

machinery became clogged up with ashes and carbon in various shapes and forms, and as a result, disease came, and before the cases were fully appreciated, a demoralized condition of the nervous systems was manifested, and they laid the flattering unction to their souls that they had indulged in mental overwork. Hard work, mental or physical, rarely ever kills. If a mild amount of physical exercise be taken, and a judicious amount of food be furnished, the bowels kept open in the proper manner, the surface protected with proper clothing, and the individual cultivates a philosophical nature and absolutely resolves to permit nothing to annoy or fret him, the chances are that he can do an almost unlimited amount of work for an indefinite length of time, bearing in mind always that when weariness comes, he must rest, and not take stimulants and work upon false capital. The tired, worn-out slave should not be scourged to additional labor. Under such stimulus, the slave may do the task, but he soon becomes crippled and unfit for work. The secret of successful work lies in the direction of selecting good, nutritious, digestible food, taken in proper quantities, the adopting of regular methods of work, the rule of resting when pronounced fatigue presents itself, determining absolutely not to permit friction, worry, or fretting to enter into his life, and the cultivation of the Christian graces, charity, patience, and philosophy.

CAUSES OF KIDNEY DISEASE.

Good Health, Edited by Dr. J. H. Kellogg, member of the Michigan State Board of Health says: The alarming increase in the frequency of chronic disease of the kidneys, has been noted by observing physicians in all civilized lands. The cause of the increase of so formidable a malady has been a matter of serious concern and careful investigation. Recent researches seem to indicate beyond a doubt that the most frequent cause of chronic disease of the kidneys is the elimination of unnatural poisons which have been formed in the system, the result, in the majority of

cases, of errors in diet, such as the free consumption of flesh food, the use of pastry, and other indigestible foods, causing derangement of the digestive functions. As the result of such digestive disturbances, the germs which are always found present in the alimentary canal develop with unnatural activity, producing in great abundance poisonous substances which must be eliminated from the system through the kidneys. The concentration of the poison in these organs results in tissue changes, in consequence of which the organ finally becomes diseased, and often hopelessly so, even before the presence of the disorder is discovered, since the pain or other symptoms are rarely present in the early stage of this disease. Indeed, it often happens that no symptoms whatever of disease of the kidneys, which can be discovered otherwise than by a chemical analysis of the urine, appear until after the disease has become incurable.

ON THE VALUE AND DANGERS OF COFFEE.

In a paper on this subject, by Dr. I. N. Love (Jour. Med. Assoc., the writer gives the following conclusions which for the most part are in accord with the best scientific and medical opinion and experience.

1. The word has in the infusion of coffee, one of its most valuable beverages.
2. As a prompt diffusible stimulant either by the stomach or by injection into the rectum, it is all cases of shock, preferable to alcohol.
3. It is antagonistic to malaria and specially destructive to the typhoid bacillus and cholera germ, and for this reason it is an admirable remedial agent in these conditions, both as a direct stimulant and antiseptic, and an encourager of elimination.
4. One of its chief advantages in health and disease is in fact that it aids in securing that psychical satisfaction which is conducive to hope, comfort, good digestion, great power of resistance and rapid recuperation.
5. Supports, tides over dangers, helps the appropriative powers of the system, whips up the flagging energies and enhances the endurance. And for these reasons, and many others, it should be used temperately, as should all of nature's benign gifts.
6. In excess, it is even more dangerous than alcohol, nor is the effect of its excessive use so apparent or disrespectful.