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OUR PHYSICIAN, NATURE: OBEY AND LIVE.

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THE GERMS OF THE BEAUTIFUL.

SCATTER the germs of the beautiful,
By the wayside let them fall,
That the rose may spring by the cottage gate,
And the vine on the garden wall.
Cover the rough and rude of earth
With a veil of leaves and flowers,
And mark with the opening bud and cup,
The march of summer hours.

Scatter the germs of the beautiful
In the holy shrines of home,
That the pure, and the fair, and the graceful there,
In their loveliest lustre come;
Leave not a trace of deformity
In the temple of the heart;
But gather about its hearth the gems
Of nature and of art.

General Articles.

Health, No. 11.

GLUTTONY; OR EATING TO EXCESS.

GLUTTONY is also almost universally practiced by eating too often; and under this head we would first notice eating between meals. This habit is generally acquired in infancy, under the influence and through the sympathy of parents, who, when they see their little ones suffering, or out of humor, will try to pacify them by giving them something to eat. Such, perhaps, are not aware of the many evils consequent upon this pernicious course. In trying to obviate small difficulties, they create some that are far worse in their nature, and which will cause them more trouble in the end.

First, they create in their children unnat-

ural appetites, the demands of which will increase and grow stronger, and whereby they, as well as their offspring, are made slaves to lust.

Again, when children are thus humored, their appetites take the lead, and all the happiness they see is that derived from the gratification of their animal nature. Their moral and spiritual natures are neglected and become weakened, so that they cannot discern spiritual things. They cannot be made to appreciate divine things, or respect and obey God or their superiors. Being shut up to themselves, the selfish and animal in them rules supreme, and it is impossible for them, so continuing, to bow to authority. They see no greater authority than that which they possess. Hence they make it a light thing to disobey their parents and other superiors, to be profane, independent and daring in their language and actions, to be unthankful, unholy, and without natural affection, to let their passions take the lead, causing them to practice licentiousness, and to form premature and unwise attachments with those of the opposite sex, only to bring more trouble and misery into the world. And thus children often bring their parents and guardians to sorrow and shame.

Dear reader, permit me to here express it as my strong conviction, that we have before us the root of the matter, one of the great causes of the lawlessness and lack of reverence in most of the children and youth of this age. Look where you will, and you will see that these evils prevail to an alarming extent. Times have greatly changed for the worse. We do not see that regard for law and authority in children that used to exist. Many good parents may wonder why it is so difficult for them to bring up their children. Let me repeat, we have before us one great cause of this state of things, which cannot be improved, unless the axe is laid at the root of the tree. Can pious parents take hold of this

work in earnest? Can they deny their little ones that which they know will hurt them? or will they be so weak and foolish as to let their sympathy govern them instead of reason? Can they not see the tremendous bearing this subject has on the present and future happiness of their children, and on their own happiness? Can they bear the thought of seeing their offspring grow up selfish, stubborn, licentious, and without natural affection? It is very apparent that there is not that natural affection in children and in society generally that characterized past generations, and so sweetly united parents and children, and made home so pleasant and attractive; that consolidated society, and brought neighbors and fellow-citizens in such sweet and strong relations to each other. How easily is union broken in families and neighborhoods. It takes but a trifle to rend family ties asunder, to bring division and trouble into neighborhoods, towns, states and nations; and selfishness is at the foundation of these evils; and a great promoter of selfishness is gluttony, which is generally established by bad habits acquired in infancy.

But parents are often in error in their habits of eating, and need to reform themselves before they can effect a change in their children. It is a true saying, that what children see their parents do, they will exhibit themselves in their lives; that as face answers to face in water, so the conduct of children generally answers to that of their parents. True, there are exceptions; but this is the general rule.

Parents frequently tempt their children to sin, by giving them only such presents as will satisfy their appetites, as candies, nuts, etc., which strengthens in them the belief that there is no other source of happiness but the gratification of flesh and sense. We do not say it is always wrong to give them such presents; but let gifts be so diversified, and given in such order, and with such instructions, as will leave with the children proper impressions as to what constitutes true happiness.

Again, one kind of intemperance opens the way for another, and it is often the case that those whose appetites have been perverted and unduly strengthened in infancy, by frequent and improper eating, will be led by the imperious demands of appetite to indulge in the use of the filthy weed, to keep up a continual worship and gratification of taste, or in the use of intoxicating liquors, to be accompanied with an almost endless train of evils, which so often disgrace families and society.

But another important idea is, that eating between meals is very deleterious to health.

It lays the foundation for stomach diseases, which are always connected with other maladies; for the stomach, as we have seen, exerts a mighty influence on all other parts of the system. If the stomach fail, the whole system, and especially the weaker organs, will suffer; but if it is kept in a healthy state, other things being equal, health and strength in the other organs will be the result. Now the health of the stomach depends as much on its having a sufficient amount of rest, as it does on supplying it with food. But how can the stomach rest when it is kept almost constantly at work? When will men and women awake to their best earthly interests?

Another weighty consideration is, that the digestive organs are as truly set to work by introducing a small quantity of food into the stomach—whether it be an apple, nuts, berries, candies, or even a pea, or a bean,—as it would be if you were to eat a larger amount; and to eat even a small quantity causes a flow of gastric juice from the coats of the stomach, which ought to be reserved to help in digesting regular meals.

We are living in an age of plenty. Especially is this true in regard to the American nation. But this great blessing is abused, so that it might be said that people nowadays live to eat, and do not eat to live. Nearly everywhere, whether in a private or public capacity, you will see gluttony, in the shape of eating between meals, practiced. Is it not time that reasonable men and women begin to work to effect a reform in themselves? Is it not high time that professors of Christianity, that believers in the Bible, which condemns gluttony in an unsparing manner, commence to let their light shine in this respect, and manifest temperance, not only by abstaining from intoxicating drinks, but also in other things—in eating to the glory of God?

More next month.

D. T. BOURDEAU.

TO TELL THE NUMBER THAT ANY PERSON THINKS OF.—Bid the person double the number he has fixed on in his mind, which done, bid him multiply the sum of them both by 5, and give you the product, which they will never refuse to do, it being so far above the number thought of, from which if you cut off the last figure of the product, which will always be an 0 or a 5, the number left will be that first thought of. As for example—let the number thought of be 26, which doubled, makes 52; that multiplied by 5, produces 260; then if you take away the cypher which is in the last place, there will remain 26, the number thought of.

An Item of Experience.

THINKING that it might interest the readers of the Reformer to read my experience in regard to the health reform, I write these few lines.

And first, I would say that I inherited by birth a scrofulous organization and a weak stomach. I lived as people generally do, eating quite largely of meat, butter, sugar, preserves and spices, and eating three meals a day, and often between meals. Under this mode of living, my stomach often revolted. I was troubled with bilious turns and sick-headache quite often, but more especially in the spring of the year. I also dressed as women generally do, so that my extremities were almost always cold, and as a consequence I would take cold easily and it would settle on my lungs, causing a cough which would cling to me for weeks.

During the summer of 1864, I had the scarlet fever, which continued six weeks, and soon after my recovery, typhoid fever followed. By this time, I had learned that drugs were poisonous, and to wear a compress on the lungs, was good in such cases. I therefore tried to live out the light I had on these points. About this time I heard Eld. White and wife speak on some points of the health reform. This was the first that I had heard on this subject. I then commenced to live it out. I left off the use of meats, and adopted the two-meal-a-day system. I have also adopted the reform dress, and try to cultivate temperate habits in all things.

The result is, I have not had a sick day for more than three years; neither have I had bilious turns; my head has not troubled me much; my stomach and general health have improved; and I think it pays well to live out the health reform.

M. E. BOURDEAU.

"There's a Pay-day Coming."

THIS old adage has been forcibly impressed upon my mind to-day, having transgressed some of nature's laws yesterday. Those dainties tasted nice, but my settlement with nature is far from agreeable. My first payment was nausea, which probably did more toward canceling the debt than anything else; but headache followed, with vomiting, lassitude and nervousness. Everything looked rickety; everybody seemed cross; life's duties seemed irksome; and all for a little piece of mince-pie, and a little chicken-stuffing. Who would think it would turn the world upside down,

or make it seem as though it were whirling round like a top. But I have learned wisdom by the things I have suffered, and come to the conclusion that it did not pay.

My father, an M. D., used to say dyspeptics looked through green glasses, turning earth into a cemetery, and life into the shadow of death. He said that when he saw persons gloomy, cross, and jealous, he set them down as dyspeptics. But I have another settlement to make with Him that made all the wholesome laws that govern nature; and as I have very foolishly degraded myself, and have nothing to pay, I pray him to accept my REPENTANCE and REFORM through Christ.

VESTA N. CUDWORTH.

Springfield, Mass.

Is there Poison in Healthy Food?

It is often stated by apologists for the use of alcohol, that this article is obtained from grains, and fruits, and vegetables; and we sometimes hear opposers of the health reform say that poisonous acids may be extracted from some of the most delicious and healthful fruits.

We are inclined to take the position that no one of these poisons is present, in any of the grains, or fruits, or vegetables, when used in their natural condition, but in order to obtain alcohol, or any other poison, from them, fermentation must first take place. The grain must first die; that is, a complete chemical change must first happen to the grain, or fruit, or vegetable, before poison can be extracted.

What is there so poisonous as a corpse; the body of a dead man? How many a surgeon has lost his life from inoculation, from a dead body, while dissecting? Does this prove that the blood of a living man is poison? By no means; on the contrary the effect of a healthy, robust life, is life and animation; and what is there more health-inspiring than the presence of a cheerful, healthy, virtuous associate? but let death occur, and how soon is that beautiful temple of life a legion of poisons! and how speedily you enclose it hermetically, or bury it from sight.

So the grain, the fruit, the vegetable, is pure, until it ferments and decays; then, like the pus which issues from the ulcer, or like the putridity developed in carrion, or dead flesh, it is poison. Shall we infer because a lifeless animal emits poisonous matter from its carcass, that such poison did exist in the body previous to its death? By no means! but a chemical change has taken place, and

decay has developed in that body a host of nauseous poisons, which did not exist in any form while life and health lasted.

Death has caused all this decay, and alcohol and other poisons extracted from grains, fruit, &c., are all of them the products of fermentation and decay, and not one of them existed in these articles of food while they were perfectly free from decay.

As Satan was once perfect and free from taint of evil, so the healthy, sound fruit and grain, is free from poisonous qualities, but as the sin of the great apostate angel turned his love into hatred, and his virtues into vices, so death and decay turn healthy, living bodies and fruits, into an opposite quality; what was good becomes evil; what was before excellent, becomes poisonous.

In Satan, the change was a moral change; in the fruits and grains, the change is chemical; but in each the change is radical, and complete.

This figure is appropos here, because that had not sin entered the world, death and decay would not have been known; and consequently, fermentation would not have taken place in fruits and grains, and chemical laboratories would have had no such employment as extracting prussic acid from fruit, and distilleries would have no malt from which to manufacture alcohol. And it may well be said that as alcohol is the product of death, it is natural that it should produce death; the same may be said of other poisons, obtained by a like process.

JOSEPH CLARKE.

Diseases and their Treatment. No. 6.

THE TREATMENT OF FEVERS.

IN my last I spoke in general terms of the course to be pursued in the treatment of fevers, but it may be well to present some instructions how to proceed in different kinds of fever.

Inflammatory Fever—As before shown, is known by a strong pulse, white tongue, with red eyes, uniform heat and dryness of the skin, florid redness of the whole surface, and a general lessening of all the excretions of the body. As we stated in No. 2, this fever is common to those of vigorous constitutions, who follow an active out-of-door life. Such persons have strength to bear more heroic treatment than those of feeble constitutions. On the treatment of this fever, Dr. Trall says: "The treatment is very simple, and should be always successful. The bowels should be moved freely with enemata of tepid water at

first, and subsequently, whenever there is hardness, tension and uneasiness, in the abdomen. The patient may drink pure water of any temperature most agreeable, and in any quantity he is inclined to. The whole surface should be sponged with cool or cold water, as either may be most pleasant, as often as the heat rises much above the normal standard; or, if practicable, the wet-sheet pack may be employed once or twice each day. When the superficial heat is very great, double wet sheets should be used. The prolonged tepid full bath is well adapted to this form of fever, though it is not so agreeable to the patient as the wet-sheet pack. No food should be taken until the skin becomes moist, and the coat of the tongue begins to disappear." Bear in mind that the above heroic treatment is only for such patients as are indicated, and not for the feeble. We throw in this caution, as many do not distinguish readily between fevers.

Intermittent Fever, or Fever and Ague.—This disease is common to localities where decomposing vegetation abounds, and to places where stagnant water or swampy lands, covered with dense foliage, fill the air with carbonaceous and hydrogenous gases. That this is one of the prevailing causes of this disease, connected with bad living, is evident from the fact that new countries are more subject to it than those which have been long settled. Some portions of western New York, where ague is now unknown, were, in early times, deserted by many of their inhabitants, who returned to the New England States to escape the ague. What are called "chill fever" and "dumb ague," are only imperfectly developed forms of intermittent fever. The intermittent fever is known by a complete cessation of the hot stage, constituting what is called an intermission. During this stage, the patient is often able to attend to ordinary labor. The paroxysms may occur daily, or every second, or third day, or even twice a day. Dr. Trall prescribes the following as the treatment in this class of fevers: "Warm foot-baths, fomentations to the abdomen, bottles of hot water, etc., to the sides and armpits, are applicable to the cold stage. When the whole surface becomes preternaturally hot, tepid ablutions, or the wet-sheet pack, according to the degree of heat, are to be employed. During the period of intermission, the patient should avoid fatigue, and be extremely careful and abstemious in the dietary."

In this fever, as in inflammatory fever, it is essential that the bowels should be kept free in their action, by injections of tepid

water. There are frequently complicated conditions of the system attendant on the ague, such as enlargement of the liver or spleen, or congestion of both. Before a permanent cure can be effected, the correct functional action of the liver, spleen and skin, must be established, but perseverance in the treatment above prescribed will effect the cure, if proper attention is given to the diet.

Continued Fevers, or Putrid Fevers.—As already shown, a fever is an effort of nature to free the system of impurities, either effete matters or poisons. As shown in No. 4, these protracted efforts of nature to free the system of impurities, modified by the constitution, habits, and condition of the patient, give rise to the various forms of putrid, protracted fevers, such as bilious with typhus or typhoid symptoms, typhus, typhoid, spotted, ship, jail, hospital, yellow, sinking, &c. We refer your attention again to the symptoms of these fevers presented in No. 4. "The treatment of these forms of fever," says Dr. Trall, "must be regulated by the *circulation and temperature* of the patient. The more feeble the pulse, the warmer should the baths be. Warm, tepid, cool, or cold ablutions may be best, in different cases. In the mild cases, when the whole surface is preternaturally hot, the plan of treatment does not vary much from that applicable to inflammatory fever. As there is a constant tendency to congestion of, or determination to, the brain, lungs, or liver, indicated by delirium, or coma,* difficult respiration, or prolonged chills, with extreme yellowness of the eyes and surface, great care must be taken to maintain the balance of circulation, as in cases of nervous fever. When the local heat and pain are considerable, cold applications must be constantly made, and when there is tendency to ulceration, as in diphtheria, malignant scarlet fever, and putrid sore throat, ice should be freely employed. Hemorrhagic tendencies require cool applications locally, warm to the extremities, bits of ice or sips of ice-water frequently taken into the stomach.† The utmost attention should be given to ventilation, frequent changes of bedding and linen, and the instant removal of all effete or excrementitious matters."

Nervous Fever.—As set forth in No. 4, nervous fevers are those in which persons of feeble constitutions or sedentary habits have

more or less affection of the animal nervous system. Typhus and typhoid fever are liable to assume a nervous form. It is called by some "mild typhus," "low typhus," and "slow fever." Its peculiar symptoms are, says Dr. Trall, "Great disturbance of the mental functions; dejection of mind; frequent, weak, irregular pulse; tongue covered with a white, thick mucus; eyes suffused; heat of the surface more or less unequal; frequent turns of muttering delirium; countenance peculiarly expressionless; the skin is liable to irregular dryness and sweats; the early symptoms are mild, and increase in violence gradually; the evacuations are not particularly offensive; the urine is commonly whey-like. Nervous fever of whatever type, always requires gentle treatment. No violent shocks or very cold baths can be tolerated, or should be prescribed. Careful nursing is here the best medication, in an emphatic sense. Tepid ablutions, cool or cold applications to the head, warm applications to the extremities, cold compresses or hot fomentations, as either may be indicated at any time as best calculated to balance the circulation, are the essentials of the remedial plan. Quiet and rest are of especial importance in this form of fever. The very young, very old, and very feeble, are peculiarly the subjects of it."

Remittent Fever.—This is sometimes termed marsh fever and autumnal fever, because it is peculiar to low, marshy sections, and usually prevails in the autumnal months. It is common in hot climates, but seldom manifested in temperate. The remittent fever differs from the intermittent form, in that there is only a *partial* instead of a complete cessation of the hot stage of the paroxysm. Also, the remittent fever has one paroxysm every twenty-four hours. This fever may be putrid, nervous, malignant, or non-malignant, according to condition, constitution and habits of the patient. Of the treatment of this form of fever, Dr. Trall says: "As this form of fever is intermediate between intermittent and continued, so the treatment should be. All the rules I have indicated as applicable to the management of putrid and nervous fevers are just as applicable here, reference being had to the intensity and duration of the hot stage of the paroxysm. The various forms of remittent fever are liable to the same accidents or complications as are the various forms of putrid and nervous fevers of the continued type, and require precisely the same treatment. The term, bilious-remittent, is usually applied to the mild, and malignant-remittent to the severe form of the disease."

*COMA—Profound sleep. It is an indication of a badly congested brain.

† The greatest care must be taken, and good judgment used in administering or applying ice or ice-water in any case, or the life force may be chilled, and the circulation disturbed, and injury ensue. Cool or cold water will be better in most cases. The intensity of the inflammation and strength of the patient, must be cautiously considered.

But we have already exceeded our limits in this article, and must speak of other items bearing on fevers in our next.

J. N. LOUGHBOROUGH.

Allegan, Mich., April 10, 1868.

Mr. "Theysay" and His Family.

THIS is a very large and influential family. Wherever I travel, I hear more or less of them. Almost every one speaks of them, and in such a manner, too, as that it is evident there is much confidence placed in what they say.

But there are some strange things about Mr. Theysay and all his family. I will mention a few:

1. They are an exceedingly large family. They reside in every town and village; at least, so far as I can learn, this is so.

2. They carry on a very extensive business, principally, however, as retail dealers. They very seldom deal in wholesale trade. They always have a great variety of small trinkets. I think that what produces the greatest demand for their goods is, that they are always of the very latest style.

3. Almost everybody is willing to work for them for nothing! This is almost incredible, but yet it is true. Their servants are always very zealous and diligent, for all this.

4. They ask a high price for their goods, but will only take their pay in a peculiar kind of goods, called *Conscience, Truth, Character*, and the like. When they get these goods they never exchange back again, nor sell them to others, but always *destroy them!* This again is very strange, but all testify that this is so. These commodities are very rare in many communities, hence the great effort to obtain them.

5. Nine-tenths of the goods sold by Mr. Theysay and family are generally found to be counterfeit. They look very fair on the outside; but, on close examination, they are found to be worthless. Everybody knows that this is so, and yet they will continue to buy them!

6. But the greatest mystery connected with the family is, that no one knows where they live, nor can they find them. Some who have been badly swindled by Mr. Theysay, have resolved to compel him to take his goods back again; but they have never succeeded in finding him.

7. You can never find a person who will acknowledge that they have had anything to do in his service. All squarely deny him.

ADVICE.—Now, dear readers, let me advise you not to have anything to do with Mr.

Theysay and family. Do not buy his goods. Beware of his servants. You may generally know them by this: They will commonly introduce their goods by mentioning his name, thus: "They-say," so and so. When you hear that word, be on your guard. There is mischief. Theysay is poor authority, and a poor recommendation for any one to come with.

D. M. CANRIGHT.

Experience in the Health Reform.

AN invitation was extended some time since through the Reformer to those who had felt the benefits of the health reform to give their experience for the encouragement of others. I belong to that large class myself, and have felt for some time that perhaps it would not be amiss for me to give mine.

I belong to that large class of comparatively-healthy men, never having been sick much, nor taken scarcely any medicine; and having avoided the use of alcohol, tobacco, tea, and coffee, have usually been free from pain and sickness. Of course I cannot appreciate the benefits of the reform as much as those who have spent weeks and months of suffering from disease, and been in a great measure freed from pain by the reform. Nevertheless I appreciate its benefits very highly, not only because by it I hope to retain my health, but I feel better in many respects, and enjoy life better. Although I never suffered much pain from dyspepsia, and although I could eat almost any kind of food at any time with comparative impunity, not feeling any present inconvenience therefrom, yet I found I was becoming more and more liable to attacks of dysentery, some of these being quite long continued, and growing worse and worse year after year. I am now persuaded that I learned the principles of the reform none to soon, and had I not learned them when I did I should in all probability have soon found myself broken down entirely in this respect. But thanks to the reform and especially to the two-meal system, this last summer I escaped in this respect entirely, which had not been the case before for quite a number of years.

Having given up the use of grease in all its forms, I find myself free from those nauseating "regurgitations," which Bro. Waggoner speaks of, and which I can now look back upon with wonder that I did not realize the cause of them sooner. Having also given up the use of many highly-seasoned, stimulating kinds of food, I find as my taste has grown natural I can relish many a plain dish, which should have formerly thought insipid and

tasteless, and, what is still more important in this connection, I find as a good result, and a very important one in my estimation, my brain is clearer, my feelings more equable, my system more calm, and it is less difficult to keep under those passions and appetites which many of us find it so hard to restrain.

But if I were to single out any one particular in the reform, which I think has proved a benefit to me, it would be the two-meal system. I was very incredulous in regard to its benefits as well as to many other parts of the reform, upon the start. It seemed almost absurd to think it would be better than three meals a day for me, when I often got so weak and faint, if laboring hard and I went a little past the usual meal hour, that I could hardly endure it. But many of those in whom I had confidence tried it, and spoke very favorably of the results, and the reasons seemed good which were used to enforce it. So I thought it would not kill me to give it a good, honest trial, and if I did not like it after giving it a fair trial I thought I could return to the other again. I need not say, that before I had half tried it I was fully satisfied that its benefits had not half been told. It would be a hard matter to persuade me to go back to the three-meal system for one year. I have worked at chopping and other hard labor, and found that I did not suffer half as much from faint feelings as I did when I ate three meals a day. And now those trembling feelings I formerly experienced if I went too long without dinner, are all gone.

We found great benefit from it also in the care of our children. We found that the youngest experienced the least difficulty in changing from two to three meals a day, children of two or three years not minding anything about the third meal after a few weeks, while those older took longer to get accustomed to the change; which proves very clearly that habit has much to do with the matter. It was astonishing to me what a difference it made with our children. My little boys, about two years and a half old, would follow their mother around an hour before meal time, teasing earnestly for something to eat, which we knew they ought not to have. This was very unpleasant, and we reasoned, What then will they do with only two meals a day? But wonderful as it may appear to some, after we had strictly confined them to two meals a day, in a fortnight, they never seemed to think anything about it till the table was set. Many cases like this have satisfied me beyond a doubt upon this point.

I have seen it tried by many hard-laboring men in this State, and nearly all who have

given it a fair trial speak enthusiastically in its favor. Some who had been so badly broken down with the dysentery, that they never expected to enjoy good health again, or be able to do much work, have almost entirely recovered, and owe their recovery to the two-meal system. Men in the western harvest-fields, in the long summer days, working in gangs, following the reaper, which all who know anything about it know is trying business on the muscles and stomach, say they can keep up their stations and endure it better on the two than the three meal system, that is, after they have become fully used to it, while the other hands are off getting their lunch (for it is common in harvest in many places to eat five instead of three meals), or their supper, they take a good rest, and while others are attacked with dysentery or colic, and wonder what is the cause, the two-meal man is generally exempt, and that too, when by working in company with other men, the health reformer has to take his last meal an hour or two earlier than he is accustomed to.

But it is very important, I find by experience and observation, to be gentle in regard to labor when first making the change, and one should not be too quickly discouraged, and think it is all a humbug, because he feels the gnawings of hunger on the start, but persist till those feelings are gone. I never knew one giving it a fair trial to go back to the old system.

But I must not trespass too much on the limited space of the Reformer. I will close by saying, You have my hearty sympathy in all the reasonable, consistent reforms that are going on among us.

GEO. I. BUTLER.

KILLED BY TIGHT LACING.—A terrible warning is conveyed in the sudden death of Emma A. Jones, in New York, on Sunday, 12th instant. She was a well-known Sunday school teacher, and on the day mentioned she accompanied several members of her church to witness the dedication of a chapel. While returning home, she dropped suddenly in the street, without a sigh or groan, and died in ten minutes after. The medical attendant pronounced it a case of apoplexy of the lungs, superinduced by unusual tight corset lacing. It was found, in making a *post mortem* examination, that Miss Jones was quite plethoric in habit, and her body being so tightly bound by steel corsets, the blood had no chance for proper circulation, and rendered her subject to congestion of the brain, which in time led to apoplexy of the lungs.

Editorial.

Animal Food.

It may be asked, Why is it that Health Reformers discard the use of animal food? Is it because the Bible strictly and plainly forbids its use? No. Neither is it for the reason that it does not contain nutriment, or may not for awhile sustain life; but that, while it has elements of nutrition, it also contains materials that are directly injurious to the system.

It is a well-known fact, that all domesticated animals are diseased, especially is this the case with those which are subjected to the usual modes of fattening; and it certainly needs no argument to prove that diseased meats are totally unfit for food, and are prolific sources of disease in those who eat them. The common fattening process itself is that of diseasing the animal. By depriving it of its natural liberty and subjecting it to the breathing of impure air, and frequently keeping it from a sufficient amount of light, the different organs of the body become over-taxed and thereby diseased. Nearly every animal that is slaughtered is found to have a diseased liver; and as the office of this organ is to eliminate from all parts of the system, effete and poisonous materials, in order to keep the body in a healthy condition, any one can readily see that when this organ becomes diseased, the animal fails of that purification that it needs, and a large portion of poisonous impurities is left lodged in the system, and in consequence thereof other parts of the body become diseased also.

Another reason why we discard animal food is, because it is more stimulating and less nutritious than food from the vegetable kingdom, and makes the vital machine run too fast, thus causing an unnecessary expenditure of power, and thereby abbreviating human existence.

It produces fretfulness, uneasiness of mind with depression of spirits, and derangement of the whole nervous system. It also excites the propensities, and more or less benumbs the moral sensibilities, and its excessive use is one of the fruitful causes of the large amount

of licentiousness that prevails throughout our land at the present day.

We firmly believe that the nature of these flesh meats, with the manner in which they are prepared and eaten, with all their hurtful condiments and seasonings, by over-exciting the appetites and baser qualities of man's nature, and weakening his judgment and moral faculties, is one of the principal causes of all the crime that is committed in this country.

But, says one, I believe that animal food is the most healthful for me, for it makes me feel stronger than vegetable food does. True, it does many times make those who use it *feel* stronger, without imparting to the system near the amount of strength and power of endurance that food does that is derived from the vegetable kingdom.

In view of corroborating the above, and for additional evidence, we quote the following from Prof. Graham's Lectures on the Science of Human Life:

"Flesh-meat is more stimulating in proportion to the quantity of nourishment which it affords to the human body than pure vegetable aliment is, and all processes of assimilation and nutrition in the use of the former, are more rapid and attended with greater expenditure of vital power and waste of organized substance than in the use of the latter. It is therefore a physiological truth of great importance, that while animal food, or flesh-meat, passes through the stomach in a shorter time than most kinds of vegetable aliment, and therefore has been supposed to be more easily digested, yet it actually draws upon that organ, and upon the sources of innervation, for a greater sum of vital energy, and consequently causes a greater abatement of the sensorial power of the brain and nervous system during the process of digestion, and leaves the stomach much more exhausted from the performance of its function, than vegetable food does. And hence, they who subsist principally on animal food or flesh-meat, always feel more stupid and dull during gastric digestion, and feel a much greater degree of exhaustion in the epigastric region, when the food has passed from the stomach into the intestinal canal, and suffer much more distress from hunger when deprived of their accustomed meals, than they do who subsist entirely on a pure vegetable aliment. And this is one important reason why—all other things being equal, and the system being fully estab-

lished in its habits—they who subsist on a well-chosen vegetable diet can endure protracted labor, fatigue, and exposure much longer without food, than they can who subsist mostly or entirely on flesh-meat.

“Though according to chemical analysis, therefore, a pound of good wheat bread absolutely contains but fifty per cent. more of nutritious matter than a pound of flesh-meat, yet the physiological difference between the two kinds of aliment is much greater than is indicated by the results of chemical analysis. For the flesh-meat being more stimulating than the bread, in proportion to the quantity of nourishment which it actually affords to the human body, not only exhausts the stomach more in the process of gastric digestion, but works the whole organic machinery of life with more rapidity and intensity, and therefore causes a proportionably greater waste of the substance of the organs in a given time, and consequently increases the demand of the system for fresh supplies of aliment. Hence, as extensive experiment has fully proved, two pounds of good wheaten bread will actually sustain a man accustomed to such a diet, longer and better than eight pounds of the best flesh-meat.

“The Russian and Greek laborers, and those of many other countries, will work from twelve to sixteen hours a day, with great power and activity and cheerfulness, and subsist on about one pound of coarse bread, with a small bunch of garlies, figs, raisins, apples, or some other fruit containing little nourishment. While, according to Ross Cox, who spent several years beyond the Rocky Mountains, as an agent of the American North-western Fur Company, the Canadian boatmen and others in the Company's service, receive according to stipulation, and regularly consume (when they have no other food) eight pounds of clear flesh a day for each man; and ten pounds if it contains any bone; and these men, if their rations of food are cut short for two or three days, are exhausted and unstrung. ‘The Patagonians,’ says the Rev. Mr. Armes, who spent three months among them as a missionary, ‘subsist almost entirely upon the guanaco, which they take in the chase. They will often, in their indolence, suffer their provisions to run very low, and for two or three days, subsist on very little; and then, when urged by hunger, they will mount their horse, and go out in pursuit of fresh supplies. And when they return with their game, it is a very common thing for a single Patagonian to consume from fifteen to twenty pounds of flesh in the course of a day. Indeed, I have frequently seen a single man,

after two or three days severe abstemiousness, consume, at one meal, in the course of three hours, the half of a guanaco, which would weigh from fifteen to twenty pounds. This flesh was generally eaten very slightly cooked.’ The accounts which have been given of the voraciousness of the Esquimaux and other flesh-eating tribes, in the northern regions of Europe, Asia, America, and of the enormous quantities which they consume in a day, and at a single meal, are almost incredible, yet they have been repeatedly corroborated by the best authority. On the other hand again, millions of the inhabitants of India and China subsist on a few ounces of rice a day for each individual; and where they are in other respects temperate and correct in their habits, they are well nourished and athletic and active.”

Diphtheria.

THIS form of disease is regarded by many with scarcely less dread and fear than is cholera; but when taken in time, and hygienically treated, we do not think it particularly difficult or dangerous. It is no more so than other remedial efforts made under the same conditions. All disease owes its existence to unphysiological habits or conditions. It originates from poisons taken into the system, or the retention of effete matter in the body, which is poison ingenerated. The predisposing causes are, errors in diet, breathing an insufficient quantity or vitiated quality of air, exposure to extremes of heat and cold, the use of impure water, improper clothing, overtaxing mind and body, indolence, and so forth; in short, every habit which tends to deprave the blood, relax and debilitate the tissues, renders us susceptible to diphtheria under favoring circumstances.

Diphtheria has essentially the nature of croup. It consists of inflammation of the mucous membrane of the throat, trachea, and nasal passages, attended with extraordinary morbid secretions. These secretions become thick and tough, and harden, if the disease is not arrested, forming a preternatural membrane, which sometimes closes the air-passage, and death ensues. Fibrinous secretions or exudations cause the formation of the membrane. In diphtheria the exudation coming in contact with the air and ingesta, give it a somewhat different appearance from that of croup. In diphtheria the secretions being gross, the fever is typhoid or nervous.

The first thing to be done in treating a case of diphtheria (and, by the way, this disease should be taken in hand as soon as the first

symptoms appear), is to immerse the whole body in as warm or hot water as can well be borne, applying hot fomentations to the throat, being particularly careful to keep the head cool. When this is not convenient, put the patient into a sitz bath, of a temperature which will produce slight perspiration, having the feet in water as hot as they can bear, then cover the person with blankets or quilts, well tucked around the tub, envelop the head with a napkin or towel wet in cold water, frequently wringing it out of the cold water as it warms up. On going into or coming out of a bath, always consider the temperature of the room, making it sufficiently warm, so as not to occasion sensations of cold. Let the patient remain in the bath till it causes slight sweating—excessive sweating is always weakening. Previous to coming out of the bath, reduce it to as low a temperature as is agreeable, and let an attendant wash the body over quickly. A sheet should then be thrown about the patient, who should lie down to be wiped off.

The fomentation cloth may now be removed, and a cool or cold compress take its place. Care must be exercised in putting it on so as not to let the air under it, to cause chilliness. As often as it gets dry, or warm, renew it. In severe cases the colder the water the better; ice-water may sometimes be used.

The patient should keep in bed, the room being well supplied with pure air, and the surroundings made as quiet and pleasant as possible. All unnecessary company should be avoided, yea, strictly prohibited, that there be no useless expenditure of nerve power. The system needs all its power to successfully overcome morbid condition and restore itself to a normal state. In severe cases the baths may be repeated. One bath may be given in the forenoon, and another toward evening, or in the evening at bedtime. Fomentations may also be given as often.

In advanced stages of the disease the treatment should not be as active. The patient need not then be washed off in the sitz bath; the fever may be allayed by the use of mild sponge baths. For the first two or three days no food, or scarcely any, should be taken; if any, let it be thin graham gruel. For several days a great deal of caution should be used on this point. A little graham pudding and sour baked apple, or other sour fruit in moderate quantity, are all that should be eaten. Many have brought on relapse, and lost their lives, by not managing the stomach judiciously when recovering from sickness. We neglected to say that the first inquiry should be about the bowels; if they are at all inclined to be constipated, evacuate them

thoroughly by giving a tepid enema before proceeding to give a bath. See that the feet are kept warm at all times. Jugs of hot water, or warm flannels, can be used for this purpose. If there is headache, or tendency to congestion, cold applications should be made to the head, unless they occasion unpleasant feelings. Sometimes warm ones are used with decidedly favorable results.

By following the above, we think the readers of the Reformer will not find it difficult to successfully treat the cases they may have to deal with. As prevention is so much better than cure, we earnestly recommend all to post up upon the causes of infirmities and sickness in general, that they may avoid them—then supply the conditions of health and they will be quite sure to enjoy it.

P. M. LAMSON, M. D.

Tak, the Man who Never Ate Meat.

THE N. E. Gazetteer gives an account of a very temperate and muscular colored man, who served as a soldier in the Revolutionary war, by the name of Tak, a native of Tiverton, R. I., who was owned by Thomas Sisson, a wealthy farmer, and sent into the army by his master, as a substitute for another man who was drafted. When Col. Barton took the British General, Prescott, on Long Island, Tak was one of Col. Barton's chosen men; and one on whom he most depended. On entering the house where General Prescott was sleeping, the Col., finding the door fastened, turned and whispered to Tak, "I wish that door opened, General Prescott taken and carried by the guard to the boat, without the least noise or disturbance."

"Tak stepped back two or three paces, then plunging violently against the door, burst it open, and rushed into the middle of the room. At the same instant General Prescott sprang from the bed and seized his gold watch, hanging upon the wall. Tak sprang upon him like a tiger, and clasping the General in his brawny arms, said, in a low stern voice, 'One word, and you are a dead man!' Then hastily snatching the general's cloak, and wrapping it round his body, and at the same time telling his companions to take the rest of his clothes, he took the general in his arms, as if a child, and ran with him by the guard toward the boat, followed by Colonel Barton and the rest of his little company.

"Tak was more than six feet in height, well proportioned, and remarkable for his shrewdness, agility and strength. He attained to a great age, and was never known to taste of any kind of meat."

This fact, and others of a similar kind which might be related, are certainly worthy of the consideration of those who suppose that health and strength of body or powers of endurance can not be enjoyed by those who do not eat animal food.

A. S. HUTCHINS.

How to Go to a Health Institute.

THREE points are of essential importance in order for a person to make good progress in regaining lost health, at an Institute, where the hygienic mode of treating the sick is practiced.

First, confidence in the system of treatment. Nothing is of more consequence, in any enterprise, than confidence of success in the object to be attained. Not that blind confidence that misleads so many, nor that leaning to what this or that one may say; but a careful consideration of the questions, Does hygiene include the real and true system of healing the sick? Do those who have been thus treated bear about with them the ills and pains that most do who have been treated with drugs? After careful reflection on these questions, should the mind be decided in favor of hygiene, then the next point of importance should be considered, namely, sacrifice of time and money. It is necessary here to fully understand our case. Am I sick? If so, which do I prize the most, to go where I may learn the principles of the healing art, and get well, or the time and money it will cost me to do so? Many go to a Health Institute without considering the fact, that it requires time to restore a broken-down constitution and build up a healthy action where disease prevailed. If the point of sacrifice has not been fully considered, the mind is apt to dwell upon the cost, when it should be employed in learning how to get well, and how to live when once placed on the right track to health. Time and money should be laid aside, and the mind given wholly to the subject at issue; and surely, when once it becomes interested in one of the most noble of all subjects, "heal thyself," it will become a primary object, and time and money the means of acquiring it. Other sacrifices will grow out of a knowledge of health reform, but these will soon result in pleasure, as happiness grow out of them.

The third point, and by no means the least, is confidence in your physicians. "Follow their directions," if you desire to be benefited by their wisdom and experience. Confide in them as one friend would confide in another, and give their teachings and instruc-

tions that attention which their position, as your medical advisers, demands; and if your case has not reached that point where it is considered past recovery, you cannot but be blessed with returning health, and in turn feel thankful that you ever were permitted to see light on the health reform, that you had the heart to confide in it, and the true moral courage to sacrifice time and money in order to obtain health by following its precepts.

CALVIN GREEN.

Health Institute.

A Few Suggestions about Bread.

To our wise and prudent friends who have no desire to labor for that which satisfieth not, nor spend their money for that which does not profit, we offer a few suggestions about bread. Bread is denominated the staff of life; and, as our lives are of priceless value to us, we are interested to learn the best methods of making that which is so prominent in sustaining them. The best kind of bread costs no more than that which is of an inferior quality, nor so much. The fine-flour, leavened bread, that is consumed daily from most of the tables in the land, is not the most nutritious and wholesome bread that can be eaten. All will be convinced of this fact when they come to understand the nature of yeast. Yeast is a vegetable ferment, produced by the decomposition, or breaking down of vegetable matter. This decomposition is, in reality, nothing less than a rotting process; and our raised or leavened bread is more or less rotten, according to the degree the fermentation is allowed to progress in the manufacture of it. This renders the bread less nutritious, less capable of being converted by the digestive organs into blood, from which bone, brain, muscle, nerve, and all the tissues, receive their support; and it is less fitted to give power, activity, and strength, to the whole system. Now, it is not according to principles of good economy, thus to waste, by decomposition, a part of the grain, and make worthless some of its nutritive elements. The putting of any inorganic substance into the food, as soda, salt, saleratus, ammonia, alum, cream tartar, etc., in bread and cakes, is also a pernicious practice, and always deteriorates them. Superior bread is made from good, fresh, unbolted flour or meal, and pure, soft water.

A brief experience in the use of such bread will be sufficient proof for persons who possess unperverted taste, that it is palatable, as well as healthful. Hygiene proposes to take away from us only substances which are innutritious and hurtful, leaving for us all that are

beneficial. It never was Nature's plan for us to live to eat. We should eat to live. Gustatory enjoyment should be a secondary matter, but yet it always accompanies the taking of food when that is normally done.

P. M. LAMSON, M. D.

Health Institute, April 12.

To Correspondents.

E. A. B. writes :

What treatment would you give an infant three months old, weighing six pounds: he is troubled with wind most of the time, and has but little rest night or day?

You should dress its arms and legs warmly and the body loosely. Be sure and keep its feet warm, and if its bowels are constipated give it an enema occasionally. When troubled with wind, or colic, apply warm cloths to the stomach and abdomen. Do not over feed it, but give it nourishment at regular times. Keep all medicines away from it. Give it plenty of fresh air, and probably it will out-grow its difficulty. In regard to the tumor of which you ask our advice, you had better consult a surgeon competent to determine what the nature of the tumor is, as it may not be simply scrofula. In the mean time use an abstemious diet, and in every way relate yourself to the laws of life as favorably as possible.

I. H., of Vt., asks :

Will you tell us how to treat a felon, in the next Reformer?

Immerse the hand and arm as far up as the elbow in quite warm water for twenty-four or forty-eight hours. If this does not relieve the pain, have it opened to the bone with a lancet, and still apply water treatment, putting it in water, or applying wet cloths, or warm poultices. This is the best and most agreeable manner that we know of.

J. W. of Iowa.

You need a lengthy prescription for your child; or what would be better, take him to a good Health Institution. It is no doubt a severe case of dyspepsia, with other complications.

A. G. C., of Minnesota, writes :

Is shorts, or the coarse flour between the bran and fine flour, a healthy article for bread?

We think it is as good as fine flour, but the wheat all ground together, without bolting, is much better; And why not use the best?

S. N. H. writes :

What is the difficulty and remedy when the following symptoms or complaints are manifest: Dyspepsia, cold hands and feet, lameness in the small of the back, at times quite severe? A sediment forms from the urine, which resembles brick dust, also a lame side.

This is a case of disease of the liver, stomach, and kidneys, with general derangement of the whole system. It is too complicated a case to give full details of treatment in this department of the Reformer. This patient needs to be placed in the most favorable conditions possible in order to be benefited. No system of bathing alone will be sufficient. Such cases should be placed for awhile where they can learn how to treat themselves.

Mrs. T. E., of Republic, Ohio, writes :

DR. H. S. LAY: I cannot find words in my vocabulary to express to you my satisfaction and delight at the appearance of each Health Reformer. Graham bread was almost unknown to me until recently. My husband's brother, when he visited us, brought gems made of brown flour with him—I liked them so much that we got a few pounds of the flour, then a sack, then a barrel, and now use it altogether.

I have heard of wonderful cures with water, yet from the want of proper knowledge never dare use it in severe cases.

Our little girl sixteen months old had a severe cold, so that she could scarcely breathe—but how to treat such a bundle of uneasiness with the wet-sheet pack we hardly knew. During the night she seemed so filled up and her flesh so hot that we got up, and while the water was heating, my husband and I looked over the Reformers, until we found the treatment of lung-fever. We put the little one in the pack and she slept nicely. The two following nights we used a compress on her lungs, and I never saw so bad a cold cured so quickly.

Injurious Effects of Cosmetics.

AN eminent western physician, in a communication in a late number of the Medical and Surgical Reporter, makes the following allusion to what he calls a serious evil pervading the American community :

"To heighten their beauty in the eyes of admiring gentlemen the ladies are resorting to various cosmetics in the shape of washes, powders and paints, which are put up and lauded to the skies by greedy and unprincipled knaves calling themselves druggists, as being sovereign remedies for all the evils which beset a fair complexion. Now, the ladies ought to know that all these preparations are more or less injurious to the skin when used habitually, and some of them even poisonous and dangerous to health and life. One person in this community has suffered

nearly everything but death for the past two years, beside expending a small fortune upon several doctors, who did her no good because they did not understand the cause of the trouble. I have satisfactorily ascertained that it was nothing more nor less than the use of a cosmetic composed wholly of carbonate of lead and water. This is sold by druggists, who obtain it from New York, put up in beautifully-stained glass bottles and labeled with a high sounding name. The lady above referred to had all the usual symptoms of lead colic, followed by paralysis of the flexors of the wrists. Since discarding this cosmetic she is recovering the use of her hands, and her general health is improving. The test used is the following: Shake up the bottle and pour a little of the mixture into a wine glass; add a few drops of nitric acid, which dissolves the carbonate, making a transparent solution. To this add a few grains of iodide of potassium, and there is produced the beautiful yellow of iodide of lead precipitated in a solution of nitrate of potash."

Breathing.

It is a very easy thing for persons to acquire a habit that may prove a great injury to them, without being aware of it until the habit is so firmly fixed that it is with great difficulty that they can extricate themselves from it; and but few bad habits are of greater injury than that of unnatural, or imperfect breathing. This idea may startle some, or at least excite a smile. No doubt nearly all persons who have not had their minds especially called to this subject, have the impression that they breathe properly, and need give the subject no further thought.

They may say that we cannot improve nature, and breathing, being a natural process, cannot be performed any better than it now is. If all breathed naturally, I would not lift my pen to say one word about it; but as it is a fact that there is not one in ten, infants excepted, that does perform this function properly, and because there is so much depending upon it, so far as comfort and health are concerned, is my reason for placing a few thoughts before the readers of the Reformer upon this subject. As I have observed, but very few breathe naturally, and women are much more deficient in this respect than men; and one very prominent reason is, that their style of dress utterly forbids it. If they would study the anatomy of their own systems for a short time, they would learn that compressed waists, preventing the free action of the dia-

phragm and intercostal muscles, the expansion of the parietes of the abdomen, not only prevent natural breathing, but also obstruct the natural functions of the liver, stomach, and other important organs.

Many of the readers of this article will say, "I do not see why so much is said about tight dressing," &c. It is true that much has been said in health journals concerning this matter, and still ten times as much ought to be said, its evils ought to be pointed out in thunder tones, and all its dread realities so explained that those who are deceived, but would know the better way, might understand and abandon this suicidal practice. When I say suicidal, I mean every word of it. Thousands upon thousands of women are this day suffering from diseases that are beyond cure, and as many are rapidly following in their wake, all caused by improper dress. Among these are consumption, liver complaint, displacements in various forms and degrees, dyspepsia, piles, and many others; but these are enough.

When the trunk is compressed, the liver, stomach, and bowels, are made feeble, and consequently digestion and assimilation cannot go on well; and if this work is not properly done, a poor quality of blood is made, and as the blood cannot nourish the system until it passes through the lungs, coming in contact with the oxygen, and receiving the life-giving principle by this process, and the aeration of the blood will be well or poorly done, in proportion to the amount we breathe, it becomes a matter of much importance that this function is performed rightly.

Now it seems to me that the idea thrown out here will be understood, and if understood, all must see the importance we attach to breathing. It has been well observed that persons live in proportion to the amount they breathe; they that breathe much, live much, and "vice versa." Imperfect breathing commences, in many cases, with early infancy; as soon as the child is born, a tight band is pinned around it, and its days of suffering commence. When the child becomes strong enough to run around, to the tight bands, other outrages are added; they are clothed very warm around the trunk of the body; perhaps furs around the neck, with bare limbs (or simply a thin stocking and tight ligatures on the legs), with thin, tight shoes on their feet. Is it any wonder then, that disease and death are all around? that sore throat, diphtheria, congestion of brain, and lungs abound, while such worse than barbarous practices are followed?

But I have said more in this direction

than I intended, and still I have not said half I would like. If you will observe, most persons use only the upper portion of the lungs in breathing; the cause of this may well be inferred from what has been said. The abdominal muscles should be exercised at every inspiration. We doubt not, as is maintained by Prof. Bronson, that the principle motive power in breathing and speaking, or singing, comes from the solar plexus lying back of the stomach, therefore breathe deep and full at every inspiration; always breathing through the nose and not the mouth, as many do, especially when asleep.

Bodily position is of much importance in the performance of this function. The occupation has much to do with this. Nearly all who are engaged in sedentary occupations sit in wrong positions. Especially is this true of those engaged in sewing. Such are very apt to incline forward, thus pressing the chest down upon the stomach, causing the relaxed condition of the abdominal muscles, which, when continued, produces permanent weakness of these parts, from which many evils arise, of which I cannot speak here. It is a common thing for persons when fatigued, to allow themselves to settle down in all manner of shapes, until it becomes a habit, and then they will not feel easy unless in an abnormal position. In order for persons to perform respiration properly, they must be in a proper position; the breathing apparatus must be free from all strictures whatever—must have pure air to breathe night and day; therefore see to it that a *pure current of air passes through your apartments at all times*; without it you will become diseased sooner or later.

At a future time, some special directions will be given on the mechanical performance of the function of respiration. I will close this by a quotation from Dr. Taylor: "The amount of work a man can do, is not so much dependent on his muscle, as on his *breathing capacity*. If he can breathe well, he can generally work well; if short winded, though he may have the muscle of an Ajax, he will be left behind to a certainty in the race of life."

DR. RUSSELL.

Practical Recipes.

Steamed Bread. Take one-half corn meal, one-fourth wheat meal, one-fourth oat meal. Mix together, and pour on boiling water, and stir stiff, and steam five hours. It is improved by putting into it fruit.

Corn-Meal Bread. Mix corn meal with boiling water to a stiff batter, and bake in a

quick oven. This should not be over three-fourths of an inch thick when done; thinner is better.

Drop Cakes. Mix wheat meal with the coldest water to a tolerably stiff batter. Drop a spoonful of batter to a cake in common bread pans. Keep the cakes sufficiently distant from each other to prevent touching while baking. Bake in a quick oven.

Travelers' Bread. Take wheat meal and currants,—or figs, dates, or raisins, may be used by chopping them. Stir quite stiffly with the coldest water (as briskly as possible, so as to incorporate air with it), then knead in all the wheat meal you can, the same as for crackers. Cut in cakes or rolls one-half inch thick, and bake in a quick oven. This also may be baked as crackers. It makes excellent loaf bread, baked in a slower oven, but is not so nice for travelers' use as in the form of cakes.

Fruit Bread, No. 1. Mix either chopped dates, figs, raisins, currants, or dried plumbs or cherries, with any of the foregoing kinds of bread, or use part water (either cold or boiling, according to the kind of bread), and part stewed fruit of any kind, with any one or two of the above dried fruits, and you have a much nicer cake than can be made with fine flour, sugar, lard, &c. In selecting fruits for bread, cake, or puddings, observe this rule: Sweeten sour fruits by using with them sweet fruits.

Fruit Bread, No. 2. Take any kind of stewed fruit, run it through a colander, mix in wheat meal, and bake the same as cold mush bread.

Fruit-Juice Gems. Mix wheat meal with the freshly-expressed juice of any ripe fruit, or the juice of stewed raisins or currants. Stir to a stiff batter, and bake as gems or drop cakes, or knead in more meal, and bake as rolls or loaf bread. Watermelon juice may be used in place of fruit juice. If you chop a few figs or dates, and put in or use a few raisins or currants, you will have superb cake.

Cocoanut Gems. Grate up a cocoanut, and mix it with its milk and sufficient cold water and wheat meal for twenty-four gems or drop cakes. If desirable, put in a few Zante currants or chopped figs, dates, or raisins. If desired, the grated nut only may be used, and the milk reserved to make

Cocoanut-Milk Wafers. Mix wheat meal with cocoanut milk (nothing else) to a thin batter, and drop a small spoonful to a cake, and bake in a hot oven. They bake so quickly as to require watching to prevent burning. They are delicious.

No family should ever waste a fragment of food. All may be used if they only know how to prepare it. The fragments may all be used in making bread. Try the following recipe, and you will no longer need to keep pigs or chickens to eat up that which is just as good as the best.

Fragment Bread. Take whatever fragments of food remain after a meal, such as stewed fruits, mush, boiled or baked potatoes, beans or peas, green corn, or soups of any kind. Mash the vegetables, or soak the pieces of bread, and stir and knead in wheat meal, and bake as cakes, rolls, or loaves. Do not knead much. If there are but few fragments left, put them into hot-water bread. Be sure and try this. N. B. Use the fragments before they sour.

Boiled peas (either ripe or green), mashed and mixed with wheat meal make excellent bread. Vegetable soup may be used in place of water, with wheat meal, or part wheat meal and part any other meal, and makes the very best of bread. So hereafter, "gather up the fragments that remain, that nothing be lost."

Sweet-Corn Bread. Grate green sweet corn, and stir in wheat meal to a batter for gems, or knead, and bake in cakes or loaves.

Brown Bread. Take one-third of wheat meal and one-third of corn meal and mix with boiling water as stiff as can be stirred with an iron spoon. Let it stand five hours, then knead in one-third of rye meal; add a little water if necessary. Do not knead very stiff. Bake in a slow oven.

A skillful cook may, by various combinations of the meals and fruits, make an endless variety of bread, and after two or three trials will have no trouble in having it always light if they use fresh meal made from good, plump, sound grain, and pay attention to the oven. The bread should always have a rich, light-brown color when baked. If it is desirable to make the crust soft, envelop the cakes or loaves a short time in wet cloths immediately on taking them from the oven. The small cakes, when made with hot water, will soon become tender by being kept in a covered earthen crock, so as to meet the wants of those that cannot boast of good masticators.

To keep baking dishes and pans from sticking, avoid washing them, but wipe them dry and sprinkle on wheat meal. It is unnecessary to use grease.

Fruit Puddings. Cut nice pared apples into pieces; mix with these a few currants, raisins, chopped figs or dates, dried cherries or dried plums, in fact almost any kind of

dried or fresh fruits or berries; put into a baking dish. Now make a batter (do not make it stiff,) of wheat meal or corn meal, or both mixed, with water, either hot or cold, (boiling water is best if you use all corn meal,) and pour over the fruit till all is covered. Set in oven and bake; if the pudding is small, a quick fire; if large, bake slower, or steam. It is better if cold boiled rice is mixed with the fruit, or cold boiled barley grains.

Another Fruit pudding. Make a crust as for pies, and lay it in a bake dish; put in a layer of any kind of fresh or dried fruit, then of cold mush or soaked bread, or crackers pounded and soaked, or boiled rice or barley, then a layer of the same or some other kind of fruit, then of the same or some other kind of mush, and so on until the dish is full. Bake or steam as desired.

Mushes. Mush can be made light by boiling it in a dish that sets in boiling water. Stir any kind of meal into boiling water, until of sufficient thickness. Do not stir it after this, as stirring will make it heavy. Do not boil after the meal is cooked, as boiling makes it glutinous. Meal made of dry sweet corn makes excellent mush. Mush may also be made of oat, wheat, or barley grits, or cracked grains, or the hulled barley or corn hominy, whole wheat, or of ground parched corn. These articles are cooked in the same way as mush made of meal, with the exception of requiring more time to cook. Any kind of mush is improved by stirring into it fruit of any kind either fresh or dried.

Green Corn Mush. Grate green sweet corn and boil for mush (we have this on good authority.)

Pies. To have tender pie crust do not knead much, but roll out with plenty of wheat meal on the board. It may be made of wheat, corn or oat meal, mixed with boiling water, stiff, and only kneaded sufficiently to roll out; or mix with cold water and make the same way, or knead in a little wheat meal to any kind of cold mush and roll out. Pie crust is much improved by mixing grated cocoanut and its milk with the wheat meal and water.

One cocoanut is sufficient for a dozen pies. Remember that your sour fruit may be sweetened by using with them sweet fruit, such as figs, dates, raisins, &c.

Remember also that the cost of the cocoanuts, figs, dates, raisins, currants, &c., is much less than of the unhygienic lard, suet, butter and sugar.

M. G. KELLOGG, M. D.

P. M. LAMSON, M. D.

Items for the Month.

The articles in this number of the Reformer should be read with care; they are worthy of it. Most every individual may find something in its pages by which they will be benefited, if they heed its instructions.

Don't throw aside the "bread recipes" without a fair and thorough trial. An entire change in the whole system of cookery is no small affair; and if many failures are made it is not to be wondered at. Nothing is more important than good bread; and in nothing is a failure more common. They who "try, try again," will get the victory, and they who sit at their tables will thank them.

We are happy to add to our list of contributors the name of Eld. Geo. I. Butler. His article in the present number will, we trust, be read with interest.

There are scores among the readers of the Reformer, that are writing and talking on other subjects, that might just as well as not give us some thoughts on some of the many subjects connected with the great Health Reform movement. To all such we would give especial invitation to write for the Reformer.

With the next number we close the second volume, and with that number the subscriptions of many will expire. No time should be lost in renewing.

THE NEXT VOLUME.—With the facilities we now have, we trust the next volume will exceed in usefulness either one that has preceded it.

Our readers will be gratified to learn that Eld. D. T. Bourdeau has again resumed his pen, to contribute for the Reformer. We hope to receive hereafter one or more articles from him for every number.

As the warm weather comes, our systems, just emerging from the frosts of winter, become relaxed, and we feel weak, dull, languid. Forty years ago it was customary to get bled to overcome these feelings and prevent disease! Of late years the custom is to take a few doses of pills, or a bottle of stomach bitters, to goad the system into healthy action. Some who have adopted the health reform, either forgetting that they used to feel just so, or else hankering after their old stimulants, think the health reform does not agree with them, and that they would feel stronger under a more stimulating diet.

These feelings are, to some extent, the inevitable consequence of a change of climate. Eat with reason, don't work too hard, and above all don't fret about your work, and you will come through all right. But don't stimulate either with food or drink.

Drinking largely of cold water, especially when very warm, is a bad habit. Care should be taken to avoid the habit at this season of the year.

An old and respected citizen of Canton, died suddenly of apoplexy, in a drug store, last Monday. He weighed three hundred pounds.

The last sentence explains the whole. "Weighed three hundred pounds." Probably more than one-half of it was unhealthy fat; and to be obliged to carry around such a load of corruption is enough to induce apoplexy, paralysis, or some other such disease.

"Charlie, my dear," said a loving mother to her hopeful son, just budded into breeches, "Come here and get some candy." "I guess I won't mind it now, mother," replied Charlie; "I've got some tobacco in my mouth."

QUERY.—If tobacco is good for so many adults, as the almost universal practice of smoking, chewing and snuffing would seem to indicate, why is it not good for small children?

We would call the attention of our readers to a work called the "Christian Household," which is replete with good wholesome instruction, and should be read by every family; yes, not only read but studied. Price, by mail, \$1 12.

Also, a work called "Sober and Temperate Life," or the "Discourses of Louis Carnaro," who lived about one hundred years, although at thirty-two was a great invalid, but by temperance and sobriety lived to a great old age. Price, by mail, fifty-two cents.

Either of the above can be had at this office, or ordered as premiums by clubs, according to our published rates.

We have received the first issue of a new and interesting periodical, Packard's Monthly, devoted to the interests of young men. Published by S. S. Packard, 937 Broadway, New York, at \$1.00 a year.

"FIVE BEAUTIFUL IDEAL AMERICAN FACES."—Of these we have received two specimens, the "Angel of the Hospital" and "Army News," and can truly say that they are beautiful engravings. In point of mechanical execution and art, they are all the publishers say of them.

FORM OF A BEQUEST.

I bequeath to my executor (or executors) the sum of _____ dollars in trust, to pay the same in _____ days after my decease, to the Health Reform Institute, located in the city of Battle Creek, Michigan, to be applied by the Directors of that corporation to its charitable uses and purposes.

The will should be attested by three witnesses (in some States three are required, in other States only two), who should write against their names their places of residence (if in cities the street and number). The following form of attestation will answer for every State in the Union:

Signed, sealed, published, and declared by the said _____, as his last will and testament, in the presence of us, who at the request of the said _____, and in his presence, and in the presence of each other, have hereunto subscribed our names as witnesses.

As laws respecting wills are not the same in all States, those designing to will property to the Health Reform Institute will do well to obtain the best legal counsel in reference to the matter before executing the same.