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General Articles.

Bionomy.—No. 4.

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BIODYNAMICS.

HAVING, in preceding articles, given a brief outline of General Anatomy and Physiology, treating, under these heads, of Organic Matter and Biotic Actions, comprehending the phenomena of organization and function, I shall now proceed to notice, in a brief chapter—brief compared to the importance of the subject—the causes of these phenomena.

All motion, as well as all of the properties of matter, is produced by certain imperceptible influences, called by philosophers, *Forces*. Some attribute all of the phenomena of nature to the varied operation of a single force. Others contend for the duality of natural forces; while still others believe in the existence of several primary forces. But the tendency at present seems to be toward regarding all natural phenomena as being explicable upon the theory of but one or two elementary forces. It seems to my mind that there is an abundance of evidence to convince any unprejudiced inquirer of the duality of these forces, if not of the existence of several such supermaterial causes. Two bodies may be moved *toward*, or *from*, each other. Now if we consider the power to move these bodies as being inherent proper-

ties of them, it seems evident there must be a power of motion in two directions, a force of *Attraction* and also a force of *Repulsion*.

Attraction is an inherent property of all matter. It is the cause of the aggregation of particles forming masses; of masses moving toward each other, etc. Attraction in different circumstance receives various names. When the attraction is between substances of the same kind at imperceptible distances from each other it is called *Cohesion*. When the attraction is between substances of different kinds at imperceptible distances apart, it is called *Chemical Attraction*; and when between masses of matter at perceptible distances from each other, and whether of the same, or different, kinds, it is called *Attraction of Gravitation*. Then we have electric and magnetic attraction, and a modification of cohesion called capillary attraction. Where cohesion exists between substances dissimilar in kind and imperceptible in distance apart, it is sometimes called *Adhesion*. These terms are erroneous when applied to designate independent forces, but as indications of *modifications* of the one attractive force by different conditions, they are perfectly proper. Notwithstanding I intimate here that I believe in the existence of but one attractive force, yet whether there is one, or a dozen, does not affect my theory of vital or biotic forces; it only simplifies or complicates the theory accordingly as we accept the doctrine of the simplicity or complication of attractive forces in nature. The principal idea to be enforced here, is, that attraction is an inherent property of all matter, subject to modifications of manifestations by certain conditions.

Repulsion is, I think, a property as universally inherent in matter as is attraction. I am aware that philosophers say but little about the force of repulsion, except in connection with certain electrical and magnetic phenomena, but to my mind, a few facts are worth more than a score of philosophers, and

I believe the facts are not few which go to establish the universality of an inherent repulsive force in matter. But as this doctrine is only incidentally connected with that of the biotic forces, I will not attempt to prove its truthfulness in this place; but the subject being much simplified by assuming this hypothesis, I will consider this as admitted, and proceed.

Though attraction and repulsion are inherent properties of all substances, and though they constitute the motive causes of all active phenomena, yet so long as they are in a state of *static equilibrium*, a condition of balance, they can cause no motion. It is only when one or the other of these forces predominates over the other that motion ensues. When repulsion predominates, the effect is a motion of the bodies *from* each other; when attraction predominates, the motion will be of one or both bodies *toward* each other. So we have the important fact that it is possible to disturb the equilibrium of these forces. To illustrate this fact by experiment, let us suppose the case of water at a temperature of 60° Fah. Now if we so disturb the equilibrium of the cohesion and repulsion of the particles of the water, as to cause the repulsion to predominate, we may increase the bulk of the water very many times by the force of repulsion in the particles of water, driving them asunder until the density of the original substance becomes so much reduced that it would not be recognized by any one not acquainted with the phenomena, and which state of extreme rarity gives reason for a distinct name—steam. Then again, we may cause the cohesion to predominate until the water becomes so dense that one acquainted with none of the facts in the case could not possibly recognize it as being the same substance; and this condition of extreme density really gives occasion for another name—ice, so that for the same substance we have three distinct names indicating the relative proportions of the inherent forces.

We habitually designate the various relative quantities of the inherent forces of substances by various names. When we speak of the mere phenomena of predominant repulsion between the particles of a mass, we call it *heat*; and when of predominant attraction, *cold*. When one or the other forces predominate in masses of matter, we call the phenomena *motion*. Various other degrees and modifications of these forces are called light, electricity, magnetism, &c.

I hope these imperfect explanations of the nature of the natural forces in general, will be sufficiently understood by my readers to

enable them to comprehend that of the biotic forces in particular, which I am about to try to explain. I hope the critical reader will entirely fail to notice the rags and ill-fitting garments in which these ideas are clothed, by strictly confining his attention and criticisms to the matter and not to the manner. As for the theory itself, I invite free, full, and candid criticism.

Biodynamics is a term chosen to designate the doctrine of biotic, or vital, forces, which subject will now be more directly presented to the attention of the reader.

Ever since the days of Hippocrates and Galen, scientific minds have been forced to adopt or concoct some doctrine of a force or forces inherent in living beings distinct from that of substances in general. The phenomena of life seems inexplicable to most scientific minds on any theory of mere physical or chemical forces to the exclusion of some *peculiar* life-force. This force has been called by various names; such as, "Anima," "Anima Vegetans," "Vis Vitæ," "Vis Insita," "Spiritus Archæus," "Vis Nervea," "Vital Force," "Vitality," "Nervous Fluid," "Life Force," etc., etc. This "vital principle," as some call it, has received various explanations by different distinguished authorities. Hippocrates, Galen, Celsus, Avicenna, Paracelsus, Van Helmont, Stahl, Lord Bacon, Haller, Hoffman, Cullen, Des Cartes, Liebig, Paine, Darwin, &c., not to forget our great Hygeio-Therapeutic Reformer, Trall, have all had their theories of vital forces; and though mine may appear like a mouse compared to a mountain, coming, as it does, after all these great minds have "tried their hand," I shall let my readers have it, fully believing that it is scientifically correct, and accounting for its being so universally overlooked by great minds, by the fact of its very great simplicity. The great philosopher is not half so likely to find daisies by looking for them among the stars, as the humble peasant who seeks them among the grass at his feet.

The *Biotic Forces* (Vitality, Vital principle, or whatever else they may be called,) consist of a *peculiar arrangement of the primary forces inherent in the elements of the organic substances with reference to special functions; and this peculiar arrangement of elementary forces is the result of the peculiar arrangement of the inorganic elements of the organic substance*, spoken of in No. 2 (February, 1869), of this series of articles. This implies that each inorganic elementary substance retains *all* of the properties after it has been assimilated by a living tissue, which were inherent in it before such assimilation;

and that the aggregation of these elements in such order as to constitute an organic substance does *not add any new elementary* property, but simply *new compound properties* whose elements are identical with the original properties of these elements before becoming part of an organic tissue.

Those who contend for an elementary vital force distinct from ordinary attraction or repulsion, may object to this theory as attributing the phenomena of life to chemical and mechanical causes, or forces. But, though this seems true at a superficial glance at the doctrine, the objection is entirely without foundation. The Biotic Forces are as distinct from chemical or mechanical forces, as organic substances are from inorganic matter. The very act of organization of inorganic material by the plant, results in a like organization of chemical and mechanical forces, forming Biotic Forces.

The Biotic Forces, like ordinary attraction and repulsion, are incapable of causing motion so long as they are in a state of equilibrium. This condition of these forces is seen in the seeds of plants previous to germination. The operation of the causes of biotic action depends upon *conditions* as much as does that of the causes of chemical or mechanical action. Suppose the Biotic Forces in a living being, or any part of a living being, to be in a state of *static equilibrium*; before any living phenomena can be manifested, this equilibrium must be disturbed so as to cause either the Biotic Attraction or Repulsion to predominate. In case of the seeds of plants, this is accomplished by *heat* (repulsion). In case of the leaves of plants, the "chemical ray," or "actinism," of the sun destroys the equilibrium of the forces inherent in carbonic acid (CO²), causing the force of repulsion to predominate, thus freeing the elements from each other, and subjecting the carbon to the Biotic Attraction of the plant, and the oxygen to its Biotic Repulsion, by which means the former is assimilated, and the latter exhaled—repelled, thrown off. In case of the muscular forces, etc., of animals and humans, their static equilibrium is disturbed through the agency of nervous conductors and ganglionic generators of force. The generation of this force results from the decomposition of the ganglionic substances. But I can occupy no more space at this time, and so drop the subject before I have hardly entered upon it; but it being one of peculiar interest, I hope to illustrate it fully in future articles.

Makanda, April, 1869.

FORGIVE thyself nothing, and others much.

Wine Drinking in France.

[The following is an extract from a letter written from France by a little girl—not a young lady!—but a little girl of fourteen, to a young friend in America. She was born in this country, and has lived here until about two years ago. Since then she has been living in Ireland and France.]

DEAR N—: I want to tell you of a resolution I have made: Never to touch any intoxicating beverage. If I had not seen enough before leaving America to make me abhor it as much as I ought, I certainly have seen enough since. Three months before I left America, I took a pledge to 'never use tobacco, or any drink that can intoxicate.' At G— [her father's home in Ireland] everybody drinks wine except papa, mamma, and I; and after dinner the men take their 'punch.' Even clergymen take their 'punch' regularly after dinner, and so-called *ladies* take it sometimes. They say, 'I could not do without some stimulant;' and they say, 'It aids digestion.'

Here in France, every one drinks wine, even little children; a weak wine it is true, but it seems to me that the crystal water which God has given us is the best drink. I am but a child, but every example helps, and I hope that mine may never help the *wrong* side. Even if I *liked* wine and other intoxicating drinks, I would cheerfully give them up. I wish also to give my dear papa the pleasure of feeling that his daughter will never, *never* touch intoxicating drinks. My body is the temple of the Spirit of God, and I do not wish to pollute it."

Health and Study.

IF by gaining knowledge we destroy our health, we labor for a thing that will be useless in our hands; and if, by harassing our bodies, though with a design to render ourselves more useful, we deprive ourselves of the abilities and opportunities of doing that good which we might have done with a meaner talent, which God thought sufficient for us, by having denied us the strength to improve it to that pitch which men of stronger constitution can attain to, we rob God of so much service, and our neighbors of all that help which in a state of health, with moderate knowledge, we might be able to perform. He that sinks his vessel by overloading it, though it be with gold and silver and precious stones, will give his owner but an ill account of his voyage.

A CONSTANT guest is never welcome.

A STORY FOR YOUNG HEALTH REFORMERS.

A LITTLE story I will tell—
Though simple, it may please you well;
For trifling things, we sometimes find,
Make deep impressions on the mind.

When storms and chilling winds were o'er,
And grass sprung thick about the door,
Two little birds, in plain brown dressed,
Came seeking where to build their nest.

They flew about the yard all day,
And to each other chirped away;
But neither hedge-row, shrubs, nor trees,
The little architects did please.

At last the hen-bird twittering said,
"It suits me best—the old barn shed;
And with to-morrow's rising sun,
I'll have me there a nest begun."

The shed was underneath the barn,
A queer retreat, so dull and warm;
Huge beams lay on the gray stone wall,
And there she'd build her nest so small.

A more romantic place, I thought,
Dear little bird, you might have sought;
A leafy branch, in glen or nook,
That overhung a babbling brook.

But could you've heard, next morn, the notes
That welled up from their little throats,
You would have thought the happiest pair
They were, that ever winged the air.

And all that day, with tireless wing,
Twigs, leaves, and grass, I saw them bring;
But when night came for them to rest,
They were the owners of a nest.

The next time that I passed the shed,
Above the nest a little head
Peered out at me, as if to say,
"I just as soon you'd keep away."

The reason why, at once I guessed:
Small eggs lay hid beneath her breast;
And how could she protect them there,
Those precious objects of her care?

And now I'll tell you something strange:
Soon to the nest there came a change;
It was a very clever trick,
But each small egg became a chick!

They were odd-looking little things,
With gaping bills and naked wings;
Yet mother-bird she thought, no doubt,
Hers were the prettiest ones about.

They grew so fast upon their food,
The old bird said that all her brood
Their little, fluttering wings must try,
And see how well each one could fly.

But knowledge that experience brings
They'd not, the little darling things;
And I am sorry to relate
Of one poor bird the cruel fate.

About a half a year before
(It might have been a little more),
Two kittens that we thought so nice,
Were got to keep away the mice.

Now one had fur as black as night,
The other as the snow was white;
Their names a sentimental girl
Kedar at once pronounced, and Pearl.

But kitty Pearl was very sly,
And ere with ease the birds could fly,
Down in the grass she hid one day,
And, just as still as could be, lay.

She watched them as they flew around,
Till one lit near her on the ground;
When from the grass she made a spring,
And caught it by its tiny wing.

I ran for her fast as I could,
And shouted, but it did no good;
I called for help to stop the cat,
And blamed, and scolded, and all that.

Under the kitchen floor she slid,
And out of search of me she hid.
She now had fairly won the day,
And without fear could eat her prey.

Just then the bird in plain brown dressed,
That came near us to build her nest,
In tones of deep distress, I heard,
Loud calling for her missing bird.

Henceforth, I said, I shall be loth
To pour that kitten any froth.
She always had enough to eat;
'Twas no excuse she wanted meat.

And think, to make her that one meal,
What anguish other things must feel!
Now for the *moral* to my tale;
To give you this I would not fail.

Scarce had these words by me been said,
When I for shame hung down my head,
That I should thus the kitten blame,
When men of sense do much the same.

For constantly the cruel knife
Is sacrificing something's life,
And causing some poor creature pain,
That their own lives they may sustain.

The best of grains and choicest fruit,
Man's taste perverted does not suit;
His grosser nature calls for meat,
When better things there are to eat.

That lesson did me this much good:
Destroy no life to give me food;
What God for Adam first designed,
That still is best for all mankind.

L. E. O.

May, 1869.

Concerning Teeth.

A VAST amount of human suffering is caused by decayed and aching teeth. And then the remedy that is most frequently made use of, and one of the most undoubted efficacy, namely, extraction, coming in, as it does in most cases, after days, and perhaps months, of suffering, which has induced a super-sensitive condition of the nervous system; the visit to the dentist's office, the chair of torture, the mortal dread and horror when the cold, pitiless beak grasps the tooth, and is forced down between it and the gum; and then the final wrenching, tearing, crashing, with the terrible and terrifying pain;—these things together constitute one of the most trying and fearful of human experiences, and it is not to be wondered at that the sufferer

exhibits by word and action his profound conviction that he has reached the climax of human wretchedness.

Though this suffering from the extraction of teeth is a common experience, yet it is, nevertheless, truly a serious affair; and to the dentist who is blessed or cursed with a tender heart, it would be a source of perpetual discomfort from sympathy, were it not that familiarity with such scenes, to a great degree, hardens his feelings, so that they are much less easily affected.

Whatever lies within the compass of a reasonable amount of trouble and expense, that promises greatly to reduce the frequency of these instances of suffering, it would be supposed, would strongly appeal to the consideration of all intelligent persons. But carelessness or slovenliness, that bane of, and disgrace to, civilization, interposes, and the advice of the dentist is given to the winds, and decaying teeth in filthy mouths betoken that their owners are proof against the ameliorating and benign influences of science.

What causes the teeth to decay, and thus to ache? I answer, *Acid*, in a large majority of cases—almost every acid—everything *sour*, preys upon the substance of teeth when they are exposed to its influence. Lemon juice, vinegar, sour apples, how quickly they “set the teeth on edge.” Every one has noticed this. These acids eat into the teeth, a little way to be sure, but if operating long enough, they would eat them up. We take largely of acids in our food, and sometimes as medicine. In most cases they are, and always should be, diluted, made weak before being taken into the mouth; thus the effect on the teeth is lessened.

But it is not acid taken into the mouth that causes most decay of the teeth, but acid generated in the mouth, produced in the very place where it works its mischief. The way in which it is mostly produced is by the acetous fermentation of such portions of the food we eat, as remain hidden away about the teeth between the meals, and especially during the night. A small quantity of bread, potato, or any vegetable food, and also milk, remaining in the mouth from supper to breakfast, is almost sure to sour—to produce acid. During the progress of mastication, some of the food works between the teeth, and into every little nook and corner, whence it is not likely to be removed by the tongue or lips, nor washed away by the saliva. We will suppose the person to go to bed with this pasty mass, composed of bread, cake, and other food, between his teeth. During the hours of sleep, the secretion of saliva is arrested,

the temperature of the mouth is ninety-eight degrees, just right to induce fermentation, and before morning this food gets sour, and it eats the parts of the teeth with which it is in contact; and these are the places that decay first, where food gets into and remains, unless some special effort is put forth to remove it. A small dish containing food in the same condition as that between the teeth, if kept steadily at the temperature of the mouth, will exhibit signs of fermentation in a comparatively short space of time. And, if after it becomes sour, a tooth be put into the mixture, it will, if left in, be slowly eaten by the acid which has generated during the fermentation of the food in the dish, and its hardness and the integrity of its structure will be destroyed.

This is the one great and prolific cause of dental decay—the fermentation of the food between and about the teeth. The process is slow, but it is also being constantly repeated; and when once the enamel, the outer wall, is broken through, the work of destruction is more rapid. The reason of this is, that the dentine which lies beneath the enamel, is less firm in its structure, and cannot nearly so well resist the action of destructive agents; and, also, when once a small cavity of decay is formed, the receptacle for food is thereby enlarged, more of it is retained, and more acid generated, to act still further on the tooth.

The cause of decay is no doubt most active in the latter part of the night, and in the morning before breakfast. The acid that has been produced has then for several hours free and undisturbed action on the teeth. Eating breakfast will arrest the action; for the saliva that is then largely secreted, together with the drinks taken into the mouth, will mix with, and carry away, the acid from the teeth; and, also, by the process of chewing, the fermented matter will be crowded out, removed, and its place supplied by portions of the meal just eaten. This, of course, would also ferment, but between the breakfast and dinner there is not time enough for acid to generate; and, moreover, during the day, saliva is much more abundant than in the night, and this, it is easy to see, washing through the food between the teeth, would prevent fermentation. Eating dinner repeats the effects from eating the morning meal, and so also supper removes what remains over from dinner. But now follow twelve hours, which is time enough for the production of acid, and several hours to spare for it to prey upon the teeth.

Now that we are acquainted with this cause

of dental destruction, common sense points out the proper course for us to pursue, to avert the dire evil; namely, remove the fermentable material from the teeth before it ferments. Practically, it is difficult to remove *all* of it, but the nearer we come to this, the nearer we are to safety. A long, slim quill tooth-pick, passed between the teeth, removes food from there, and a brush, faithfully used, will take it from every other part of the teeth. Thus a near approach to absolute cleanliness of the teeth may, and should, be made every night before retiring.

But if we do all this, our teeth will, nevertheless, decay, but their liability to do so will be *very much* diminished. There are other causes that operate destructively on the teeth. Sometimes the saliva becomes slightly acid, whereas in perfect health it is alkaline. Occasionally the mucous secretion from the gums acquires the same chemical quality, in which case there is apt to be decay near the border of the gum. In many cases the teeth are organically defective, and unable to resist even slightly unfavorable influences. In all these instances, brushing the teeth is essential. It also prevents the deposition of tartar, which is another fruitful source of injury.

When decay is already an accomplished fact, then the services of a dentist should be secured. By proper filling, the teeth may be made as good as ever. But this costs money, and some will not, and others are not able to get it done. I can only say as to both cases. It is a pity. Extraction must follow decay in nearly all cases, unless filling is resorted to.

But my chief object in this article is to present the best way of preventing decay of the teeth. And to recapitulate, in conclusion, I say, Use the tooth-pick, use the tooth-brush, and use it faithfully, taking pains to brush near the gums, both on the inside and outside, and ends of the teeth, and do this before going to bed, and as many times besides as you please. If your teeth will not thus keep smooth and white, go to a respectable dentist, and buy some tooth-powder (not at the shops), and use that as directed. Get in the habit of caring for your teeth, and it will not be a burden. Your breath will be sweeter, your health better, and your conscience clearer.—*North Western Farmer.*

EVERY new luxury put into the mouth of mankind opens the way for a million of doctors. In the early ages of man, when bread and fruit and water sufficed to sustain life, there was no sickness, and of course no doctors.

With combinations, complications and changes of diet, came illness, and among people there has ever since been *die-it* sad to behold.—*Ex.*

The Greatest Humbug of the Age.

RECENTLY, while in conversation with a physician who had practiced allopathy for some years, he remarked that homeopathy was the "greatest humbug of the age." In reflecting on this remark, I could but ask myself the question, Which of the two systems, allopathy or homeopathy, is the greater humbug. It may be truthfully said of the former, that it is a harsh, severe, "kill-or-cure" system, having for its foundation bleeding, blistering, and purging, all of them life-destroying processes. Homeopathy repudiates all these, and, like the hygienic system, its advocates boldly teach the people that they are not only not means to *restore* health, but that they are actually destructive to health, and, when employed, greatly lessen the chances for the sick to recover. On the contrary, homeopathy is gentle and mild in everything given to the sick, so much so that a physician, not of that school, recently remarked to me that positively no effect was ever obtained from medicine by homeopaths, for they did not administer medicine enough to affect the human system in the least; and further remarked that persons every day breathed from the atmosphere more poison than was given by homeopaths. But it is not my object, in this article, to defend homeopathy as superior to all other systems, yet I regard it as greatly in advance of most of the modern systems on the road to reform, and our homeopathic brethren are certainly entitled to much credit for their zeal in saving the race from the clutches of grim drugopathy.

Wherever homeopathic physicians have located and offered their services to the public, the old-school system has lost ground, its friends have steadily lessened, and homeopathy has grown in favor with the people. And why? Simply because the system is mild, and its advocates recommend a careful diet, and a judicious use of many hygienic agencies, such as water, rest, quiet, sleep, &c.

A case or two of actual occurrence will illustrate the barbarity of the drug system, as compared with modern reforms: The first is that of a lady a little past the middle age of life, who became slightly indisposed, from cold or some other cause. The family had usually resorted to the old-school practice, and a physician of that system was called. Calomel, of course, was the medicine for the first dose. It was followed by calomel; and, judging from the

result, and circumstances connected with the case, a regular calomel diet was administered, till the husband and children saw this wife and mother rapidly declining, and became convinced that life could not last long under such treatment. This course of treatment was discontinued, but too late. The lady survived but a few weeks, and fell a martyr to a system which sends to premature graves thousands each week we live.

A post-mortem examination revealed this condition: The liver was almost entirely destroyed—indurated, swollen, its gall-duct obstructed by calculi—in short, rendered entirely useless by this terrible poison, calomel. This examination was made by a number of competent physicians, who were of this opinion. Were not this woman and her family humbugged by this system? I think they were, if any humbuggery exists in the world.

Another case was that of a young married lady who employed an allopathic doctor for a slight cold. She, of course, rapidly grew worse, till her doctor gave her a dose of what he called medicine, which, she said, seemed to her like swallowing so much liquid fire. It seemed to destroy the skin of her mouth, tongue, throat, and stomach. She was a terrible sufferer till death relieved her. Was there any humbug about this? Probably there was a little. Enough to have sent a reformed-school physician to the penitentiary for malpractice, had he been the guilty person.

Another case is that of a lady, which I will give in the words of a friend: "A young woman out West was confined to her bed with bilious fever. An old-school physician, incrustated with all the miserable abominations of his abominable system, had tried in vain to break it. Cold water had been strictly prohibited during the whole course of his treatment. The pitiful bungler had exhausted his whole stock of empirical routine, and had left his last nostrum, with an intimation that he did not expect to see the patient alive the next morning. A lady friend of mine, who was a strong believer in water, offered to sit up with the patient that night. The patient's tongue was parched, and she craved cold water. My friend took the responsibility of giving it to her. It was like balm in Gilead. For the first time since she had been sick, she perspired. A little more water, and a little more, and she was drenched with perspiration, and her clothing had to be changed a number of times. When her physician arrived in the morning, expecting to find her a lifeless wreck, he found her free from fever, and in a fair way of recovery. Of course, he congratulated himself on the brilliant results

of his last prescription; this time he had hit the right remedy; and, for aught I know, the poor fool is still hitting away as hard as ever with his calomel and jalap, a living type of mental perversity and folly."

Thus the old school goes on, rejecting everything that does not follow in its deathly wake. Its adherents are too bigoted and self-conceited to learn, and so go on from year to year in their ignorance.

One thing is noticeable in this system: they have some half a dozen drugs which are nearly its whole soul and body. Calomel, quinine, morphine, and a few others, are their all in all. But calomel is king. They give it for their first dose, and the last before their patient expires. It reminds me of the old lady who said three things would make her perfectly happy. The first was a world of snuff; the second, a great box to put it in; and when interrogated as to the third, she said she could not exactly say, but she thought she should take a little more snuff.

Let all friends of health and humanity beware of this terrible humbug.

J. F. BYINGTON, M. D.

Tobacco, Dirt, and Nicotine.

A SWEET little lad of three summers, was happily at play around his affectionate father, when he was observed to be filling his mouth with dirt, and to be chewing it.

"Why," exclaimed the astonished parent, "what are you putting into your mouth? Spit it right out!"

"Papa eats tobacco, and I eat dirt," was the mild and innocent reply. Yes, papa could eat the filthy poison, tobacco, and call it good; say it made him feel better, &c. Yet he could not see his little boy eat dirt, however clean it might be. This was all right. But look here, tobacco-eaters. Do you really think there is, physiologically, any reason why you should eat poison in the form of tobacco, more than why that little son should eat dirt? We believe all reason, and good common sense, say, No. Then do "spit it right out," and don't use it again.

Says the *Medical Record*, A case of death from nicotine recently occurred under the following circumstances: The father of a little girl, in an endeavor to heal a sore on her lip, applied to it the contents of a "rank" pipe stem. The victim was almost immediately seized with the peculiar symptoms of tobacco-poisoning, and died a few hours afterward.

A. S. HUTCHINS.

THE more schools, the fewer jails.

Editorial.

Idiosyncrasies.

AN interesting article under this heading in the *Scientific American*, contains some pointed facts bearing on the system of indiscriminate drugging, so peculiar to the "profession" at the present day. It is a well-known fact that individuals may be found here and there, possessing peculiarities of constitution and temperament rendering them acutely sensitive to influences which do not thus affect the generality of people; a familiar illustration of the old adage, "One man's meat is another man's poison." These idiosyncrasies are manifested in connection with the senses of sight, hearing, smell, &c., but are most common in connection with eating and drinking, and are confined mainly to articles of diet which are regarded as not strictly hygienic. To this there are found some exceptions, as a few of this class of people are unable to eat certain wholesome articles of food without inconvenience, and even distress. The *Scientific American* gives the following facts illustrating this point:

Almost every one is acquainted with somebody who cannot eat honey without subsequent distress at the stomach. Not quite so common are those who cannot eat the flesh of certain kinds of animals. A number of cases are recorded of those who could not eat mutton without poisonous effects. An instance of this kind once came within our personal knowledge. Supposing it to be purely the effect of imagination, the mutton was once smuggled into mince pies, usually made with beef, and thus disguised, was eaten by the person affected, with quite serious results. Violent pain in the stomach, and sickness, followed by copious vomiting, in fact, nearly all the symptoms of irritant poisoning, succeeded the eating of the mutton in this case; and although the vomiting relieved the more distressing symptoms, the effects were felt for several days. Similar effects from eating mutton are recorded in the books. Even the mildest, and apparently most harmless, articles of food may prove baneful to some people. Rice, cheese, eggs, and various kinds of fruits, as strawberries, oranges, and melons, have been known invariably to produce ill effects upon some peculiarly-constituted individuals.

Without doubt, many of these idiosyncrasies are owing to habits of living, while some are inherited, and can be traced back through many generations. Whether they are curable or not, is not our purpose here to discuss. The application to the business of druggery has called our attention particularly to the subject. On this point the same paper remarks:

Now, how, we ask, disregarding such facts, can

medicines be prescribed by rule, as is the too common custom, without occasionally evil, nay, even disastrous results? We have often had opium prescribed in the ordinary full dose with the view to produce the ordinary, but exactly the opposite effect, invariably resulting to us from its use. We have seen the feet and limbs of a young lady whose skin is peculiarly susceptible to poisonous effects, so swollen and inflamed from the effects of mustard drafts, as to excite fears of the worst consequences. We have seen similar effects from the application of carbolic acid to the skin. We have stood by hundreds of sick beds and have seen numberless doses prescribed, and hardly ever have heard a physician ask how certain medicines usually affect the patients. As a consequence, we have seen patients completely prostrated by the action [?] of drastic purgatives, in doses that would not, perhaps, have seriously injured the average patient. We have seen others completely narcotized by doses of morphine that would only have quieted a cough in most; and so on to the end of the chapter.

We are well aware that book doctoring is held at its proper valuation by the leaders in the medical profession, and that to such, the really skillful, even the slightest peculiarity of temperament is not deemed unworthy of attention; but there are too many, far too many, who put all patients on the same plane, and confine themselves rigidly to one routine of treatment.

These peculiarities should not be entirely lost sight of in the use of hygienic agents, as some people are peculiarly sensitive to hot or cold water, air, &c. But with what an infinitely greater degree of safety can a system of treatment be employed, which banishes carbolic acid, mustard drafts, morphine, and drastic purgatives, and recognizes Nature as the great curative power. Even although these idiosyncrasies may be a part of one's nature, if let alone they are harmless, and certainly that system of "doctoring" must commend itself to the judgment of the discriminating which meddles with Nature the least.

W. C. G.

Tobacco and Bugs.

A WRITER in the *Western Rural* gets decidedly funny over an article which that paper copies from the REFORMER. He says:

In the *Western Rural* of Feb. 4, page 40, there is an article headed "Bad Bedfellows," from the HEALTH REFORMER. After stating what a miserable nuisance a tobacco-user is—which may all be true—it says, put him into a warm bath, and get up a perspiration; then put that water upon flies, or vermin, or plants, and it will instantly destroy them. I believe that tobacco injures ninety-nine persons that use it, to one that it benefits, besides being a dirty, filthy habit; but what of that, if the HEALTH REFORMER's statement is true? That bath water is just the kind of wash we farmers want to destroy pesky insects and obnoxious weeds, and hundreds that now do not use tobacco will take to using the weed to

enable them to manufacture their own vermin-destroyer.

Will the HEALTH REFORMER be so kind as to state how much tobacco a person must use per month, and how many months or years he must use it, and what kind of tobacco, and whether he must chew or smoke, or, if both, in what proportion, to make the bath water strong enough to kill flies, fleas, mosquitoes, bed-bugs, striped bugs, ox-eye daisy, snap dragon, Canada thistle, etc.? I would not mind using "dog leg" for two or three years, if I was sure that the water from the bath would have the desired effect. I would try a little of it upon humbugs; not that I would kill the bugs, but to see if it would not stop some of this hum.—*A Friend of the Western Rural.*

He believes that tobacco injures ninety-nine to one that it benefits. Will he please point out the *one* who has ever received any benefit from the vile habit? If we were going to guess who it might be, we should say, the writer of the above article, for certainly he would not be so willing to make a tobacco-mill of himself without some real or imaginary benefit.

But this system of manufacturing insect-wash has some drawbacks. It makes the grinder of "dog leg" even more "pesky" than the insects and bugs he wishes to kill; and besides that, while he is consuming his money and vitality on the tobacco, his weeds and thistles are gaining ground all the time.

As to the quantity of tobacco required to be used in order to make a strong wash, the inquirer need n't mind. If he is nasty enough to chew "dog leg" tobacco, his bath water will kill most anything in a very short time.

W. C. G.

Chemistry vs. Physiology.

THE *Homeopathic Observer* undertakes to settle the sugar question. It has been an *observer* of the controversy going on in the REFORMER, and now proposes to give us the result of its observations. But how does it go about the work of settling this difficulty? Does it give us a flood of homeopathic light in allopathic doses? Oh, no! Although vastly in advance of its hoary-headed rival in many respects, homeopathy is not a whit better off in the food question. It simply adopts the hackneyed arguments of others, and appeals to chemistry, custom, and appetite.

The chemical editor of the *Observer*, after grinding out an article on "the potencies," (in which, in true homeopathic style, he grinds some of his remedies to the one-hundred-and-eighty-billionth of a grain,) takes up the "sweet" question; and after noticing the fact that such a controversy exists, he says:

Chemistry and physiology are quite intimately related in this subject, and we are wont to fall back on the constituents of sugar, to ascertain its relations to the system. The carbon series furnish many substances which are taken as food, but probably none which is sought after as this. The palate of the infant is tickled with it, and the old are experts in handling it.

The whole cause of "muddlement" on the food question lies simply in the fact that physiologists "are wont to fall back on the constituents" of the various substances under discussion, "to ascertain their relations to the system." Not merely with reference to sugar is this mistake made, but with every other article upon which chemico-physiologists undertake to decide. The fact is, chemistry and physiology are *not* "quite intimately related in this subject." The fitness of certain substances for food *never can* be settled by chemical analysis. Precisely the same elements can be obtained from inorganic substances as from wholesome food, and so far as "falling back on the constituents" is concerned, chemistry makes food of one as much as of the other.

A familiar illustration of the impossibility of deciding this question by chemical analysis is furnished by what are called the *isomeric bodies*. As every student of chemistry is aware, these are substances which yield, by chemical analysis, precisely the same elements in precisely the same proportions, and yet are totally dissimilar in their natures, some being deadly poisons, while others are comparatively harmless, and chemists have, as yet, been unable to decide, by chemistry itself, why one is a poison, and the other not.

In the light of these facts, what is the use of talking about sugar's being needed because it supplies a large proportion of carbon? Why not eat charcoal, which is all carbon?

But the closing paragraph of the article reveals the chief strength of the argument, which is, indeed, the stronghold of all dietetic errors; viz., appetite. He says:

A fig for such a lot of weak stomachs as are induced by a care (?) which throws out the most useful, pleasant, and customary, articles of diet.

This contemptuous toss of the head, accompanied by his remarks about the tickling of palates, shows that the main reliance of the opposition to reform consists in pleading for those things which are "pleasant and customary," which certainly is very unworthy so progressive a system as homeopathy.

W. C. G.

THE best exercise of memory—remember the poor.

THE OTHER SIDE OF THE LEAF.

I READ me a story, this morning,
So sad, though the legend was brief,
That I turned for pleasanter reading,
And found Fashions over the leaf.

The Fashions for new fall bonnets,—
How highest to dress the hair;
While the hearts in the tale were breaking,
Just over the same leaf, there.

From one to the other turning,
I wondered how much of grief
Finds ever its greatest comfort
In the Fashions, over the leaf.

We see so oft, by the wayside,
Hearts laden with joy or grief;
And, turning again to their story,
Find Fashions, over the leaf.

E'en here, in this sad world of traffic,
Each girl has a heart at some stage;
But, when the fair leaf is turned over,
Too often we find Fashion's page.

But why has the sweet faith all faded?
Why comes in its place unbelief?
Has the heart completed its story,
With the Fashions, over the leaf?

Shall we look to the ambitious mother
For the young heart's disbelief?
Is it bitter experience beckons
To the Fashions, over the leaf?

Oh! was there a time in their stories,
Though the life of faith was brief,
That they did not turn for comfort
To the Fashions, over the leaf?

Or shall we look to the father,
With whom gold outweighs grief,
To find what turned the young heart
To the Fashions, over the leaf?

Are dresses, and hats, and feathers,
A cure for the bosom's grief?
Is there nothing—nothing forever—
But the Fashions, over the leaf?

But not alone on the parents
Must rest the load of blame;
The men and women around them
Should tell how the story came;

How young lives filled with glory,
And joy of joys the chief,
Gave up their love and innocence
For the Fashions, over the leaf.

When the angel, through the valley,
Leads each, with her gathered sheaf,
Will the Judge find aught in her life-book
But the Fashions, over the leaf?—

Time's fashions, for life eternal,—
* Earth's fabrics for raiment there?
Will he find beneath them the garments
Of love that the angels wear?

CONTENTMENT is a pearl of great price, and whoever procures it at the expense of ten thousand desires, makes a wise and happy purchase.

Do but the half of what you can, and you will be surprised at the result of your diligence.

How an Allopathic M. D. was Converted.

EDS. REFORMER: We could write you an interesting story of how we made a convert of Dr. T. to a belief in the hygienic treatment; but time will not now permit. Suffice it to say, The doctor is an intelligent physician of the old school, of twenty odd years extensive practice. A few months since his excellent wife was taken with the typhoid fever; and he, with the aid of a brother allopath cured her until she died, which took about three weeks. I modestly recommended the wet-sheet pack, cold injections, cold applications to the head, tepid baths, &c. One week previous to her death, the doctor said, "Man is not a fish, that he needs to be put in the water."

Well, the next day after the wife's funeral the doctor was taken with the fever. The second day after, a daughter about ten years of age, and a son of twelve, had a mild attack. The third day, a son of three years was also attacked. He was vigorous of body, and having been "fed and fattened," the fever soon became very high, with great cerebro-spinal excitement.

The allopathic brother tried his skill again with these patients; but the doctor, who is keen sighted, thought that he failed to see a favorable prognostic follow, and his faith failed him as he and each of his sick children swallowed their nauseous doses, the fatal results of which he had witnessed in scores of similar cases. It was a time that was calculated to try a man's soul. The remains of an affectionate wife and mother just deposited in the cemetery, and the father and three children stricken down with the same disease, confined to their beds, the eldest son and daughter also complaining, and nothing to depend upon for relief but the broken stick of allopathy. "A drowning man will grasp a straw." Could it be possible that man is like a fish; that he received benefit by being in the water?

The doctor thought the matter over, and sent for me. I explained the philosophy of the hygienic system of treatment in fevers, and of drug treatment also. He consented to have it tried on himself, while the brother allopath continued to treat the children. We "put him through," and after the first application, he concluded that men, as well as fishes, were benefited by going into the water.

He became disgusted with the drugopathic treatment of fevers, had an altercation with the brother allopath, at the close of which they "agreed to disagree," and I was re-

quested to take charge of the three younger patients, which I did, and they were all up and about within one week after I commenced their treatment, although it has taken them two weeks since to recover their lost energies. Of course, when my administration commenced, the ipecac, calomel, etc., had to be cast out of the sick room. It was my purpose to eliminate the poisonous matter from the bodies of the patients, and I did n't want any put into them while I was trying to get out that which was already in them.

Mr. Editor, I am not a doctor, nor a quack who tries to get money by curing folks. I have "helped" nature make many cures, but have never taken money for a single case. And it is needless for me to say that I am not a writer for the public prints. That, you have already discovered in reading this article, which I could not help writing; because I wanted somebody to know the facts, who can and will use them for the benefit of our common humanity.

I am a mechanic, overburdened with business cares, but have found leisure hours during the last twenty years, to read the writings of Drs. Trall, Shew, Jackson, Nichols, and a host of others, and have been a constant reader of the *Water Cure Journal*, *Herald of Health*, *The Gospel of Health*, and all the writings of the hygienic school, and have practiced its precepts. Do n't use flesh, rum, nor tobacco, and to the labors of these writers I owe, not only the last eighteen years of my life, but my success in business also; for without health, no man can attend to a business that requires a vigorous exercise of brain and muscle.

Very truly yours,

C. M.

"Mamma, Baby Don't Want Any More."

THESE words, as Dr. Sudduth says, were uttered by a child only five months old, after taking a dose of medicine he had forced upon its stomach. While the doctor reports the case a most wonderful instance of precocious speech, we may turn it to practical account in the sentiment so distinctly spoken. Had an angel from Heaven uttered the same words, they could not have been truer. In my youthful days, one of the older boys, among other marvelous stories, told us that a child just born had said, War, pestilence, famine, and then fallen in the sleep of death. Had this wonderful fact but been established, the prediction must have been verified, since such miraculous inspiration could never deceive.

Even so as to Dr. Sudduth's case. No

doubt that his infantile patient said the words reported, and that they came from the instinct and the taste, divinely given to the child. Through these, God can speak, and he does speak as distinctly as he could through the voice of an angel. Pure instincts and appetites can never deceive, since they are as true as their infinitely-perfect Author. That they should be heeded, is as clear as that God's voice should be obeyed. Therefore, any theory which ignores, or in anywise opposes, such instincts, must be wrong. This the old medical theory does, as all may know on the slightest reflection. It proposes to combat and thwart the efforts of Nature to right itself under wrongs. Disease is regarded as a dangerous enemy, to be fought and conquered, when it is really the kindest remedial friend that Nature has provided.

But a few years since, and even yet, in some instances, drug doctors would bleed, blister, and withhold cool water from their feverish patients. All this, and more, was and is in direct defiance of the most distinct and positive utterances of our Maker through the unerring instincts of his workmanship. The burning of the blister is as distinct a voice that it should never have been applied, and that the blunder should be abandoned at once by removing it, as could be the words of any angel. The burning thirst of the sufferer is as distinct an utterance that he needs water, as could be the voice of inspiration. And the deep disgust of the child, as the filthy dose is forced into its mouth, and down its throat, is but a clear protest of God himself against the abuse of his finest specimen of workmanship. If not heeded, the next protest comes often in the way of speeing out the mean, disgusting dose. Who can be so stupid, so heartless, and so daring, as to crowd the filth upon a sufferer thus relieved? None but those hopelessly wedded to a false, destructive, and Heaven-daring theory. Then let this baseless, this most unnatural, and this murderous theory, be given to the moles and the bats, since they are certain never to swallow it.

W. PERKINS, M. D.

Marshalltown, Iowa.

DIOGENES, being asked which beast was the most dangerous, replied, "If you mean wild beasts, 'tis the slanderer; if tame ones, the flatterer."

HARDSHIP is the native soil of manhood and self-reliance. He that cannot abide the storm without flinching, lies down by the wayside, to be overlooked, or forgotten.

To Correspondents.

A. M. H., Minn.: The symptoms which you give, indicate a very scrofulous condition of the system. The redeeming feature in the case is the youth of the patient. Strict attention to the general habits of living will be necessary to enable her to outgrow her present conditions. The treatment should be constitutional, and should consist of occasional full baths, fomentations and compresses over the liver, and frequent hand rubbing over the entire surface of the body. The diet should be nutritious, but plain.

M. E. S. writes:

Are the laws of life the same in the brute creation as in the human family; or, in other words, are drugs poisonous to the human system and curative to animals? A horse belonging to a health reformer was treated for severe colic with hot fomentations with marked success, his owner remarking that he never saw such quick relief.

The laws of life relating to curative power are essentially the same in all animals, viz.: That all curative power is in the living system. Many so-called health reformers are wonderfully inconsistent in giving drugs to their dumb animals and withholding them from their own families.

E. M. H. writes:

Is pulverized resin in any way injurious to be taken into the system?

Yes; although less harmful than many other drugs. The effects which you describe were undoubtedly produced by its use, and probably to this you may attribute, in some degree at least, your present state of ill health.

J. R., of Ind., asks:

How should the following case be treated? The person is a married lady of about twenty-two years. Appears to have a good constitution, but with some scrofulous taint (I judge from her eyes being sore). Some pain in the chest on sitting, or standing erect. No cough of any account, but occasional expectoration of an offensive phlegm, or matter, which sinks in water. Has eaten considerable meat (pork at that), and bread of fine, bolted flour. Of late, eats but little meat, or bread of fine, bolted flour.

The blood-making organs are impaired, and the pork and fine flour diet has done much to induce what now appears to exist: a tendency to consumption. The lungs may, or may not, be impaired. The treatment should be of a character to bring into active operation all the eliminating organs, particularly the skin and liver. Fomentations, wet girdle

a portion of the time, occasional sitz baths, hand rubbing over the body, especially over the abdomen. The patient should exercise much in the open air, and especially in the sunlight. The diet should be free from grease and condiments, the bread portion consisting of graham entirely.

T. W., of Vt., writes:

1. Will you please state in the next HEALTH REFORMER what active treatment you would give (if any) an individual who has ringing in the ear, with deafness?

2. Also, what for catarrh in the head for some years standing, with the sense of smell nearly lost?

3. Will a thorough reform in diet and habits, eradicate these things?

1. We would give no treatment until we had seen the patient, or learned the causes of the deafness, and more of the present symptoms.

2. The treatment for catarrh should be constitutional. This disease is always induced by a failure on the part of the depurating organs, generally the liver, to perform their proper functions, and to these organs the treatment should be directed. The circulation should be kept well balanced, the extremities warm, and head cool. Apply fomentations to the liver two or three times per week, and wear the wet girdle a portion of the time.

3. We have known bad cases of catarrh, and even of deafness, to be entirely cured by a thorough reform in diet and habits, without treatment, but such cases are rare.

M. F. C. writes:

1. Are "Brown's Troches" entirely harmless, and of "some benefit" in colds and irritation of the throat and lungs?

They are by no means harmless, and should be avoided, as they are not only of no benefit, but are sometimes positively injurious.

2. Why does a person (48 years of age), naturally dyspeptic, and always subject to catarrh, who eats two meals per day, of wholesome food, but who is confined to housework all winter, scarcely ever going out, seem to take cold every day?

The facts which you have given answer the question. She takes cold *because* confined to housework, &c. Working over a hot stove renders the skin sensitive to the slightest exposure, and a cold is the result.

3. How do such colds continually increase deafness?

The disturbed circulation, inducing an increase of blood to the head, aggravating the catarrh, probably causes a thickening of the

membranes, affecting the eustachian tube, and perhaps enlarging the tonsils.

4. Is there any remedy, one ear having been deaf 20 years, and the other becoming more dull?

Probably no complete cure could be effected, although the difficulty might be lessened.

O. A. R.: The disease commonly called prairie itch is generally of a bilious nature, and the treatment should be the same as indicated for torpidity of liver, comprising fomentations, compresses, sitz baths, &c. Cleanliness of the skin, and care in the diet, are all-important.

J. H.: The pain of which you complain, is probably owing to affection of the kidneys. The sensations in your joints on the approach of foul weather, indicate the presence of mercury in the system. Your occupation has an unfavorable effect upon your health, and should be changed if possible for one requiring out-door exercise. For treatment, take sitz bath twice a week, 70°, 5 minutes, followed by vigorous rubbing over the small of the back with towels and the dry hand. Once a week take dripping sheet, also followed by vigorous rubbing over the whole body. Use no hard water, eat little or no salt, sugar, nor milk, and exercise in the open air as much as possible.

F. F. C. writes from Vt.:

What is the cause, and what the remedy, in the following case: The person is afflicted with a dull, heavy pain through the eyes and forehead, occasionally in the back part of the head, causing very disagreeable sensations. Sometimes a blur over the eyes, and frequently pain in the limbs, also a tremulous sensation of the nerves.

The immediate cause is congested brain and weakness of the nervous system; the inducing cause must be found among the previous habits of life, with which you do not acquaint us. With no further knowledge of the case we can only prescribe as follows: Foot-baths to equalize the circulation, careful attention to dress, especially of the lower limbs, which should always be kept warm, and proper regard to the general health.

J. R. of New Jersey: The friend whom you describe, and whose picture you send us, has too much head and too little body; or in other words, the brain predominates over the muscle. With his frame, he should weigh 175 lbs. instead of 130. The symptoms indicate the incipient stage of bronchial consumption, and the case evidently demands immediate attention. By the aid of a carefully-

detailed account of his symptoms, former state of health, &c., we could give a home prescription, but the safer course would be to resort to a good "Cure." The leading idea in his case should be to cultivate the physical, and keep the mental in comparative inactivity.

E. S. B.: The cause of incontinence of urine may be inflammation or irritation of the bladder or urethra, or may be, and most commonly is, occasioned by muscular weakness or debility. In either case the following prescription will be found useful: Twice a week give a cool sitz bath, say 75°, three minutes, followed by vigorous hand rubbing over the lower portion of the abdomen and small of the back. If at a "Cure," a spray bath would be employed to advantage. Frequent kneading and "slapping" of the abdominal muscles will tend to strengthen them and give tone to the muscles involved. The dietary should as far as possible exclude salt, sugar and milk, and hard water should never be used. Avoid becoming fatigued to such an extent as to produce a relaxation of the muscular system.

FRENCH BABIES.—It appears from recent statistics that babies have rather a hard time of it in France. Owing to the enormous rents, particularly in Paris, which render it desirable that families at home should be as small as possible, and to the general employment of women in shops among the lower classes, and their excessive devotion to fashion in the higher, there is an almost universal custom of handing infants over to nurses. This is generally done through agencies, or, as they might be called, baby brokers, who keep the poor little creatures at their own houses on food which either kills them or produces chronic gastric disorders, until they can make a good bargain with some neighboring nurses. Of the 53,400 children yearly born in Paris, 18,000 are put out to nurse in the provinces, more than two-thirds through the instrumentality of the "agency offices." The mortality among these nurselings is 90 per cent in one district, 87 per cent in another, 69 in a third, and so on. No wonder the population of France takes 198 years to double. In our country, nearly one-third of the deaths are those of children under five years of age; so that it would seem, at the best, that the life-tenure of the little ones is precarious enough. But in France their destruction is truly terrible.

BE ready to hear, careful to contrive, and slow to advise.

DR. TRALL'S
Special Department.

Westminster College.

THIS institution is located in New Wilmington, Lawrence Co., Pa., and is, in many respects, an admirable seminary of learning. The Faculty is able, and the course of instruction very thorough and complete. Being appointed one of the judges of the contests between the members of the Philomath and Adelphi societies of the college, at the "commencement," or more properly, close, of the year's term, we visited the place, and lectured two evenings in the college chapel on "Health Reform and the True Healing Art."

But the point more especially worthy of public notice, in the estimation of health reformers, is the fact that the students of the college are not allowed to use either liquor or tobacco; nor is there any place in the village, or town, where intoxicating liquors are sold. As a matter of course, loafers are scarce, and beggars' children are not seen in the streets. So long as the horrid traffic in alcohol and tobacco is permitted by public sentiment, and encouraged by law and legislation, it would be a good thing for young America if all the colleges in the land could be located in retired rural districts, away from the dissipations and temptations of cities and large villages.

The contests comprised declamations, essays, orations, and a debate; and, although all the victors happened to be Philomathic, it was not because the Adelphians did not do well, but because their competitors did better.

New Castle, Pa.

At the earnest request of the only real live Health Reformer (and his wife) in this place of seven thousand inhabitants, we lectured two evenings in Shenango Hall to a fair and seemingly-interested audience. But our subjects were new to the people, with few exceptions, and it was obviously not easy for them to comprehend the mystery of treating diseases without medicine—of curing the disease without killing the patient. However, we think some Hygienic seed was sown which will eventually bear more or less of the fruit of physiological righteousness. In this place, as in New Wilmington, we examined and prescribed for patients on the platform before the audience; and, as usual under such circumstances, we were enabled to trace their maladies to the medicines they had taken.

Like all places where the hygienic system is little known, New Castle supports an immense amount of doctors and drugshops, all of whom and which seemed to have plenty of business. We saw some, and heard of other, cases of most abominable druggery. But as there are enough of such cases everywhere, we need not go into particulars. One case, however, is sufficiently aggravated and peculiar for a passing notice:

THE CASE OF MARY RANKIN.

This maiden lady has been an invalid for more than thirty years. She has "suffered many things of many physicians." She has had a succession of maladies, such as few mortals were ever afflicted with, all of which have been caused by drug medicines—a fact of which the patient sufferer is still ignorant. She has written a book, giving an account of her multitudinous ailments, and a description of her sufferings, from which we compile the following data:

In June, 1836, she received an injury by running a white thorn into her foot. The thorn was not extracted, and, after a few years, her health declined, and the limb contracted. A physician was consulted, who said little could be done; but, in her own language, "He, however, prescribed; but in a short time after taking his medicines, I became permanently confined to my bed, where I remained ten long and weary years, unable to sit up long enough to have my bed made."

In May, 1839, another doctor offered his services, which, after much persuasion, were accepted. He pronounced the disease to be inflammation of the spine, and, in the patient's own language, "For more than a year I had to endure the excruciating processes of blistering, cupping, scarifying, cauterizing, and seatons, of which (seatons) he introduced no less than ten along the spine, with no avail. Lingered till June, 1842, and then had inflammation of the liver, attended with spasms. No medical treatment afforded any relief."

The poor patient was now, as she says, for the first time affected constitutionally with mercurial medicines. Her sufferings were intense, to alleviate which the physician resorted to opiates; "but these only made the nerves doubly sensitive." Had they produced the desired effect, she thinks they would have rendered her idiotic; and she thanks Providence for "enabling her constitution to resist the ordinary result of narcotic medicine."

Soon after this her nervous system became

so sensitive that, during thunder storms, she suffered the most excruciating pains.

At this stage of the proceedings, Miss Rankin noticed that water-drinking produced strange and painful electrical effects throughout the system, a phenomenon attributable, no doubt, to the mercury she had taken.

Her sufferings increasing, another physician was employed, who cauterized the injured part, when it was discovered that the thorn had never been extracted. Nitric acid was applied to destroy the nerves of the part, but failed to afford any relief. Oct. 18, 1842, the limb was amputated.

After the operation, stimulants were administered, which aggravated her sufferings, and reproduced mercurial salivation.

After this she was doctored less for a time, and, as a natural consequence, her health improved somewhat. In January, 1844, she had spasms again, and in June, 1846, catarrhal fever, with inflammation of the lungs, for all of which she was drugged *secundum artem*. At this time she states that medicines had a very remarkable effect. For example, arsenic which had been placed near the head of her bed to destroy flies, produced vomiting.

In May, 1847, a visiting friend (not an M. D.) advised the galvanic battery. This, or the discontinuance of the medicines, or both, greatly benefited her. In June following, she tried to sit up; but the attempt so exhausted her as to "render cupping necessary"! And the cupping so reduced her, that another effort to sit up was not made for several weeks.

In August, 1849, she had "an attack of dysentery." Soon after recovering from the dysentery, she had catarrhal fever, and was prostrated for two months.

In June, 1850, she walked a little, for the first time in twelve years, and was soon after able to ride out. In October following, she had the hooping cough. Inflammation of the lungs followed. Scarlet fever succeeded, and then inflammation, suppuration, and ulceration, of the tonsils. Soon after was again "attacked with inflammation of the lungs;" and the patient remarks, with singular simplicity, "The usual remedies did not have the desired effect." When did they?

Says Miss Rankin, "Some of the external applications became absorbed, and produced inflammation of the stomach and bowels"—a fact easily accounted for on the supposition that the external applications were antimony and Spanish flies. "Physicians tried every means of relief, but to no purpose."

After being prostrated for several weeks,

she began to recover, when "chronic inflammation of the liver set in," followed in a short time, by "acute inflammation of the liver." Abscess of the liver followed. It opened, or broke; she had constant "sinking spells," and was so weak that her physician continually "annoyed" her with ammonia.

Under these trying circumstances, a lady visitor suggested a *post-mortem examination*, as soon as she was dead, which, as may well be supposed, did not comfort the poor invalid very much!

In three months the abscess ceased to discharge; then the liver was "thrown into an inflammatory condition, for which searons were introduced."

In March following, she could be raised to a sitting posture. In June, 1852, she had "an attack of congestion of the lungs," suffered much of neuralgia, and had a very painful seaton in the side, of which she had ten in all. In July, 1853, she was able to be out of doors. During the ensuing winter, she was greatly troubled with neuralgia, and inflammation of the tonsils. For a few months her health improved; but in March following, it again declined, when she "resorted to medicine with little avail." In May she was "taken suddenly ill," and on account of the "peculiarity of her constitution," found it difficult to decide on a physician. Finally, a Dr. Good, and several others as consulting physicians, were employed. "But my disease," says the patient, "being so different from what it had ever been before, bade defiance to all of their efforts." And the patient concludes her long catalogue of miseries with the following remark, which is full of meaning to those who have the key to the solution thereof: "Throughout my affliction, it would appear that one disease has always been the means of bringing on another."

What a horrible delusion still possesses the mind of this unfortunate Mary Rankin. All of her life-long misery is owing directly and solely to the *medicines* the doctors have given her. Every one of this long list of maladies is a drug disease. The first course of medicine prostrated her for "ten long and weary years." All she has taken since has, according to her own story, either been of "no avail," or "greatly aggravated her sufferings;" yet in her whole book she does not once hint a suspicion that this drugging business, which has ruined her constitution and caused her unspeakable agony, is not all right! Nay, in her book, she even eulogizes her physicians for their kind and assiduous attentions; and, while they have nearly killed her a dozen times, she seems to think that they have

saved her life as many times. Should this article ever fall into her hands, let us assure her that all of these terrible diseases which were so constantly "attacking" her, and so persistently "setting in," instead of being the diseases brought on by preceding diseases, were simply the effects of the numerous poisons with which her physicians have kept her system, as it were, saturated. We have seen and treated a hundred such cases, and in every instance their history has corresponded exactly with that of Miss Rankin—the more medicines they took the more diseases they had.

Grog Advertisements in Temperance Papers.

WE could never see the consistency, nor the morality, nor the justice, nor the honesty of public journals which advocate temperance editorially and aid the rum-seller advertisementally. But interest makes a strange muddlement of logic and of principle sometimes, as we are reminded by the following communications:

"Paw Paw Grove, Lee Co., Ill., March 4, 1869.

"Dr. Trall, Dear Sir: Enclosed I send you a copy of a communication forwarded to the New York Tribune in January last, which received no notice, public or private. These vendors of alcoholic abominations seem to have entire control of the newspapers and magazines of the country, to defraud and debase the people. But, thank God, there is one man and one journal (if no more) that will not be bought nor sold, and that will not, for filthy lucre, pander to the depraved propensities of mankind. That man is R. T. Trall, M. D., and that journal is the HEALTH REFORMER. Would that the latter could visit every fireside throughout the land."

"Paw Paw Grove, Lee Co., Ill., Jan. 4, 1869.

"Hon. Horace Greeley, Dear Sir: In your weekly issue of Nov. 18, 1868, I notice a whole column advertisement of Hostetter's Bitters, not ten lines of which even attempt to show the efficacy of the medicine. But, the article is mainly devoted to proving, by the testimony of Mr. Greeley, Sacred History, all true temperance men, and by all "except fools and bigots," that the use of alcoholic stimulants is not only useful, but necessary, and that true temperance means the imbibition thereof moderately. Now, is not this the very process by which morbid appetites are created, and drunkards made, while the low groggeries which swarm throughout the land complete the work of destruction? Which, then, can be productive of the greater evil, to spread out the ingenious and delusive article referred to before half a million of readers, for pay, or to stand behind the rum-seller's bar and complete the work of destruction, for pay?

"Yours for reform, T. S. CLOUGH."

Chicken Cholera.

A CORRESPONDENT of the *St. Louis Rural World* communicates the following "remedy"

which, he says, he *knows* to be sure, reasonable, easy and unfailling: "Mix calomel in corn-meal dough, in the proportion of 20 grains to a gallon of meal. Give a good feed of this to all the chickens, sick and well, twice during the day. The next day give them coal oil mixed plentifully in their dough. Treat them this way once a week, and a few trials will be sufficient to show that it will cure."

We concede the possibility of curing the cholera in this way, but how the remedy is going to cure the well chickens we marvel exceedingly. But we should not recommend any dear friend of ours to eat any chickens that have been medicated in this way. The hen doctors who get their medical notions from allopathic books ought to be informed that calomel does not cure human beings of the cholera—"sick or well;" while we assure all parties concerned that, if they will keep their chickens in clean places, and give them only pure food and water, they will never have the cholera.

Brains—Fish—Phosphorus.

"Kirtland, Ohio, March 23, 1869.

"DR. TRALL, Dear Sir: I read with great pleasure your review of Dr. Bowditch's articles on consumption, published in the *Atlantic Monthly*. I send you an extract from a recent *Tribune* editorial upon artificial Fish Culture, the fallacies of which I wish you would expose. You may think it unnecessary to do so; but the *Tribune* and *Atlantic* are read by many professed health reformers, who, being isolated, and worn out with years of contention against every one in the community where they reside, upon reading health articles contained in these journals, sometimes think, 'Well, perhaps I am wrong after all.' There are times when the mind, like the body, becomes weak, and we are not able to give a reason for the faith that is in us. At such times we are apt to drift with whatever current we fall into; and the writings of men who profess to be, and in some respects are, in advance of the rest of the world, influence us, at least for a time, and a few words from you, demonstrating the fallacies of these blind leaders—these pseudo-scientific instructors—of the people, do a great deal of good.

"Very kindly your friend,

"EZRA BOND."


Aside from this exhibit of profit, which cannot be much below the truth, the value of fish, and in particular of the hard and sweet varieties of flesh, such as in trout and shad, is of still greater importance, for it furnishes in the phosphorus the elements of brain food, now become an absolute necessity in the advanced intellectual development of our people. The truth is, and it is only becoming to be appreciated, that social and intellectual progress are based upon varied and abundant supplies of food, and it may be stated as a law, that there will never be any high civilization where the diet of a people is limited to a

few kinds of staple food, no matter how favorable these may be for establishing what is called a condition free from disease. From this it is evident that the rice diet of the people of Eastern Asia, and the limited elements contained in the acrid food of the people of the tropics, will not permit any of these nations to rise above the barbaric.

There are two prominent absurdities in the above paragraph, one of which may be termed common-sensical, and the other scientific. The common-sensical absurdity is in assuming that the advanced intellectual development of our people requires a fish diet to sustain it. How did it get the development? Cannot the same diet that occasioned, or permitted, the remarkable progression of intellect, sustain it? Such is the common sense of the subject. And the scientific absurdity consists in the assumption that such inorganic elements as are found after the destructive analysis of organic matter, exist in the same conditions and proportions in the living structures; in a word, that the living system is a chemical laboratory instead of a vital organism. It is a fact, attested by all history, that those nations and tribes of the human family whose diet consists principally of fish, are among the most stupid and degraded of human beings, intellectually and morally. Nor can this condition of degradation be ascribed to the associations connected with the occupation, as those engaged in callings more ignoble than fishing, are often persons of intellect which even their debasing occupation cannot obscure.

A Turkish Bath "Cure."

A few months ago we read in a "Hygienic" journal, published not a thousand miles from this present writing, a statement of the wonderful cure of a young child, who had been severely afflicted with intermittent fever for thirteen weeks, by a course of Turkish baths. The statement was verified by the mother of the child, who wrote "M. D." after her name. When we were at New Castle, Pa., a few days since, we accidentally made the acquaintance of a lady who was stopping at the aforesaid "Hygienic" establishment at the time the child above mentioned was cured. She informed us that *the child died!* The cure has gone forth to the world; but the death—or kill, perhaps—is not published. Well, the intermittent *was* cured. How can a dead child have ague and fever? But, as frequently happens in this world of ours, the *disease was cured by killing the patient.*

 Beware of humbugs.

Dr. Galloway on Sugar.

OUR worthy opponent on the sugar question thinks we have in some way "misrepresented" his position, and writes another article, which amounts to a mere review of his former articles, and a restatement of the points made in the said articles. In declining to publish it and reply to it we mean no disrespect to Dr. G., whom we personally esteem, and whom we know to be a good *practical* hygienist. But as his statements, with our reply, are before the readers of the REFORMER, a reiteration of the arguments, even though the wording be somewhat varied, seems wholly unnecessary. If we have misunderstood or misrepresented him our readers can judge. The simple issue is, Is sugar food? Dr. G. argues that it is food, though not good food. We contend that it is not food at all. Dr. G. assumes that a constituent of food is food. We argue that the constituents of foods, in their separate state, are not foods at all, in the proper and scientific sense of the term; that only when organically combined they truly constitute food. Dr. G. would call albumen, casein, fibrin, sugar, starch, lignin, gum, gluten, &c., food. We call them the elements of food, and when combined as in grains, fruits, roots, &c., the *product* is food. This is the whole controversy. Each of us has given his opinions, and now "let us have peace" until something new can be said.

Answers to Correspondents.

THE OPIUM HABIT.—A. G.: "Can a woman fifty years of age, who has taken opium habitually ever since she was sixteen years of age (having been first prescribed by a physician), quit the habit without endangering life? She takes two pills, about the size of a pea each, per day, and says she would go into spasms without it. She wants her tea three or four times a day. She is constantly complaining of being cold, is much troubled with her stomach, and says that her nerves were broken down, when young, with hard work."

There is no danger whatever in leaving off the opium at once, provided the patient is properly managed. She would probably be delirious for several days, and should be placed in charge of a competent attendant, day and night, until the crisis of the struggle is past. The warm bath or fomentations should be employed frequently to soothe the nervous system, and the diet should be very light and

abstemious. We have managed several such cases successfully.

MARASMUS.—Mrs. D. T. F.: “R. T. Trall, M. D.—Please inform me, through the REFORMER, what course to pursue with an infant afflicted (as physicians inform me) with inflammation of the mesenteric glands, popularly called consumption of the bowels. She is seven months old, weighs about eight pounds, when born weighed five and a half pounds; has a voracious appetite; breast-milk does not seem to satisfy; it cries almost constantly for food from the table; bowels irregular; feet, hands, and face, bloat occasionally.”

To enable us fully to understand the case, you should have told us of the condition of the mother's health, and what are her habits of eating, drinking, exercise, &c. Perhaps something there needs to be corrected. However, it is essential that the child have pure food, and if the mother's milk does not contain it, the best of cow's milk should be substituted. It should also have a small quantity of very thin mush, daily, the meal of which must be thoroughly cooked; a small quantity of baked apple, occasionally, would also be useful. A warm bath for one or two minutes, at bed-time, twice a week, is all the “Hydrophathy” the case requires.

SALT.—E. G.: “Dr. R. T. Trall—If salt is a poison, as you say, why is it that horses and other animals do so much when it is fed to them freely?”

They don't. Let the rinderpest, the pleuropneumonia, the hog cholera, the glanders, and numerous other diseases of animals, answer the question. We have a case in point, to illustrate, so far as the horse is concerned: Dr. A. Ewing, now of “Eastern Hygeian Home,” has a horse six years of age, which appears to be absolutely perfect in soundness of health and kindness of disposition. It has never eaten salt, and Dr. G. would as soon think of taking a dose of raw sugar—*acari sacchari* and all—himself, as to put salt in his horse's food. It has been alleged in some of the agricultural journals that, unless horses were salted, their hair would become rough and shaggy. This is not true of the horse in question. A smoother skin and sleeker hair cannot be found on horse-flesh.

PICKLES.—A. J. L. wants to know the best method of pickling cucumbers. We are entirely indifferent whether they are pickled in salt, vinegar, alcohol, creosote, arsenic, corrosive sublimate, or carbolic acid, as we do not intend to eat them.

MERCURIAL RHEUMATISM.—B. T. F.: We doubt if “contracted sinews” and distortions of the joints are ever the consequences of rheumatism. In all the cases which we have examined—several hundreds in all—these “sequelæ” were clearly traceable to mercurial and other mineral medicines. The calomel and opium treatment, so much in vogue twenty years ago, was followed by frequent and horrible deformities and sufferings. Such patients require no cold water treatment. Warm wet-sheets, or warm baths, fomentations, and friction, constitute the leading measures of hygienic treatment.

ALBUMENURIA.—A. K.: This term is applied to “fatty degeneration” of the kidneys, more commonly known as Bright's disease. On heating the urine of the patient, some portion of it will coagulate, like the white of an egg. Practically, however, this fact of coagulation is of little consequence. We have cured many cases when this test of albumenuria existed, and we have known fatal cases where this symptom was absent. All such patients should go to a health institution for treatment.

VELOCIPEDEMANIA.—F. M.: Certainly exercising on a bi-wheeled, or tri-wheeled, or uni-wheeled vehicle is wholesome; so is chopping wood, sawing boards, washing clothes, making bread, hoeing corn, plowing, raking, mowing, reaping, spinning, weaving, making beds, &c., &c., only that these are useful, and therefore repulsive, while riding the wheel is useless, and consequently attractive.

APPLEOLOGY.—C. C. M.: Eat a quarter of an apple at each meal (only two meals a day) the first week; half an apple at each meal the second week; three-quarters of an apple at each meal the third week, and a whole apple at each meal the fourth week; after which, provided you masticate them *very slowly*, you will have none of the trouble of which you complain.

HYGIENIC DIET.—R. F. M.: “Will you please inform a subscriber what constitutes a ‘strictly hygienic diet?’ I should be very, *very* glad to learn how Miss Julia Colman prepares her bread, pies, cakes, and puddings, in strict accordance with the laws of life.”

Nothing is easier than cooking according to the laws of life. It consists in selecting proper food, and preparing it without the admixture of seasonings or other things which are not food at all. A strictly hygienic diet is limited to pure articles of food, prepared only by the addition of water and heat.

WORMS.—F. J. F.: "Please answer the following questions through the HEALTH REFORMER: 1. Do worms exist in every person, whether in good health or not? 2. Are they indispensable to health? 3. Has sugar in any way a tendency to cause worms, either in children or adults, especially in children? These questions may seem absurd; but several children in this vicinity died of worms last winter, and I hear it asserted by different persons that worms do, and must, exist in all persons; that they could not live without them; therefore I would like to get some reliable information on this subject, which may, perhaps, set others right also."

Worms do not exist in healthy persons. They are scavengers, and subsist on offal, and can no more exist in a *clean* state of the bowels, than fleas, cockroaches, bed-bugs, rats, and hogs, can thrive where no rotting organic matter is found. Hygienic living is a sovereign remedy (preventive and curative), for every insect, reptile, or parasite, that can otherwise prey on, or live within, the human organism.

ITCH OR HUMOR?—E. J. C. writes us from Kansas:

"Will you please give me your opinion of a disease that I have been suffering from for several years? About two years ago, I was so unfortunate as to get what I supposed to be *scabies*, and treated it with all the popular remedies, but could never succeed in destroying it entirely, as it would usually trouble me on the approach of warm weather. Last summer it broke out on me again, but was suppressed by the use of petroleum, with the exception of several spots on the neck and several other places where the skin was thick, which, though not breaking out, yet frequently gave trouble by the itching sensation. My opinion was, that owing to the toughness or thickness of the skin, the insects could not be reached by ordinary treatment; so I have lately made a great effort to destroy them by keeping cloths saturated with petroleum on the affected parts. This treatment at first had a good effect, but after two or three weeks the itching became intolerable when the cloths were on. It is probable that the treatment was too severe, and injured the skin; but why the irritation yet continues I cannot conceive, unless it is caused by something that can live and flourish in the fluid used for its destruction. On account of there being no breaking out, I thought it might be some other disease. I consulted two medical men here about it, and was told by one that the itch insect had got into the blood, and could only be destroyed by a course of medicine. The other told me that he did not believe it was itch at all, but some other skin disease, and wanted to prescribe arsenic. The skin is dry and scaly and irritable since the treatment. If you will be kind enough to answer in the REFORMER whether this is anything more than *scabies*, and also whether drugs

taken internally could have any effect on the same, you will confer a great favor."

The disease is undoubtedly a bilious humor, and not *scabies* at all. The itch insect does not get into the blood, and if it did, a course of medicine to expel it or kill it would be a very silly proceeding, if it did not result tragically.

Intemperance in Eating.

"Give us this day our daily bread,
And pies and cakes besides,
To load the stomach, pain the head,
And choke the vital tides."

1. Intemperance is a crime against ourselves. No man has a right to do anything unworthy of himself, or to injure himself. God gave us a soul, and we can make it beautiful. It is a crime to tarnish it.

2. Intemperance is a crime against others, against all whom we can influence.

3. It is a crime against God. It is a wicked waste of time and money, a consuming God's bounty on lust, that ought to be expended in doing good.

Health is sacrificed—a pure conscience. Every one is solemnly bound to redeem time, study the strictest economy and simplicity in his dietetic habits. Every moment of time, every farthing of God's money, that can possibly be redeemed by rigid self-denial, by strict, uniformly-temperate habits, should be redeemed for purposes of benevolence, deeds of charity and mercy.

Beware, ye time-killers, ye consumers of God's bounty on lust, the gratification of a depraved, carnal appetite; take heed to yourselves, lest at any time your hearts be overcharged with surfeiting, and drunkenness, and cares of this life, and so the day of retribution come upon you unawares.

"Voluptuous man! sated with nature's boons,
With dishes tortured from their native taste,
And mad variety, to spur beyond
Its wiser will, the jaded appetite!
Is this for pleasure? Learn a juster time;
And know that true temperance is luxury."

D. F. NEWTON.

POISON FOR THE HEADS OF THE PEOPLE.—The results of an analysis of a new hair lotion described by its vender as "perfectly innocuous," shows that this precious mixture is composed of rose-water, sulphur, and sugar of lead, the latter in sufficient quantity to cause paralysis, or painter's colic. The directions were that a "dessertspoonful should be daily brushed in the roots of the hair, until the whole head was moistened!"

Items for the Month.

ANNUAL MEETING.—The annual meeting of the stockholders of the Health Reform Institute, will be held at Battle Creek, Mich., on Friday, May 14, 1869, at 9 o'clock, P. M., for the election of officers, and the transaction of any other business that may properly come before the meeting.

PER ORDER OF DIRECTORS.

COMMENCEMENT OF THE VOLUME.—New subscribers frequently request the privilege of dating their subscriptions from January, probably supposing that the volume commences at that time, and wish us to send back numbers from that date. So far as possible we have complied with this request, until our back numbers are exhausted, except the even sets commencing at the beginning of the volume. To prevent breaking sets, we make the following offer: We will furnish the volume complete, from July '68 to July '69, for 75 cents, to any who wish.

WHERE?—Mrs. Mary Sharp sends money for REFORMER but fails to give post office address. We cannot credit the money until we learn the address.

Our correspondents sometimes ask us questions of interest to no one but themselves, and which we cannot answer through the REFORMER. Such questions we answer by private letter, and we think it is not asking too much when we request them to enclose a stamp for a reply. When you want to know where a certain book can be found, or what So-and-so's address is, and information of like character, we will cheerfully give it when in our power, and will devote the time to answering your letters, but please don't ask us to pay the postage.

TO DELINQUENTS.—Look at the figures on the little paster containing your address. If the figures are of less numerical value than 3-11, you are in arrears. In looking over our mail lists we find that this is the case with quite a number of our subscribers, some of whom are among the best friends of the REFORMER. Now if you want to prove true friends, attend to this matter at once. And if your figures do not indicate that you have paid well ahead in Volume 4, send along your dollar, or more, as the case may demand. We send bills this month to those who are in arrears, prior to cutting off the names of delinquents.

Patients coming to the Institute, and stockholders attending the annual meeting, will find the time table of the Michigan Central R. R. in another column. We intend to make a note of all changes in the running time of the Road, for the accommodation of our readers.

PURE WATER.—To all true health reformers the necessity of using pure, soft water is sufficiently apparent. The food we eat, although hygienically prepared in other respects, cannot be perfectly wholesome if cooked with hard water. Many diseases are absolutely incurable while the patient continues the use of hard water, but yield at once to hygienic agencies when pure, soft water is substituted. No one should use hard water for cooking, bathing, or drinking, especially as soft water may be obtained with comparatively little trouble or expense. A capacious cistern and a good filter will place this boon in the hands of all.

Our correspondents frequently inquire, What kind of a filter do you recommend? To which we invariably reply, The Kedzie, manufactured by Kedzie & Bunnell, Rochester, N. Y. We know this to be a good filter, and from our experience in dealing with the manufacturers, we unhesitatingly recommend the men and their filters as worthy of all confidence. For information as to size, price, &c., send for their circular, which we will forward to any address on receipt of stamp.

Dr. Jackson's new work, "How to Treat the Sick Without Medicine," advertised in another column, will doubtless prove a valuable addition to our hygienic literature. Written in a style to meet the wants of the people, it cannot fail to be of practical use to all hygienists.

We are prepared to furnish it to all who wish, at publishers' prices.

As will be seen by his advertisement, Mr. S. M. Booth, of this city, proposes to furnish graham flour, crackers, &c., to those who cannot readily obtain them in their own localities. Mr. B. himself, and the foreman of his bakery, are both health reformers, and know the wants of reformers in this direction, and those who order of him may rely on fair and honest dealing in every respect.

OAT MEAL.—At our Institute this is quite a popular article of diet. In times past it has been difficult to obtain a good article, but by an arrangement with a gentleman in Ohio, we secure a superior article, nicely prepared for use. Those who have never used it should try it, and any who wish can obtain it by addressing F. Schumacher, Akron, O. It is ground both coarse and fine, the former suitable for puddings, and the latter for cakes.

MICHIGAN STATE ADVANCE.—We have received the first number of a monthly paper entitled as above. Its object is to set forth the resources of Michigan, and present its claims as a desirable State in which the interests of mining, agriculture, manufacture and commerce may be successfully carried forward. It is published at St. Louis, Mich., by A. D. & E. G. Rust, at \$1.00 per year.

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For further particulars see April number of this journal. Send also for circular, enclosing stamp.

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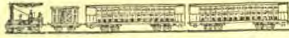
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LEAVE.	MAIL.	DAY EXP.	EVE. EXP.	NIGHT EX.
Detroit,	6:35 A.M.	9:00 A.M.	6:00 P.M.	9:30 P.M.
Battle Creek,	12:40 P.M.	1:47 P.M.	11:33 P.M.	2:10 A.M.
Chicago, Arr.	7:40 P.M.	8:00 P.M.	6:30 A.M.	9:00 A.M.

GOING EAST.

Chicago,	5:00 A.M.	8:00 A.M.	5:15 P.M.	9:00 P.M.
Battle Creek,	12:05 P.M.	1:47 P.M.	11:33 P.M.	3:10 A.M.
Detroit, Arr.	6:05 P.M.	6:30 P.M.	3:45 A.M.	8:00 A.M.

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