health Bulletin*.

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#### NO "AGONY" IN DEATH.

A WRITER in *Scribner's Magazine*—evidently a medical man—says that two ideas are very generally accepted which experience shows to be false. One is that the dying usually fear death; and the other, that the act of dying is accompanied by pain. It is well known to all physicians that when death is near, its terrors do not seem to be felt by the patient. When nature gives the warning, death appears to be as little feared as sleep. Oliver Wendell Holmes has recorded his protest against the custom of telling a person who does not actually ask to know, that he can not recover. As that loving observer of mankind asserts, so must every one who knows whereof he speaks assert, that people almost always come to understand that recovery is impos-

sible; it is rarely needful to tell any one that this is the case. Most sick persons are very, very tired. Sleep—long, quiet sleep—is what they want. I have seen many people die. I have never seen one that seemed to fear death, except when it was or seemed to be rather far away. Even those who are constantly haunted, while strong and well, with a dread of the end of life, forget their fear when that end is at hand. As for the act of dying—the final passage from life to death—it is absolutely without evidence that the oft-repeated assertions of its painfulness are made. Most people are unconscious for some hours before they die; and in the rare cases where consciousness is retained unimpaired until a few minutes before the end, the last sensation must be of perfect calm and rest. [Some have testified that it is exceedingly pleasant.] It is worse than cruel to add to the natural dread of death which oppresses the majority of us while in good health, the dread of dying.

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#### TUBERCULOSIS.

REASONING from statistics, Professor Vaughan, of Ann Arbor, tells us that of the 63,000,000 people living in the United States, 9,000,000 or more will, unless something be done to prevent it, die of tuberculosis. In 1890, 102,199 cases of death were reported; it is well known that only a portion, possibly not half, of the cases were reported; in fact, many die of tuberculosis without its being recognized. Professor Vaughan argues that we have no less than 150,000 deaths in this country every year, from tuberculosis, not only pulmonary, but tuberculosis of the brain, joints, and bowels. Most of these deaths are directly traceable to the various known sources of tubercular infection. While the tubercular bacillus may attack all animals, and often does attack cattle, and cats, and, in rare cases, other domestic animals, yet it is distinctly a human disease, and ninety-nine out of every hundred of the cases, and probably more, are in the human family. It has its source of infection from the human being, and is largely the result of their weakened condition and carelessness.

The main avenue of tubercular trouble is through the air, which has been impregnated with the flying tubercular bacillus, which in many places is always present, and comes from the dried sputa of tubercular cases. The majority of these cases are scattered over the large cities. As a

rule, they are not willing to take the necessary precautions to prevent the sputa drying on the streets, in the houses, omnibuses, and cars everywhere. This is the great source of tubercular infection. Occasionally cattle that are kept confined, and are fed more or less on slops, as is often the case in many dairies in large cities, are inoculated by this infection from the human being; consequently, we have noted occasionally, portions of herds that are thus infected. It is the business of health officers, as soon as this disease is detected, to destroy such infected cattle; for it has been proven that contamination may come from the meat and milk of these diseased creatures. Cattle that have their freedom and are well fed, are not subject to that disease; consequently the animals free on the range rarely have tubercular trouble. Not the least among the causes may be noted also the fact that children nursing from tuberculous mothers run alarming chances of becoming tuberculous. Thus we see that the tubercular bacillus is everywhere present, and only those cases who are run down, and unable to properly nutrify the body, are particularly beset by this scourge.

While every precaution should be taken against every source of contamination, yet the minds of the people should be especially directed to this question of rendering inert the sputa of tubercular cases. People thus afflicted should use cloths, and burn them often, before the sputa dries. If this precaution alone were observed, it is more than likely that it would bring the fearful mortality of tubercular diseases down fifty per cent.

On the other hand, it must be understood that keeping the body up to its natural tone is the best surety of immunity from that disease. A well-nourished body will never become affected by tubercular diseases; and it is only those who overwork and strain the body in some way, or through poverty or some other cause do not take a sufficient quantity of food, or do not take food that has the nourishing qualities.

It is often the case that some take so much food that the digestive organs are overloaded and the system filled with excrementitious and poorly digested matter, who are liable to infection from the tubercular bacillus; for the body is thus weakened and rendered susceptible to the disease. It is the extremes, then, in eating, that pave the way for tubercular trouble.

We have many times been asked the question, Shall we sterilize our milk? We answer, No, if we

are reasonably sure that the cattle are healthy. When an animal begins to run down, then the milk should be discarded and not trust to sterilization to render it harmless. But where we are obliged to depend upon any of the city dairies, where the animals are confined or not inspected, such a procedure would be a natural precaution. But infection from this source is much the lesser liability than from the tubercular individual direct. The attention of the public should be especially called to the necessity of scrupulous care in behalf of those who are suffering with tubercular trouble, and the many others who are obliged to stand over them in closed rooms, oftentimes dark, damp rooms, and plastered houses, where there is not the free circulation of air; for this truly is the great source of tubercular infection.

It is unfortunate when any animal or individual is confined so as to lessen the efficiency of aeration in the system. It is a well-known fact that Indians who try to assume the habits of civilized people, thus confining themselves, almost invariably contract tuberculosis. The fact is equally pertinent that all human beings who confine themselves in crowded quarters, living in plastered walls and illy-ventilated houses, with the doors and windows of the sleeping-rooms nearly if not altogether closed, can not escape laying the foundation for a break-down, which will result in the majority of cases in the contraction of tuberculosis. People who are well and strong need never fear tubercular trouble from any source. For those who are weak, the first precaution that we would give is, live out-of-doors, take plenty of exercise, eat good, nourishing, well-cooked food, live on your victuals and not on your vitals, so as to give the life vital reserve force. Second, look after the causes of contamination, the first of which is being with and around tubercular cases, especially where there is no precaution against infection. Third, if in the city or country there is reason for suspecting tubercular milk or meat, sterilize it well before taking. The laws can not be too severe nor too strenuous, nor too rigidly enforced in the endeavor to rid the country of tubercular cattle, as well as those affected by various other germ diseases, which may not be so prevalent.

W. H. M.

TEMPERANCE, health, obedience, happiness. These things are inseparably united. Attend to the causes; the results will come without seeking.

**THE CHOLERA CLOUD.**

WHAT do I know about cholera?—Well, it is one of the most fatal of the epidemic acute contagious diseases.

It was probably known to the ancients, and may have prevailed in India for centuries.

It is only since 1817, however, that its history has been fully and carefully recorded. In that year it appeared in the army of Lord Hastings, while encamped on the banks of the Sind.

It was then taken for a new disease, and created great consternation, carrying off 5,000 soldiers in five days.

From this time and place it radiated in many directions far beyond the confines of India, everywhere creating terror and devastation, being considered by the inhabitants as a new and fearful plague.

It soon made its appearance in Burmah and Malacca and in Siam and Ceylon. In 1820 it reached China; in 1822-23, Persia.

It traveled west through Russia, Germany, and reached England in 1831 and Quebec and New York in 1832.

From Quebec it followed the line of travel by the Great Lakes to the military posts on the upper Mississippi.

In June, 1835, it again appeared in New York, and in 1848 it was again introduced into the country, through New Orleans, whence it traveled up the Mississippi and across the plains to California, a severe epidemic having prevailed in Sacramento.

We have had several epidemics in this country since then, notably in 1868 and 1872.

Cholera prevailed in France and Italy in 1883 and 1884. The last severe epidemic in Germany was in 1866, during the German-Austrian war.

Cholera proves very fatal, and not being very amenable to treatment, much has been done of late to prevent its spread, especially since quarantine laws have become national and international, and the history of the infection is better understood. The poison of cholera consists in a micro-organism, which was demonstrated by Koch (of tubercle form), in 1883, while in charge of the scientific expedition to India and Egypt, and called by him *conimabacillus*.

The epidemic of cholera in Sacramento shows that it is not impossible for cholera to find a lodgment in California, though a dry atmosphere and soil are not conducive to its rapid spread.

As we have always seen, much can be done to keep out and stamp out cholera. The patient should be isolated, and the strictest quarantine enforced. The disease is not communicated by the breath or exhalations from the body, as is smallpox or measles, but, like typhoid fever, the poison of cholera (or micro-organisms) is confined to the bowels.

The evacuations from the bowels must be subjected to the strongest germicides, bichloride of mercury, chloride of lime, etc., before being burned or buried, when it will be impossible for any stream or well or spring of water to become contaminated.

The germs will find their way through moist, light, porous soil for a great distance.

A thoroughly dry soil, while it may not entirely destroy the germs, does not favor their transmission or propagation.

All soiled clothes must be burned or subjected to prolonged boiling. Only boiled water should be used either for drinking or domestic purposes. All attendants upon the sick should use disinfectants about their clothing and for washing.

Only the most digestible food should be partaken of, and the slightest tendency to looseness of the bowels should be checked by rest and appropriate remedies.—*Dr. W. T. McNutt.*

**A GOOD SALT BATH.**

IT does not cost much to get as good a salt bath as any one needs if there is a bath tub within reach. As the encyclopedia will show, salt is simply salt under any name, differing so little except in the matter of impurities, that whether one uses sea salt, rock salt, or common salt, does not matter in the bath. Sea salt makes a longer journey than the others to reach us, and having the advantage of travel, is advanced to a much higher price per quart or pound, and dispensed over the druggist's counter in the compact and sightly packages. But go to the nearest grocery store and buy two or three quarts of "ice-cream salt," put a handful or two in a small salt-bag that has been washed until the name has faded from it (this to get rid of all coloring matter), tie the bag tightly and drop it into the bath tub half full of water, either hot or cold. Shake it about in the water and it will soon dissolve, and your bath is ready for you. It will equal any "seaside hot-bath pavilion" in good effects, and you will save dollars on a course of them.

# Mother's Helper

CONDUCTED BY HARRIET S. MAXSON, M. D.

## PROPHECY.

UPON his wooden hobby horse  
He galloped to the fray,  
The sunlight in his ruffled curls,  
His laughter ringing gay.  
And she who watched that reckless ride  
Across the nursery floor,  
And smiled upon the paper hat  
And the wooden sword he wore,—  
Yet saw, through mist of sudden tears,  
A vision strange and new,—  
Her little lad a soldier grown,  
The prophecy come true!

Years after, when the play was real,  
And through the crowded square  
Brave men to battle marched away  
Amid the trumpet's blare,  
One watched with all a mother's pride  
Their captain strong and tall;  
Yet as she looked with loving eyes,  
The pageant faded all!  
She only saw a fair-haired child  
Who galloped to the war  
Upon his wooden hobby horse,  
Across the nursery floor.

—*Florence Mayalt.*

## THE SICK CHILD.

### GENERAL MANAGEMENT.

THE responsive nature of the child's organism is very liable to deviations from the standard of health from very slight causes. It is like a delicate machine, which a grain of sand will throw entirely out of gear. If the proper treatment is administered at once, very severe illness and death can often be averted. For this reason the mother or nurse should be on the alert to catch the first symptoms of disease.

Illness as a rule first shows itself in a child by

loss of appetite, languor or fretfulness, and possibly considerable rise of temperature. But the rise of temperature, although quite marked, does not necessarily indicate a very serious trouble, inasmuch as the thermal condition of the body of a child is very sensitive to slight causes; however, the temperature never rises without a cause, and this should be sought for at once, or it may result in very serious trouble.

The proper management of this early stage of illness in little ones consists mainly in proper feeding, care of the bowels, and quiet. For the first day or two the food should not be pressed. It is better to give the organs perfect quiet. Care should be taken that the bowels are unloaded. If there is not free movement of the bowels, or if the appearance of the stool is abnormal, a light laxative may be given, and in addition to this a free washing of the bowels by means of syringe, with boiled water. Then the child must be kept cool and quiet, and free from annoyance as far as possible. If it feels sick and tired, it should be encouraged to lie in bed or on a couch, and the room kept as quiet as possible.

In nine cases out of ten, these measures will abort what otherwise might have been serious illness. If, however, these simple measures do not quickly restore the child to a normal condition, the advice of a skilled physician should be sought, as no nurse or mother can be expected to read aright the symptoms of illness, and the early recognition of the onset of severe disease is of the greatest importance, especially in dealing with young children. The rapidity with which diseases run their course, terminating either in recovery or death, is surprising to those unaccustomed to sick children.

When it is apparent that the child will not recover with these simple measures, but is destined



to suffer from a more or less prolonged illness, though it has the most devoted watchcare from the most faithful physician, yet its recovery will depend a great deal upon the general management of its nurse. If the mother is not accustomed to caring for sick children, and it is possible to procure a nurse who has experience and tact in this line, much will be gained by securing the services of such an one. However, the mother is by no means relieved of responsibility, if she has such a nurse to take care of her child, and she should inform herself regarding the principles of child nursing.

The matter of feeding is still the most important one to consider, far more so than the matter of giving medicine, and if the latter interferes with the former, this point should be noted, and the physician consulted in reference to continuing the medicine. In most cases there will be little or no appetite, and great tact will be required to induce the child to take sufficient nourishment. A little milk in a small glass is better received than if given in a cup or a large glass. A child can often be induced to take nourishment if it is shared by the mother or nurse. Food should be prepared as far as possible in a manner acceptable to the taste of the child, and its tastes in health should be considered in feeding it in sickness. Adding a little salt to the milk will often render it more palatable.

The idea that it is necessary to limit the amount of water to be given to a child, is in most cases without foundation, and the promise of a drink will often induce a child to take a little nourishment. The food should, as far as possible, be prepared in the form of drink; indeed, a good deal of nourishment can be administered without the child realizing that it is taking anything but water. The albumen of fresh eggs dissolved in water, is taken in this way, and the strength of the child can be sustained for a long time by feeding thus. Well-cooked rice water or oatmeal water, or the whey of milk curdled with pepsin, are all rich in nutritive elements, and when cool will take the place of the desired draught of cold water, at the same time furnishing the needed nourishment. If it is really necessary to restrict the quantity of water given, the child will be better satisfied with a little in a glass and the privilege of taking it all.

As regards the administration of medicines, while we believe that as a rule little ones are better with little or no medicine, yet there are times when it becomes very important that they should receive

remedies administered in this way, and receive them promptly. When the child has been trained to obedience, there will be little difficulty on this point. When it is not trained to obedience, it sometimes becomes a very hard matter to secure the ingestion of medicines. The nurse should be kind but firm in the matter. If the child has been used to bribery, it may be well to resort to it at this time, as the nursery is not the place to institute discipline. Medicine placed with a spoon upon the back of the tongue, while the nose is held, is generally swallowed at once, and the difficulty is over. It is of the utmost importance that the nurse should maintain strict truthfulness with the child, not assuring him that the medicine is good when it is not.

It is almost impossible to prepare some necessary medicines so that they will not have a bad taste. To overcome this difficulty a little mint water or orange juice can be given before taking the medicine, and also immediately after. This makes a strong impression upon the taste buds, and somewhat disguises the impression made by the disagreeable draught. Castor oil can be given upon lemon juice. Cod-liver oil, although at first often disagreeable, is soon, as a rule, acceptable to children. After giving acids, the nurse should make it a rule to wash the mouth with water in which a little soda has been dissolved, in this way avoiding the ill effects of the acid, upon the teeth.

Powders, if tasteless and small in quantity, can be placed upon the tongue and a drink of water given. If disagreeable in any way, they can be disguised in jelly or some other less objectionable substance.

Few children can swallow pills. Regarding the dosage for children, we should remember, as before stated, that their delicate organisms are very susceptible to influences of all kinds. This is no less true of medicines, and is especially true of all medicine containing any opium; hence they should be administered with the greatest care. The general rule for determining the dose of medicine for the child is to add twelve to the age of the child, and using this as a denominator, and the age of the child as a numerator, give the child this proportion of what the dose should be for an adult. There is such a variation in the size of a teaspoon that it is very unreliable for measuring medicines. The little glass that may be obtained at the drug store, graduated in a way to indicate

what is really the standard teaspoonful, or dessert spoonful, is greatly to be preferred.

It is very important in all cases of illness that the room should be kept as quiet as possible. The little sufferer can not tell that the noise annoys him, but his delicate little frame will tell it by a higher temperature and by greater exhaustion, which may reach even to the point of very serious illness or even death. No visitors should be allowed in the room, and as little talking as possible should be carried on between the mother and nurse, or other members of the family who may find it necessary to be present to wait upon the sick one. As much care should be taken in regard to squeaking shoes and rocking-chairs, the rustling of paper and the shaking of the bed, as though the little one could complain, as its seniors would do.

As regards the position assumed by the little sufferer, this is a matter which has more influence upon the termination of the disease than is generally supposed. It is better for the child, from every standpoint, to be kept in bed as much as possible, and in nearly all cases in the horizontal position. When suffering from lung trouble, with difficulty in breathing, it is sometimes well for the child to be raised to lean its breast against a pillow, or to be held over the shoulder of its nurse. When suffering from bowel or head trouble, it is of the utmost importance that the child should be left quiet in bed and in the horizontal position. If suffering from pneumonia it should also be in the horizontal position, but should be frequently changed from side to side, and then onto its back, to avoid the stasis of blood in any portion of the lungs. In trouble with the lungs and heart particularly, or if suffering from rheumatism, any sudden change of position should be avoided, particularly changing from the lying to the sitting posture. Free handling of the child is very exhausting; hence, although it may be fretful and desires to be moved about, great tact should be used to induce it to lie quietly on the bed as much as possible. If the child is suffering from an injured limb, when moved, the nurse should use great care in holding it so that the limb will not come in contact with her body. The child should not be moved out of the horizontal position, even in changing from one bed to another, as by so doing the weight of the body would be made to rest upon the injured parts.

There is always a tendency to cover a child too

warmly. For this very reason they are apt to become uncovered and so contract colds. The covers should be as light as possible consistent with proper protection. A child suffering from fever will be most comfortable in bed, as holding it in the lap adds to the heat of the body. On the other hand, we must not forget that the child needs extra protection in being moved from the bed. If it is necessary to expose the child for treatment or to take it up for any reason, an extra wrap should be at hand, to throw about it, that it may not feel the change in removing the bed-clothing. Again, in allowing a child to take the sitting position, after having been in bed, an extra wrap should be thrown about its shoulders.

A child should always have its wearing apparel changed at least twice a day, having one set of garments for the day and another for the night.

The matter of ventilation should be very carefully considered, and in most cases it is better to have the room flooded with sunlight. The sun is our most powerful disinfectant, as well as the greatest vitalizer known, and the little one needs all of the influence of this kind that can be brought to bear by nature, its great healer. We would suggest that the ventilation be not given from the stagnant air of halls and other closed rooms, but from the free air of the outside atmosphere. H. S. M.

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#### LESSONS IN NATURE FOR LITTLE ONES.

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WE promised you last month that we would tell something about the essential organs of the flower this month. These, you will remember, are those parts without which the flower could not produce a seed which would produce another plant like it self, and are called the pistil and stamen. The pistil is that little stem that stands right in the center of the flower, and has upon the top of it a little ball, generally of a darker color—often brown or red, though sometimes green or yellow. In case it is a single stem, if we look at it through a magnifying glass, we will find that the ball is lobed or divided and the parts correspond in number to those of the corolla, about which we learned last month. Very often, however, the divisions extend to the stem of the pistil; and there are as many pistils as there are petals. The pistil grows upon the ovary, which is the seed bed, and is connected with it by a tiny tube, which runs up through the stem of the pistil to the ball on top.

What do you suppose this tube is for? It is to carry a substance down to the seeds, which will make them able to grow and produce other plants; otherwise they could not do this, but when put in the ground would just stay there and die. They never would grow at all.

And how do you suppose this substance gets into the tube? Listen, and I will tell you. The little ball on the top of the pistil, which we will call the stigma, is provided with a little sticky matter, which catches hold of this substance, and draws it into itself and thence into the tube. It is almost as though it were alive, and could think and act, isn't it?

And now I suppose you would like to know what this wonderful substance is, and where it comes from. It is pollen, usually a fine yellow dust. It comes from the stamens which surround the pistil, and are the other essential part of the flower. There is much we might tell you about these, but we are afraid we shall make our lesson too long and too hard if we tell you this month, so we will wait until August to know about these funny little organs. Meanwhile, let us gather all the flowers we can and study their pistils. Let us find all the lilies we can. Most of them have their parts arranged in "threes," and the stigma has three lobes. There is the beautiful golden lily bell, which does not grow in the far east, but is very common in our lovely floral state. In this both the calyx and corolla are of the same color, and are arranged in "threes." If it is not too late, find one, and see how the pistil is arranged.

Then there are the pretty yellow mariposa lilies, with their spots of soft brown velvet on the inside; and the beautiful blue brodia which are so plentiful at the present time. There are other lilies that are blooming in the garden at the present time,—the sweet Easter lilies; the tiger lily, with its brown stigma; and I found one that was pure white, and had little round red spots on it, and the stigma was also red. Did you ever see the passion flower? If not, I hope you will find one and study it, for the pistil is arranged in a very strange way.

H. S. M.

### THE KINGDOM OF MOTHERHOOD.

BY MARY LOWE DICKINSON.

CONCERNING the influence of motherhood, we often hear it quoted that "the hand that rocks the cradle is the hand that rules the world."

The truth of the saying would be more impressive if the world to be ruled in each generation were the world that is in its infancy. At that stage rocking and ruling are synonymous, for the soothing that keeps the subject sleeping is giving it its best chance to grow. Later on it is not soothing and sleeping that are needed, but everything to waken faculties, to guide tendencies, to check the lower, to develop the higher, nature.

The mother, in order to remain the ruler, must also be the leader. The impatient march of young and eager feet will not keep time to the strains of a lullaby. The hand that, tenderly, through fretful days and wakeful nights, kept her kingdom in the slumber of peace, must be able to grasp new scepters if she would rule the new world, that will not be kept in its cradle, however sweet her song.

In this new day of earnest study, when we, too, are being shown "the kingdoms of the world and all the glory of them," the mother's kingdom, whose beauty and power have rarely been measured or displayed, is claiming its due share of attention and thought.

Science, education, art, social life, philanthropy, economics, they have each their kingdom and their rulers and their laws. Motherhood, that underlies and overshadows all, has been the most neglected of them all. It is time that they who enter its sacred borders knew the greatness of their inheritance, the glory of its possibilities, and the solemn nature of their responsibilities as well.

In demanding, at the outset, that motherhood implies far more than the proper care of babyhood, we would not for a moment detract from or undervalue the importance of that care. Nay, we would even go farther back and claim for the mother that marvelous, God-given distinction that makes her a sharer in his divine prerogative of creation, in a sense that can not be claimed either for angels or men.

Science speaks no longer with uncertain sound as to the fact that controllable prenatal conditions may influence the physical vigor and beauty of the child. The mother rules, if she only knew how to use her power, long before the time to rock the cradle, and proper nourishment, exercise, atmosphere, and rest are not more potent for the formation of the temple of the body than are inward conditions for the creation of the nature that shall abide therein. If physical characteristics and tendencies, bodily blemishes and beauties, reproduce themselves in flesh and blood, how much more

shall the soul's sins or virtues, its loves and hatreds, its desires and tastes, have their part in shaping the character and destiny of the soul. There is no more potent period of influence in the whole existence than that in which the little life may be shaped by what the mother is into what she would like the little life to be.

This truth, for it has long since passed beyond the region of theory, if once recognized by mothers, or by women who believe—as, thank God, many women still do—that motherhood is the crown of womanhood, would mean the reestablishment of her throne, on a foundation that would ever after make the mother's kingdom sure. Let the opinion that possibly a mother's temper, spirit, degree of cultivation of mind and manner, her thoughts, her prayers, her loves, may influence her child, give way to the conviction that they do and must inevitably shape it, for evil or for good, and we have given woman the strongest incentive to cultivate in her own character whatsoever things are true and lovely and of good report. What surer death to envy, vanity, malice, meanness, fretfulness, and all the horrible brood of passions that build their nests out of sight, in many a woman's life, than to know that the whole black-winged flock will make home in the white soul of her child. The conviction never fails to awaken the sense of responsibility; but, unfortunately, to most women, the thought is as yet new. Once as sure that the virtues of the mothers, as well as the sins of the fathers, shall, not may, but irrevocably shall, descend to the third and fourth generation, and we should find the mother instinct alive to the acquirement of every virtue.

In a period like the present, when on every hand we are overwhelmed by revelations of such political conditions as would seem to indicate widespread departure from old standards of honor and honesty, such social conditions as show that personal selfishness and greed have come to dominate human relations, almost to the exclusion of the higher law that directs to love one's neighbor as one's self, the natural and inevitable outcome in community or nation of the lowering of moral standards, of individual demoralization, must soon or late be destruction to the type of national life on which all hope for our country's future depends.

Grand possessions, glorious institutions, aye, and noble men—these are our rightful inheritance; but, if possessions are only the bait to rapacity, and institutions controlled for personal and party ends, and communities can not be rescued from iniqui-

tous rule, or governments from iniquitous law, then it is only a question of time when we enter upon our heritage of shame.

Of the real conditions of our complex life women are not ignorant. They read, they listen, they think, and mothers especially, who realize that, good or bad, *the future of our country is the future of their children*, are roused to eager questioning, as they watch the signs of the times.

Must our ship drift hopelessly to destruction on the treacherous rocks of misrule? If not, who shall save her? Can it be done by the men of to-day? Many are striving already with the breakers that threaten to overwhelm. Can they be aided by the women of to-day? Have women any weapons or any strength that will serve, or would they, if they tried to breast the waves, prove only a clinging weight to drag the rescuers down?

Biding the answer to questions like these, hopeless as to any power in the crises of to-day; they yet recognize that the root and source of all complex evil conditions, when reduced to their last analysis, are individual mental ignorance, or individual moral obliquity.

The "ring," or trust, or corporation using its almost omnipotent power for its own selfish ends, is only the aggregate of individual purpose bent on gain. It all comes down at last to the one man. Can the woman help in the good man's effort of to-day? If not, then with all the more emphasis is made clear her responsibility for the man of the future. This generation must soon be gone. The next is in the hands of the women of to-day, those who already are or those who shall be the mothers of the next generation.

In the face of this fact, which none will dispute, what a mighty and solemn significance attaches to every movement for the development of women! For the sake of the nation, which she is to reach through her child, should be multiplied every facility for the discipline of body or brain or soul. Looked at from this point of view, women themselves should be the most eager promoters of everything that will give enlarged opportunities to women. There is much withholding of coöperation and sympathy, when there should be entire unity of sentiment and effort, and this largely from lack of knowledge or appreciation as well as from a mistaken notion that widening of life means narrowing of home. Only show the most conservative of women that the thing she shrinks from learning or doing will make her a better mother, or help other

women to be better mothers, and you have disarmed prejudice and secured sympathy. It is the one chord that vibrates, if rightly touched, in every heart.

Physical training, so apt to be thought superfluous, takes on a new character and dignity to the woman who desires to be well, so that she may be a better guide and companion for her child.

Learning, so pitifully neglected by many of us, becomes a priceless possession, for which the true mother will toil that her child may not get beyond her reach, when he passes beyond her sight in the life of the college or the school. And as to character, what work and thought and prayer will not a woman give who feels that her own character is the untarnished jewel to be transmitted to the child!

Once convinced that hers is the hand that is to shape and guide and rule the life that is a part of her own life, and the first lesson in a high grade of moral education is begun. The mother in the lowly home, the uneducated mother even, finds nothing too great or high or beautiful for her child. "Why may I not aspire to all greatness for my own as well as for another?" she asks; and knowing that that greatness can come only through the knowledge and practice of justice and mercy and truth; and that she, and she only, can make these sure possessions for her boy, she needs no urging to strive herself to be just and merciful and true, to make herself what she would have her child to be.

And in that final clause we have the alphabet from which may be spelled the story of our country's future weal. Let the present wrongs and evils result as they may. Let them grow to be even greater giants than they are. If each American mother can rear her boy to see the giants in all their hideousness, and to feel that he is to be the hero that is to help to overcome them one by one; if she can help him choose the smooth pebbles of truth, that the current of swift running events will always supply, teach him to hold the sling of courage with steady hand, then we shall see better days when the emptied cradles of to-day shall have filled the colleges and the workshops and the Senate chambers of the land.

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AN Irishman, applying for a license to sell whisky, was asked if he possessed a good moral character. "Faith, yer honor," replied Pat, "I don't see the necessity of a good moral character to sell rum." And who does?

#### KEEPING CHILDREN AT HOME.

THERE are few investments that parents can make which will pay so large profits as amusements that will keep their sons and daughters at home evenings.

At almost any sacrifice of comfort it is worth while to set apart a room in the house that the children may call their own. In this each one may have a cupboard or closet where his or her belongings in the way of books, toys, and trinkets may be kept undisturbed by other hands. Of course, if each child can have his or her own room, so much the better; indeed, it is becoming an unwritten law that separate beds are necessary for children, and separate rooms, if the situation of the family will permit it.

In one family where there are many children, the dining room, which is the largest apartment in the house, has been, by a sort of general consent, turned over to the little ones every evening after the last meal of the day. They may spread their toys and books on the table, turn somersaults over the floor, play antics of all sorts with the furniture, and nobody objects so long as they do not indulge in breakage and quarreling. The line is drawn at that point. The din is sometimes dreadful, but there are two wise parents who have learned by a careful study of the children in the neighborhood that noise at home is a good deal better than sly wickedness abroad. The result of this course is that there is scarcely a suggestion of going out evenings. When the children are invited to the neighbors, they sometimes meet the invitation with a sigh and the remark, "Oh, I suppose we will have to go!" They are always delighted when their little friends come to see them, because they declare they can have so much more fun at home.

This is a healthful and hopeful state of affairs. There is no greater compliment that can be paid to parents than to have the children always willing to remain in the house. It shows good feeling and fellowship between parent and child, and an absence of the dread and fear that is one of the most pathetic phases of child life. The little ones who live under a continual cloud, who fear to express an idea or give utterance to a thought in the presence of their parents, are greatly to be pitied; and such children are far too plentiful in every quarter of our wide land.—*Selected.*

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### THE PRINCIPLES OF HYGIENE.

THE Standard Dictionary gives the definition of the word "hygiene" as "the branch of medical science that relates to the preservation and improvement of the health, both in individuals and communities." This conception is indeed broad enough, as well as explicit enough, to give a comprehensive explanation of the word "hygiene." The principles upon which this relation exists are fundamental principles: they lie at the foundation of all organized life; upon them depend the pursuance of life to its natural limit, and the usefulness, peace, and happiness that are the legitimate outcome of an upright relationship with these principles.

An all-wise Creator has arranged matter by virtue of these principles, in which is creative force, so that any one thus environed has abundant vitality and life for all the necessities of life, and He expects that all shall relate themselves by nature to these principles as a thirsty person may relate himself to the cool, sparkling mountain stream, without saying, beyond the suggestion of instinct, how he shall drink. One of the fundamental, inalienable rights of the individual is to appropriate from this fountain of physical life in a manner natural only to himself. Thus the individual's seeing, hearing, walking, eating, drinking, dressing, etc., are by nature distinctly his own, so that the boundary between all individualism is and should be as distinct as the boundary between Main and Massachusetts, or between the United States and Mexico. Indeed, this must be so, or there would be a

sameness that would preclude the idea of development and progress. The first and all-absorbing thought in the plan of creation, as well as the plan of redemption, is for the individual. Hence natural individual rights stand paramount to civil rights and above community law. In fact, civil law was instituted secondarily only, to protect the person in his natural right of life, property, and the pursuit of happiness.

Shall we not conclude from the above that a natural relation to these life-giving principles, proclaim to the man that he shall arise, dress, walk, work, eat, sleep, without specifying the manner of appropriating this life? The appropriation of the same the Creator has wisely left to the individual instincts in all grades of animal life, from the lowest to the highest. A perversion of this instinct is what is termed perverted appetite, and, unfortunately, is more noticeable in the highest form of animal life.

The principles of hygiene, then, are common to all; the application of the same is peculiar to the individual. Thus the individual is called upon to make a personal application of the laws of life. On the other hand, living in the application of law, and having the eyes upon the application of things, instead of the source and principles of life, has made all the misery of the human race from the time that Eve was made to believe that the application of a certain fruit to her body would open the eyes of her understanding—the which thing, to the contrary, blinded her eyes to the question of obedience, and resulted in sin, disease, and death. Laying the emphasis of life upon the application of the laws of our being, instead of laying hold of that power itself, each one his own way, is committing the same grievous mistake that was made in the Garden of Eden. Living and ruling in the application of principles has led to all the differences that exist in the various spheres of life. In the political world are the various party platforms and party feelings. In the business world are the unwholesome business relations, the one taking advantage of the other. In the spiritual sphere, come denominational differences and rule, traditions, and the binding of heavy burdens, which is Pharisaism.

While it is true that in the physical sphere, judg-

ment follows immediately upon transgression, it is equally true that these general principles of life are not tyrannical, that the judgment following physical transgression is meted out in omnipotent love and justice; and it is well that in the physical sphere the judgments of various physical transgressions do not accumulate, although they may combine, and often do, to bring heavy penalties for a long line of transgressions.

The principles of hygiene are always benevolent, just, and good, and always work to alleviate sickness and suffering and to relieve the body of all strains. Thus glasses relieve eye strain. Change of diet often relieves a strain upon the digestive organs. Crutches relieve the strain upon weak limbs—each a dispensation of Providence in the gospel of grace. It is always unhygienic to put strains upon the body, that hinder the easy working of the body and it is always hygienic to relieve the body of such strains.

There is probably no set of principles over which there is so much controversy as over the principles of hygiene; for the reason that in laying down the principles, people make a mistake and lay down the application of the principles in the place of the principles. Principles have a general, unvarying interpretation; the application of principles is simply individualizing them. Thus the principles of hygiene are like a mighty river of physical life running through the earth, from which the individual appropriates in proportion as he can adapt himself to the general principles. Nature, in her all-wise dealings with life, never makes abrupt changes, neither does she express herself in extremes. In the application of principles men and women are found in the extremes on both sides of the happy medium, wherein nature quietly and serenely works.

In every phase of life there are extremists who often try to force nature's processes. While they live in extremes, it is usually not lifelong in one extreme, but, sailboat-like, seem to tack across the general run of principles, first on one side and then on the other, in either position claiming that they have something new. These individuals are almost always eccentric enough to believe that everybody should do as they do, and live as they live. Their testimony granted, it is health reform to them; to others it may be "health deform;" for the simple reason that they put the virtue of the situation in the application of the principles instead of the principles themselves.

Not long since we were acquainted with an intel-

ligent gentleman, who was usually found at one extreme of the diet question, who advanced an eccentric philosophy, by nature homeopathic, viz., that in the diet realm, like begets like. Eat brains, and it produces brains; eat muscle to produce muscle. The system of Scheussler's, or his tissue remedies, is founded upon this same eccentric thought. After a few years' experience, the said gentleman, always ailing, spare, weighing only 140 pounds, became discouraged, took his position toward the other extreme, and, after gaining 40 pounds of good flesh, was very happy to reconstruct his dietary philosophy more in accordance with the practical application of the same. Thus many men change and reconstruct in the vain effort to live and act decidedly different from other people.

Physiologically, the more we individualize general principles, the stronger hold we have upon life; and one can not individualize for another, more than one can breathe for another. And the great philanthropic work of the humanitarian should be to help others to individualize and enrich life in every way possible.

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#### BE YOUNG.

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FEW people know how to be young when old, and the few words from the editorial of the *Journal of Hygiene*, which we append, are worthy of careful reading:—

"Our dear and respected friend, Rev. Robert Collyer, once gave in a sermon addressed to those who would like to be candidates for a happy and a long life, some advice which ought to be read by every young man. He says that the first thing to be considered lies beyond your reach and mine, in the homes where you and I were born and nurtured. One great reason why I never had a really sick day in my life was that I was born and nurtured in a sweet little home, where we lived on oatmeal and milk and brown bread, with butter once a week, potatoes, and a bit of meat when we could catch it, and then oatmeal again. So I don't know to-day that I have a system, or a constitution, or a digestion at all. I am never conscious of such a thing. Hence, I say, we must go back to the father and mother for the first answer to our question. Thousands of young men come to such a city as New York from the Green Mountains, or from New Hampshire, or from Maine, with constitutions just

as good as mine. They have within them all the conditions for a long, sweet, useful life. They can use their years wisely and well, and write at the end of each one, 'Value received.' Or they can overdraw the account, as many do, Heaven help them! Instead of saying at fifty, 'I am young yet,' they will say at forty, 'I am old, indeed.' They are so ambitious to get on, some of them, that they use two days up in one, and waste their vital powers. They ride when they ought to walk, and they take 'a little something,' as they say, to restore their lax energies, for which they have to chew a clove or a coffee berry, or something worse. They are overdrawing their account, I say, and some day nature and the grace of God will shut down on them. Those who do differently, keep a good digestion, stay young and buoyant, love good, sweet company, and are not ashamed to look their mothers and sisters in the eye, or to kiss them. Another secret that must be known to be young at eighty is that you must keep faith in the common manhood and womanhood, and in the ever-advancing progress of the day. Never say that the past is better than today is; read the new and best books, understand all the new ideas, and keep faith in God and in man, and in the victory of good over evil."

#### SIGNS OF THE TIMES.

IT seems to us that one of the most significant signs of the times is the almost universal interest manifested in the study of child nature. A few years ago little was heard, and almost nothing outside of the Book of books was written, upon this most important subject. The present awakening seems like the first notes of the voice of that angel whose message shall turn the hearts of the fathers to the children, and of the children to the fathers, before the coming of the great and terrible day of the Lord. Says the *Kindergarten News*:—

"One can hardly keep abreast of the child study movement in this country at the present time unless he is an expert. We may say, in passing, however, that the Child Study Congress of the Illinois Society, which closed at Chicago May 16, was regarded by those who took part in it as the greatest inspiration for the work of primary education which they have ever felt. Three valuable lectures were given by Dr. Stanley Hall, and one was delivered by Dr. John Dewey, the list of speakers being long and exceptionably good. In commenting on this assembly a correspondent

writes: 'Child study—systematic, true and loving child study—must henceforth be the essential element in every training school for kindergartners or teachers. Next to it in importance is nature study.'"

H. S. M.

#### QUERIES.

21. WILL the editor tell us what it is best to do for spells of colic in the intestines?

E. A.

Intestinal colic is generally due, primarily, to constipation of the bowels, and is secondarily a consequence of gas confined in the various portions of the intestinal canal. Slow digestion always generates gas. Slow peristaltic action of the bowels allows the gas to accumulate in certain portions, where spasmodic, sectional muscular action of the bowels confines the gas instead of expelling it, and thus produces the pain so characteristic of this condition.

In the treatment of these cases, efforts should be made in two directions,—first, to adapt the food to the alimentary canal, so that there will be better digestion and less gas; second, to increase the exercise of the bowels. General outdoor exercise is one of the best means of doing this. Walking, running, sawing wood, riding horseback, and various other exercises that jar and manipulate the trunk, will be specially useful. In addition to that, passive manipulation of the bowels, rolling the bowels with the hands, and kneading and manipulating them, will also help. The acute pain in intestinal colic of this kind is always dispelled by hot applications to the bowels. In a severe case we would recommend drinking hot water, and thorough fomentations to the bowels.

22. MY knee has been swollen for a long time, and I am lame. Should I keep off the knee?

S. N.

If exercise increases the pain, you should keep off the limb. A common chronic trouble of the knee outside of rheumatism, is synovitis, which usually is not very painful. The knee is swollen, especially above the knee, and as a rule the limb can not be entirely straightened, and a low grade of pain follows the exercise of the limb. Such a case is very apt to be synovitis, an inflammation of the synovial membrane of the knee, which often results disastrously. If attended to at the beginning, the patient will usually recover. The best means of treatment, if there is no redness or spe-



cial heat, is to put on a plaster of paris cast, which will keep the knee perfectly quiet, and with this and the use of crutches, the individual can go about and even do work. After several months of this treatment the swelling will usually be reduced, there will be less pain, and careful use of the limb after the cast is taken off, will result, as a rule, in good knee action. On the other hand, if the individual persists in using the knee, there is a chance that he will never fully recover. If the cast is not used, cold compresses at night, and bandages in the daytime, with as much quiet as possible, should be the treatment. In rheumatic inflammatory conditions of the joint, fomentations, rubbing with liniment, compresses, poultices, should be used, according to the severity of the case.

23. MRS. H. W. writes: "Will you please tell me what is good for chronic inflammation of the bowels?"

Chronic inflammation of the bowels is very likely, in most cases, a chronic inflammation of the peritoneum, or chronic peritonitis. Outside the question of diet, which should be bland and nourishing, the treatment should consist of fomentations to the bowels twice a day at least, according to the pain, and governed also by the degree of relief obtained therefrom. In severe cases, when there are some acute symptoms, continual poulticing with flaxseed meal, with perfect rest in bed, will give the best results. Outside of this kind of derivative treatment, may be used cold compresses at night. Wet a towel in cold water and place over the bowels, and place a dry flannel over the towel. Wash in cold water, and dry gently with the hands before the hot treatment of the morning is begun. Severe cases should have perfect rest in bed. There should be no rubbing, massaging, or manipulating of the bowels, and the use of electricity is also counter-indicated.

24. WHAT can be done for a rupture? I have one of long standing.  
G. A. H.

It is surprising how many people who are doing fair work in life are carrying a hernia, most of whom get along very well with a truss. This is the first thing to be considered. A well-fitting truss should be tried, and if it gives perfect relief without very much inconvenience, it is probably the best thing that can be done. However, there are a great many cases in which the wearing of a truss is a menace to the life and health, and in many cases it will not keep the intestine from coming through the opening in the inguinal canal. In

this case an operation for radical cure should be considered. Operative measures in this class of cases are increasing in frequency, and the majority of such operations, when well done, with antiseptic precautions, are a success.

25. ANOTHER reader asks, "What is the cause of and cure for what are known as black-heads?"  
C. L."

Black-heads are formed in the sebaceous follicles, by a drying and hardening down of the sebaceous material which should be thrown out onto the surface of the skin, to oil the skin. Where there are a good many of these closed up, it will make the skin dry, as it lessens the production of sebaceous material in the glands, and at the same time the skin loses the benefit of the excretion.

First, these black-heads should be removed, which can usually be done with very little pain or inconvenience, by squeezing the deep portion of the gland sufficiently to loosen and work out the black-head, after which the skin should be manipulated with a soft, oily substance, such as the various creams, which can be obtained at any drug-store. No doubt the use of glycerine on the face has had a tendency to produce these black-heads, as glycerine always extracts water, and makes the tissues drier. Consequently, glycerine is contra-indicated. Manipulation of the face twice a day, with soft cream, will produce a softness of the skin, and thus prevent the drying of the secretion.

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THIS department of our JOURNAL is designed to comment upon the various subjects that will be of special interest to our readers, and as well to answer questions for our readers. We shall be glad to answer as fully as possible the various questions that come to us from mothers, patients, and the reading public. We shall be pleased to have all our readers make use of these columns.

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THE AIR OF THE SEA.—The air of the sea, taken at a great distance from land, or even on the shore, and in ports when the wind blows from the open, is in an almost perfect state of purity. Near continents the land winds drive before them an atmosphere always impure, but at 100 kilometers from the coast this impurity has disappeared. The sea rapidly purifies the pestilential atmosphere of continents; hence, every expanse of water of a certain breadth becomes an absolute obstacle to the propagation of epidemics.



### THE GRASSES.

WHO can hear the grasses talk?  
 Very few, I know;  
 Yet it whispers every day,  
 Sweet, and soft, and low,  
 And one day I heard it,  
 Shall I tell you when?  
 I lay on the grass to read,  
 And I heard it then,

Everything was pleasant,  
 Bright the sun did shine,  
 Dew lay in the flowers' eyes,  
 Heavy sleep in mine.

So I gently shut them;  
 Soon they opened wide;  
 For I heard the grasses talk  
 Fast on every side!

This is what they talked about:  
 "Oh, what pleasant weather!  
 Hold your heads up to the sun,  
 Nod and wave together.

"We're so glad that we are grass,  
 Cool and soft and green;  
 Oh, how sad the earth would look,  
 If no grass were seen!

"And we love the summer warm,  
 But, oh, dear! oh, dear!  
 What will little grasses do  
 When winter cold is here?

"How the wind will whistle  
 Round about our heads!  
 Oh, it's very hard to have  
 No cover on your beds!"

Then the wise red rose-bush,  
 Tall and rough and old,  
 Shook his head and kindly said,  
 "You will not be cold,

"For God sends a blanket warm  
 For every blade of grass,  
 Soft and light, and white as wool;  
 Not a blade he'll pass."

"What's the blanket made of?  
 Quick, we want to know!"  
 "Why, my dears," the rose-bush said,  
 "God's blanket is the snow."

—Selected.

### THE VALUE OF TABLE-TALK.

IN proportion as man rises in the intellectual scale, does he give prominence to mental and moral enjoyments in conjunction with his daily meals. He who looks upon the table merely as a place for feeding the body, is so far upon the level of the lower order of animals. He who would improve his time there for the advantage of his mind and character, as well as for the supply of his physical wants, recognizes a standard of utility in the humbler offices of daily life that is perceptible only to one whose higher nature is always striving for supremacy above the lower.

With all the tendency to excesses in the line of appetite among the Greeks and Romans in classic times, there were even then gleams of a higher enjoyment at the table through social intercourse than that which mere eating and drinking supplied. When the Perfect Man was here among men, he showed the possibility of making the household meal a means of mental and spiritual improvement; and there are no profounder or more precious truths in the record of our Lord's earthly teachings than those which are found in his words

spoken to those who sat with him eating and drinking at their common meal. The "table-talk" of great men has, for centuries, been recognized as having a freeness, a simplicity, and a forcefulness not to be found in their words spoken elsewhere.

There are obvious reasons why the social talk at daily meals should possess a value not attainable under other circumstances, in the ordinary Christian household. Just there is the place where all the members of the family must be together. However closely, and however diversely, they may be occupied at other times, when the hour for the household meal has arrived, everything else must be dropped by them all for the one duty of eating and drinking; and they must all come together for that common purpose. In the very nature of things, too, those who have gathered at the family table must, for the time being, have left all their work behind them, and be in a state of relaxation, and of kindlier feeling accordingly. Now it is, therefore, that they are freest to speak with one another of matters having a common interest to all, rather than to dwell in absorbed thought on the special duties from which they have, severally, turned away, or toward which they must turn at the meal's close.

It is a matter of fact that those who sit together at a family table, whether as members of the household or as guests there for a season, learn to understand one another, and to give and receive help in their social converse, as they could not without the advantage of this distinctive opportunity. It is also a fact that only now and then is there a family circle the members of which recognize at the fullest, and make available at the best, the value of table-talk as a training agency for all who have a share in it, or who are under its immediate influence. Yet he who would train his children as they should be trained, can not ignore this important training agency without serious and permanent loss to them.

With family customs as they are in the United States, there is more opportunity here than abroad, for the training of children by means of table-talk. In England, and in Europe generally, young children are likely to be by themselves, with nurses or governesses, at meal-time, rather than at the table with their parents. But in this country children are, as a rule, brought to the family table at a very early age, and are permitted to be there not merely while the members of the family are gathered, but on occasions when a guest is, for the time being,

made a member of the household circle. Therefore it is that an important feature of child training in American families is the table-talk in those families. This feature varies much in different homes; but at its best, it is one of the most potent factors in the intellectual and moral training of the young.

Fifty years ago a gentleman of New England had, as a philanthropist, an educator, and an author, an exceptional acquaintance with men of prominence in similar fields of endeavor in this country and abroad. His home was a place of resort for them. He had a large family of children, all of whom were permitted to be at the table while those guests were present, as well as at other times. The table-talk in that home, between the parents and the guests, or between the parents and their children where no guests were present, was in itself a "liberal education." It gave to those children a general knowledge such as they could hardly have obtained otherwise. It was a source of promptings and of inspiration to them in a multitude of directions. Now that they are themselves parents and grandparents, they perceive how greatly they were the gainers by their training through the table-talk of their early home; and they are doing what they can to have the value of table-talk as a training agency for the young recognized and made effective in the homes which they direct or influence.

In one home, where parents and children enjoy themselves in familiar and profitable table-talk, it is a custom to settle on the spot every question that may be incidentally raised as to the pronunciation or meaning of a word, the date of a personage in ancient or modern history, the location of a geographical site, or anything else of that nature that comes into discussion at the family table. As an aid to knowledge in these lines, there stands in a corner of the dining-room a book rest, on the top of which lies an English dictionary and a pronouncing gazetteer of the world, ready for instant reference in any case of dispute or doubt.

At the breakfast table, in that home, the father runs his eye over the morning paper, and gives to the family the main points of its news which he deems worthy of special note in the family circle. The children there are free to tell of what they have studied in school, or to ask about points that have been raised by their teachers or companions. And in such ways the children are trained to an intelligent interest in a variety and range of subjects

that would otherwise be quite beyond their ordinary observation.

One father has been accustomed to treasure up the best things of his experience or study for each day, with a view to bringing them attractively to the attention of his children at the family table at the day's close, or at the next day's beginning. Another has had the habit of selecting a special topic for conversation at the dinner table a day in advance, in order that the children may prepare themselves, by thinking or reading, for a share in the conversation. Thus an item in the morning paper may suggest an inquiry about Bismarck, or Gladstone, or Parnell, or Henry M. Stanley; and the father will say: "Now, let us have that man before us for our talk to-morrow at dinner. Find out all you can about him, and we will help one another to a fuller knowledge of him." In this way the children are being trained to an ever-broadening interest in men and things in the world's affairs, and to methods of thought and study in their search for knowledge.

There are fathers whose table-talk is chiefly in complaint of the family cooking, or in criticism of the mother's method of managing the household. There are mothers who are more given to asking where on earth their children learned to talk and act as they do, than to inquiring in what part of the earth the most important archæological discoveries are just now in progress. And there are still more fathers and mothers whose table-talk is wholly between themselves, except as they turn aside occasionally to say sharply to their little ones, "Why don't you keep still, children, while your mother and father are talking?" All this table-talk has its influence on the children. It leads them to have less respect for their parents, and less interest in the home table, except as a place of satisfying their natural hunger. It is potent, even though it be not profitable.

Table-talk ought to be such in every family as to make the hour of the home meal-time one of the most attractive as well as one of the most beneficial hours of the day to all the children. But in order to make table-talk valuable, parents must have something to talk about at the table, must be willing to talk about it there, and must have the children lovingly in mind as they do their table-talking.—*Hints on Child Training.*

MORE people die from breaking the laws of health than from war, plague, and famine.

#### WOMANKIND'S NERVES.

"YOUR gas burned very late last night," said the Chicago man insinuatingly, taking off his eye-glasses and looking at the old maid, who elevated her eyebrows at his unwarranted privilege.

"How do you know?" she asked sweetly.

"Oh, I saw it, when I came home!" falling into the verbal pitfall of confession which the dexterous old maid had digged for his unwary feet.

"Ah! Then your gas kept mine company," she retorted cheerfully, and the Chicago man hastened his: "I don't see how you stand so much hard work, and so continuous. I should think you'd grow nervous, but you don't seem to."

"No, I'm seldom nervous, as you call it, though sometimes cross, through overwork," she replied thoughtfully.

"Oh, oh!" said the married man; "here's a woman who calls a spade a spade, instead of 'an agricultural implement.' I must give her a medal;" and he fished among the coins in his pocket until he found a bright new penny, which he proffered and she took gravely, saying:—

"Well, with me it would be 'cross;' for I have learned in a measure to control my nerves."

"How did you do it?"

"Do tell us."

"That knowledge ought to make you rich, as well as famous," came almost in a breath from the pretty typewriter, the clerk, and the Wall Street man.

"One at a time, please, and I'll last longer," helping herself to the celery. "As to the how: why, I used the small modicum of common sense that I had left, backed by my will—which has been cultivated somewhat assiduously," the old maid replied.

"Do you mean to say that you reasoned yourself out of your nervousness?" inquired the married man, in open-eyed astonishment.

"That is it, according to my best knowledge and belief."

"Well," said the business woman, "we are all just dying to know the exact formula. Would you mind giving us the benefit of your superior intellect?" with the aggressive sarcasm which so often points her conversation.

"Not in the least," the old maid answered, quietly ignoring what might lead to an unpleasant issue if followed up. "I found that hysterics were held in check at one period of the performance as easily as they were persuaded to give a full program

with encores later; so I began by nipping them in the bud."

"That's like stopping to count ten when you want to swear," said the clerk, displaying his ivories in his most engaging manner.

"I have heard so," replied the old maid demurely, and with discriminating emphasis; "but my nervous attacks led me in the paths of vituperation, rather than those of profanity."

"Well, you are the first person—at least the first woman" (and the married man dodged as if to escape the blow which he knew he so richly deserved—but his quiet wife continued to quietly discuss the merits of the roast turkey and cranberry sauce, although by the bright spots which glowed on either cheek we all knew that she felt what was implied, as her husband continued), "you are the very first woman I ever heard acknowledge that she even knew how to scold."

"Perhaps I am the first one who has ever graduated in the art, and received a diploma and degree," returned the old maid sweetly; "and if I had the same occasion that many women do, I might carry off greater honors from Xantippe's College," and she looked him square in the eye, with the fearless intrepidity of one who knows her ground and is sure to "score one."

"This is interesting, but we must not let it degenerate into personalities," said the landlady, whose oar always drops just in season to turn the boat the other way; while the Chicago man said:

"You are pretty sure to have an audience whenever you discuss nervous troubles of any kind. But I'm listening for that prescription," and he sat back complacently, while the waiter removed his dinner plate and swept the crumbs from the tablecloth into his lap and on the carpet, with the consummate skill known only to the boarding-house waiter, whose use of a crumb tray is confined to the removal of soiled crockery.

"Having found that I could control my thoughts—"

"Great Scott!" interrupted the married man, "what next? Control thought? Well, I don't wonder that you're serene!"

"Do tell us how you learned that," pleaded the pretty typewriter.

The old maid assumed the look of mock despair and said: "Well, if we must begin at the alphabet end of the ladder, instead of the middle, we must. Let me illustrate. What is this?" holding out her dessert saucer and pointing to its contents.

"Pudding." "Dessert." "Blanc-mange," came from one and another.

"How many of you can control your thoughts enough to fix it on the dessert?"

"That doesn't seem to require a very heavy strain; for even I can do that," said the married woman, with a complacent little gurgle, and the others professed themselves equal to that amount of mental exertion.

The old maid picked up one thing after another, at first slowly, then more rapidly, to test their ability to transfer thought from one thing to another, at will, the last thing being the dessert aforementioned.

"You have shown," she said, her eyes sparkling with the interest she felt in her subject, "that you can at least control your thought factory in a limited degree by transferring thought from one visible thing to another. Now let us see if you can not transfer thought from the visible to the invisible. Look at the dessert and see if you can not think of its maker, the cook."

No one seemed to find insuperable difficulty here, although the answers were slower in coming in.

"Now let us see if we can not go a step further and transfer thought from one invisible thing to another. You are all thinking of the cook, whom you do not see. Now see if you can not fix your thought on the cook's furniture, the stove, which you also do not see."

These answers came slowly also, but they could all do it.

"Now on what goes in the stove—the coal," she continued.

"Yes, I can."

"And I."

"And I," until all had thought of coal.

"Why, I can almost feel it," said the Chicago man, intensely interested.

"That's only a foretaste of what you'll get later," said the Wall Street man; but the old maid ignored both, and remarked:—

"You have controlled thought up to my last step by a logical process, and you can take that step, if you will."

"What is it?" several asked in the same breath.

"Why, it's simply to stop thinking, whenever your thought factory needs rest. Cut off the power, loosen or throw off the belts, stop the machinery for a few minutes, and *rest*."

"Don't ask me to do that!" "I never could."

"It's easy to say 'stop thinking,' but not so easy to do," etc., etc., came from boarders at our table and others; for the interest of the entire room had centered in our table.

"Oh, yes, you can!" said the old maid firmly and reassuringly. "You have shown that you can do several things that lead up to this: First, think, at will, of a thing that is visible. Second, transfer your thought to another visible thing. Third, transfer it from the visible to the invisible. Fourth, transfer it from one invisible thing to another. A little more effort, along this line, backed by your will, will enable you to run out every tenant, whenever you desire to recruit or recuperate—and it will keep you from giving way to nerves, hysteria, insomnia, or any other form of trouble brought on by too much or too long-continued mental exertion," and she quietly slipped out while we were still clamoring for "more," with an Oliver-Twist-like persistence.

What do you think of it?—*Womankind.*

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#### WHAT CONSTITUTES A LADY.

NO DOUBT we girls have wondered what standard of perfection we must attain before we can be called ladies in the broadest sense of the word. We often hear different individuals of the fair sex spoken of as perfect ladies, and we are perplexed to know what constitutes the real lady. If all these various ones are ladies, some are made so by birth, some by education, some by mere outward appearances, and various other means.

But do these attributes make a lady?—No, they do not. Probably each helps, but not one is essential, unless it be education.

We would like to learn all about her, that we may recognize her when we meet her, and will know better how to be the real lady so much admired and so loved by all. Any daughter of Eve may be a lady, from the lisping tot to the grandmother with the silvery locks. There is the little lady, the young lady, the middle-aged lady, and the elderly lady. No, age makes no difference; a woman need not be any the less a lady because she is not as young as she once was.

No more does wealth make the lady. Very often it is the case that the woman or girl in the hot kitchen making the delicate cream puffs is more of a lady than the one sitting in ease and luxury, for whom the baking is being done. Can

not a woman eat the bread of her own hands and be a lady?—Yes, I am happy to say she can.

Nor yet is it necessary for a woman to be able to converse in several languages, play the piano, sing and paint, that she may be a lady. Some of those nearest the mark of perfection are women of only a limited education. I will admit, however, that a certain amount of education is necessary; without any education, culture, or refinement whatever, a woman can not be a lady, for she lacks entirely the fine sensibility and tact belonging to one. The title of lady does not belong exclusively to the wives of the English lords, but any may win the title of honor.

Where is the lady? She always knows her place and keeps it. She never goes where she does not belong, or where she is not welcome. She is not on the street more than necessary, not in the low theaters and shows, not at the horse-races or prize-fights.

What does she not do?—There are several things she does not do,—she never scoffs at anything good or sacred, does not gossip or listen to scandal, does nothing to make anybody uncomfortable or unhappy, does not flirt, does not talk or laugh loudly, especially in public, does not use slang, or scold, does not betray confidences, break her promises or engagements, never asks impertinent questions, and never boasts.

What does she do? What is she?—She is always kind, thoughtful, courteous, modest, respectful, especially to her elders, and always truthful. She dresses neatly and modestly, speaks in a subdued tone, governs her temper, treats everybody kindly, always strives to make somebody's life higher.

Greater and more important than all these, she loves her Maker and keeps his command, "As ye would that men should do unto you, do ye even so unto them."

I wonder how many of us are ladies?—*Maude Quintard.*

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#### BURDEN-BEARING.

THERE are a great many over-particular house-keepers, who wear and fret themselves out in doing things which could just as well be left undone. Matters pertaining to health and cleanliness may be counted as necessary work, always; but there are a great many little touches, extra efforts at order and nicety, which may be omitted, and the

housekeeper be the gainer, if she will spend the time thus saved in out-of-door exercise, or in self-culture.

A great many women who could amply afford to keep one or two girls to help, do their own work, simply because they can find no one to do the work as they themselves would do it. Don't expect too much; if your meals are well cooked and served, and the house kept in fairly good order, do not worry if some of the dainty touches you delight in are not added. It will pay you to be philosophical, and not look too sharply for defects. Save yourself, that you may be more to husband and children than a mere household drudge, and save yourself from the miseries of invalidism.

Good housekeeping is desirable; over-nicety is not. There are a great many Marthas in the world, who are "troubled about much serving," and it would be well to divide up their virtues with the quiet, patient, blessed Marys.—*Selected.*

#### OVERWORKED WOMEN.

THERE can be no sadder sight than that of a broken-down, overworked wife and mother—a woman who is tired all her life through.

If the work of the household can not be accomplished by order, system, and moderate work, without the necessity of wearing, heart-breaking toil— toil that is never ended and never begun—without making life a treadmill of labor, then, for the sake of humanity, let the work go. Better to live in the midst of disorder than that order should be purchased at so high a price—the cost of health, and strength, and happiness, and all that makes existence endurable.

The woman who spends her life in unnecessary labor is unfitted for the highest duties of home. She should be the haven of rest, to which both husband and children turn for peace and refreshment. She should be the careful, intelligent adviser and guide of the one, the tender confidant and helpmate of the other.

How is it possible for a woman, exhausted in body, as a natural consequence in mind also, to perform either of these offices? No, it is not possible. The constant strain is great. Nature gives way beneath it. She loses health, and spirits, and hopefulness, and, more than all, her youth—the last thing a woman should allow to slip from her, for, no matter how old she is in years, she should be younger in heart and feeling, for the youth of

age is something more attractive than youth itself.

To the overworked woman this green old age is out of the question; old age comes on, sear and yellow, before its time. Her disposition is ruined; her temper is soured; her very nature is changed by the burden which, too heavy to carry, is dragged along as wearied feet and tired hands can do their part.

Even her affections are blunted, and she becomes merely a machine—a woman without the time to be womanly, a mother without the time to train and guide her children as only a mother can, a wife without the time to sympathize with and cheer her husband, so overworked during the day that, when night comes, her sole thought, the most intense longing, is for rest and sleep, that very probably will not come; and, even if they should, she is too tired to enjoy them.

Better far let everything go unfinished, to live as best she can, than to entail on herself and family the curse of overwork.—*Old Homestead.*

#### A PECULIAR SERMON.

PREACHED IN A HOLLOW TREE TO COLLEGE STUDENTS.

THE Rev. Mr. Dodd, a very worthy minister, who lived a few miles from Cambridge, had rendered himself obnoxious to many of the Cantabs, by frequently preaching against drunkenness, several of whom meeting him on a journey, they determined to make him preach in a hollow tree, which was near the roadside. Accordingly, addressing him with great apparent politeness, they asked him if he had not lately preached much against drunkenness. On his replying in the affirmative, they insisted that he should now preach from a text of their choosing. In vain did he remonstrate on the unreasonableness of expecting him to give them a discourse without study and in such a place; they were determined to take no denial, and the word "malt" was given to him by way of text, on which he immediately delivered himself as follows:

"Beloved, let me crave your attention. I am a little man, come at a short warning, to preach a short sermon, from a small subject, in an unworthy pulpit, to a slender congregation.

"Beloved, my text is 'malt;' I can not divide it into words, it being but one; nor into syllables, it being but one. I must, therefore, of necessity, divide it into letters, which I find to be these four, M A L T.

"M, my beloved, is Moral; A is Allegorical; L, Literal; T, Theological.

"The Moral is set forth to teach you drunkards good manners; therefore, M, masters—A all of you—L, listen—T, to my text.

"Allegorical is when one thing is spoken and another meant. The thing spoken of is malt, the thing meant is the juice of malt, which you Cantabs make, M, your master; A, your apparel; L, your liberty; and T, your trust.

"The literal is, according to the letter M, much; A, ale; L, little; T, trust.

"The Theological is according to the effects that it works; and these I find to be of two kinds: First, in this world; secondly, in the world to come.

"The effects that it works in this world are, in some, M, murder; in others, A, adultery; in all, L, looseness of life; and in some, T, treason.

"The effects that it works in the world to come are, M, misery; A, anguish; L, lamentation; and T, torment.

"And so much for this time and text; shall improve this, first, by way of exhortation—M, masters—A, all of you—L, leave off—T, tipping; or, secondly, by way of excommunication, M, masters—A, all of you—L, look for—T, torment; thirdly, by way of caution; take this—a drunkard is the annoyance of modesty, the spoil of civility, the destruction of reason, the brewer's agent, the ale-house benefactor, his wife's sorrow, his children's disgrace, his own shame, his friend's humiliation, a walking swill bowl, and a sight that at once excites the contempt, execration, and pity of all sensible beholders, both for the object himself and the system which renders such objects possible."—*Ex.*

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#### VEGETABLE GARDENING.

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WHILE the majority of women living in town are not so situated that they can profitably engage in poultry raising, most of them have a plat of ground which may be profitably used in the raising of vegetables for home consumption.

The first requisite of success is to have the soil in good condition. Most vegetables require a rich soil, which can be supplied by a heavy dressing of decomposed excrement, put on the ground before breaking.

Anything that requires a very rich soil, as melons, should have the ground especially prepared by digging holes eighteen inches deep and two feet

square, filling the bottom with a rich manure, and covering with the soil, in which the seeds or plants should be placed.

The ground should be deeply plowed and thoroughly pulverized before planting. Garden beds should be made low, that they may retain the moisture better, and narrow for convenience.

The nature and needs of plants should be studied and understood for success in cultivating them. Some require much moisture, others little; some moderately rich soil, others very rich; some a short time to mature, others a long time; and some are very susceptible to frost, others less so.

Plants that require a long time to mature, as cauliflower, cabbage, cucumber, and tomato, should be started in a hotbed, or a sunny window in the house; a hotbed is preferable.

Start them six weeks before the usual time of planting in the open ground, and plant the seeds in small vessels, as they ought to be frequently turned to the sun, and placed out-of-doors on warm, sunny days. Small wooden or pasteboard boxes, wired together, or unsoldered tin cans tied together, are desirable to plant the seeds in. Excellent results are obtained by using the latter. When the plants are large enough to reset, the cans can be opened and plants and soil together can be planted without the roots being disturbed. They insure a more rapid growth.

Though this may seem much work, one feels well repaid for the labor expended, by having the table early supplied with vegetables.

While early starting is desirable in all climates, it is absolutely necessary in regions where the season is short, to obtain vegetables which are long in maturing.

It is better for beginners to confine themselves to common varieties of vegetables; when more experienced, they can have a larger range.

If a woman wishes to add to her home by cultivating some one vegetable for sale, let her try the beet, as it is easily cultivated, a good keeper, brings a good price, and is always in demand.—*Sophia N. Redding Jenkins.*

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#### THE HEALTHIEST PLACE IN THE WORLD.

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THE healthiest spot in the world appears to be a little hamlet in France, named Aumone. There are only 40 inhabitants, 23 of whom are 80 years of age and 1 is over 100.



**RULES FOR KEEPING THE TEETH CLEAN.**

1. ON rising from the table use the goose-quill toothpick thoroughly, and rinse the mouth with salt water, so as to remove such particles as the toothpick may have left.

2. On lying down at night use a tooth-brush, broad and soft, with pulverized soap and very fine chalk. The best formula is one part soap and ten parts of chalk, with a little camphor and orris root, or wintergreen, to give a pleasant taste.

3. As often as you discover any tartar about the neck of a tooth, go to your dentist, have the tartar carefully removed, and then scour away with the brush and the dentrifice.

Parents should see that their children attend to their teeth. Ah, what would I give to restore some which I lost before I knew what I am telling you!

**DIET AND WORK.**

A FEW years ago Dr. Frankland, an eminent English chemist, made a very extended series of experiments for the purpose of determining the value of various articles of food in sustaining the strength during severe muscular effort. The following table prepared by him shows the amount of various articles of food required to enable a man to raise his own weight to a height of 10,000 feet, as in going up a mountain of that height, showing also the comparative cost of the several classes of food in England at the time of the observations:—

	Price per lb.	Oz. required.	Cost.
	Cts.		Cts.
Oatmeal	5½	20.5	7
Wheat Flour	6	20.0	7½
Peameal	6½	21.4	9
Bread	4	37.5	9½
Potatoes	2	81.1	10½
Rice	8	21.5	11
Cabbage	2	192.3	25½
Hard-boiled Eggs	13	35.3	30
Milk (per quart)	10	128.3	32
Lean Beef	25	56.5	88

“The smallest quantity required for doing the work is of oatmeal, and at the same time it is the cheapest in price, 5½ cents per pound. We should require 20½ ounces, the total cost being 7 cents. But it is very closely run by wheat flour, which costs one-half cent more, and one-half ounce more of it would be required. Potatoes are very low, but are expensive when you come to measure the work. Ten and a half cents worth is needed to

do the work that is done by seven cents worth of oatmeal. The quantity of cabbage required is absolutely ridiculous. A man, to do the same work, would require to eat about a stone of cabbage; and who is sufficient for that? Of course, it must be understood that this table merely gives the theoretical quantities that would produce the force. It is obviously impossible to digest a stone (fourteen pounds) of cabbage, or five pounds of potatoes in addition to subsistence diet, nor would it be healthful to take large amounts of unbalanced food. Oatmeal and wheat flour have the advantage of being nearly balanced, and with the addition of milk it would be possible to live on either of them for long periods of hard work.”—*Phrenological Journal*.

**CZAR PETER'S SHOES.**

PETER THE GREAT often visited the iron foundry of Ulullee, about ninety versts from Moscow, and on one occasion passed a whole month there. Laying aside all the cares of the state, the czar occupied himself while there entirely in examining minutely every portion of the great establishment, and threw himself with ardor into the study of the blacksmith's trade.

He soon made himself master of this art, and some days previous to his departure succeeded in making eighteen pounds of iron, stamping the imperial mark upon every piece of metal that came under his hand.

This work completed, Czar Peter went to the director of the works, and, having expressed his satisfaction with them, inquired what wages he was in the habit of giving his hands for every pound of iron they smelted. The manager replied, “Three kopecs.”

“Then,” said the emperor, “I must have earned fifty-four.” The manager wished to pay him in so many gold ducats, saying that he could not remunerate his sovereign like a common workman, but Peter replied: “Keep your ducats, and let me duly receive what you generally pay, unless, indeed, I have worked better than the other workmen. I'm in great want of a pair of shoes, and shall buy them with my wages.”

So saying he showed his employer at the same time the miserable, worn-out pair of shoes in which his feet were at the time encased.

The fifty-four kopecs were handed over to him,

and eagerly accepted; and with them he purchased a pair of shoes, which he was proud of showing to every one as having been earned by the sweat of his brow.—*Toronto Guardian*.

#### CHILDREN'S BIRTHDAYS.

GROWN people do not always appreciate what an event a birthday is in a child's life, says *Harper's Bazar*. Next to Christmas, it is the red-letter day of the year. A whole year nearer man's or woman's estate means a great deal to a child, and fills the boy or girl with an added dignity and sense of importance. Seven is so very much older than six!

In some households this perfectly natural delight is increased by the hearty sympathy of the parents. But there are other homes in which the all-important day passes unnoticed save by a careless mention, a mere reminder to the child that he has begun another year; and this remark may possibly be seasoned with the bitter sauce of a suggestion as to an improvement in conduct. Not long since my heart was moved to pity by talking to a clever little boy, who told me that he was eight years old on that day.

"And what presents have you received?" I asked.

He looked surprised.

"Oh, we don't keep birthdays at our house!" he replied. "My mother says it's foolish. Then she forgot that I am eight to-day until breakfast time this morning."

The more fortunate six-year-old at my side interrupted before I could check him.

"Forgot!" he exclaimed. "Why, my birthday came a little while ago, and my mama made me a cake with six candles on it, and I had presents and lots of fun!"

Childhood is so brief, and the time when each recurring birthday is not a joy comes so soon, that it is a pity not to make the anniversaries joyous to the little ones.

"Mama," said one rapturous child, "you must be very glad I was born, because you have given me such a beautiful birthday."

Of course mama was glad, and being glad, why not show it? A child is never spoiled by the consciousness of a mother's love and delight in his existence.

A pretty custom is in vogue in some families. The child whose birthday is celebrated gives to

each brother and sister some little token. It may be only an inexpensive toy, but it inculcates in the donor's heart the spirit of unselfishness, and teaches him the joy of giving as well as that of receiving.—*Selected*.

#### TIE YOUR CAMEL.

DARKNESS was coming down upon the desert. There were no trees to cast lengthening shadows, no hill-tops to hold the lingering rays of sunlight, but suddenly, all over the wide extent of level sand, darkness fell like a black robe.

Mahomet and his attendants halted on their journey, and a tent was pitched.

"Allah's care is over his children," said one of the band. "I will even loose my camel, and trust in Allah that I shall find him again in the morning at sunrise."

"Friend," said the prophet, with grave, uplifted finger, "tie thy camel and then trust in Allah."

There is one point of our daily living at which we see men and women continually losing their camels, with loud protests of trust in Allah, and showing presently pious resignation of their loss—I mean the care of their health. Of course this earthly house of our tabernacle must decay, and we must bear its infirmities cheerily and patiently; but there is neither sense nor piety in committing our lives to God and then breaking all the laws of hygiene.

"This is a strange dispensation of providence," I said mournfully to my neighbor, as we attended together the third funeral which we had followed from Colonel B.'s house within two years.

"Providence, indeed!" answered my neighbor with a gruff disrespect which I hope was intended for me, not for providence. "Humph! the colonel keeps rotting potatoes in his cellar!"

"I am asking God to give me dying grace, that I may be willing to go," said a girl in the last stages of consumption.

"Ah," said her doctor in a confidential whisper, "if she had only asked a year ago for common sense to keep from putting off her flannel shirt in midwinter to go to a party!"

Friends, eat plain, wholesome food, wear sensible clothes, ventilate your houses, be temperate, be prudent; in short, tie your camel, and then trust in God, and take cheerfully the dispensations of his providence.—*Christian Work*.

## THE ECHO.

A BABY face with tear-wet eyes,  
 Leaned over a deep curbed well;  
 "I'd det you out wif a stick," she cried,  
 "If I only knew where you fell."  
 "What is it, your doll, my love?" said I;  
 But she shook her golden head;  
 "I must det her out wif a great big stick;  
 Its dear little Echo," she said,  
 "Dear little Echo that loves me so;  
 Now listen, 'I love you'; hear?"  
 And up from the depths of the deep old well  
 Came, "I love you," in accents clear.  
 "Echo's a water nymph, my sweet,  
 And that is her home," said I;  
 "And if you should bring her up here to live,  
 Why, the poor little thing would die.  
 "She lives down deep in a crystal cave,  
 With everything bright and fair."  
 "Oh, well, then she's happy!" the baby said,  
 "An' I dess I'll leave her there."  
 And is it not thus with sage and seer?  
 They will smile or weep in vain,  
 Not knowing the passion of grief and joy  
 Is echo of their own brain.

## SCIENCE AND THE KISS FALL OUT.

THE kiss must go. Science has said so, and the law is coming to the support of science.

At San Francisco one of the large bazaars has a holiday custom of costuming employes as representatives of Santa Claus. Their duties are to make themselves pleasant to the children, and kiss such toddlekins as fancy a salute from that benign and snowy-bearded old gentleman; for Santa Claus is a gentleman, from the soles of his great shoes to the fur tip of his big cap. Health Officer Keeney now comes forward and says this practice must be stopped; that it propagates diphtheria and other deadly diseases, and that last year he traced twenty-three cases of diphtheria directly to the cause stated, and some eight or ten of these cases resulted fatally.

A case in point showing the danger to which a person is exposed by kissing a person who has a throat ailment is related by Dr. Keeney. A young lady was married in the east. She had a slight sore throat, to which she paid but little attention, as it gave her no trouble at the time. After the ceremony was performed, a large number of her lady friends included a kiss in their congratulations. Sixteen of those who kissed the bride died from diphtheria which they contracted on the wedding night.

O science, science! Where next will fall thy ruthless hand? "We have the magic boat and the flying car," the electric telegraph and the marvel-

ous telephone; but what are these without the kiss, that storied token of love and affection, which has given joy and comfort since the spheres began to sing? Take back the electric current, but leave the face the electric thrill.—*Spokane (Wash.) Review.*

## THE MOTHER'S INFLUENCE.

No limit can encompass the bounds of a mother's influence. It will ever remain a power for good or evil. A thorough understanding of it should be more general. Many mothers do, without doubt, comprehend its deepest meaning; but the mothers of the masses are, as yet, very thoughtless on the subject.

During the months of prenatal life of every infant, the mind (the soul) is in intellectual training, while the body is developing. How many mothers pass this thought by! And yet this, without doubt, is the most important part of a child's training. The child is born with its disposition already acquired, as well as tastes and habits formed. To undo the work of those months is often found in after years to be beyond the influence of father, mother, the school, or the church. No human discipline can ever fully eradicate an evil nature, though compulsory laws may hold it in check.

One mother who was denied money, habitually pilfered from her husband's pockets in small amounts, and in consequence, her child became a notorious thief. Another mother drank of spirituous liquors to excess, and "lived on her tea," whereby she ruined her child's nervous system, and implanted an uncontrollable appetite for drink. No end of instances of like character might be cited. In the works of Dr. Dio Lewis and J. H. Kellogg, M. D., it will be found that great stress has been placed upon that point. The latter tells us, in his "Ladies' Guide," that the mother may determine for her child his occupation in life. If she desires him to become an artist, she must study the artistic in everything. If a poet or an author, she must direct her own energies in that direction; but whatever she would choose, she must unflinchingly devote herself to, train herself to admire, and thus mould the embryonic mind while it is plastic.

How close are the ties of mother and child! With a full comprehension of the importance of this prenatal child training, what great results might be expected in a few generations! Surely the obligations of every mother to her Maker are not a matter of small moment.—*The Household.*

**FOOTWEAR NEVERS.**

1. NEVER wear a shoe that will not allow the great toe to lie in a straight line.

2. Never wear a shoe with a sole narrower than the outline of the foot traced with a pencil close under the rounding edge.

3. Never wear a shoe that pinches the heel.

4. Never wear a shoe or boot so large in the heel that the foot is not kept in place.

5. Never wear a shoe or boot tight anywhere.

6. Never wear a shoe or boot that has depressions in any part of the sole to drop any joint or bearing below the level plane.

7. Never wear a shoe with a sole turning up very much at the toes, as this causes the cords on the upper part of the foot to contract.

8. Never wear a shoe that presses up into the hollow of the foot.

9. Never have the top of the boots tight, as it interferes with the action of the calf muscles, makes one walk badly, and spoils the shape of the ankle.

10. Never come from high heels to low heels at one jump.

11. Never wear one pair of shoes all the time, unless obliged to do so. Two pairs of boots worn a day at a time alternately give more service and are much more healthful.

12. Never wear leather sole linings to stand upon; white cotton drilling or linen is much better and more healthful.

13. Never wear a short stocking, or one which after being washed is not at least one-half inch longer than the foot. Bear in mind that stockings shrink; be sure that they will allow your toes to spread out at the extreme ends, as this keeps the joints in place and makes a strong and attractive foot. As to shape of stockings the single digital or "one toe stocking" is the best.

14. Never think that the feet will grow large from wearing proper shoes; pinching and distorting makes them grow not only large but unsightly. A proper natural use of all the muscles makes them compact and attractive.—*Dr. Samuel Appleton, in Health Culture.*

**HANDY THINGS TO KNOW.**

A ROD is  $16\frac{1}{2}$  feet, or  $5\frac{1}{2}$  yards.

A mile is 320 rods.

A mile is 1,760 yards.

A mile is 5,280 feet.

A square foot is 144 square inches.

A square yard contains 9 square feet.

A square rod is  $272\frac{1}{4}$  square feet.

An acre contains 43,560 square feet.

An acre contains 4,840 square yards.

An acre contains 160 square rods.

A section or square mile contains 640 acres.

A quarter section contains 160 acres.

An acre is 8 rods wide by 20 rods long.

An acre is 10 rods wide by 16 rods long.

An acre is about  $208\frac{3}{4}$  feet square.

A solid foot contains 1,728 solid inches.

A pint (of water) weighs 1 pound.

A solid foot (of water) weighs  $62\frac{1}{2}$  pounds.

A gallon (of water) holds 231 solid inches.

A gallon (of milk) weighs 8 pounds 10 ounces.

A pint (of water) holds  $28\frac{7}{8}$  solid inches (28.875).

A barrel ( $31\frac{1}{4}$  gallons) holds  $4\frac{1}{8}$  solid feet (4.211).

A bushel (struck) contains 2,150 solid inches.

A bushel (heaping) contains  $1\frac{1}{4}$  struck bushels.

A struck bushel contains about  $1\frac{1}{2}$  solid feet.

—Selected.

**SALT OR MILK-RISING BREAD.**

TAKE one cup of sweet milk, two of boiling water, and a teaspoonful of salt. While hot, stir in enough maize meal to make a thin batter; let it stand till cool. Add flour enough to thicken well and set in a warm place, beating it up occasionally to make it rise better. After this yeast has risen sufficiently, add more flour and knead into loaves; place them in pans to rise again, and bake. In making up the second time put a little more salt in, as the quantity put in the yeast is scarcely sufficient to season the bread.

**"THE NEW CRUSADE."**

WOOD-ALLEN PUBLISHING CO., Ann Arbor, Mich.; 50 cents per year. The July number of this excellent little magazine maintains the usual high standard. It contains an able and scientific article on "Heredity," by Louise C. Purington, M. D., and another of Mrs. J. H. Kellogg's practical and helpful papers, "Teaching Children Self-control." The White Cross and White Shield Departments are given up to an extract from a very forcible sermon by the Rev. Jenkin Lloyd Jones on "No Sex in Crime."

This partial enumeration is sufficient to indicate the valuable character of this little magazine. It should be in the hands of every parent and teacher, every young man and young woman. It deals with questions discussed by no other periodical, and does so in the most delicate, scientific, practical manner.

# RETREAT NOTES

—Miss Emma Miles, a school-teacher of Ceres, Cal., is with us.

—Mrs. G. W. Woodworth and son, of Stanford University, are with us.

—Mrs. Goodrich, of Berkeley, has recently returned for a short stay, her recent visit having been interrupted by an untimely call to home duties.

—Miss Booth, of St. Helena, has returned for her semi-annual visit to the sanitarium. She came to us very much reduced, but as usual has gained very rapidly, and will soon return home.

—Mrs. Bowers, of Santa Ana, has been with us for some time. We are happy to say that she has already made marked improvement, and we hope to send her home greatly benefited.

—Mrs. Kate Pierson, of Oakland, has been a guest at the sanitarium for a number of weeks. She declares that the climate and food are sufficient to cure any one, without the treatment, but she takes that as a luxury.

—Mrs. Simmons, of San Francisco, with her sister, Mrs. W. E. Ladd, of Stockton, are stopping with us. Mrs. Simmons' friends will be glad to know that, although she has been with us less than two weeks, she has made very marked improvement.

—Miss Catherine Beal, formerly a member of our family, has recently returned from her vacation in the east, and has taken a position in the ladies' treatment rooms. Miss Beal's extended experience and natural aptitude for the work, make her presence an acquisition to our facilities for helping those who come to us.

—The summer months have brought us their usual pleasant changes. Many tents have been pitched upon the side-hill, which are kept filled by those of our guests who desire the outdoor life. The season has brought to us the usual number who are seeking a change from the city's dust and heat to the free air of the country.

—Miss Hattie Wilder, who has made several visits to the sanitarium, and who has made many friends among our readers, has returned with a party of five young ladies, for an outing. The young ladies seem to enjoy the privileges of the sanitarium, and their ardor is not dampened by an occasional sprained ankle or bruised limb.

—Recent members of the sanitarium family will be glad to know that Mrs. McFadzean, who has been so near death's door, and has recovered so wonderfully, is still improving every day. She is now able to be out, and we hope for her permanent recovery in the near future. Mrs. McFarlane has also made marked improvement, and will soon be able to return home.

—The swimming tank seems to be more highly appreciated than ever before. It is becoming quite the thing for every one to learn the art of swimming before leaving the sanitarium. Mr. Beals, who is in charge of the tank, gives very good satisfaction, and is rather gaining in his ability to make good swimmers with a small number of lessons. Many of our young ladies have accomplished the feat with only two or three lessons.

—Among our recent arrivals might be mentioned the names of Mrs. Alfred Wood, of Oakland; Mrs. Marcy C. Dow, matron of Fabiola Hospital, and Mrs. G. C. Martin, of Woodland, who has long been a staunch friend of the sanitarium. The members of the sanitarium family in the past will remember her daughter, Miss Anna Martin, who was with us for a long time, and is now pursuing a course of study in an eastern college. Her mother says that she is perfectly well.

—Dr. Lathrop, who has now been a member of our family for nearly two years, and whose name has frequently occurred in our columns, and is earnestly watched for by a large circle of friends among our readers, is still with us. We are sorry to report that of late he has been very ill, so ill that we feared for his recovery, but we are glad to say that he has made steady improvement during the last week, and we have reason to hope that his strong constitution will again lift him out of danger.

—Among those who have returned to us who have before tested the benefits of our treatment as a rejuvenator for overworked teachers, may be mentioned the names of Miss Grannis, of San Francisco; Miss Playter and Miss Aldrich, of Oakland; Miss Philips, also of Oakland. Miss Philips declares that she has been perfectly well since her visit here three years ago, but is coming back now because she believes it to be the best place to spend a vacation. She brings her sister with her. Miss Wentworth is another of the San Francisco teachers who are with us. The present mail informs us that a large party are on their way from San Francisco to the sanitarium.

—The entering class in our Nurses' Training School are now beginning their work in earnest. It is the hope of the Faculty to improve the school year by year, and while we have reason to be proud of those who have gone out from us in the past, we hope that those who enter the present year will enjoy even greater privileges. To this end the services of Elder H. A. St. John have been secured, for instruction in Bible study. It is the plan to make this branch of the school a special feature during the year, so that our nurses may be fully prepared to go out as medical missionaries when they graduate, without further preparation. It is the purpose of the instructors, also, to add to the advantages of the course in other respects.

## NOTICE.

IN the next issue of our JOURNAL our readers will notice a page devoted especially to the interests of orphan children. There are hundreds of homeless children who need help in various ways—sometimes food and clothing, but more especially do they need good homes. It is the purpose of this department to furnish to our readers such information as will enable those who desire to adopt children, or with missionary intent take care of them for a limited time, to avail themselves of such an opportunity. That the interests of the orphans may be best subserved, it will be necessary to learn all we can about the children who are in need; and it will also be necessary to know the situation of those who desire to take the children. Consequently, free correspondence in the interests of these little ones is solicited. In the next issue we will be able to give our readers something definite in reference to special cases that need help.

The headquarters of this orphanage work are at present in Oakland, and are in the hands of a special committee, who will see that food, clothing, and the various other needs of the orphans are supplied.

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*David praiseth God.*

PSALMS.

*He prayeth for safety.*

19 To deliver their soul from death,  
and <sup>b</sup> to keep them alive in famine.  
20 <sup>a</sup> Our soul waiteth for the LORD:  
he is our help and our shield.  
21 For our <sup>c</sup> 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.

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

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

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