

THE
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OUR PHYSICIAN, NATURE: OBEY AND LIVE.

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THE HEALTH REFORM. TRY IT.

'Tis true that habits early formed
Bind like an iron fetter,
But those who'll try the health reform,
And live it to the letter,
E'en though, perchance, for days and weeks
It costs them some denial,
I'll vouch that they will say at last,
They're glad they made the trial.

And ten to one, o'er this reform
They'll grow enthusiastic,
And treat the views that once they held
In language quite sarcastic;
With Nature and her perfect laws
They'll own themselves delighted,
And pity those who disbelieve,
Because they're so benighted.

Some look on every new reform
With feelings of suspicion,
And think that nothing can be done
To better man's condition.
They'll eat and drink as heretofore,
Then give the drugs a trial,
And find it easier to die
Than practice self-denial.

L. E. O.

General Articles.

Reminiscence of an Allopath.

In the spring of 1857 I was in medical practice in the city of Sheboygan, Wis. The people in the city and country became alarmed at the prospect of the general prevalence of the small-pox. One adult person, a much-esteemed young lady, had died of the disease. The physicians were called upon to vaccinate the children of those families they were accustomed to attend in sickness. I, at the same time

with them, set about the work. To get the best and freshest vaccine matter possible, I applied to Dr. —, who had attended the deceased young lady. The matter furnished was objected to, for not having the genuine color. But after repeated assurances that he knew the whole history of it, and that it was from the arm of a healthy boy, I ventured to take it. I used it, but it proved to be the genuine small-pox virus! Six days after I had inserted the matter into the arms of thirty little children, in almost as many different families, I began to realize the terrible position I occupied. I was alarmed in expectation of the fatal consequences of such a spreading of this loathsome disease. In the treatment of these cases I at first used medicines sparingly, and ablutions of cold water freely, during the eruptive fever. I kept the rooms of the patients decidedly cool, and well ventilated, and gave a meager diet of corn-meal gruel. I had the inexpressible satisfaction of seeing all those little sufferers go through the several stages of the disease in safety. During the period of suppuration I kept the pustules thoroughly oiled with sweet oil; and after that supply failed, I used boiled linseed oil.

This treatment of the eruptions caused the pustules to rise above the surface of the skin and develop outwardly. When, therefore, the scabs fell off, the surface was not marked by that deep pitting which necessarily results from the scabs drying at the surface, the matter forming underneath and burrowing deep into the flesh. This mode worked like a charm, and prevented pitting in every case.

But the best remains yet to be told. I was under the impression that even the small amount of medicine I gave in these cases was not actually needed; and so, to be true to my convictions, I forthwith be-

gan to treat the new cases without the least particle of medicine. I now had an entirely different class of patients. The fathers and mothers, brothers and sisters, of the inoculated ones, were among the latter patients. Most of these had been vaccinated in their childhood, and had not been re-vaccinated. They therefore had the disease in nearly its original force and violence, by contagion. Whole families were sick at the same time, and every disadvantage of circumstance and surrounding contributed to make them severe, and even fatal. But my purpose was fixed, to give them the benefit of fresh air, pure water, by way of ablutions, enemata, compresses, and cold water to drink. Also the plain diet, consisting principally of corn-meal gruel, and the external application of oil to the face and hands to prevent pitting. Under this mode of management I had the inexpressible joy of seeing them all go safely through. Eighty cases, or thereabouts, were the result of that one day's work of accidentally inoculating, instead of vaccinating.

Another important fact to be recorded in this experience, is this: all those cases were truly the distinct variety. It seemed to me then, and it is now my conviction, that the simple manner in which those cases were treated was the true cause of their assuming the distinct variety. Patients residing in houses next adjoining those of my patients, had the confluent variety of small-pox. Their treatment was more stimulant, purgative, and time-honored. The pitting on some of those patients was of the most marked character. One case was that of a lad who had the small-pox in its worst form. His pit-marks were so decidedly horrible that his father assaulted me in the open day in the street, seizing me by the throat, and profanely swore vengeance upon me for having spread the disease in the manner above stated.

Another very important fact elicited by this small-pox experience, was the vast difference in the amount of eruptions in the different persons inoculated. That difference was in favor of those who lived on plain, simple food, and had abandoned the use of meats. Among those persons was the editor of a weekly paper. He and his family had for several years followed the reform, or hygienic diet. His little girl, of about seven years, was inoculated with the thirty above mentioned. She had the genuine symptoms of small-

pox, but they were not as severe as in other cases. The remarkable feature in this case was that there was but one pustule upon the entire person, and that one was upon the arm, where the matter was inserted. The disease seemed entirely shorn of its terrors.

In another family, a little girl who appeared perfectly well, was inoculated the same day. She had an abundant crop of pustules upon her face, arms, and entire body. The cause of this great difference in the sickness of these two little girls, was the hygienic mode of living in the former, and the unhygienic mode of living in the latter case.

The mother of the last-named patient had never been vaccinated. She took the small-pox from her daughter. The disease took a rank hold upon her. She was a lover of a generous meat and stimulant diet, and all sorts of highly-seasoned dishes; was a hard worker, and very energetic. She was what is termed a well woman. For three or four days I almost despaired of this woman's recovery. The maturing process of the excessive crop of pustules, taxed her strength to the utmost. These pustules were large, distinct, and as thickly set as possible. The face, arms, and hands, presented a horrible appearance. Her nearest neighbors, who dared to look upon her, did not know her. This case seemed well calculated to truly settle the question as to the safety and advantage of this mode of treatment. All the particular items of management above stated were faithfully adhered to in this case, and no medicine given. She lived, and was but slightly marked by the pustule eruptions. Since that time of trial in this loathsome disease, I have invariably followed the mode of management then pursued, and with entire success. It is therefore with the utmost confidence that I recommend this method of treatment to others.

S. M. ABBOTT, M. D.

ONE WORLD AND ONE GOD.—A whale has long been known to be not a fish; and now a Frenchman allies fishes with birds, by asserting that the finny tribe are subjected to a periodical molt, and shed their scales as birds do their feathers. As we make progress in knowledge, do we see that all living creatures are closely connected, and that the Author of all worked outward from a clearly defined type, so that all created things were present to him as though they already existed.

WHAT CAN IT BE?

DEAR MR. EDITOR: In a late number of your valuable JOURNAL, I noticed an article headed "Twelve Ways of Committing Suicide." I send you the thirteenth—which you have inadvertently omitted—in the form of a riddle, for publication, if you see fit.

M. A. Wood.

What harmless looking thing is this?
Surely it never did amiss!
A thing so simple and so plain,
Could never much have given pain.

Hold, sir, you do not know me well—
Have patience and I'll briefly tell;
As harmless as I seem to be,
I'm of a murderous pedigree.

Pride is my father's hated name,
And Cruelty my angry dame;
I'm courted by my lady fair,
Who prizes me with tender care.

I visit in her dressing-room,
And sleep amid her nice perfumes;
I often on her toilet lay,
And doze the lonesome night away.

Nay, more—in her caresses chaste
She always binds me round her waist;
At home, abroad, afar, or near,
I'm her companion everywhere.

And though I am a wicked elf,
Delighting to amuse myself,
Sometimes, to give my mistress pain,
I almost squeeze her waist in twain.

Yet, strange to tell, the more she's squeezed,
The more she seemeth to be pleased.
That I'm an ingrate is most clear,
By such return for all this care.

I pluck away the lily fair,
And spread a livid paleness there;
I snatch with glee the rosy glow,
And let the sickly saffron grow.

I blight the luster of her eyes,
And stain her orb with languid dyes;
That rosy archer called a smile,
I strangle ere it breathes awhile.

And plant disease's pungent smart,
And like a vulture gnaw her heart;
My name, upon your mind endorse it:
My gentle *mistress* calls me—Conser!
—*Phren. Journal.*

Law.

[DR. LAY: By request of a lady patient who has since left us, I have tried to write out, as nearly as I can recollect, some of the thoughts presented in Health Convention a few months since. I would say to her that circumstances have rendered it quite inconvenient, if not impossible, to comply sooner with her wishes. Hope she will excuse the delay.—ONE OF THE PATIENTS.]

The subject of Law has been peculiarly attractive to me of late, especially as connected with Hygiene. I know the Health Reform is rejected by many because its

principles look too simple to be reliable; but God is the author of nature and its laws, and how has it ever been with his works? Let us go back to creation. Do we here find a complication of design and action? Oh! sublime simplicity. Jehovah speaks, and from nothing springs up a world. "Let there be" (because backed by the Omnipotent One) divides its surface into land and water, beautifies it with vegetation (by the way, the ocean has its plants, as brilliant and beautiful, and perhaps far more wonderful than the land,—here it has intricate forests, and there sweet, green meadows), and then fills both elements with an endless variety of animals. As each department of nature came into being, laws were instituted governing all the minutiae of it, the whole corresponding in simplicity.

For instance, God set the world revolving on its axis and round the sun at such a rapid rate that it must soon have thrown everything from it and worn itself away; but just here he brought in the law of gravitation, which binds all to its surface, and so perfectly is this done that although we are traveling through space inconceivably fast, our senses do not perceive any movement. Again, all the varied and wonderful effects in the changes of the seasons result from simply causing the earth to revolve around the sun with its axis inclined to the plane of its orbit.

God's crowning creation was man. The laws made to govern him were no more obscure or complex than other natural laws. A proper amount and kind of diet and clothing, action and rest, light, air, water, &c., with right spiritual relations, secured to him perfect health. Oh! the noble, commanding beauty of this sinless pair as they stood in perfect health, moral, mental and physical! Alas, that so glorious a work should be marred! The moral first became diseased. Eve disobeyed her Creator first by listening to the voice of the tempter, and then by following the inclinations of appetite. As a consequence of this disobedience of Adam and Eve, they lost the "first dominion"—such a kingdom of glory and excellence as this world has never since beheld. The whole creation is yet groaning under the effects of that sad sin. What a lesson for us who habitually, or even occasionally, indulge a perverted appetite. By that single, first transgression, *perfect* health was forever gone. Man lost his complete union with God, becoming mor-

ally diseased. Distrust, and afterward fear, came in—mental disease—and these, acting directly upon the nerves as depressants, introduced physical disease. One cannot suffer mentally, and in this we include the moral, without the nerves being affected thereby; thus mental and moral transgression terminating in abnormal physical conditions. Man is henceforth, in his three-fold nature, moral, mental, and physical, a mortal, *i. e.* a diseased being, tending in all these ways to dissolution.

It needs not that God should interpose a miracle in order to carry into effect the sentence of death. For nearly 1,000 years man is slowly dying, wearing out his vitality, till finally his life-force is gone; dying, he does die. Thus sin, moral disease, first entering, necessarily brought in physical disease, resulting in death, its natural consequence. Rom. v.

Is there no remedy? Yes; in Jesus grace abounds for the final, complete restoration of the righteous in his triune nature; but aside from his atonement there is no remedy. "Shall we then continue in sin that grace may abound," and Jesus get the more glory? "God forbid." Christ came to save us *from*, not *in*, our sins. "Sin is the transgression of the law." 1 John iii, 4. Are God's natural laws, those written within ourselves, binding upon us? God could not, being perfectly just, permit us to suffer the infliction of the penalty of a broken law which held no claim upon us. Indeed, it were impossible for us to feel the consequence of a broken, natural law which held no dominion over us; yet we do experience to the full the results of broken, natural law.

Is it a light thing for us to live in careless violation of the laws of our being? And can ignorance, when it is at all willful, save us from their moral condemnation? (As God's laws, do they not hold a moral claim upon us?) No more than it can save us from the physical suffering their violation occasions us. God has not changed the laws of Nature since creation, whatever sin and its effects may have wrought in the perfection of his works. May we not, then, reasonably conclude that obedience to those laws which would have continued to Adam perfect health, will give us as good a degree of health as we are capable of receiving with our previously-deranged, mortal conditions?

Living hygienically now, is a battling with morbid inclinations of body and mind. But courage in the Health Reform! Our Father does not require us to fight our battles alone. He has made his angels ministering spirits, Heb. i, 14, to help those who try to do his will, and the work of the Spirit is hygienic, either directly or indirectly, in its influence upon us. See Gal. v, 22, 23.

Love, a friendly feeling toward all God's creatures, leading us out to acts of beneficence which have a reflex, elevating, purifying, strengthening influence upon ourselves, saving us from envy, jealousy, and hatred, which consume the health like a canker; joy, which quickens the pulse and sends the life-current bounding through our systems, making and building them up everywhere; peace, a soothing cordial; longsuffering, gentleness, goodness, keeping us from life-destroying anger, making us calm, patient under wrong, and inciting to deeds of mercy to the erring and suffering, which, in turn, tend to lift wrong and gloom from our own spirits; faith, when darkness enshrouds us, piercing the clouds and letting in the sunlight to give us a freshened life; meekness, keeping us from a false, excited, nervous ambition, and temperance—temperance in all things, in feeling, in work, rest, diet, clothing, &c.

Now why need we be downcast, when we have strong angels to do for us such a work as this. Courage, fellow-patients!

A Doctor's Experience.

"DOCTOR," we said to an old physician, who has emptied a thousand pill-boxes, "I am told you have a rich anti-tobacco experience,—do give us a specimen." "Ah," said the doctor in a sailor dialect, "a long yarn, sir,—a long yarn." "Very well; give us a bit of it,—do."

"I began the habit," said the doctor, "when a boy, like other silly boys. I used it in the vulgar form, chewing. I cherished the notion that tobacco was a good repellent, a good disinfectant amidst sickness and the impurities incident to dissecting-rooms.

"When ripe for practice, I rode hard, day and night, over the hills and stony routes, and rolled my quid from side to side as a sweet morsel, companionable thing! I expectorated freely,—indeed I acquired notoriety as a *spitter*, so much so that wags, as my gig came in sight,

would cry, "Stand out the way; the doctor's coming; he'll spit on you!" I became a ghostly, gloomy dyspeptic; and any cattle-show might have put me on exhibition as a specimen of Pharaoh's 'lean kine' to advantage. I had practiced twenty years before I came to my senses. Tobacco, as well as strong drink, is a 'mocker.' I was a victim of its hallucination, all unconscious of my chains, and might have remained so, had it not been for the kind agency of a few good old women bent on doing good.

"It was a little on this wise: My health began to fail, and on my routes I would, for example, call on a sick child, and before I had half finished my prescription, perhaps the mother would say, 'Doctor, how you tremble! How pale you are! You are killing yourself with tobacco, I'm afraid!' In a day or two I would call on some other family, and perhaps a saintly woman, sinking in consumption, would follow me with a piercing, pitying eye, and say, 'Doctor, are you not chewing and spitting yourself to death?' These and similar admonitions came thick and fast; in fact, it 'thundered all around,' and whether there was collusion or no collusion among these 'mothers in Zion,' I began to suspect they were half right in their conjectures.

"At length I met a group of them ministering in a case of great peril and anguish, and my anxiety being great, I unconsciously consumed an incredible amount of cavendish, as chewers are wont to do when excited. By this enormous excess my nerves received a terrible shock. I fell; I was insensible for a while; altogether so. I called it a tobacco fit; extravagant men might call it a case of delirium tremens, but I have seen many such fits since in my practice,—alas, many resulting in death!

"I was soon, however, upon my feet again, and these zealous ladies began to lecture me in pell-mell style. One said, 'Why, doctor, the Lord helping us, we have snatched you from death! Do, do drop tobacco!' Another, "Your example, doctor, is confirming my husband in bad habits, and ruining my boys.' Another, 'Our young minister has become a smoker by your advice, and already his sermons savor more of smoke than fire. His cigar, his rocking-chair, and the Atlantic Monthly are dearer to him than his flock.' Another, 'Doctor, we set a sight by you; do change your habits, and

not cut short your days.' In a word, the assault of these pious matrons became hotter and hotter, and I thought best to retreat.

"On taking my gig, I began to reason in this way: Tobacco is a *poison*, rank and deadly, and ought to produce the legitimate effects of a poison. It ought to injure me, and if it does not, it will not do its duty. I will drop it. *I will be a slave no longer. My Maker, witness my vows!* This vow, which many may treat with sarcastic smile and vulgar joke, formed an era in my life. My appetite, which had been as capricious as the wind, at length returned in full power, and I could adopt the language of Doctor Hewitt, a distinguished Doctor of Divinity in Bridgeport: 'I have dropped tobacco, and God has given me to enjoy every good thing!' In a word, I became robust and healthy; and I say deliberately, I would not again come under bondage to this tyrant and deceiver for all California! I am free; I wish every slave to the nuisance was free."

The doctor, I add, soon changed his practice to such of his patients as used the weed. An enormous chewer, I remember, in the shape of a rough-shod farmer, came into his office and gruffly said, "I am out of sorts, doctor, I want some doctor's trade!" The doctor sternly looked at his mouth, which resembled "an open sepulchre," and said, "Neighbor, I shall give you no medicine—not a bit. Your tobacco will counteract all its effect. Drop the nuisance, and drop the chief cause of all your ailments, from head to foot."

EXCESSIVE MENTAL EXERTION.—A writer in *Fraser's Magazine*, in an article on the mutual relations of the physical organization and the mental faculties, illustrates the evils of excessive mental exertion by this affecting little anecdote of Sir Walter Scott:

"One day, when he was exerting himself beyond his powers, Sir Walter said to Captain Basil Hall—who also suffered and died from disease in the brain—"How many hours can you work?" "Six," said the Captain. "But can't you put on the spurs?" "If I do, the horse won't go." "So much the better for you," said Scott, with a sigh; "when I put on spurs, the horse *will go* well enough, but it is killing the horse."

Quacks, Their Accomplices, and Their Victims.

[THE *Temperance Platform*, of Des Moines, Iowa, publishes the following statement, which ought to *shame* those religious newspapers into decency that advertise quack medicines:]

"During many years' experience in the newspaper business, we have tried to avoid any complicity in the crime of defrauding the sick and the poor by the sale of quack medicines. Dr. Roback once sent us a proposition to advertise his 'Scandinavian Remedies.' Having occasion, soon afterward, to pass through Cincinnati, we visited the Doctor's headquarters, and soon became satisfied that *his* was a business unfit to be advertised in any respectable journal. The establishment was an extensive one, and its main business was the manufacture and sale of brandy, intoxicating 'stomach bitters,' and other kinds of strong drink. The proprietor was a depraved-looking, wheezy, asthmatic, alcohol-pickled old Swede, who knew about as much of medical science as a mule knows of metaphysics. We have since learned something of his history. Fifteen years ago he came to Philadelphia, and set up as a fortune-teller, advertising himself as 'late astrologer to the King of Sweden.' He was such an impudent and notorious swindler that the city authorities broke up his establishment, and he fled to New York. In the latter city it is supposed that such rascalities may be practiced with impunity; but Roback was a rather strong dose even for the Gothamites. He surrounded himself with serpents, skulls, skeletons, mysterious charts, etc., and wore a scarlet robe, embroidered with signs of the zodiac, and a conical cap with the insignia of the Egyptian magi. The police drove him from the city, and he fled to Cincinnati. There he again set up as an astrologer, but in a very mild and quiet way, and soon gave up fortune-telling for the equally dishonest but more profitable business of making patent medicines. In this he branched out largely, doing business under several other names besides his own. Under his own name he sold his pills, stomach-bitters, and brandy; and under assumed names he vended nostrums for 'private' diseases. He spent immense sums in advertising, and in a few years accumulated a fortune of three hundred

thousand dollars. A short time ago he died; but his extensive business is carried on by other parties, and his humbugs live after him. The board fences, barn doors, and all other available places for sticking posters throughout the country, are covered over with the flaming bills of this besotted old quack; nearly all the drug stores advertise his nostrums and sell them extensively, and nearly all the newspapers are prostituted to the infamous work of puffing them editorially. The money made by druggists in the sale of these abominable medicines, and that made by publishers in advertising them, as well as the vast sum realized by the manufacturer, is filched from the pockets of the poor and the sick, who are too ignorant to detect the rascality thus practiced upon them.

"Now, we may be very obtuse, but for the life of us we cannot see any difference, morally, between quacks and their accomplices. The man who knows the villainous character of patent-medicine makers and their nostrums, and continues to aid in this nefarious business, is a partner in guilt with Roback and his tribe. Druggists and newspaper publishers are generally too intelligent to be deceived by the lies of medicine-manufacturers, and when they assist in circulating such lies, thus deceiving the unfortunate, and robbing them not only of money, but of health also, they should be held responsible for their complicity in the crime. For it should be regarded as a crime to sell to ignorant sick men and women a medicine that is not only worthless, but positively injurious. If a decent regard for the health and life of their fellow-men will not deter druggists from so infamous a traffic, the power of law should be brought to bear upon them. The patent-medicine swindle has been carried about far enough; and we hereby proclaim every druggist who sells 'Roback's' and similar preparations, a contemptible swindler. Now and then one may be found who is ignorant of the true character of such nostrums, and has sold them without a suspicion of his complicity with swindling. Such an ignoramus has no business to dabble with any kind of medicines, and should get out of the business forthwith. If people *must* be murdered by medicines, let the work be done in the scientific modes of the regular medical profession."

[We have here, on Broadway, in New York, several patent or quack-medicine

palaces, costing hundreds of thousands, not to mention a score or more of the lesser cod-liver-oil and gin-schnapps fraternity. There is Moffatt's, Brandreth's, Helmbold's, and the establishments of many others, who roll in wealth filched from the sick and the poor.

The very worst enemy with which the temperance cause has to contend is this quack-medicine business. All the elixirs, cordials, bitters, sarsaparillas, tonics, and so forth, are alcoholic compounds, and create an appetite for *stimulants*. Then follow ale, porter, beer, wine, cider, bourbon, rum, gin, brandy, and the whole catalogue of slops, which poison and lead to death and hell. Now, we ask, to what extent are the *regular physicians* responsible for this state of things? Do not *they* prescribe more or less of these beverages? Do they, who *ought* to be the *guardians* of the public health, give any word of *warning* against the quacks? Or do they assume a very dignified attitude, counting themselves only guests, instead of hosts; only visitors, instead of entertainers; mere camp-followers, instead of true soldiers? Now, we call on these certified sheep-skin gentlemen to rally to the rescue. The nation is being poisoned in its every pore. They must not stand still, mere lookers-on, without lifting a hand to stay the plague. The clergy, too, should speak out. All good men, everywhere, should sound the alarm. Let the cry go forth, *Down with the quacks!*—*Phren. Journal.*

Death Indoors.

MULTITUDES of persons have a great horror of going out of doors for fear of taking cold; if it is a little damp, or a little windy, or a little cold, they wait, and wait, and wait; meanwhile weeks, yea, and even months, pass away, and they never, during that whole time, breathe a single breath of pure air. The result is, they become so enfeebled that their constitutions have no power of resistance; the least thing in the world gives them a cold, even going from one room to another, and before they know it they have a cold all the time, and this is nothing more nor less than consumption; whereas, if an opposite practice had been followed of going out for an hour or two every day, regardless of the weather, so it is not actually falling rain, a very different result would have taken place. The

truth is, the more a person is out of doors, the less easily does he take cold. It is a widely-known fact that persons who camp out every night, or sleep under a tree for weeks together, seldom take cold at all.

The truth is, many of our ailments, and those of a most fatal form, are taken in the house, and not out of doors; taken by removing parts of clothing too soon after coming into the house, or lying down on a bed or sofa when in a tired or exhausted condition from having engaged too vigorously in domestic employments. Many a pie has cost an industrious man a hundred dollars. A human life has many a time paid for an apple dumpling. When our wives get to work, they become so interested in it that they find themselves in an utterly exhausted condition; their ambition to complete a thing, to do some work well, sustains them till it is completed. The mental and physical condition is one of exhaustion, when a breath of air will give a cold to settle in the joints, to wake up next day with inflammatory rheumatism, or with a feeling of stiffness or soreness, as if they had been pounded in a bag; or a sore throat to worry and trouble them for months; or lung fever to put them in the grave in less than a week.

Our wives should work by the day, if they must work at all, and not by the job; it is more economical in the end to see how little work they can do in an hour, instead of how much. It is slow, steady, continuous labor which brings health, and strength, and a good digestion. Fitful labor is ruinous to all.—*Hall's Journal of Health.*

A REMARKABLE instance of longevity has recently come to our knowledge. An old lady residing in this city, has nearly reached the gray old age of ninety years. She is still in the enjoyment of good health, and keeping house. Her faculties remain unimpaired, and she is looking forward to many years longer of happiness on earth. Having outlived the limit of human life by about twenty years, she is possessed with the laudable ambition to "arise and build." She is putting up a small tenement on St. Charles street, where she expects to spend the *remainder* of her days. May her pilgrimage on earth be long and pleasant, and finally when she is called hence, may she be gathered "as a shock of corn fully ripe and ready for the garner."—*Rockford Register.*

Editorial.

A Savoury Lamb Pie.

"Cut the meat into pieces, and season it with finely-beaten pepper, salt, mace, cloves and nutmeg. Make a good puff-paste, and put the meat into it, adding some lamb's sweetbreads seasoned in the same manner. Put in some oysters and forcemeat balls, some yolk of egg, and tops of asparagus boiled green. Put butter all over the pie, and put on the covering paste, and let it bake for an hour and a half in a quick oven. Mix a pint of gravy, the oyster liquor, a gill of red wine and a little nutmeg, with the yolks of two or three eggs well beaten, and stir in the same direction all the time. When it boils, take the cover off the pie, pour the mixture into it, cover it again, and serve it up.

"It is an important fact, that if a meat-pie is made without a hole in the crust, to let out certain emanations from the meat, colic, vomiting, and other symptoms of slight poisoning will occur."

The above recipe is copied from an 1867 almanac, the usual organ of the patent medicine tribe, perhaps also one that believes in "no change of diet." It puzzled us to determine whether it was the pie made from this conglomeration of dead animals, the *genus ostrea* from the salt water, and the productions of the feathered tribe, &c., whose internals were moved to spasmodic actions of puking and purging, "and other slight symptoms of poisoning," or the unfortunate human stomach it might chance to enter.

It seems hardly credible that a rational being should be tempted to swallow such an obnoxious mess. But this is a specimen of modern cookery,—fashionable, scientific cookery. Is it any wonder that people have dyspepsia, liver complaint, scrofula and consumption, when such food is used to make blood of,—the life fluid of the system? Reader, think about this, and see if a health reform is not needed; and can you not aid a little in enlightening your fellow-men, by procuring a few subscribers for this health journal?

But if the above is not sufficient to

break down the integrity of the human stomach and destroy its healthy action, please use the following, which we take from an exchange, and the work of destruction of the internal viscera will be complete:

TOMATO CATSUP.—Four quarts of tomatoes, four tablespoons of salt, four ounces of pepper, four ounces of ground mustard, two ounces of allspice, two ounces of mace, eight red peppers. Mix with one quart of cider vinegar; boil three hours; strain and simmer down till thick. Seal in jugs or bottles.

My Experience in the Health Reform.

SOME twenty-five years ago I left off meat, and confined myself to three meals a day. This mode of living has been very advantageous to me, both in body and mind. Since 1866 I have strictly adhered to the two-meal system as taught in the Health Reform Institute in Battle Creek, Mich. This has proved an additional blessing, for which I hope to be very thankful, and am always ready to counsel my brethren and friends to leave the meat and eat the bread, and confine their eating to two meals a day.

JOSEPH BATES.

Monterey, Mich., Dec. 26, 1867.

REMARKS.

We always feel glad for the experience of those engaged in reform. Their testimony is uniformly the same, that of improved health in both body and mind. The good results are always commensurate with their devotion to the cause; if they reform in part, they only receive a part of its benefits; if they make a full surrender of wrong habits, and persevere, they will be abundantly rewarded.

Eld. Bates is, we believe, over seventy-five years of age, and enjoys good health. He has sailed on the high seas for many years, endured many hardships, and still lives to testify in favor of reform. We shall be glad to have others give us their experience.—ED.

TOBACCO.

TOBACCO is a filthy weed
A poison full of evil,
And those who use it are indeed
Slaves to one common devil!

From a Cold-Water Practitioner.

As there is much said for and against *Cold-water Treatment*, we trust the subjoined letter will be read, and also the remarks following, which we think give the true principle upon which water applications should be made, avoiding icebergs on one side and steam on the other, except when they subsolve a good purpose in special cases.

DR. LAY: *Dear Sir*.—I noticed in the August number of the Reformer, page 28, in answer to S. W. R.'s question, "Is the use of cold water for habitual bathing admissible under *any* circumstances?" the following: "No individual can habitually bathe in cold water without its proving injurious to their health."

With all due respect to the writer's opinion on the subject, I would ask to give my experience. At the age of thirty, I was a miserable dyspeptic, subject to distressing spells of sick-headache, chronic pain in the side, &c., and weighing but 100 pounds. In this condition I consulted my friend, Dr. Sylvester Graham, of Northampton, Mass. He advised *cold bathing*, together with proper diet and regimen. I was almost bloodless, having but little vitality, and consequently but little reaction at first. I practiced *cold bathing* once, twice and thrice, each day for four weeks, and instead of its proving "injurious," it proved to be *life and health* to me, and under its invigorating influence I gained thirty pounds of good flesh in that four weeks, and it was in March—cold weather—that I commenced.

I notice also a remark, in the answer above alluded to, like this: "The practice [of bathing in cold water] *continued*, has a tendency to *debilitate*, and may give rise to a variety of diseases." Allow me to say, it has *cured* a "variety of diseases" for me, and I have "continued" the practice for twenty-five years, and, instead of "debilitating," it has strengthened and invigorated the system to ward off disease in a wonderful manner; and mine is not an isolated case. My husband has practiced it. I have always practiced it on my children, beginning with early infancy, and, in their maturer years, they practice *cold bathing* as a *preventive* of disease, and a sovereign remedy for coughs and colds.

I have written this merely for your ed-

ification. Very many persons can testify to the truth of what I have said here. My practice has been with cold water, generally, and *always with success*; and I trust I have been the means of saving many lives.

I know *cold-water* practice is not as *popular* as formerly, but I know by experience that it is a powerful remedial agent in the hands of a judicious practitioner. Respectfully,

MRS. S. C. P.

Bedford Center, Mich.

We give our readers the benefit of the above criticism, hoping thereby to be able to benefit all upon the important subject of bathing or treating the sick. That the writer has been benefited in the course she has pursued, is no doubt true in some respects, and that she has had much better success in treating the sick on the *cold-water* plan than drug physicians have with their poisonous remedies, I have also no doubt.

Priessnitz, the celebrated German physician, produced great sensation in Europe by practicing this system. The ire of "drugopathy" was wonderfully aroused, so much so that he was thrust into prison for successfully treating diseases in his empirical way, that they had failed to cure as "regulars."

But truth is always revolutionary, and cannot be kept shut up in prison nor hid in a corner. Since his day, great revolutions have been going on in the healing art. For a long time cold bathing was used in treating the sick almost exclusively, and much good followed, but oftentimes harm followed also.

Long experience and scientific investigations in the hygienic or natural method of treating the sick, by distinguished practitioners in various cures and private practice, have proved that there is a more safe and pleasant way of treating the sick and preventing disease. We do not feel like giving our readers a system that may do good in *many or even most* cases, while it may prove injurious to others. We believe, and *know*, most assuredly, that mild or tepid baths, for persons in health, are quite as good and

much more agreeable than cold. The sick, of all conditions, can, in the point of general treatment, be as successfully treated thus as with cold bathing, and the feeble, nervous class *much more* successfully, and without injury to any. We use water at times, owing to the nature and circumstances of the case, all the way from ice to steam. This is done, of course, under the judicious care of a physician, or one well versed in giving such applications.

We act largely on the principle that what is good for the feeble is also good for the healthy; but the strong, healthy man or woman could bear a cold bath without apparent harm, that would entirely exhaust a feeble, nervous one.

In the answer referred to, on page 28 of the August number, *habitual bathing* in cold water is the point at issue. We still think that habitual bathing in cold water, as has been taught and practiced, is, and will continue to be, injurious. It draws largely on the vitality of the person, excites the nervous system to increased action, causing the individual to feel vigorous for the time being, but afterward more or less depression follows. Some have gone so far in the use of cold bathing that they could not go through the day comfortably without a bath, any better than a tea drinker could without his tea, yet no sensible person will claim that tea drinking is healthful. Much better use mild ablutions, and save all unnecessary shocks to the system, while every possible good is derived from mild baths that can be from the cold, without waste of vital power.

But an important point in our correspondent's remarks remains to be noticed, which is diet. She says: "I consulted my friend, Dr. Sylvester Graham, and he advised cold bathing, together with *proper diet and regimen*." I regard this the best part of the prescription. She being a dyspeptic, diet was the *essential* thing, and no doubt the change in diet would *alone* have accomplished the cure, and would have been *more speedy*, had she used mild baths. A patient left this cure not long since, after a short stay of three weeks, who, when he came, was much emaciated, dyspeptic, and bordering on consumption; and having had mild treatment during his stay, not more than three or four baths per week, he left much improved in health and spirits, having gained fifteen pounds during his stay. This pa-

tient would have sunk down under cold treatment. It is evident from the vast amount of accumulated evidence that mild treatment, with proper kinds of diet, and the time and manner of eating, and also the quantity eaten, in connection with good, mental hygiene, exercise, rest, &c., to operate on the mind and social faculties, are the right and proper agents for aiding the sick in obtaining health, and of keeping the well healthy.

DR. RUSSELL.

Lung Fever.

I PROPOSE to give the readers of the Reformer, in this number, a few thoughts on the nature and treatment of lung fever. This disease is more or less common to all Northern latitudes, but prevails more extensively in winter and spring than in any other seasons of the year. Of itself considered, it is not a dangerous disease, and in most cases, if the patient were left to rely wholly on nature, he would almost certainly recover. But in this, as in nearly all diseases where any of the principal organs become involved, under "drug medication" the mortality is great.

This disease, called pneumonia, inflammation of the lungs, pneumonitis, &c., exists under different forms, owing to the different structures involved, and the constitutional condition of the patient when the disease is established. Lobular pneumonia is one form, principally confined to young children. In this case spots in the lung are inflamed, yet surrounded with healthy tissue. Vesicular pneumonia is that form in which the air-cells appear to be the seat of disease. I might mention several other technical distinctions, but such would only tend to confuse, rather than enlighten, the general reader. Those forms only, then, will be mentioned, which will have a particular bearing on the treatment of the complaint.

Perhaps the most useful and convenient heads under which to present this disease would be the three following, viz.: 1. Entonic Pneumonia; 2. Typhoid Pneumonitis; 3. Nervous Typhoid Pneumonia.

SYMPTOMS.

The disease is usually ushered in with chills, followed by fever; sometimes the chill is severe and decided, at other times quite light, and even in some cases entirely wanting. Especially is this the case with children. There is also diffi-

cult breathing, cough, pain in the side and back part of the chest. Sometimes the local symptoms precede, and for several days before the disease is fully developed, there will be a lack of appetite, lassitude, a sense of uneasiness, with slight fever.

In the entonic form there is a strong pulse, white tongue, flushed surface, and expectoration of a whitish color, with cough, and pain in the chest and side, sometimes very sharp, which indicates that the pleura and investing membrane are involved.

In the typhoid form the pulse is more feeble, the tongue of a dark color, offensive excretions, livid or purple spots over the surface, face of a crimson color, dark, rusty-colored expectoration, mixed with blood. These signs, when prominent, indicate a malignant form, and much care is required to save the patient.

In the nervous form the tongue is of a whitish color, copious expectoration, somewhat frothy, rather feeble and irregular pulse, unequal heat of the surface, and sometimes frequent sweating, or a moist, clammy condition; the flush of the face is of a hectic cast.

The above are the most marked and general symptoms, yet subject to variations more or less severe.

TREATMENT.

I now come to the most important part of this article, that of knowing how to treat those afflicted.

In the first form, as above presented, the full wet-sheet pack daily, in the forenoon, is demanded, and where the strength will admit, a sitz bath in the evening, followed with a large compress made from a small sheet, applied over the lungs, leaving enough dry to cover the part wet; or a woolen covering may be used. The compress should be re-wet when it becomes dry. Let a warm jug be applied to the feet, and cold applications to the head. Give the patient plenty of pure, soft, cold water to drink, and give nothing to eat except a little gruel, until the fever is subdued. Have the room well ventilated. The temperature of the pack should be about 90°; the sitz bath the same, but lowered to 80° for a few minutes before coming out. The compresses should be put on cold. The bowels, when constipated, must, in all forms and varieties of the disease, be thoroughly moved by tepid injections daily.

In the second or typhoid form, the treatment must be of a milder character. The pack may be used when the fever is fully developed. The body should be sponged once or twice daily with tepid water, compresses worn on the chest, and cold water freely used to drink. As there is usually congestion of the brain and a tendency to delirium, the head should be kept quite cool and feet warm, the room well ventilated and quiet, and the diet as above directed.

In the nervous form, great care should be taken to keep the circulation as uniform as possible, by applying hot bottles to the limbs and feet. And where much difficulty of breathing occurs, use hot fomentations over the chest; this is also advisable occasionally in the common and typhoid varieties, followed with cold compresses. But, in this form, no cold bathing is admissible. Sponge baths and mild compresses, with good ventilation and careful nursing, giving Nature a chance to do her work unobstructed, is the best course to pursue.

The above indications of treatment carefully followed out, will almost invariably remove the disease and restore health.

DR. RUSSELL.

GOING TO LAW.—Two Dutchmen, who built and used in common a small bridge over a stream which ran through their farms, had a dispute concerning some repairs which it required, and one of them positively refused to bear any portion of the expense necessary to the purchase of a few planks. Finally, the aggrieved party went to a neighboring lawyer, and, placing two five dollar notes in his hand, said:

"I'll give you all dish monish if you'll make Hans do justice mit de pridge."

"How much will it cost to repair it?" asked the honest lawyer.

"Not more as five tollar," replied the Dutchman.

"Very well," said the lawyer, pocketing one of the notes and giving him the other; "take this and go and get the bridge repaired; 'tis the best course you can take."

"Yaas," said the Dutchman, slowly, "yaas, dat ish more better as to quarrel mit Hans;" but as he went along home he shook his head frequently, as if unable, after all, to see quite clearly how he had gained anything by going to law.

To Correspondents.

E. G. R., of Battle Creek, Mich., inquires:

Will you please inform me through the Reformer what is the effect upon the system of a free use of lobelia as emetics, and cayenne pepper internally and externally? Is there danger in using these two articles? If so, what are the dangers? May they not be used with good effects in some cases?

The effect produced by taking lobelia into the stomach is similar to that of tobacco. It is a poison, the effect of which is depressing; it readily produces emesis, but very much prostrates the nervous system. Cayenne pepper, when taken internally in sufficient doses, will also produce vomiting. Its effects are those of a strong stimulant, exciting the nerves to intense action, which afterward sink as far below their normal condition. When externally applied, there is an action in the parts similar to any ordinary inflammation, only less in degree. Its effects are less injurious than the former drug. But we cannot conceive of an instance where it would be necessary or even admissible to use either, any more than it would be to use tartar-emetic or whisky. If necessary to produce emesis, warm water is the best. If heat to the external part is desired, hot fomentations or dry rubbing are all-sufficient.

S. A. H. writes:

What is the cause and the remedy when the following symptoms are manifested from time to time, viz.: All of a sudden the heart, without any apparent cause, will flutter or tremble as though it had received a sudden snap, followed by great faintness, lasting, in all, for half an hour, occurring two or three times in one forenoon, then it may be months before it occurs again.

There is, no doubt, functional derangement of the heart, caused from irritation of adjacent organs, its primary seat being a diseased stomach. More supposed heart diseases are mere sympathetic affections, arising from dyspeptic stomachs, than anything else. This individual needs to be abstemious in diet, using a grain and fruit diet. Eat only two meals a day; use no animal food, no butter, and but little, if any, milk, sugar, or salt. Be temperate in labor, exercise largely out of doors, have your social surroundings pleasant, avoiding excesses of all kinds, and take an abundance of sleep. Take one sitz bath, one general bath, and two foot baths, per week; also fomentations over the

stomach and liver once a week. Take the baths according to directions given in previous numbers of this journal.

C. R., of Ohio, writes:

1. Which is best for a person not in very good health, providing they cannot have a warm room in which to take baths: to bathe in a cold one, or not at all, supposing they feel chilly after bathing?

We can hardly conceive that it is necessary, in this age of plenty, that a person should be under the necessity of bathing in a cold room. In so important a matter as bathing, if for nothing more than bodily purity, there should be a way provided for a comfortable room. It would depend a good deal on the capital amount of vitality the person possessed as to which would be the worst. Both are bad, and we think might be avoided by a proper effort. It would not be very difficult nor expensive to obtain a warm room once or twice a week. The temperature of the room should be 75° or 80°.

2. I am troubled with sore throat, and raise a whitish, gluey substance every morning. The cold air affects it, and eating anything sour or salt does also.

You are no doubt suffering from derangement of the stomach, and also catarrh. The only really safe course to pursue in such a case, would be to go to a good Hygienic Institution. If you do not obtain relief soon, the tendency will be to involve the lungs. Still, you may derive much benefit by placing yourself under well-regulated home treatment. But our limited space in this department will not allow us to go into full details of such cases. You should live healthfully, and exercise much out of doors, and have your social surroundings pleasant.

LAW AND PHYSIC.—When Dr. H. and Sergeant A. were walking arm-in-arm, a wag said to a friend:

"These two are just equal to one highwayman."

"Why?" was the response.

"Because it is a lawyer and a doctor—your money or your life."

HOW TO CATCH 'EM.—Fanny Fern says: "Show but a strip of white stocking above your boot, or a bit of embroidered skirt, or a balmoral, and you may lead a man by the nose." But hoops, after all, are no novelty. In 1753, the sex were reproached for making

"Their petticoats short, that a hoop eight yards wide Might decently show how their garters were tied."

Words from our Friends.

Wisdom is the Principal Thing.

WISDOM is displayed in all the eye holds. The footprints of the Almighty are upon all his handiworks. The heavenly bodies themselves, exhibiting the varied systems composed of suns, planets and fixed stars, down to the small dust of the balance, all are governed by the most perfect order and harmonious laws. The animal tribes are no less wonderful in this respect, having their bounds set by the great Creator, who gives them meat as they have need. The finny tribes of the mighty deep, as well as the feathered songsters that warble their sweet melodies in the atmosphere above us, all tell of system and order, and furnish themes for the admiration and contemplation of the human mind.

But let us reflect for a moment. Is man an exception to the sublime principles beheld in the foregoing? Are there no laws but his own carnal mind, or the caprice of his own will, by which he should be governed? May he act with impunity, regardless of consequences? Has the Almighty forgotten to provide system and order for his government? Such would be a strange freak in the order stamped upon all else.

Then if man's well-being is suspended upon the observance of the laws which Heaven has ordained, and if he may not violate them without incurring their penalties, it is evident that the first great business of man should be to acquaint himself thoroughly with those laws or principles, which, if he obeys, will bring the greatest amount of good to himself, as well as to those around him.

But the limits of this article will not admit of entering into detail upon this subject. A few allusions to the plainer principles must suffice. And we would remark that self-preservation is said to be the first law of nature. To preserve our physical being perfect and inviolate, is essential to our happiness. This we cannot do without a conformity to the laws which are ordained to this end. For instance, we may not sever an arm from the body without suffering the penalty of a violated law, neither may we take into our stomachs that which in its nature is opposed to the laws of life, such as arsenic or other poisonous substances, without

suffering the penalty for the violation of such laws, by a corresponding effect produced upon the principles of life.

The physical structure is formed of the food received, and partakes in a great measure of the nature of such food in its material substance. Then the nature of our food becomes of first importance. We should select and use such as in its nature is the best calculated or adapted to the building up and strengthening of the physical structure, with reference to a full and perfect development of all the faculties, having reference not only to a perfect physical, but also a perfect mental, development. Considering the fact that the brain is formed from the food we eat, the idea at once presents itself that man, to a great extent, *forms himself*, or lays the foundation of his intellectual being, giving himself his own position in the great field of intellect around him. Wisdom then suggests the propriety of studying well the laws of our physical, intellectual and moral being, that we may relate ourselves to such laws to the best advantage in all these respects. The quality of the food we eat becomes of first importance, as well as to regulate the proper quantity at proper intervals, that the greatest benefit may be derived. The lower animal tribes are all provided for in these respects by the laws of the Creator, governing them in all their relations to each other, by some called the laws of instinct. But man, being endowed with intellectual as well as moral faculties or attributes, is held amenable upon the basis of moral agency. Having this above all the other animal tribes, his destiny is placed in his own hands; hence wisdom should be consulted with regard to all our works, seeing it is the wise who are to shine as the stars forever and ever. Then we would say to all health reformers, Get wisdom, and with all thy getting, get understanding also. JACOB HARE.

M. Pleasant, Iowa, Dec. 5, 1867.

Cheerfully.

DON'T you dread to fold the clothes after doing a large washing, said I not long since to one who was performing that part of the day's work.

"I never dread anything I have to do," she replied.

I had often wondered how she did so much with so great ease, but this answer explained the mystery. Oh! thought I,

if all would only observe this saying, how much unnecessary care would be avoided. Many spend more time and strength dreading this thing and that, than it would take to do them. It may truly be said that they perform their labor twice: once in dreading and once in doing.

I don't like to do this, and Can't I be excused from doing that? are expressions too often heard from the lips of those in good health. They are unwilling to take the bitter with the sweet. Such often find, to their own mortification, that they have only doubled the draught by putting off.

All admire the little child who has been taught to obey as soon as spoken to; but many older ones are unwilling to learn the lesson which would be so valuable to themselves. Perhaps in their younger days fond parents were over-indulgent, and allowed them to neglect the little that was required, until it became a habit which followed them to mature years. If such would only arouse themselves by an effort of the will, they would soon be able to overcome their negligent ways, and by so doing their own cares would be lessened, while those around them would soon discover the change and be led to imitate their example.

I would not insinuate by these remarks that any should labor beyond their strength. No, no, that would be wrong; but I would try, by pointing out a common fault, to enlighten those who have fallen into this bad habit, by referring them to a more excellent way. Let them take for a motto, I will never dread what I have to do, and try its effects for one month, and if at the end of that time they perceive not a change for the better, I shall be greatly disappointed. Again I say, Try it.

SUSAN MCINTOSH.

Health Institute.

Would You Do It?

WOULD you set a goldsmith to make you a set of fine jewelry of brass or iron? Would you employ the mechanic to erect and finish for you a nice and durable dwelling, and furnish him only poor, rotten, knotty timber and lumber? Would you engage a cutler to manufacture for you a nice pocket knife or set of surgical instruments, with no other stock for the occasion than a few bits of tin, lead and scrap iron? Would you employ a cook to prepare bread, cake, pastry, &c., for the family board, the social gathering,

or the marriage feast, and provide no other material but stubble or sand?

Would you expect the different organs of the body to digest food, carry on the process of assimilation and nutrition, make good blood, healthy tissue and muscle, so that you may enjoy life and the buoyancy of spirits which vigorous health imparts, with only the use of fine flour, hog's grease, diseased flesh-meats,—as unhealthy beef, scrofulous-tainted pork; stimulating drinks,—tea, coffee, beer, ale, rum, gin, brandy; condiments, tobacco, &c., &c.; combined with unhealthy clothing, bad air, want of proper exercise, rest, and the restraints and quieting influence of moral and religious principles and influences? Would you do it?

N. ORCUTT.

West Enosburg, Vt.

Things that we are Never Sorry For.

EVEN in this world of grieving and regretting, there are some things that never cause us to mourn. No ruler ever yet sorrowed that he had ruled too well. No teacher that he had taught too well; and we might read all the volumes in the land without finding the testimony of a single individual sorrowing in his last moments that he had lived too well.

No father would ever lessen the good examples that he has set his children, and no mother, as she feels the warm breath of her little ones kissing their good night upon her cheek, ever grieved that she bore so patiently the little annoyances they occasioned her through the day.

When death separates, no companion mourns that he tried so hard to lighten the burdens of the other; no child that he was so dutiful to the parent; no brother or sister that they have been too kind, no friend or neighbor that they have been too forbearing. We never grieve for the hasty word we refrained from speaking, nor for the unkind one that we would not let escape our lips.

It is not the appetite denied, but the appetite indulged, that makes us deplore our want of self-control.

We never sigh over opportunities wisely improved, nor charities timely bestowed, nor provocations meekly endured. Not a good deed, nor a kind act, nor a worthy thought, will ever occasion us one feeling of regret; and to lighten our sorrows we have only to lessen our sins.

L. E. O.

For the Family Circle.

THE SQUIRREL AND THE MOUNTAIN.

THE Mountain and the Squirrel
Had a quarrel;
And the former called the latter "Little Prig."
Ban replied,
"You are doubtless very big;
But all sorts of things and weather
Must be taken in together,
To make up a year
And a sphere.
And I think it no disgrace
To occupy my place.
If I'm not so large as you,
You are not so small as I,
And not half so spry.
I'll not deny you make
A very pretty squirrel track;
Talents differ; all is well and wisely put;
If I cannot carry forests on my back,
Neither can you crack a nut."

Subjugating an Elephant.

RECENTLY, a Cincinnati paper says, a circus elephant, thirty-six years old, 10,000 pounds weight, and named Tippo Saib, while in winter quarters at Connorsville, Indiana, became unruly on account of a change of his keeper, and went to war against all mankind. He would allow no one in his quarters, and struck at every one who approached him with his trunk and tusks most violently. His keeper determined to subdue him, and the process and result are thus described: The new keeper, with nine assistants, had fully armed themselves with chains and cables for tying, and spears and pitchforks for subduing Tippo. The first thing done was to fasten a brick-bat to the end of a rope and throw it over the end of the tusk-chain, which latter is fastened to one leg and one tusk. By means of this rope, a 20-ton cable chain (formerly used to subdue the famous Hannibal) was slipped around the tusk. Next, an excavation three feet deep was made under the sill of the house, and while the elephant's attention was attracted to the other side of the room by a pail of water poured into his trough, the cable chain was passed through the excavation and fastened to heavy stakes outside. All this time the infuriated monster struck all around him with terrible ferocity, and tugged at his chain with incredible momentum. The next thing accomplished was the snaring of his hind legs. This was consummated by the slinging of fresh ropes around those two stately pillars of elephant flesh, bone and muscle, and finally, by the stealthy strategy of the

keeper and another man, these ropes were fastened to stumps outside. The elephant was now sufficiently pinioned to allow the order, "Charge pitchforks," to be given. Ten men, armed with these ugly implements of offense, plunged then into the rampaging beast, taking care, of course, to avoid penetrating his eyes or joints. The tenderest spot in an elephant is just behind the fore legs, and that locality was prodded unmercifully.

By means of a hooked spear sunk in his back, Tippo was brought to his knees, but he surged up again with such awful strength that he swept his tormentors off their feet and made his chains whistle like fiddle-strings. After an hour's fighting he was brought down on his side, but for two hours longer he tugged at his chains with frenzied obstinacy. He pulled so hard at times that his hind legs were straight out behind him, and three feet off the ground. At the end of three hours the giant gave in by trumpeting, which is the elephant's way of crying enough. The moment this peculiar cry was heard the battle ceased. The keeper made Tippo get up and lie down a number of times, and he was as obedient to the word of command as a gentle pony. The animal was then groomed and rubbed off with whiskey. He allowed all manner of liberties without so much as flapping an ear. He was a subjugated elephant.

AN UNINTENTIONAL JOKE.—A Rochester urchin unconsciously perpetrated a great joke, at the expense of his teacher, the other day. The lady was announcing to her pupils the holiday of February 22d, and asking them some questions concerning its observance; among others, why the birthday of Washington should be celebrated more than that of any one else. "Why," she added, "more than mine? You may tell me," she said to a little fellow eager to explain. "Because," he exclaimed, with great vivacity, "because he never told a lie!"

AN APT SIMILE.—A negro preacher, while holding forth to the colored soldiers at Port Hudson, said: "De whole of God's relation to us am like de wheel. De Lord am de hub, de Christians am de spokes, and de tire am de grace of God, bindin' all togedder."

☞ He who steals an old man's supper, does him a kindness.

Items for the Month.

We call attention to the excellent variety of reading matter presented in this number of the Reformer, and confidently invite the co-operation of our friends and patrons, in our labors to render this journal practically useful. We are happy to add to our list of contributors the names of several experienced health reformers, whose practical articles will from time to time enrich the columns of the Reformer. Now is the time to make an earnest effort to extend its circulation, and thus help on this glorious cause.

THE HEALTH REFORM INSTITUTE.—This Institute, located in Battle Creek, the most healthy and convenient part of the rich State of Michigan, affords rare facilities to invalids for regaining their health. It has good accommodations, and is prepared to receive a goodly number of patients. The purest water, perhaps in the State, has been at great expense furnished for the bathing department. The dietary is excellent, as the best of grains and fruits are grown here in abundance. Patients who have come to us from other cures have freely given us the preference in many particulars. Those who are out of health would find it much to their advantage to give this Cure a trial, as it affords every facility that the sick need for obtaining health, and the expenses are less than in any other first-class Institution now in operation. Send for circular to H. S. LAY, M. D.

TO CORRESPONDENTS.—We wish to say to all persons writing to this office, that they are requested to write plainly, with ink instead of lead pencil. We receive letters, sometimes, that are so obscure as to be read with much difficulty.

We call the attention of our readers to an article in this number from Dr. Abbott, on the treatment of small-pox. The article speaks for itself, but the point of the greatest importance is, that such a loathsome and much-dreaded disease was so successfully treated without medicine, in popular sense, and with such perfect success. This is not new to us. Nature displayed her power in this as she always does when not obstructed by meddling doctors and their deadly drugs. We were well aware that small-pox, measles, scarlet fever, &c., are divested of their terror under hygienic treatment, but the people are slow to believe, as Nature does her work so quietly as not to attract attention. But let some quack nostrum-vender get up a slop made of whiskey, brandy, or some other poisonous liquor, and made still worse by adding a few roots and drugs, and have it puffed through the popular press, its devotees become numerous, although

death sooner or later follows its march. Had any one discovered a medicine, under the administration of which so many suffering from such a disease as small-pox had so remarkably recovered, its virtues would have been extolled to heaven, and the vender's name immortalized.

REFORM DRESS.—It was promised in the article on dress in the last number, that Miss Dr. Lamson would give a full description of the reform dress in this number; but on account of her being absent on a visit to her friends in New York, it will not appear until our next issue.

Orders for patterns of the reform dress should be addressed to Miss Dr. Lamson, Battle Creek, Mich. Price, for patterns in full, 50 cents. Through mistake it was printed in the last number, 25 cents.

"Many years ago, a countryman called on a physician in York. He was in the depth of dyspeptic despair. The doctor gave him some plain advice as to his food, and ended by writing a prescription for some tonic, saying,

"Take that, and come back in a fortnight."

"In ten days Giles came in, blooming and happy, quite well. The doctor was delighted, and not a little proud of his skill. He asked to see what he had given him. He had'n't got it.

"Where was it?"

"I took it, sir."

"Took it! What have you done with the prescription?"

"I ate it, sir. You told me to take it."

Probably if nine-tenths of the prescriptions made out by the medical fraternity were taken in the same way as by this Yorkshire yeoman, the world would be the wiser and better for it.

We take pleasure in calling the attention of our readers to a weekly paper, published by Church & Goodman, 110 Dearborn St., Chicago, called the *Standard*, it being a consolidation of the *Christian Times*, Chicago, Ill., the *Witness*, Indiana, and the *Christian Herald*, of Kalamazoo, Mich. We have not room to speak of its merits in full. It is the organ of the Baptist denomination for the great Northwest. Its circulation is about fifteen thousand, and it goes into all the great States and Territories of the West, thus affording rare facilities as an advertising medium. It also contains much instructive reading for the family circle.

Those who are desirous of procuring a choice lot of Flower and Vegetable Seeds, will do well to notice in this number the advertisement of James Vick, of Rochester, N. Y., the well-known grower and importer of the above articles.

THE CHICAGO WEEKLY JOURNAL.—This paper comes to us replete with items of interest and news of the day. It is executed in good taste, and the paper is of a superior quality. We can heartily recommend it as one of the leading journals of the times.