

THE Health Reformer.

OUR PHYSICIAN, NATURE: OBEY AND LIVE.

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SELF-KNOWLEDGE.

To educate all in the land,
Is quite an easy thing to do;
Let every man take self in hand,
Be each one pupil, teacher too;
Let every teacher take the task
To teach his pupil self to know.
Are not men learned then, I ask;
When men self-ignorance o'erthrow?

Self-knowledge made complete
Were banished most of human ills;
And health and happiness would greet
Whom now with misery suffering fills.
Self-learn; the laws of being know;
And ere you break them, mortals, pause!
Pain is the penalty below
For Nature's violated laws.

—Herald of Health.

General Articles.

Exercise for Invalids.

INVALIDS should have out-door exercise. That class of invalids, who have made themselves such by sedentary habits, or constant mental labor, should have a change. It is bad counsel that tells these persons to refrain from physical exercise. The brain-weary ones should, in a great degree, let the mental powers rest, while they, and also those whose habits of life have been sedentary, should stir the physical energies. A part of the prescription for every such patient should be light physical labor, pleasant employment out of doors.

To merely engage in simple plays for amuse-

ment, cannot satisfy the conscientious, but will leave the impression upon the mind of the invalid that his life is useless. And if his life has been active, and he has taken pleasure in doing good, the influence of such amusements upon him will be bad. Let this class of sufferers have pleasant employment out of doors, suited to their several conditions, both as to the nature of the work, and the time they should be engaged in it. Let those who are able take a light, well-polished hoe, and for a suitable number of hours, or minutes, institute a war of extermination upon unwelcome weeds among vegetables and small fruits. Let others, more feeble, use the garden trowel, rake, or hoe, a few moments each day among the plants and flowers, and let them feel that every weed they pull up they do some good. What if the sun does burn the face and hands brown? The sun and the air will do them more good than water baths can do without these blessings.

Some who have broken down because of too much brain-labor, and not enough physical exercise, feel disinclined to enjoy out-door exercise. If they cease brain-work, they do not wish to do anything. And it is difficult for these to recover health, for the reason that it is nearly impossible to control their minds. Their active minds, when not otherwise engaged, will be dwelling upon themselves. The imagination is diseased, and they often think themselves in a deplorable condition when they are not. Give such suitable employment, and let them feel that their lives are not useless, but that they are doing some good, although it be but little, and they will be far less inclined to dwell upon themselves. Pleasing out-door labor is the grand remedy for such. Let their time be divided. Let them spend a portion of each day in pleasant in-door occupations, a portion out in the air and sunshine, working among vegetables, fruits, flowers and plants, and a portion in rest. This doing system is a great blessing

to both body and mind. While doing something, the mind is diverted from self, and has something to do besides chasing after symptoms, aches and pains. And physical exercise will bring into use muscles and nerves that have been inactive, and have become weak for want of use. As these invalids exercise and strengthen their feeble, flabby muscles, the brain becomes less inclined to wearing activity. The work now becomes better divided between the organs of the system.

I have noticed that those who have broken down because of too much brain labor, as they commence to improve, feel a special desire to engage in mental labor. They seem anxious to engage again in head-work. If such could be made to see that this is the wrong kind of employment; that healthful labor in the open air and in household duties, is what they need to give firmness to the muscles and healthful tone to the mind, they would no longer be anxious for that kind of labor which wearies the brain and gives no strength to the muscles or nerves of the body.

Indolence is a great evil. Men, women and youth, by dwelling upon themselves, think they are in a much worse condition than they really are. They nurse their ailments, and think of them, and talk of them, until their usefulness seems to be at an end. Many have passed into the grave when they might have lived, and ought to have lived. Their imagination was diseased. Had they resisted the disposition to yield to infirmities and be overcome by them; had they summoned to their aid the powers of the will, they might have lived to bless the world with their influence.

Females neglect to exercise their limbs in walking. Riding cannot take the place of walking. Many that are very feeble can walk if they only think so. They have not the disposition, and you will hear them plead, "Oh! I cannot walk. It puts me out of breath, I have a pain in my side, a pain in my back." Dear sisters, I wish you did not have these infirmities. But I know that yielding to them, and giving up to an inactive life, will not free you from them. Try to exercise moderately at first. Have rules to govern you. Walk! yes, walk! if you possibly can, walk! Try it a short distance at first, you that think walking is impossible. You will no doubt become weary. Your side may ache, your back give you pain, but this should not frighten you. Your limbs may feel weak. And no wonder when you have not used them much more than as if you had no limbs. You think you must take your seat in the carriage for a horse to draw you, if it is but for a few rods. If you would only walk, and possess a

perseverance in the matter, you could accomplish much in the direction of recovery. Your sleep would be sweeter. At every trial, go a little farther. Do not go dragging yourself along as though weights were attached to your limbs. Do not employ your hands to hold up long, trailing dresses, or to hold a parasol. Let the motion of your arms assist you in walking. Walk with a cheerful mind. And as you walk, look at the beauties of nature, listen to the sweet songsters whose melody warbles forth in praises to their Creator. Be inspired by their happy gratitude. See all that you can that is beautiful, and good, and joyful, and let it enliven your steps, and live in your thoughts through the day.

Continue this exercise, and let no one dissuade you from it. Use the limbs God has given you, and look to Him for strength to use them. You may pray for strength day after day, and yet realize no change until you exercise the strength you already have. Give the Lord a chance to do something for you, by beginning the work for yourself. Every day you will realize a change for the better, notwithstanding you feel a sense of weariness. Sleep will bring you all right again, and you can increase your effort, until you, who cannot now walk a few rods from your boarding place, or from home to church, may walk one mile, and perhaps two, without injury.

As I have labored to impress upon females the necessity of walking, some have received my ideas, and determined to carry them out at once. And the first effort they walked, perhaps half a mile, became exhausted and really suffered so much that they decided that walking was not best for them. These went to an extreme. They could not bear so much walking at first without injury. Some are ever disposed to go to extremes. They can never come up to the mark, and then be content to stop. They go beyond. They fail to make the best use of the reason Heaven has granted them.

I close by saying to the afflicted invalid, who has become such by reason of too much mental and too little physical labor, unless your case be such as to positively forbid it, you need physical, out-door, cheerful, useful, happy, well-directed exercise. Let no one deprive you of it, for your life is in it. In the matter "make haste slowly."

After writing the above, I turned to a leaf of Moore's *Rural New-Yorker*, which lay on the carpet near me, and read the following:

"RIGHT LIVING.

"To love and to labor is the sum of living, and yet how many think they live who neither labor nor love.

"What a gem—thought it is, set in this quaint old Saxon! The first part of the sentence is a beautiful text for one's life, while the other is an equally sad commentary on the 'living' of a great portion of humanity! And are not these twain, the loving and the laboring, the one 'royal law' of the Bible, and do they not bring with them their 'own exceeding great reward?' Ye who seek after happiness, behold, here is the *key!*

"This sitting down, folding up one's hands, and moping away one's life in vain yearning after affection, will never do you any good. Just step out of yourself, and live *for* and *in* others. Go out with a brave spirit into the world, and minister to the wants of humanity. Everywhere hands are reaching out to you for help; everywhere bleeding hearts are needing the balm of sympathy and tenderness. The little children want your smile, the old people want some *comforting* word; and the strongest and the best have their hours of weakness and of need!

"So don't sit still, we pray you, for this is not living. But 'Whatsoever your hand findeth to do, do it with your might,' with a true, honest heart and purpose; and no matter how heavy may be the darkness of the night through which you are walking, the morning will rise, the flowers will blossom, and the birds sing about you."—*Arthur's Magazine*.

ELLEN G. WHITE.

Greenville, Montcalm Co., Mich., June 21, 1868.

Ancient Health Reformers.

I HAVE lately been reading some of the ancient Christian fathers, and I find many interesting things in them—some things with regard to the health reform, which I thought might be interesting to our readers. Clement of Alexandria, about A. D. 200, talked much like our modern health reformers. He is unsparing in his denunciations against many bad habits in eating, drinking, and dressing, which appear to have been prevalent in his age, as they are in ours. It is encouraging to know that these early Christians inculcated the same simplicity in diet and in dress which Christian reformers are now aiming at. With regard to eating many varieties of food, he speaks thus:

"We must therefore reject different varieties which engender various mischiefs, such as a depraved habit of body and disorders of the stomach, the taste being vitiated by an unhappy art—that of cookery, and the useless art of making pastry. For people dare to call by the name of food their dabbling in luxuries, which glides into mischievous pleasures. Antiphanes, the Delian physician, said that this variety of viands was the one cause of disease; there being people who dislike the truth, and through various absurd notions abjure moderation of diet, and put themselves to a world of trouble to procure dainties beyond the seas. For my part, I am sorry for

this disease, while they are not ashamed to sing praises of their delicacies."—*The Instructor*, Book II, Chap. i, p. 189.

PLAINNESS IN DIET RECOMMENDED.

"For they have not yet learned that God has provided for his creatures (man I mean) food; and for sustenance, not for pleasure; since the body derives no advantage from extravagance in viands. For, quite the contrary; those who use the most frugal fare are the strongest, and the healthiest, and the noblest; as domestics are healthier and stronger than masters, and husbandmen than the proprietors; and not only more robust, but wiser, as philosophers are wiser than rich men. For they have not buried the mind beneath food, nor deceived it with pleasures."—*Instructor*, Book II, Chap. i, p. 189.

FEATHER BEDS NOT TO BE USED.

He has a very sensible remark on this point, thus:

"For, besides the reproach of voluptuousness, sleeping on downy feathers is injurious, when our bodies fall down as into a yawning hollow, on account of the softness of the bedding. For they are not convenient for sleepers turning in them, on account of the bed rising into a hill on either side of the body. Nor are they suitable for the digestion of the food, but rather for burning it up, and so destroying the nutriment. But stretching one's self on even couches, affording a kind of natural gymnasium for sleep, contributes to the digestion of the food."—*Instructor*, Book II, Chap. ix, p. 240.

TRAILING DRESSES CONDEMNED.

The early Christians were unsparing against the trailing dress, as will appear by the following:

"To drag one's clothes, letting them down to the soles of the feet, is a piece of consummate foppery, impeding activity in walking, the garment sweeping the surface dirt of the ground like a broom."—*Id.*, Chap. ii, pp. 261, 262.

PROPER EXERCISE AND RECREATION FOR MEN AND WOMEN.

He has a very sensible remark on this point, thus:

"The gymnasium is sufficient for boys, even if a bath is not within reach. And even for men to prefer gymnastic exercises by far to the bath, is perchance not bad, since they are in some respects conducive to the health of young men, and produce exertion—emula-

tion to aim at not only a healthy habit of body, but courageousness of soul. When this is done without dragging a man away from better employments, it is pleasant, and not unprofitable.

"Nor are women to be deprived of bodily exercise. But they are not to be encouraged to engage in wrestling or running, but are to exercise themselves in spinning, and weaving, and superintending the cooking, if necessary. And they are, with their own hand, to fetch from the store what we require. And it is no disgrace for them to apply themselves to the mill. Nor is it a reproach to a wife—housekeeper and helpmeet—to occupy herself in cooking, so that it may be palatable to her husband. And if she shake up the couch, reach drink to her husband when thirsty, set food on the table as neatly as possible, and so give herself exercise tending to sound health, the Instructor will approve of a woman like this, who 'stretches forth her arms to useful tasks, rests her hands at the distaff, opens her hand to the poor, and extends her wrist to the beggar.'

"She who emulates Sarah is not ashamed of that highest of ministries, helping wayfarers. For Abraham said to her, 'Haste, and knead three measures of meal and make cakes.'

"We must always aim at moderation. For as it is best that labor should precede food, so to labor above measure is both very bad, very exhausting, and apt to make us ill. Neither, then, should we be idle altogether, nor completely fatigued. For similar to what we have laid down with respect to food, are we to do everything, and with everything. Our mode of life is not to accustom us to voluptuousness and licentiousness, nor to the opposite extreme, but to the medium between these, that which is harmonious and temperate, and free from either evil, uxury and parsimony.—*Id.*, Book III, Chap. x, pp. 310-312. D. M. CANRIGHT.

SCIENTIFIC MEDICINE.—A country apothecary was observed by a friend to be in the habit of draining all medicine vials returned to him by the patients into one large bottle, which stood upon his counter. Wondering what could be his object in accumulating this strange mixture, the friend one day interrogated him on the point. "Surely," he said, "you can have no use for a mess like that." "My dear fellow," replied the apothecary, "that is the most scientific medicine I've got in my shop. Simple medicines are very well for simple complaints; but that's the stuff for a patient with a complication of disorders."

The Chief Cause of Pain is Intemperance.

THERE is, in "Milton's Paradise Lost," a good lesson concerning the cause of pain, and how to live. I copy a few lines from it.

After Adam had forfeited his right to Eden, Milton represents him as being led by the angel Michael to the brow of a hill, where are displayed to him, in vision, the principal calamities which were to befall man. The first sight given is the death of Abel. Here Adam first witnesses death. The next scene presented is to show the awful manner in which various diseases distress men, and the horrid forms which death generally assumes. No wonder, as he beheld the field of terror and woe before him, that he should think, as Milton imagines him to, that mankind had better remain unborn. But after talking with the angel awhile he is convinced of justice.

"I yield it just," said Adam, "and submit. But is there yet no other way, besides These painful passages, how we may come To death, and mix with our connatural dust?"

"There is," said Michael, "if thou well observe The rule of *not too much*, by temp'rance taught, In what thou eat'st, and drink'st, seeking from thence Due nourishment, not gluttonous delight, Till many years over thy head return; So may'st thou live, till like ripe fruit thou drop Into thy mother's lap, or be with ease Gathered, not harshly plucked, for death mature: This is old age; but then thou must outlive Thy youth, thy strength, thy beauty, which will change To withered, weak, and grey; thy senses then Obtuse, all taste of pleasure must forego, To what thou hast; and for the air of youth, Hopeful and cheerful, in thy blood will reign A melancholy damp of cold and dry, To weigh thy spirits down, and last consume The balm of life." To whom our ancestor: "Henceforth I fly not death, nor would prolong Life much; but rather how I may be quit Fairest and easiest of this cumb'rous charge Which I must keep till my appointed day Of rend'ring up, and patiently attend My dissolution." Michael replied: "Nor love thy life, nor hate; but what thou liv'st Live well, how long or short, permit to Heaven; And now prepare thee for another sight."

The simple rule of "*not too much*," let us remember and observe. We little realize the amount of suffering its violation has caused our race; doubtless more than any, or even all other causes combined. If we would be healthy, happy and wise, and at last leave our places here peacefully, we must observe this rule. When tempting morsels are before you, remember these words, "*Not too much*."

B. F. MERRITT.

Eureka, Ill., June, 1868.

A VIRGINIA lady has been paralyzed by excessive use of a hair dye which contained sugar of lead. It seems to be an effective dying agent—in one sense, at least.

FAREWELL TO THE WATERFALL.

THE following lines were written by a girl of thirteen, and contain sensible advice for some of riper age:

Not long ago the style came round
Of waterfalls—I hate the sound!
Not long ago, I wore one too,
Thinking I would like others do.

I knew a handsome, smart young man—
Find one to beat him if you can!
But, sad to say, he could not bear,
The waterfall worn on my hair!

All this was quite too much for me,
As presently you all shall see;
Yet I would neither pout nor bawl,
But chose to burn my waterfall.

So off I went, and hard I strove,
To put my *chignon* in the stove;
But 'twas so big, the stove so small,
I scarce could get it in at all.

O girls, I pray, have common sense,
For *chignons* never spend your pence;
They only serve to heat your brain,
And cause the wearer needless pain.

I do dislike—I cannot bear,
Most of the styles young ladies wear,
And wonder I was ever led,
To wear this wad upon my head.

O stylish ladies, never wear
The waterfall upon your hair;
And never more get in a passion
For this uncouth and useless fashion.

Locke, Mich.

L. D. A.

Preserving Fruit.

THE fruit season is now fairly upon us, being ushered in by the strawberry crop, now rapidly ripening in some parts of the country, and perhaps by the time the REFORMER will have reached all its readers, entirely gone by in some sections. Correspondents are inquiring as to the best methods of preserving fruits of various kinds, and we have taken pains to learn the most reliable methods in order to meet the wants of our readers.

By "preserving," we do not mean the old-fashioned plan of converting fruit into an indigestible, unwholesome mass, by adding "a pound of sugar to a pound of fruit," by which it is not only prepared to resist decomposition, but the action of the digestive fluids as well; but a method by which this important constituent of a hygienic dietary, and especially the more perishable varieties, may be made available for use out of their season.

Much has been written upon this subject, and many methods recommended as "the best," but success in this, as in other departments of the culinary art, depends more upon

careful attention to details, and the exercise of good judgment, than upon this or that particular method.

CANNING.

The best method to preserve fruit with all its original flavor, is by hermetically sealing it from the air in cans prepared for the purpose; and these should be of glass or stoneware, as the acids of fruit act chemically on tin and other metals, often destroying the flavor of the fruit, and sometimes rendering it very unwholesome. Either self-sealing cans, or those which require wax, may be used successfully, but probably the former are best for those of little experience, and they are unquestionably more convenient. Of these, there are several claimants for public favor, all of them highly recommended, and doubtless all of them good. Our own experience favors the "Mason" and the "Hero."

THE SELECTION OF FRUIT.

This should be done with the greatest care. Some varieties can not be preserved at all, unless canned when perfectly fresh, and success is more certain with all kinds if this particular is regarded. The fruit should be nearly or quite ripe, but not over-ripe, and any which bears signs of decay, must be carefully excluded.

COOKING THE FRUIT.

Nearly all varieties are better steamed than stewed or boiled, and this for three reasons: 1. The fruit is not so badly broken and mashed; 2. It retains more of its original flavor; and 3. Little or no water is required to be added, and it is therefore cooked in its own juice.

Almost every family has conveniences for steaming on a small scale, either with the common tin steamer, or the elevated platform which can be used in a common kettle. To those who wish for more ample facilities, we would recommend the following cheap and simple method: Take a common wash-boiler, and have fitted into it a horizontal platform of sheet-iron, perforated freely with half-inch holes, so as to allow the free passage of steam. Have it mounted upon legs, so it will stand clear from the water, which should be only a few inches deep in the bottom of the boiler.

Have your fruit carefully picked over and placed in a clean tin or earthen dish, with a cover over it to prevent the condensed steam from dropping into it. *No sugar is required* with any kind of fruit. We are informed by one who is always successful in this business, that the flavor of the fruit is better preserved without sugar, and she *never lost a can*. If

sugar must be used, it can be added when the cans are opened for the table.

Place your dish of fruit on the platform of your steamer, having sufficient water in the bottom, but not too much. Then cover the whole closely, and steam until thoroughly scalded. Some kinds of fruit require a longer time than others, and judgment must be exercised in regard to the matter. It should not be cooked so as to fall to pieces, but care should be taken to have it thoroughly scalded.

While the fruit is cooking the cans should be prepared. Several methods have been recommended, but perhaps the following is the best: Have your cans thoroughly cleansed, and pour into each a small quantity of tepid water. Shake thoroughly, until the can is of a uniform temperature. Then add a little warm water, shaking as before. Then a little hot water, and so on until the can is hot. This is one of the best safeguards against breakage, and nearly as expeditious as any method. This should be done *just in time*, so that the cans will be all ready for the fruit as soon as done. While placing the fruit in the cans, be careful to protect them from currents of air, as they are frequently broken by a simple draught of cold air.

The fruit may now be poured into the cans. Peaches, pears, or other large fruit, may be tastily arranged in the cans with a fork, piece by piece, and the boiling juice added afterward to cover them. When the can is full, shake it and incline it back and forth, so as to cause the air to rise to the top, if any should be among the fruit. Be sure that the can is full to the brim, and then screw on the cover, or if not a self-sealing can, put in the cork, and cover with melted sealing-wax. The following recipe makes good wax: One pound of rosin, two ounces of beeswax, one and a half ounces of mutton tallow. Melt and mix.

All the above work should be performed expeditiously. The cans may then be set away to cool, and should be kept in a cool, dark place, and closely watched for a few days, to see that the sealing is perfect. If the fruit shows signs of not being perfectly sealed, it should be at once taken out, scalded, and sealed again.

Tomatoes, berries, and small fruits, may be preserved in stone jugs. Observe the same rules in preparation, heating the jugs thoroughly before putting in the fruit. When filled, place one or two thicknesses of cloth over the mouth and then put in the cork, covering the whole with wax.

By close attention to particulars, and the exercise of good judgment, success is almost certain.

W. C. G.

Damp in Houses.

FROM various causes there are often accumulations of dampness in houses, and especially in sleeping apartments, which prove very deleterious to health. I recollect one season, in a certain locality, that the month of July was very wet, and dampness so accumulated in closets that many found clothing mildewed, and even articles hanging in large and pretty-well ventilated rooms were thus affected. The result was, that this community, a few weeks later, was visited by a terrible dysentery, which carried many, especially children, to the grave.

When clothing or carpets, or any fabrics, are allowed to remain damp for any considerable time, the emanations from them poison the air, and this poison is taken into the system, and accumulates there till it results in some epidemic or epidemic disease, and every year carries its thousands to the grave.

Now, for this liability to disease there is a remedy; and that is, to cause every article in which moisture is liable to accumulate, to be thoroughly dried. Let clothing be often exposed to the heat of the sun, and if this is not practicable on account of long-continued rains, let it be hung by the fire until thoroughly dried. This should be done often. A damp carpet, especially in a sleeping-room, is very unhealthy. Straw under the carpets of bed rooms is a cause of much disease. Damp cellars, or damp earth under the floor of back rooms, or any accumulations of dampness in or about any part of a dwelling, are contrary to the laws of hygiene, and are destructive to health.

J. F. BYINGTON, M. D.

Get Your Sleep.

PROF. HAVEN, of the Michigan University, who publishes occasional papers on the subject of health, in a recent article has the following philosophical thoughts on sleep. They are fraught with good hygienic common sense. Let students, ministers, and all thinkers, read and remember.

G. W. A.

"The law of life most frequently violated by students is the demand for timely and sufficient sleep. The mind uses up the machinery of the body when awake, in proportion to the rapidity and energy of its working, and the reservoir is filled up again in sleep. Henry Kirke White shortened his life, not with a dagger or opium, but by an alarm clock. He did not retire to rest when he should, and obeyed the summons of his villainous clock when he should have slept. He died in 1806, aged twenty-one. Probably he might have been alive to-day. "But I can sit up all night, [says the youthful student] even after a hearty supper, and feel no bad effects. I rally

again in twenty-four hours." Of course you do. He would be a feeble youngster who could not endure dissipation for a time. This is the advantage of youth and a good constitution. If you *must* expose yourself in this way for a sufficiently worthy motive, do it like a man, and bear it. Over-punctilious men, who live according to the time-piece and balances, are not the highest type of men. But the everlasting fact remains, that Nature will enforce her laws. If you deprive yourself of timely and sufficient sleep, prepare to pay the penalty when the day of reckoning comes. Come it will. The stories told about such men as Wesley, Lord Brougham, Napoleon and others, who slept only four or six hours in twenty-four, have done much harm. They are generally not really true, for these short sleepers almost invariably take many naps in the day-time. If not, they are exceedingly regular in their other habits, and lose no time in wakefulness in bed. It is wise to take regular sleep enough to keep the nervous system steady and strong.

"Almost as injurious as late hours at night is the practice of rising too early in the morning. The best alarm-clock is sunlight. The eyes should not be wearied by artificial light in the morning. If they must bear this exposure, let it be just previous to the repose of night."

The Use of Stimulants.

A LECTURE upon the above subject was recently delivered before the Union Theological Seminary, of New York, by Dr. Willard Parker, an abstract of which is given in the *New York Evangelist*. We give a few extracts, to show how theological students are instructed in regard to the *use* of poisons.

"The five chief stimulants are, tea, coffee, alcohol, opium, tobacco. Stimulants, when taken in a liquid form, go at once into the blood, and of course operate promptly upon the tissues of all parts of the body. Tea and coffee stimulate, alcohol, opium and tobacco poison.

"TEA AND COFFEE.

"Some persons can use both tea and coffee with impunity; a few coffee, but not tea; a good many tea, but not coffee. Tea and coffee used in moderation do not shorten life; used in excess, they do, however, producing great nervous irritability and exhaustion. Milk and sugar ought to be used with both tea and coffee. Their nutriment appears to protect the system against over-stimulation."

We here see a disposition to pander to the popular taste, by praising these common beverages, and by recklessly stating that which certainly is not demonstrable, that "tea and coffee used in moderation do not shorten life." The reader is left to draw the conclusion, that while tea and coffee stimulate they do not poison, when in fact all five of these "chief stimulants" do both stimulate and poison.

"ALCOHOL.

"Man will have something to drink besides water. He is a drinking animal. The thing re-

quired, therefore, is only that he drink what shall not harm him. There need be no quarrel with pure lager-beer and pure light wines, used in moderation."

Oh! what philosophy to use before a company of men about to go forth as ambassadors of Christ; to stand up in opposition to sin and evil, and to rebuke iniquity wherever found. "Man will have something to drink besides water." Indeed! And is it because he needs something else, and cannot live without it? Oh, no! He *will have* it. That is considered a good and sufficient reason for providing it.

It is to be hoped that the students of this Seminary are better instructed in theology than hygiene, for unfortunate would be the people, if their souls and bodies were both doctored on such a plan. Let us try this logic in the decision of moral questions: Man *will have* something to do besides doing good. He is a sinning being. There need therefore be no quarrel with white lies, popular gambling, or other very small sins!

Oh! that men would cease to compromise with Satan, and boldly stand up for the right, regardless of popular prejudices or morbid appetites, physically, morally or mentally.

W. C. G.

Tobacco Against Whisky.

I SAW the lecturer posting his bills in the village. "A Lecture, by a Reformed 'Rough,' this evening. Subject: 'The Qualities of Whisky in its application to Humanity.'"

Thought I, you look as if you might have been a "rough" some day. It is well if you are reformed.

The task of posting bills accomplished, he came into the store and called for tobacco. Aye, thought I, you mean to give whisky a good run to-night, and in order to do so, you must stimulate yourself, and "get up the steam" by the use of a poison more loathsome and deadly, more stupefying and deadening to moral sensibility, than whisky. A slave to an unnatural, depraved appetite, battling against a similar, though more cleanly, appetite in others.

Well, let the filthy weed put down whisky if it can; but let all true temperance reformers, not only go against whisky, but against tobacco, and all its kindred narcotic stimulants. Let the qualities of tobacco, tea and coffee, in their "application to humanity," be discussed.

R. F. COTTRELL.

"Put a knife to thy throat, if thou be a man given to appetite."—*Proverbs*.

Editorial.

The Food Cure.

WE frequently hear it asserted that certain kinds of food will *cure* certain kinds of diseases, generally those of an acute character, as diarrhea, cholera, &c., and prescriptions of flour gruel, or something of the kind, are caught up and copied from paper to paper, as infallible remedies for bowel complaints, &c.

It is not strange that those should fall into such errors who believe that substances taken into the stomach possess curative virtues; but to those who have learned the principles of vital action, the rationale of cure in such cases is readily understood.

The following, sent us by a correspondent, illustrates this point:

“A CRUST OF BREAD.—An author asserts that a great many obstinate disorders are cured by eating a crust of bread in the morning, fasting. Also, gives many instances of its great efficacy in the following diseases, viz: king's evil, cachexies, scurvy, leprosy, and rheumatic complaints. The author orders about half an ounce of hard crust, or sea-biscuit, to be eaten every morning for five or six weeks, and nothing to be taken after it, in less than three or four hours.”

Doubtless cures are effected under the above circumstances, but that the curative virtue lies in the crust of bread is simply absurd. The substitution of a half ounce of dry bread for a full meal, is the whole secret of the matter. Less burden is imposed upon the system, thus giving the vital powers more chance to expel the poisons which cause the diseases mentioned above.

And so in the use of flour gruel, or similar articles, for bowel complaints. They do not of themselves effect a cure, but as they are generally prescribed to the exclusion of all other food, it amounts simply to what is called “hunger cure,” relieving the system of the burden usually imposed upon it by a full meal, and allowing the stomach and bowels to assume their natural tone of action.

If these kinds of food possess curative properties, why not administer them in connection with other food, just as medicines are given? The fact that their supposed virtues are destroyed by admixture with other food, shows that the root of the matter lies entirely in the subject of diet, and when people learn to live in conformity to nature's laws, they will reject all ideas of “medication,” either with food or drugs.

W. C. G.

“Eat to live, not live to eat.”

Deceived, Not Reformed.

“HEALTH Reform does not agree with our folks,” said a lady to me. “Mr. B.” [her husband] “has not felt as well since adopting the ‘two-meals-a-day’ as he did before.”

“Perhaps he has worked too hard,” I rejoined. “He may have injured himself by imprudence in making the change.”

“Well, I don't know,” she replied, “but he has not felt well enough to do very hard work.”

“Is he regular in his habits? Does he eat any between meals?”

“No, not generally, except in the evening. He usually goes into the buttery and eats something before he goes to bed.”

The reader may think this “fancy;” but I assure you it is every word as spoken. I tried to show them that there was no *reform* in such a course, but the very opposite. If the third meal is taken, it is far better to have it at five or six o'clock than at bedtime. By the above practice the system has to bear all the draft of a change of habit, while a still worse habit is contracted. And this they call *health reform*, and then complain because it don't seem to do them any good! And I have reason to think cases like the above are not few. Many may not err in this respect, but in some other way may counteract the influence of every real reform they attempt. I have seen so many such things that I am constrained to give this advice to those who think the health reform is not suited to their constitutions: Before you condemn it or complain of it, be sure you have tried it!

J. H. W.

THE TRUTH UNWITTINGLY TOLD.—Much truth is often expressed in a joke. This I saw illustrated the other day. As I stood before a house the butcher drove up with his cart of meat. Just then the doctor drove up, and both went into the house together. As they were thus going in, the butcher remarked to the doctor, “It is a common saying that the butcher and the doctor always go together!” Surely, thought I, that is the sober truth. Friends, if you don't want the doctor to visit you, keep the butcher away!

D. M. CANRIGHT.

POSITION IN WALKING.—“What should be the position of the body to secure the greatest ease and benefit while walking?”

The body should be slightly inclined forward, but not bent, the shoulders thrown back, the chest forward, the hips back, the head erect, and the mouth closed.

Liver Complaint.

THE term "Liver Complaint" is generic, as there are nearly thirty varieties of the disease under this head; yet but few distinctions are needed to understand the subject sufficiently to be able to correct its derangements. While there exist so many forms of disease of such an important organ, we might expect to find many affected with liver complaints; and such is the case. Nearly everybody has liver disease, and in consequence, a general decline in health; for this organ cannot long be affected without other derangements of the system taking place. Catarrh, dyspepsia, jaundice, and consumption, the most dreaded of all diseases, often result from derangement of the liver.

All will understand that it is first in importance to avoid the predisposing causes. As the liver is the great depurating organ of the system, it should not be obstructed in its action by errors in diet, &c.

The liver is the largest gland in the human body; it might properly be called a system of glandular organs, as it is composed of many separate glands. It consists of five lobes; the right and left, and three smaller ones. But a minute description is unnecessary. The right lobe is from four to six times as large as the left; the transverse or greatest diameter is from ten to twelve inches, but is many times found much increased in size from disease. It is important to understand the location in giving local treatment. In its natural position it extends from the sixth rib, or about an inch below the nipple, to the under edge of the false ribs, or slightly below them. It occupies the right side of the abdomen, but extends from right to left in the direction of its greater diameter well toward the left hypochondrium, almost coming in contact with the spleen, and partially covering the upper surface of the stomach. It lies immediately below the diaphragm, in close proximity to the lungs and heart, so that in case it is greatly enlarged these organs are much disturbed.

Acute congestion of the liver is occasionally met with in this latitude, though it is principally confined to hot climates. The cause exists in anything that obstructs the free circulation of the blood in the liver; the blood accumulates until it becomes distended, causing a sense of weight or pressure. Stimulants of all kinds, condiments, over-eating, &c., which call more blood to the digestive organs, and so increase the amount of blood in the portal circulation, are exciting causes; also, too violent or long-protracted exercise;

and disease of the heart, in which its action is obstructed, in which case the blood is thrown back or retained in the liver. The prominent symptoms are, weight, an uneasy sensation, pain in the right shoulder and in the loins, sickness at the stomach, even to vomiting; headache, tongue covered with a brownish coat; patient feels very feeble, lack of ambition, despondency of mind; a sallow appearance arising from the impurities being thrown to the skin through the general circulation, that would have been secreted or passed off in other ways if the liver had performed its office. There is but little fever in this form of liver disease, but there is more or less enlargement of the organ.

In treating this form of liver complaint, first remove the exciting causes and balance the circulation. A full warm bath at 100°, with thorough rubbing over the whole surface while in the bath, so as to arouse the dormant capillaries of the skin, being careful to lower the temperature to 95° or 90°; also, the warm sitz and warm foot bath, with cold applications to the head. Hot fomentations and cool or cold compresses, applied alternately, followed by a mild compress to be worn according to the feelings of the patient; perhaps during the night or part of the time during the day. The pack may also be used, taking great care to keep the feet warm and the head cool while in it. The bowels, if constipated, should be moved daily with tepid injections; and no food allowed, unless a little graham gruel, until convalescence is established. If the patient is properly managed, the difficulty will soon be removed, and a chronic fever prevented, which so often follows acute attacks.

Inflammation of the liver embraces both the acute and chronic forms. As is the case in the foregoing disease, acute inflammation of the liver is seldom found in northern or cold climates; and when it does exist, is brought on from exposure. It is very prevalent in southern climates, and much more severe than in the northern. The causes immediately producing this disease are, miasms, such as produce fever and ague, stimulants, intemperance, either in eating or drinking, especially alcoholic drinks, and highly seasoned food, rich gravies, and animal food in large quantities or of unhealthy kinds, such as is sold to the inhabitants of cities after it has lain in butchers' shops until partial decomposition has taken place. The premonitory symptoms are similar, in some respects, to those of congestion. There is tenderness on pressure, pain and heat, high fever, ushered in generally by rigors; skin hot and dry, great thirst, consti-

pated bowels, though sometimes relaxed; nausea and vomiting, tongue coated; sometimes the pain will be excruciating, and other times more obtuse. When the pain is sharp or lancinating, the inflammation is confined to the peritoneum or covering membrane; while the dull pain arises from deep-seated inflammation of the parenchyma or substance of the organ.

When the convex or upper portion of the organ is affected, the irritation extends to the lungs, inducing cough, which generally accompanies this disease. When the lower portion is the seat of inflammation, the stomach and bowels suffer most. When the substance of the organ is affected, it may generally be known by the yellow tinge of the eye, and skin, especially on the upper portion of the body, even producing jaundice, which is but a form of liver disease.

Chronic inflammation often follows the acute, especially when treated drugopathically, as in passing through a "mercurial course," which Dr. Wood says is "our main dependence," in connection with bleeding, blistering, purging, cupping, &c., &c. But it is more generally an original complaint, and comes on so gradually that many have it for months, and even years, before they are aware of it; and nothing but a thorough examination will reveal the facts in the case. The symptoms are somewhat similar to those in the acute form, only much milder; there will generally be pain on pressure, enlargement of the organ, though instances are given of contraction; the bowels are irregular, sometimes constipated, at other times diarrhea; sallow complexion, melancholy and depression of spirits. Dyspepsia either precedes or accompanies the complaint.

In all cases, in treatment, the first thing is to correct the habits which tend to produce the complaint. If the person is living in a low, miasmatic country, he should, if possible, change his location; or so modify his surroundings as to live healthfully to remove the causes of the disease. Hard water, rich, stimulating food, and spirituous liquors, should be abandoned, and excesses of all kinds avoided, and a consistent course of life followed—moderation or temperance in diet and labor. When an attack of the acute form is fully established, resort to the wet sheet pack, tepid sitz bath, cool compresses over the liver, frequently changed, tepid enemas to move the bowels daily, the dripping sheet, warm foot bath, and water drinking sufficient to quench the thirst. Where vomiting is produced, give warm water to facilitate the action; attend vigorously to the work, and in a short time

the disease will be removed by resolution.

But if it is neglected it may go on to suppuration, gangrene, or death; or if not death, to a long, chronic condition but little better. When the disease reaches the point of suppuration, which is indicated by chills and fever, followed by copious sweating, the time for recovery is much protracted. When abscesses are formed, the pus must find vent somewhere, unless perchance it be absorbed. It may find vent through the intercostal spaces, after adhesion to the internal surface of the ribs; or it may adhere to the diaphragm and discharge into the cavity of the pleura, which generally proves fatal, though not always; or it may form an adhesion to the peritoneum, and discharge into the cavity of the abdomen, which is likely to produce intense inflammation there, and destroy life speedily. It may also find an outlet by way of the stomach and intestines.

Those who are suffering from the chronic or mild form, will find the baths indicated in the acute form good in their cases, but they will require less of them. An occasional pack, the sitz bath, with thorough kneading of the bowels while in it, the hot fomentation for fifteen or twenty minutes, once or twice a week, rubbing and kneading the part, placing the fingers against the liver under the ribs and moving it; plenty of out-door exercise; labor moderately by all means, where the strength is sufficient; do not give way to little pains and morbid feelings, but stir out; be cheerful, use plain, wholesome food, and do not over-eat; keep the bowels regular; be persevering and you will succeed.

W. RUSSELL, M. D.

Health Institute, Battle Creek.

DR. COLLONETTE, one of the most eminent physicians of Germany, says: "For twenty-one years I have banished all intoxicants from my practice; and during that period I have made no fewer than one hundred and eighty thousand medical visits. And I hesitate not to say, that the recoveries have been far more numerous and more rapid than they were during the years I followed the usual practice, and administered brandy, wine and beer."

PURITY.—He is not a pure man who, among his fellows, thinks a thought or utters a word he would blush to have his sister hear. She is not a pure woman who, in the seclusion of her chamber or gossip with her household, omits one of the proprieties which delicacy requires.

To Correspondents.

F. W. M. says :

My wife has constant pain in the left lung, with great external soreness below the left breast ; at times a gathering in the lung, followed by discharges. Is it tubercles on the lung? What can we do for the case?

From the limited description given of this case, we cannot tell whether she has tubercles or not, but think it quite probable that she has. Undoubtedly she has abscess of the lung, produced by long-standing congestion. The indications of treatment are, to equalize the circulation, and restore tone and vigor to the system. To do this, she should not be overtaxed with care, or labor of mind or body, and should avoid excesses of all kinds. Her rooms should be well ventilated, especially her sleeping apartment. She should live largely out of doors, and, if her strength is sufficient, should work in the garden and dig in the dirt ; should be regular in all her habits, and use plain but nourishing diet ; should walk erect with shoulders thrown back, and respiration should always be deep and full. In the way of treatment, wear a compress a portion of the time, wet in tepid or cool water, well protected so as not to produce chilliness. Twice a week take a sitz bath, 90° for five or ten minutes, and twice a week take a foot bath, 100° for three minutes, 85° one minute. Once a week a thorough sponge bath over the entire surface. Every night and morning take an air bath for three or four minutes, rubbing the body with the dry hand. Take abundance of rest. Retire early, and get all the sound sleep possible.

N. S. B. asks :

If there is no nutriment in butter, how is it that some people live on clear oil?

Please inform us who does.

J. P., of Rochester, Mich., asks :

How to treat polypus of the nose, of a number of years standing, that has been taken out five or six times.

After the removal of the polypus, have the parts thoroughly cauterized, and impose strict and persistent hygienic habits of living.

J. W. W., of Tiffin, O. :

We have a little girl, five years old. Two years ago she had a spell of sickness, and the doctor gave her strong medicine. Since then she has not had a good color, and for a year has spit up her food. We think the cause is from taking medicine.

This is but one case of thousands, where

individuals are injured by the use of medicine. When will the profession learn wisdom, and cease dealing out deadly poison to their patients? This little girl's constitution is probably injured for life. She never can, by any course of treatment, be restored so as to have that health and vigor that she might have had if she had never taken poison.

It is evident from the symptoms, that the mucous membrane of the stomach is injured, the liver deranged, and thereby nutrition impaired. You should give her the best hygienic diet. Dress her in a manner so that the extremities will be as warmly clad as any other part of the body, having the clothing very loose, with no ligatures. Do not send her to school until she is ten or twelve years of age, but keep her out of doors all you can. Keep her feet warm and her head cool. Twice a week in warm weather, and once a week in cold weather, give her a sponge bath at 90°. Once or twice a week rub the surface over the liver and stomach with the hand wet in cool water for one minute, then with the dry hand the same length of time.

W. L., of Winfield, N. Y., asks :

How to manage with fresh cuts, bruises, and sprains.

In cases of fresh cuts, the edges of the wound should be brought together by strips of adhesive plaster, or by stitches, or both. When arteries are severed that are sufficiently large to need tying, compress the artery on the side of the wound nearest the heart, and send for a surgeon immediately.

For bruises and sprains, first apply quite warm water for a few minutes, then compresses wet in cold water constantly.

HOW TO GET SLEEP.—This is to many persons a matter of high importance. Nervous persons, who are troubled with wakefulness and excitability, usually have a strong tendency of blood to the brain, with cold extremities. The pressure of the blood on the brain keeps it in a stimulated, or wakeful state, and the pulsations in the head are often painful. Let such rise and chafe the body and extremities with a brush or towel, or rub smartly with the hands, to promote circulation, and withdraw the excessive amount of blood from the brain, and they will fall asleep in a few moments. A cold bath, or a sponge bath and rubbing, or a good run, or rapid walk in the open air, or going up or down stairs a few times just before retiring, will aid in equalizing circulation and promoting sleep. These rules are simple and easy of application, in castle or cabin.

Influence of Light on Depuration.

"It is a fact, says the *Mark Lane Express*, that all animals fatten faster in dimly-lighted places than in the full light of day. This is well known in respect to fowls. From experiments made with sheep, conclusions have been reached that in a dark shed, well ventilated and properly warmed, they will make the most mutton from a given amount of food. But dark stables are not good for horses, or breeding stock of any kind. Fat is not, with such, the most important object in view."

The above item from an exchange, although illustrating a well-known fact, contains a principle of great importance to health reformers. An undue amount of fat is a collection of impure matter in the system, and a perfectly healthy animal is not fat. Or, in other words, the common process of fattening an animal is simply diseasing it.

Deprive a man or an animal of light, and you have taken one step to cut off the process of depuration, by which impure matters are carried out of the system. This combined with the deprivation of exercise, causes these impurities to accumulate in the tissues of the body in the form of fat.

Think of this, you who delight in stalled beef and fatted poultry, for that delicious morsel which you so much admire is the result of disease!

Think of this, you who so carefully exclude from your dwellings the glorious light of day. If you would have the various operations of the system properly performed, and especially that of depuration by means of the skin, let in the vivifying light of heaven. Bathe in the sunlight, as well as in water and air.

W. C. G.

"DEATH IN THE POT!"—Prof. Gamgee, of the Albert Veterinary College, London, spoke before the Farmers' Club, of New York, February 15, 1868, on animals and their diseases, when he made the following

remarks: "Hogs are constantly suffering from diseases of some kind, such as the measles, which if transferred in certain conditions to the human stomach, the tape-worm is produced. This has an immense number of joints, and in each are millions of eggs. If animals are kept clean and their food carefully prepared, disease is reduced from eight to one per cent. When diseases in animals prevail, there is a large traffic in diseased animals. The Dutch, Germans, and Russians, selected their diseased animals for the British markets."

PLAIN SPEECH TO MOTHERS.—Prof. Simpson, of Edinburgh, who has had large and long experience in the medical treatment of mothers and children, gave a public address lately on matters of hygiene. He spoke most plainly to mothers, who send their children to the grave by exposing arms and legs, while other parts of the body are warmly dressed. Mothers, he continued, commit child-murder, and then wonder how God could be so unkind as to take away their darling. They not only murder their children, but in his opinion commit suicide themselves, by exposing their own necks to the cold air. It was a puzzle which he could not understand, that women should cut off the top of their dresses and appear with bare bosoms, in refined society, while that part of the dress which should protect the heart and lungs, and other vital organs, is trailing in the mud.

Not to speak of health at the present moment, he would remark that the exhibition of a semi-nude bust seldom approaches to the classical standard of harmonious proportions of parts and fullness of outline, and is rarely suggestive of beauty and loveliness. The inquisitive observer feels himself quite at a loss to know the precise line of division between the part which fashion claims for exposure and the rest which modesty would conceal. The boundary is too changeable. More ought to be left to the imagination and less to be condemned by good taste. But if mothers and full-grown daughters insist on being the victims of fashion, children ought to be exempt from its insane and cruel requirements.

Health of Women.

ONE of our most prominent physicians was consulted, some time ago, by an elegant lady of fashionable life, on account of two of her beautiful daughters who were sylph-like and symmetrical as fashion could make them, but who showed too plainly that their forms and constitutions were as frail as debility could make them without actually manifesting some specific form of disease. "Oh, what shall I do for my beautiful girls!" exclaimed the mother. "Give them strength," he replied. "And how shall that be done?" said she. "Let them make their own beds, and sweep their own rooms, and, perchance, the parlor and drawing-room; go to market and bring baskets of provisions home; garden, wash, and iron!" Looking at the physician with surprise, she said, "What sort of minds would they have? what sort of bodies?" He answered, "They would have as healthy and happy ones as your servants. You now give all the health and happiness to your domestics. Be merciful to your daughters and let them have a share." The importance of this advice cannot be overstated. Useful occupation, exercise in doing real work, is one of the best antidotes for the fearful debility that wastes and destroys so many of our young ladies. To promenade the streets for the sake of exercise, is a poor substitute for the invigorating effects of an hour of real work, and it cultivates all the vanities of an empty head and an idle heart. Give your daughter a broom and let her sweep the attic, instead of giving her a trailing dress and letting her sweep the sidewalk, to be gazed at by idlers until she cares for nothing but display and being displayed. Hundreds of young women would have been saved from the grave, and from a worse fate than the grave, by useful work at home.—*Ex.*

SINGING oils the wheels of care and supplies the place of sunshine. A man who sings has a good heart under his shirt front. Such a man not only works more willingly, but he works more constantly. A singing cobbler will earn as much money again as a cobbler who gives way to low spirits and indigestion. Avaricious men never sing.

A Story for Teachers.

THE following, which we clip from the *Evening Post*, has a moral quite as applicable to parents, guardians, employers, and to all persons in authority, as it is to school-teachers:

"The vice-principals of our grammar schools, who solemnly met and voted, the other day, that it was expedient to flog their pupils, might find profit in the following little story from the *Boston Transcript*:

"A certain school had been kept, and well kept, too, so far as outward propriety was concerned, on the reign-of-terror principle, hardening the boys whilst threatening their fears. The committee deposed the tyrant and substituted a gentleman of another type. He soon had to deal with a rough customer. He called him up. The willful youngster immediately stepped boldly and saucily forward and stretched out his hand. 'What are you doing that for?' 'To take my licking.' 'My boy, I'm not going to strike you. I never whip lads like you. Sit down here at my table, and keep quiet for the present.' The 'bad subject,' as he had been always esteemed, looked amazed, and burst into tears. He was used to blows at home and in school. But kind words and friendly treatment were a novelty to him. He was proof against flogging, but not against kindness. He became one of the most docile of pupils. The simple moral of this incident would seem to be, that those youths generally supposed to be ungovernable without the employment of the ratan, are just the youths to be dealt with in a different style."

"The *Transcript* says: 'We have known teachers to do more by mere manner, than we ever saw done by any amount of flogging,' and it is not alone in this experience."

THE EFFECTS OF TEA ON THE SKIN.—If you pour a few drops of strong tea on a piece of iron—a knife-blade, for instance, the tannate of iron is formed, which is black. If you mix it with human blood, it forms with the iron of blood, the tannate of iron. Now, when we remember that the liquids which enter the stomach are rapidly absorbed by the veins and absorbents of the stomach, and enter into the circulation, and are thrown out of the system by the skin, respiration and the kidneys, it is probable that a drink so common as tea and so abundantly used, will have some effect. Can it be possible that tannin introduced with so much warm liquor, producing perspiration, will have no effect upon the skin? Look at the tea-drinkers of Russia, the Chinese, and the old women of America, who have so long continued in the habit of drinking strong tea. Are they not dark-colored and leather-skinned? When young they were fair complexioned.

Better to do well late, than never.

DR. TRALL'S

Special Department.

Change of Programme.

THE subscribers to the *Gospel of Health* are hereby notified that they will hereafter be supplied with the HEALTH REFORMER. This arrangement, we are sure, will be entirely satisfactory when fully understood. It is utterly impossible for me to issue a monthly journal regularly *on time*, without fatally neglecting other interests of equal, if not of greater, importance; while nothing is more vexatious and discouraging to subscribers than temporary suspensions or irregular issues of a favorite periodical. Moreover, much of my time seems just now to be imperatively required in other fields of labor, and I desire to be released, at least for a time, from the incessant toil of office work, in order to devote more time and attention to Popular Lectures, Health Conventions, a Vegetarian Colony, and to finishing and publishing the large work I have had in hand so many years. And again, I *must* be prepared for a visit to Europe soon, for the signs of the times seem auspicious even now.

By turning over my subscription list to the HEALTH REFORMER, all of the objects above contemplated can probably be secured. I have no fears that the HEALTH REFORMER will prove recreant to the hygienic system, as did the *Herald of Health* after it passed out of my control. It will be managed by those who are, head and heart, in full sympathy with the true principles of the great health reformation, and who have thus far conducted the HEALTH REFORMER as an able and uncompromising advocate of truth.

I shall have a department in the HEALTH REFORMER, and be a regular contributor to its columns, so that all professional correspondence directed to me will be attended to as heretofore.

Subscriptions to the HEALTH REFORMER (advertisements also,) may be sent through me, or directly to the publishing office, Battle Creek, Michigan.

R. T. TRALL, M. D.

APOLLO was held the god of physic and sender of diseases. Both were originally the same trade, and still continue so.

THE man who has nothing to boast of but his illustrious ancestry, is like a potato—the only good belonging to him is under ground.

Visit to Battle Creek, Mich.

By invitation I visited this beautiful and flourishing little city, and gave a course of nine lectures in the church of the Seventh-day Adventists. I found the people of this denomination better posted and more progressive in the principles of health reform than those of any other religious organization which I have ever had the pleasure of meeting with, or talking to; and when I assure the reader that the church was well filled on Sunday evening, and at two and seven P. M. on Monday, Tuesday, Wednesday and Thursday following, he will readily understand the interest that was generally manifested. On Thursday afternoon I spoke to ladies exclusively, and had an audience of four or five hundred. After the lecture I examined and prescribed for a large number of patients.

The members of the society have already excluded alcohol, tobacco, tea and coffee, from their "habits;" many of them are vegetarians, and all of them seem to be investigating the dietetic question with the view of "proving all things and holding fast that which is good." On the dress reform question, the society is in advance of all others, so far as our acquaintance extends, and Mrs. Ellen G. White, wife of Elder James White, has written an able tract in favor of it. Mrs. White not only advocates the dress-reform, but practices it, and being one of the prominent lecturers and teachers, her example and influence are producing excellent results. We had the pleasure of seeing nearly three hundred women in the short dress. Indeed this dress has become so common in that place, that it has ceased to attract any special attention in the streets.

The Hygienic Institute at Battle Creek, I am happy to know, is in a prosperous condition, and is conducted on very nearly the radical plan of Hygeian Home, at Florence Heights, N. J. I wish this Institution abundant success, for it is practicing the hygienic system in its truth and purity, and will never, I am confident, compromise its professed principles, nor pander to morbid appetites, for the sake of the almighty dollar. All of the physicians have the diplomas of our college. Miss Lamson, M. D., who attended our college term of 1867-8, and graduated, is well qualified for her place, and fully devoted to her work of caring for the sick. M. G. Kellogg, M. D., who is a graduate of our last college term, is lecturing to popular audiences, in which field he meets with ample encouragement, and is doing a good work.

Visit to Northampton, Mass.

ON Sunday and Monday afternoon and evenings, June 7th and 8th, by invitation of the Free Congregational Society, I lectured on "The Gospel of Health and the True Healing Art," in the Town Hall of Florence, a beautiful village in the town of Northampton, Mass. There are many progressive health reformers in the place, though but few are inclined to radicalism. Northampton is famous for the beauty and salubrity of its locality and surroundings, in these respects probably not surpassed by any one of the many charming places in New England. It is famed also as the home of the late Sylvester Graham, whose "Science of Life" has undoubtedly done more than any other scientific book that was ever written to indoctrinate the world into the great and grand idea of living a life according to the laws of life. But "a prophet is not without honor save in his own country." There are probably five hundred towns in the United States where his teachings are better understood, and where "Grahamism" is more extensively practiced than at Northampton. Northampton has long been famous, too, for its "Water-Cures," but, unfortunately, they have all been mongrel establishments—Drug-Cures as well as Water-Cures—and have all adopted and advocated anti-Graham diet. But their day has nearly ended. Dr. Munde's establishment at Florence was burned two years ago; the Round Hill concern is little else than a fashionable hotel, and the other "Cure" in the vicinity—that of Dr. Dennison—has very limited accommodations. The old "Water-Cures" have nearly all ceased to exist, or have degenerated into "watering places," while the real business of curing the sick and teaching the well how to avoid sickness, is rapidly passing into the hands of such "Institutes," "Homes," and "Health Institutions," as adopt the principles taught in the Hygeio-Therapeutic College.

A Hygeianian.

THE following letter from James Foran will interest many who are seeking information respecting our Health Colony in Ohio:

"DR. R. T. TRALL—*Dear Sir*: I came to Hygeiana about the middle of February, and have been lecturing in Ross and the adjacent counties on Hygienic Medication. I am perfectly satisfied with Hygeiana, and intend to work for its prosperity. I met with Col. Downey (who attended your college in Minnesota and New York) a few weeks ago. He is lecturing on temperance. He stands on "the true temperance platform," as explained

by you, and I understand that his lectures are well attended. I propose to make Hygeiana my home, and during the fall and winter months, lecture in favor of Hygienic Medication. I propose giving a course of lectures in the vicinity of Hygeiana during the season. I lectured at Sharonsville, a village six miles from Hygeiana, in Pike county, to a respectable audience. The people seem to be generally much interested in the Health Colony. I have brought Hygeiana to the notice of quite a number of persons, and have the names of several who will eventually settle there. I have a brother who now resides in the Province of Ontario, Canada, who will move to Hygeiana as soon as one year from this time. Thomas Wofenden, who visited Hygeiana a few weeks ago, will settle there in the course of the year; Asher Peck, whose post-office address is Trenton, Mich., proposes to move there soon. He wants forty acres. I shall induce many others to join us."

Answers to Correspondents.

THE PULSE IN THE PACK.—F. E. B.: "Does the pulse of a person in the wet-sheet pack increase up to the point where perspiration begins?"

It may or it may not. In many cases perspiration does not begin at all. Indeed, sweating is the exception, not the rule, in hygienic treatment. The question is probably predicated on the common error that perspiration is an essential part of the treatment.

CRAWLEY.—Mrs. B.: The root of this plant is nearly inert, yet a gentle and very sure diaphoretic; that is to say, it is so mild a poison that the system expels it mainly through the cutaneous excretory, as the easiest method to get rid of it.

ECZEMA.—S. H. B.: "Will the use of water, ever so profusely employed, and in all proper modes of application, free the skin of eczematous eruptions, aggravated by a bilious habit, and a scrofulous diathesis, while the patient indulges in the ordinary diet, and drinks hard water?"

Our opinion is that it will not. All the waters of all the Niagaras in the world cannot cleanse the body of such humors while the person's dietetic habits are continually ingenerating them. The hygienic system contemplates wholesome food as well as proper bathing.

HIP DISEASE.—M. B.: The stiff joint, which is frequently the consequence of this disease, may be owing to deposits of bony matter, in which case the motion of the joint may be measurably or completely restored by a surgical operation.

TRICHINOSIS.—There is no method of removing trichina from the flesh, nor destroying them therein, without killing the flesh

also. The proper medication is preventive—don't eat pork.

PIMPLED FACE.—I. O. : You have a bilious condition of the blood. Take a tepid ablution daily, a wet-sheet pack once a week, and avoid milk, butter, sugar and salt. Take only two meals a day.

DROPSY OF THE CHEST.—S. A. S. : The prognosis in the case you describe is unfavorable. Few persons recover from so advanced a stage of this dangerous malady. We should charge \$100 to visit the patient. We do not receive such cases at our Institution.

CHRONIC LARYNGITIS.—M. A. G. : This is one of the most insidious forms of consumption. Tickling cough, occasional hoarseness, permanent soreness, with expectoration and emaciation, are always dangerous symptoms. You had better go to a competent hygienic physician for examination, before undertaking home-treatment.

GREENS—NARCOTICS—ANTIDOTES.—E. P. : "1. Do you consider tomatoes, cabbages, and common spring greens, wholesome diet? 2. In a case of poisoning by narcotic drugs, (aconite for example), which stupefy the patient, is anything gained by efforts to prevent the patient from sleeping? 3. Would it be proper, in any case, with a view to neutralize a poison in the stomach, to introduce another poison?"

1. Yes. 2. No. 3. Yes.

The Food Question in England.

BY R. T. TRALL, M. D.

THE friends of Health Reform on the other side of the Atlantic, though they have no journal of their own, are introducing our doctrines into the regular medical journals whenever opportunity presents. The *Medical Mirror* has admitted a few articles of a controversial character, but seems to be too much in fear of the profession to allow of a discussion of its fundamental doctrines.

The *Medical Press and Circular* is now publishing a series of lectures on food, delivered by Dr. Letheby, at the Society of Arts. Dr. Letheby adopts and asserts all the chemical nonsense and physiological absurdities of Liebig and Pereira, and embellishes them with statements of his own no less unphilosophical and ridiculous. As a specimen of the manner in which all men of the drug schools discuss the subjects of food, drink, and medicine, we notice a couple of "highly-seasoned" paragraphs in a late number of the *Press and Circular*. To Dr. Letheby's state-

ment that hard water is better than pure water as a drink, and that *salt* is a necessary article of diet, a correspondent replies :

DR. LETHEBY'S LECTURE ON FOOD.

To the Editor of the *Medical Press and Circular* :

SIR : Will you allow me to call the attention of your readers to the following inconsistency in Dr. Letheby's interesting lecture on food, contained in your number of the 29th ultimo? Dr. Letheby truly states in the course of that lecture, that "primarily all our foods are derived from the vegetable kingdom, for no animal has the physiological power of associating mineral element, and forming them into food." Now, this is thoroughly sound physiology, and at once shows the absurdity of the customary prescriptions of iron, phosphates, and other salts of lime, &c., as "blood food"—prescriptions which are based on ignorance or forgetfulness of all sound physiology, inasmuch as they cannot, in their mineral condition, be assimilated by the system, which, on the contrary, does its best to eject them the moment they are presented to it.

Now, the inconsistency which I wish to refer to in Dr. Letheby's lecture is his sanctioning the addition of salt or muriate of soda to bread, after previously stating that the system is incapable of assimilating it. This being the case, it is a poison, incapable of affording nutriment to the animal economy, and therefore injurious to it. It is these illogical inconsistencies, and ignorance or neglect of sound physiological principles, which lead to the present unsatisfactory state of the medical art, poisons being prescribed for food.

Your obedient servant,

RICHARD GRIFFITH, Ch. M.

The editor of the *Medical Press and Circular* admits the article of Mr. Griffith, and essays to extinguish it in a style which savors more of intolerance, conceit, and bigotry, than of logic and common sense. He says :

The mineral substances play the part of purveyors, and are therefore very useful—in fact, in not a few instances they are necessary. To call them poisons, "incapable of affording nutriment to the animal economy, and therefore injurious to it," is a strange proceeding on the part of one attempting to correct such an authority as Dr. Letheby. What will the teetotallers say to Mr. Griffith's proposition, which necessarily includes water? Our correspondent should not impute "ignorance" or "neglect of sound physiological principles," or "inconsistencies," to writers he has evidently failed to comprehend.—EDITOR M. P. & C.

Salt a purveyor! Shade of Esculapius! where did the man learn this? We have always been taught that water is the only purveyor in all living organisms; but now we are told by this editor that "mineral substances" are purveyors. This is certainly important, if true. But it is *not* true. The editor does not condescend to give any reason for his assertion; nor can he. There is no reason to give. Medical journalists have too

long been in the habit of disposing of the facts and arguments of their opponents by mere assertions to the contrary, intimating, with questionable modesty, that Dr. Letheby is so deep that Mr. Griffith cannot comprehend him. It may be that the learned doctor is so deep in the fog that Mr. Griffith cannot see him; but we think that his argument is so shallow that Mr. Griffith has effectually refuted it on scientific data.

"What," exclaims the editor, "will the teetotalers say to Mr. Griffith's proposition, which necessarily includes water?" We confess ourselves unable to comprehend any shadow of a shade of a reason the editor has for this assertion. Water is a purveyor. Salt is not. Water is a component part of living structures. Salt is not. Salt is a mineral poison. Water is not. Water, air, and food are used in the normal processes of all human beings. Salt and mineral substances are not. To call poisons poisons may be a "strange proceeding," but the time will come when it will be regarded as a very strange proceeding to call them anything else.

In every lecture or book that we have heard or read for twenty years, on the subject of food and drink, whose author is a drug practitioner, or a professor in a drugopathic college or hospital, there has been a specious argument in favor of everything that people generally are fond of. Science has been ignorantly perverted or wittingly prostituted to pleasing the morbid appetences and confirming the prejudices of the people. It is by such craft that the medical profession lives.

Dr. Letheby makes one statement that effectually refutes all he has said or can say in favor of salt as an aliment, or "purveyor." He says (*Medical Press and Circular* for March 11, 1868, page 217), "If we drink water containing but little common salt in solution, it does not permanently dilute the blood, but passes off immediately by the kidneys; and if we try to increase the amount in the blood by drinking solutions of salt, as sea water, it *refuses* to be absorbed."

The salt "refuses" to be absorbed. Oh, no! Professor; the system refuses to absorb it. And why? Because it is a mineral poison, and not a "purveyor." The system never treats water in this manner, unless it is excessive in quantity; but salt, and all other mineral substances, are rejected and expelled in any quantity.

Dr. Letheby adduces an argument in favor of the necessity for salt, which is perfectly awful. He says: "Animals will travel long distances, and brave the greatest dangers, to obtain it. Men will barter gold for it; in-

deed, among the Gallas, and on the coast of Sierra Leona, brothers sell their sisters, husbands their wives, and parents their children, for salt." We think the argument proves too much. Such things are never done to purchase food or drink. Such practices never obtain, in man or beast, except when the creature is under the dominion of morbid appetite. But our learned Professor need not go far away to savage tribes or barbarous nations to find illustrations of the principle. There are plenty of them in London and New York. In these civilized, enlightened, and Christian cities, men will do worse than the Gallas and the Sierra Leonans. They beat, bruise, maim, starve, freeze, torture and murder their wives and children, under the dominion of the alcoholic appetite. They do not sell them, because the law does not permit it; but we believe it would be a great blessing if drunken husbands and besotted fathers were allowed to sell their wives and children for grog. Their fate could not possibly be made worse, and might, perchance, be made better. Many a man has sold his wife's furniture and clothing for alcoholic liquor. And now we would like to have Professor Letheby give us a plain answer to a simple question: If the fact that one man sells his wife for salt proves that salt is a "natural necessity," does not the fact that another man sells his wife's property for rum prove that rum is a "natural necessity?"

Dr. Letheby reproduces the stale fiction: "In barbarous countries the most horrible of punishments, entailing certain death, was the feeding of culprits on food without salt." If the doctor will visit our Hygeian Home we will show him some very fair specimens of humanity, who have never used salt, either as food, drink or medicine.

Dr. Letheby quotes Dr. Edward Smith to prove that human beings require the following mineral substances in food, viz; phosphoric acid, chlorine, potash, soda, lime, and magnesia. *He does not name salt at all!* Why then does not Dr. Letheby recommend us to eat phosphorous, chlorine, potash, soda, lime, and magnesia? He does, indeed, tell us that "four-fifths of the earth's surface yields water *rich* in carbonate and sulphate of lime, and he recommends us to drink them as "a grateful *medicine* to the system." Do well persons need medicating? We have long been accustomed to trace affections of the liver, spleen and kidneys, gravel, stone, &c., to the drinking of water "*rich*" in the salts of lime. And by what process of logic Dr. Letheby can show that they are wholesome, remains to be seen. But if nature has provided the requisite lime in the hard spring

and well waters, how are we going to get the magnesia, and the soda, and the potash, and the chlorine, and the phosphorous? Or are all the mineral substances we need, except lime and salt, found in proper quantities and qualities in our ordinary victuals? And if so, why did nature make such a miserable blunder, when she was contriving the dietary of the lord of creation, as to put in all the necessary ingredients but lime and salt, and leave us to find them where we could, even if we had to sell our sisters, wives and children for them? All this scientific twaddle comes from reasoning from false premises. Dr. Lethby has not yet learned what food is.

With regard to tea and coffee, Dr. Lethby adduces the stereotyped gibberish in favor of their use, though he confesses himself unable to give any other reason than the prevailing appetite for them. He might as well call the greed for gold a normal instinct, because it is very common, and in many cases very intense; so much so that men will sell home and character, and home and Heaven for it, if not sisters, wives, and children. When shall we have a medical professor who can reason from nature's laws, instead of a depraved stomach?

We give Dr. Lethby's chemico-physiological argument in favor of tea and coffee, as the greatest muddlement yet presented on that intricate subject:

The physiological properties of this substance, [theine or caffeine,] and of its homologue, theobromine, are not clearly discoverable. Mulder states that they are not the agents concerned in the peculiar action of tea and coffee. Liebig, however, points to the fact that with the addition of oxygen and the elements of water, they can yield taurine, which is the nitrogenized constituent of bile, and he asks whether they may not be concerned in the production of that secretion. Theine, he also states, is related to kreatinine—that remarkable compound, produced in the vital process, and occurring in the muscular system of animals; and to glycocol, which we may suppose to exist in gelatine coupled with another compound. In fact, according to him, there are no drinks which in their complexity and in the nature of certain constituents, have more resemblance to soup than tea or coffee; and it is very probable, he says, that the use of them as a part of food depends on the exciting and vivifying action which they have in common with soup. Reasoning in this way, it may be said that theine or caffeine, and theobromine, are closely related in their composition to nervous tissue, and that therefore they are suited for the repair and renovation of the exhausted brain. Experiments made by Lehmann, in 1854, with infusion of roasted coffee, and with caffeine, went to show that their chief influence on the human body was to retard the waste of tissues; that when, for example, an infusion of three-quarters of an ounce of roasted coffee was taken daily for a fortnight, the amount

of urea and phosphoric acid excreted by the kidneys was less by one-third than when the same food was taken without the coffee. The empyreumatic oil was found to exert a stimulating action on the nervous system, and when taken in excess caused excitement and wakefulness. It also operated on the skin by producing a gentle perspiration, and it removed the sensation of hunger. The conclusion from these experiments was, that both tea and coffee exhilarate the nervous system, and by lessening waste enable the food to go further in its nutritive action; that with a given quantity of food, more work could be performed when these beverages were taken than otherwise; and that in old, infirm persons, where the desire for tea is so strong, the waste and decay of the system was lessened. It operates in fact as a sort of lubricant of the animal system, and by oiling the machinery, enables it to work easier and longer.

The more recent experiments of Dr. Edward Smith are not exactly to the same purpose; for, in his opinion, tea promotes rather than checks the chemico-vital functions of the body, for directly after it is taken, the quantity of carbonic acid emitted from the lungs, and the quantity of air inspired are increased; and there is greater depth and freedom of respiration. In this way, he thinks, it promotes the transformation of starch and fatty food; besides which, it increases the action of the skin, and by inducing perspiration, lessens the heat of the body. Coffee, he says, has an opposite effect, for it lessens the action of the skin, and promotes that of the bowels; and its influence on the respiratory processes is somewhat less than that of tea.

It is manifest, from all this, that we have yet to learn what are the *special actions* of these beverages; and why it is that they have been used in all times, and in all countries, as a means of supplying some *natural want* which science is unable to discover—that everywhere, the poor and the needy, the aged and the infirm, will make a sacrifice of even nutritious food for some such beverage as tea and coffee; that not less than five hundred millions of the human race should make use of an infusion of tea; that more than one hundred millions should drink coffee; about fifty millions, cocoa; and not less than ten millions of the inhabitants of Peru, Paraguay, and the Brazils, should use an infusion of mate, or guarana. In this country alone, there are over one hundred millions of pounds of tea consumed annually, and, perhaps, about half as much of coffee. All this looks like the influence of some *deep-seated necessity*, which our philosophy is unable to fathom.

Precisely such reasoning, if reasoning it may be called, and precisely such arguments, if arguments they are, have been adduced by Liebig, Pereira and others in favor of alcohol as a beverage. But the "curious curiosity" of the muddle is this: Lehmann's experiments show that tea and coffee lessen waste and increase nutrition, while the experiments of Dr. Edward Smith show just the contrary—that they increase waste and lessen nutrition; ergo, Dr. Lethby concludes that there is some "deep-seated necessity" for their use, which "philosophy is unable to fathom."

This is a very "deep-seated" conclusion from the premises. If ten flat contradictions make one consistent truth, deep and unfathomable must be the philosophy thereof!

The last paragraph is a splendid specimen of the ratiocination of quantity. Six hundred and sixty millions of the human race are addicted to the use of tea, coffee, cocoa, maté, and guarana, and one hundred millions of pounds of tea are annually consumed in Great Britain, hence, these beverages must be good, must supply some natural want, although "science is unable to discover it," and their "special actions" are wholly unknown to us. Great is science, and great is Letheby, her interpreter!

Let us institute a parallel process of reasoning in the hope of making our author see the ineffable absurdity of his logic.

In Great Britain, France, Russia, and the United States, nearly two thousand millions of dollars are annually expended for liquor and tobacco; in those four nations are one million of drunks, while about one-half of the human race (very nearly six hundred and sixty millions) are addicted to liquor-drinking and tobacco-using. Do not these facts prove that alcohol and tobacco "supply some natural want which science is unable to discover?" And if our author will permit us to illustrate his method of reasoning, by a flight into the domain of the moral world, we will show its ridiculousness in a still more palpable light. There are on the surface of this world which we inhabit, six hundred and fifty millions of people, who are more or less "earthly, sensual, and devilish;" and many of them are dishonest and have an uncontrollable propensity to cheat, and a few of them will even sell their wives, sisters, and children, and even themselves, for filthy lucre; while at least one hundred millions of dollars are annually expended in cheating, lying, and stealing. Is it not, therefore, reasonable to suppose that cheating, lying, and stealing subserve some natural purpose in the moral economy, although the rationale may be too deep-seated for our metaphysics?

A Chapter of Horrors.

R. T. TRALL, M. D.—*Dear Sir*: Enclosed you will receive two dollars to pay for the *Gospel of Health* for one year. I believe I am indebted to your teachings, with the blessing of God, for my present good health, having had dyspepsia in its worst forms. Let this suffice, and I will give you a chapter of horrors:

A Mr. S. had seven sons. They were all

taken ill of diphtheria. Mr. Allopathy, of forty years standing, was called in. Six of the sons were treated according to the popular system of Poisonopathy. They all died. The writer saw their graves side by side in the churchyard. One of the sons would not take any of the doctor's drugs. He recovered, and is living to-day.

A lady was taken ill in C—. An M. D. administered. She immediately became worse. The doctor said the medicine was too strong; ordered them to give herb teas. The tea-kettle was put on, but before the water was hot the patient died.

A Mr. H. had typhoid fever; was drugged for six weeks; apparently was better. The next day became worse; the doctor said a new fever had set in. The patient died—not of fever, but of drug explosion.

A Mr. S., of C—, had inflammation of the lungs; called in Drugopathy; became worse, and in a few days died of inflammation of the bowels—caused by powerful irritants.

A lady at M— was taken ill of inflammation. Dr. Poisonopathy was called in; powerful opiates were administered. The lady went to sleep, and never awoke.

Again, a Mr. C., of W—, had inflammation of the lungs. Mr. Allopathy was called in. He cured the inflammation apparently, by creating a new disease; and the patient died soon of galloping consumption.

I might continue these statistics; but let this suffice at present.

The M. D.'s of the old school do not believe in their own system. One of fifteen years' standing said to the writer: "Mr. H., I tell you, in confidence, the drug system is a great humbug. I have frequently created a new disease worse than the original, by giving my patients calomel; and I have adopted your system at times, and my patients have been going about the next day."

I replied, "Why not get Dr. Trall's works and practice our system?" He replied he would like to get them. I let him have the Hand Book, and he informed me the treatment acted like a charm; had not lost a case of summer complaint in his practice last summer—the year before lost a large number.

It is now twelve years since I became acquainted with the new system of Hygienic Medication. I frequently speak in public whenever suitable opportunity offers. I am down on drugs, alcohol and tobacco.

Wishing you every prosperity in your noble efforts to rid the world of humbug and quackery, I remain yours truly,

DR. W. HILL.

Port Robinson, Ontario.

Items for the Month.

NEW VOLUME—NEW ARRANGEMENTS.—Our readers will be gratified with the appearance of this number, and the arrangements for the current volume. In order to insure a general interest in its contents, the REFORMER is now published under the direction of an Editorial Committee of twelve, composed of physicians, ministers, and others, all ardent health reformers, whose interests and energies will be united to make the REFORMER a first-class, practical health reform journal. The Editorial Committee have no pecuniary interest in its publication; their labors are volunteered for the benefit of the cause which the REFORMER advocates.

Again, Dr. R. T. Trall, of New York, who has a world-wide reputation as an author, publisher, and lecturer on the subjects of life and health, has suspended the publication of his monthly, the *Gospel of Health*, and thrown his interest into the REFORMER, to which he will hereafter be a constant contributor; and in addition to his general articles, he will have a Special Department for his own correspondence, so that our readers will receive the benefit of answers to questions and advice to invalids, both from Dr. Trall and the physicians at the Health Reform Institute. And the regular correspondents of the late *Gospel of Health* will become contributors to the REFORMER.

With this arrangement we have found it necessary to increase the size by the addition of four pages; and if this does not afford sufficient room to carry out fully all the other improvements, it is contemplated to make a still further enlargement.

In these arrangements we have presented extra inducements to our friends to renew their subscriptions promptly, and to assist in extending its circulation among their friends and neighbors. We think we shall present you a journal that you may safely and confidently recommend—one that will both honor and greatly advance the important cause for which we are laboring.

We send this number to all of our old subscribers, as well as to those of the *Gospel of Health*. Those who intend to renew their subscriptions should do so at once, as this will be the only number thus furnished. By renewing immediately you will secure the volume complete, which you would not otherwise be likely to do, as we can furnish back numbers to only a limited extent.

We call especial attention to the article by Dr. Trall, "The Food Question in England." It is clear, logical, and unanswerable as an argument. You will be well paid to read it with care."

ON TIME.—In effecting the changes and improvements for the present number, we have unavoidably fallen behind time a little, which we shall in future try to avoid. Those who intend to furnish articles for No. 2, will please send them in soon, as we shall try to be on time hereafter without fail.

By our recent arrangement, the number of our regular correspondents will be somewhat increased; yet we hope no one will withhold his aid on that account. It is well to have a good assortment to select from, so that our readers may "get the best." Write, and be patient. Brief, pointed, practical articles will always be in good demand.

OUR TERMS.—With all our improvements we continue the REFORMER at the same price. It is our intention to devote it exclusively to the great object indicated by its name—the Health Reform; and it will be found to be both cheaper and better than other monthlies, which are largely filled with miscellaneous matter, such as may be found in hundreds of papers and magazines in the land. We have neither time nor space to devote to light reading, and those who value a strictly health journal, will find the REFORMER the cheapest and best in the country.

We have received a neat card photograph of the *Review and Herald* Office, of this city, and its surroundings, embracing the residence of the editor, with the employees of the office in the foreground. Copies can be obtained at 25 cents each, or five for \$1, post-paid, by addressing A. A. DODGE, Battle Creek, Mich.

SEWING MACHINES.—Mr. E. S. Walker, of this city, is still prepared to furnish Wilcox & Gibbs' Family Sewing Machine, on the most favorable terms.

ADVERTISEMENTS.—The wide-spread and increasing circulation of the REFORMER presents rare inducements to advertisers. Our journal circulates in all the Northern States, and in the Provinces. Advertisements of a respectable character inserted on the following terms:

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