

City Pastors and Their Hard Work

Religious Developments of One Week in All Our Churches.

AUXILIARY ACTIVITIES NOTED

Carefully Compiled Compendium of News and Personal Mention Relating to the Churches and the Benevolent and Charitable Religious Societies.

President Augustus H. Strong, D. D. LL. D. has written three very able articles on "Ethical Monism" in the Examiner, which have aroused criticism in many quarters, and especially so among the Baptist denomination in whose organ the essays appeared. Dr. Strong says that "it is not too much to say that the monistic philosophy, in its various forms, holds at present almost undisputed sway in our American universities. Harvard and Yale, Brown and Cornell, Princeton and Rochester, Toronto and Ann Arbor, Boston and Chicago, are all teaching it." Monism has ever been regarded as pantheistic, and against this Mr. Strong fences in his system with remarkable ingenuity. The crucial test of Monism are the facts of sin and the atonement of Christ, and to harmonize these theological doctrines with his philosophy, taxes both the president's reasoning and exegesis. He accounts for personalities by saying that God has limited and circumscribed himself, and to the objection how can there be innumerable personalities and yet but the one substance, he falls back on the doctrine of the Trinity, which teaches three infinite personalities in the one substance of God, and whoever believes this cannot consistently deny that in the same substance there are multitudinous finite personalities. Orthodoxy will hardly accept such a statement as the following of the Christ of God: "It is impossible that He (Christ) who is the natural life of humanity should not be responsible for the sin committed by His own members."

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Health Hints and Rules of Hygiene

Suggestions That May Save You Many a Doctor's Bill.

WISDOM FOR THE HOUSEHOLD

These Hints Don't Cost Much, Are Not Copyrighted, and if They Don't Do You Any Good, They'll Not Do You Any Harm.

A recent bulletin of the state board of health embodies some valuable information about diphtheria. It says: "Whenever a child or young person has a sore throat, with a bad odor to its breath, especially if it has fever, it should immediately be separated from all other persons, excepting necessary attendants, until it is ascertained by a physician whether it has alphathroat or some other communicable disease. Mild cases may communicate malignant and fatal forms of the disease. Diphtheria is believed to be caused by a special poison (contagium) which may be conveyed to persons previously unaffected, by personal contact, by infected clothing, rags, hair or paper or by any of the discharges of the body of a person sick of the disease. The seeds or germs of this terrible disease may be received from anything which has touched the sick person, as air, food, clothing, sheets, blankets, furniture, toys, books, wall paper, curtains, cats, dogs and flies. The discharges from the throat, nose and mouth are believed most frequently to contain the germs of the disease and to communicate it to others, but the discharges from the kidneys and from the bowels are also dangerous. The diphtheria poison has great vitality, and may lie dormant in clothing, blankets, papers and houses for weeks, and even months. It seems to be able to travel in the air of sewers, and thus to pass from house to house; also to live in the emanations from putrid privies and cesspools. It can also, undoubtedly, infect foods, milk and water, and with them enter the bodies of children. The time which may intervene between exposure to the poison of diphtheria and the appearance of the symptoms of the disease varies. It may be from two to six days; the average is variously stated at from six to ten days, but the time may be extended to five or six weeks.

"Adults, whose services are not needed, should keep away from the disease. When necessary requires one to visit such a house, the clothing should afterwards be changed and a bath taken before going elsewhere in a child. Be aware of any person who has a sore throat. Do not kiss or take the breath of such a person. Do not drink from the same cup, or use any article handled by such a person until it is disinfected. Whenever a child complains of a sore throat, or is in the least hoarse, it should receive careful attention from its parents or friends until it recovers. When strict, children should be removed from the day and Sabbath schools. They should also, at these times, not travel in the public cars or public carriages, the upholstered seats of which may harbor the poison. Parents in whose families the disease has broken out, who are able to do so, may send their children unaffected with the disease, to homes in which there is no one liable to contract it. But when it is found that cases are made, the children should not mingle with the public until after the lapse of two weeks. From families in which this disease is prevalent, children must not attend school, church, or any public assembly, and adults should likewise abstain from attending church and public assemblies as much as possible. Close attention should be paid to the sources from which the food supplies. If possible, the purest water should be used. If there is any doubt about the purity of the water, boil it thoroughly before using it. Food and milk should not be used which come from a house in which there is diphtheria or any contagious disease, for these articles may carry the germs of the disease. Perfect cleanliness should be enjoined in the house and all its surroundings. Sore germs must be permitted to enter the house. All food orders must be destroyed in privies and cesspools by the appropriate disinfectants. Let the house receive all the pure air and sunlight possible. Do not send your clothing to a public laundry to be washed during an epidemic of diphtheria."

"It is of vital importance," says a well known authority, "that an upper opening be kept in every living room, kitchen and sleeping room, for the escape of the foul air emanating from life, labor and decay. Rooms that are not provided with an upper register or a window ventilator can be perfectly ventilated by lowering the window a fraction of an inch. This imperceptible opening is a regular life insurance. If the precaution is heeded all winter, put long, day and night, there will be a reduction in lung and throat diseases, in consumptive cases this law should be rigidly enforced."

We have heretofore alluded to the excellent use of the common apple as a remedial diet. And now we have the American Practitioner's word for it that the phosporus in the apple is admirably adapted for renewing the essential nervous matter—leithin—the brain and spinal cord. It is, perhaps, for the same reason, rarely understood, that old Scandinavian traditions represent the apple as the food of the gods, who, when they felt themselves to be growing feeble and infirm, resorted to this fruit, renewing their powers of mind and body. Also the acids of the apple are of singular use for men of sedentary habits, whose livers are sluggish in action, those acids serving to eliminate from the body noxious matters, which, if retained, would make the brain heavy and dull, or bring about jaundice or skin eruptions and other allied troubles. Some such experience must have led to the custom of taking apple-sauces with roast pork, rich goose and other like dishes. The malic acid of ripe apples, either raw or cooked, will neutralize any excess of chalybeate matter engendered by eating too much meat. It is also the fact that such ripe fruits as the apple, the pear and the plum, when taken ripe and without sugar, diminish acidity in the stomach, rather than provoke it. Their vegetable saucers and juices are converted into alkali carbonates, by the chemical action of stomach juices, which tend to counteract acidity.

HEALTH FOR THE MILLION: Rub cold cream on the nose before going out into the cold. If you wish to keep it from becoming red. Add a tablespoonful of powdered borax to the bath, as it will soften the water and prove very invigorating. It is well to burn pine tar occasionally in a sick room, as it is an excellent disinfectant, and it also induces sleep. It is well to apply powdered alum to a

foyer sore; this will prevent it from becoming unsightly and irremediable. To prevent the hair from coming out, rub into the roots twice a week, a mixture of bay rum, camphor, castor oil and carbolic acid.

The simplest remedy for rough and red hands is to immerse them into the lard (the hands first being made very warm), at night and wearing loose kid gloves all night.

The breath may be kept sweet by using a tooth powder which contains orris root, and by rinsing the mouth with water into which a few drops of bicarbonate or tincture of myrrh have been put.

Try vinegar to cleanse your hands when they are very dirty from work. Stays: If it falls to do it by ammonia in the bath water. Try rubbing with muon snot and wearing loose kid gloves every night.

If your nose bleeds, apply ice to the nose and the back of the neck, also to the roof of the mouth. A plug of dry cotton, or cotton wetted first with strong alum water, or dipped in powder of tannin will be effective. A physician says this is the best cure for insomnia: When you go to bed, place the right hand directly over the pit of the stomach. This, he says, draws the blood away from the head and soon induces sleep.

Lined oil is said to be a cure for corns, both hard and soft. If they are irritated and very painful the relief is found in a short time. It is most grateful, find on a soft rag saturated with the liniment, and continue to dampen it with the oil every night and morning until the corn can be removed easily and without pain.

SEASONABLE RECIPES.

Try These Dishes and If You Don't Like Them You Are No True Epicure, for They Are All Tip Top.

Lemon Cream.—Beat six tablespoonsful of sugar, with six yolks of eggs, three tablespoonsful of hot water, the juice of one and one-half lemons. Simmer till thick; add the beaten whites and a little more sugar. Put into a glass dish, and serve cold.

Codfish Balls.—One pint of well-washed codfish, picked up fine; one quart of raw potatoes, cut in bits. Boil together till done. Drain, mash, and add two tablespoonsful of melted butter, two well-beaten eggs, and pepper. Mix thoroughly and drop, like fritters, into boiling fat. Garnish with lettuce, parsley, or other green leaf.

Washington Pie.—One cup of butter and two cups of sugar beaten to a cream, one cup of milk, two teaspoonfuls of baking powder, three cups of flour, five eggs, whites and yolks beaten separately, flavor with lemon. Bake in jelly-cake tin. When cold lay one on a plate and spread over it a thick layer of currant jelly or grape jelly, then cover it with another cake and another layer of jelly; sprinkle the top of the third layer of cake with a little powdered sugar.

Lamb Chops Saute.—Put a piece of butter into a frying pan, and when hot lay in the chops, rather lightly seasoned with pepper and salt. Fry them until thoroughly done, but not too brown. Should gravy be required pour off the greasy part of the fat, and then stir in half a tablespoonful of flour; stir until the flour browns, then add a gill of broth or water, an ounce of fresh butter and the juice of half a lemon. Stir until the sauce becomes rather thick, pour over the chops and serve.

Creamed Oysters.—One pint of cream, one quart of oysters, two tablespoonfuls of short, two tablespoonfuls of flour, a scant tablespoonful of butter, salt, pepper and cayenne. Beat the cream to a mix. Mix the flour with a little cold milk and stir it into the boiling cream; add butter, salt and pepper to taste, and a few grains of cayenne. Wash and clean the oysters in their own liquor. Strain the liquor and pour it over the oysters. Let them be plump—about three minutes. Skim carefully, drain and add them to the sauce, with the wine, and remove immediately from the fire. Serve with strips of dry toast or brown some bread crumbs in butter and sprinkle over the oysters.

Stewed Pheasants.—Cut a roast pheasant into neat joints as for eating. Beat the liver fine with the back of a wooden spoon, add a wineglassful each of port wine and of water, and the juice of half a lemon. Slice an onion and divide it into rings, roll a lump of butter well in flour, and put all into a stewing pan. When it simmers stir well round without breaking the onion rings, then lay in the joints of pheasant. When thoroughly heated place the birds on a hot dish, surrounded with snippets of toast, on each of which a small block of red currant jelly has been laid. Strain the sauce around the bird, and arrange the rings of onion in a chain over the pheasant. Send to table with halved lemons.

Potatoes à la Holland.—Cut cold boiled potatoes into dice. Make one pint of rich cream sauce. Put a pint of milk in a double boiler, rub two heaping tablespoonfuls of flour and two of butter to a cream, add a little of the boiling milk and stir until smooth; turn into the milk and boil till thick, season with salt and a dash of cayenne. Put a layer of the sauce in a baking dish, then a layer of potatoes, sprinkled with a little minced parsley. (A tablespoonful will be enough for a pint of sauce). Then another layer of sauce and so on, till all is used. Cover the top thickly with grated cheese and bits of butter. Bake in the oven till a nice brown.

Roast Pheasants with a Ragout of Oysters.—Have ready a couple of plump pheasants dressed for the spit. Make the following forcemeat: Mince small the livers, frozen from the galls, with one dozen of oysters. Put them into a stewpan with an ounce of butter, four apples of parsley, five blades of green onions, a tablespoonful of small picked leaves of tarragon and a spoonful of fine mixed spice. Toss the pan two or three times over the fire, and when the mixture is nearly cold, fill the body of the birds with it. Brush the pheasants over with heated butter, wrap them in greased paper and put them before a brisk fire to roast. Blanch a dozen oysters, pour into a stewpan a gill of ham coulis and the same quantity of rich velouté; throw in the twelve oysters and add the juice of a half lemon. When cooked, dish the bird and pour the oyster ragout around it. Garnish with tufts of parsley and fried bread crumbs. Serve very hot.—Philadelphia Record.



ALL THE STRENGTH and virtue has sometimes dried out, when you get pills in heavy wooden or paste-board boxes. For that reason, Dr. Pierce's Pleasant Pellets are sealed up in little glass vials, just the size and shape to carry about with you. Then, when you feel bilious or constipated, have a fit of indigestion after dinner, or feel a cold coming on, they're always ready for you. They're the smallest, the pleasantest to take, and the most thoroughly natural remedy. With Sick or Bilious Headaches, Sour Stomach, Dyspepsia, Jaundice, Bileousness, and all derangements of the Liver, Stomach, and Bowels, they give you a lasting cure.

Headache; obstruction of nose; discharges falling into throat; eyes weak; ringing in ears; offensive breath; small and taste in mouth;