

morning bring the water in the under boiler to a boil, then turn the oatmeal carefully into a large, deep dish. Do not stir or scrape.

The naked hills lie wanton to the breeze;

The fields are nude, the groves unfrocked;
Bare are the shivering limbs of shameless trees—

What wonder that the corn is shocked?

RURAL HOME says: A very foolish man is he who robs himself of the comforts of life that he may accumulate a great fortune for his heirs. More foolish is the farmer's family who live uncomfortably in the kitchen—usually the dingiest and most uninviting room in the house—keeping the best rooms darkened, waiting for company. Better, a hundred times better, live in those cozy, comfortable rooms all the time. They will seem all the more cozy when the company comes.

ON BAD BREATH.—Dr. F. H. Gardiner gives the following causes (Dental Rev.): first, decaying particles in the mouth as far back as the pharynx vault taint the breath exhaled very little if at all. Second, month breathers have a bad breath when the tonsils are enlarged, or when cheesy masses exist in the tonsillary mucous folds. Third, certain gastric derangements taint the breath only when gases are eructated through the mouth. Fourth, the principal cause of bad breath is decomposition in the intestinal canal, the retention of fecal matter in the transverse and descending colon, and the absorption of gases into the circulation, finally exhaled by the lungs. Dr. Jewell called attention to this last source of bad breath and its serious consequences. Fifth, catarrh, nasal, pharyngeal, laryngeal or bronchial, causes bad breath. Sixth, medicines or aliments that undergo chemical changes below the esophagus may by rapid absorption through the stomach walls, or immediately below, give to the breath the characteristic odor. This bad breath is often a source of serious annoyance to patients and the fact that it has more than a local cause is too often ignored by the physician who therefore fails to cure it.

THE TRUTH ABOUT THE MIND-CURE is thus given by F. A. Fernald, in the popular Science Monthly for April. Now, in view of what has been done in curing disease by the aid of mental influence, the public has a right to demand that our physicians shall give us the benefit of this healing agency. Mental influence is a pleasant and inexpensive medicine; it

cures in some cases where drugs fail, and it shortens the term of sickness and lightens its pain in many other cases; furthermore, it has no injurious incidental effects. But the mind-cure should be taken out of the hands of the untrained and irresponsible visionaries and the impostors who now practice it, or it will add a terrible amount of suffering and death to what it has already caused. These enthusiasts, carried away by their seeming successes in a few cases, insist that the mind-cure is the only treatment that is worth anything in all diseases and for all persons. They know too little about the nature of disease to recognize symptoms which indicate the fitness of this agency, too little of science in general to realize that a means suitable to remove one condition may be entirely inadequate or unsuitable to counteract another.—From "Science and 'Christian Science.'"

UNIVERSAL FIRE-EXTINGUISHER.—A physician gives to the *Atlanta Constitution*, the exact receipt of the solution used in the fire extinguishers now offered for sale, as follows: "20 pounds of common salt and 10 pounds of sal ammoniac (muriate of ammonia, to be had of any druggist), and dissolve in seven gallons of water. When dissolved it can be bottled and kept in each room in the house, to be used in an emergency. In case of a fire occurring one or two bottles should immediately be thrown with force into the burning place so as to break them, and the fire will certainly be extinguished."

THE DELAY in this issue of the JOURNAL has been owing to circumstances over which the publisher had, most unfortunately, no control. In brief, it was caused by want of money, and this want was owing to subscribers, a large number of them, being so far in arrears with their subscriptions; as many are yet, and must now be "cut off" if they do not remit at an early day.

A DOUBLE NUMBER is now issued in order to "catch up," and it may be necessary to issue another in a month or two—The April number will soon follow this double number, if it be not delayed by the printer. These irregularities it need not be said are much regretted, but could not in the circumstances, have been avoided. About the same amount of information will be given as if the JOURNAL had been issued every month.