

THE Health Reformer.

OUR PHYSICIAN NATURE: OBEY AND LIVE.

VOL. 4.

BATTLE CREEK, MICH., MARCH, 1870.

NO. 9.

THE HEALTH REFORMER,
PUBLISHED MONTHLY AT
The Health Reform Institute,
Battle Creek, Mich.,

Under the Supervision of an Editorial Committee.

Terms: One Dollar per Year, invariably in Advance.
Address "Health Reformer," Battle Creek, Mich.

DR. TRALL'S
Special Department.

A Complication of Maladies.

WE are not in the habit, as our readers well know, of reporting ordinary cases in practice, nor extraordinary ones except when presenting some feature of unusual interest, or at the special request of the patient. The following case comes under both of these heads, and, therefore, we present it without note or comment, except to remark that the statement was entirely unsolicited on our part, and, as we have ample reason to know, was communicated to our medical class (before whom the patient appeared on clinical day just before leaving) with the sole motive of benefiting others by the knowledge and experience it had cost her so much suffering to acquire:

Philadelphia, Jan. 14, 1870.

"DRS. TRALL AND HARMAN: Feeling it due to you and the cause of hygienic medication, which has done so much for me, I make the subjoined statement for the benefit and encouragement of the medical class, which you will please read to them:

"*Ladies and Gentlemen of the Hygieio-Therapeutic College:* A sense of duty and an earnest desire to benefit you and others through you, induce me to give you a more definite statement of my case than I could do when I was present at the clinic, as there are points which I relate better through the medium of the pen than verbally. And now, laying aside that innate sense of delicacy which closed my lips when in your presence, and when Dr. Trall spoke of one of my main diseases (which I could not then even allude to), I shall endeavor, in my plain and humble manner, to explain all the chief points of my complicated malady, hoping thereby to be instrumental in relieving others of their misery by the sad story of my unfortunate experience with physicians and their remedies, as you are now to go forth with the honored title of M. D. attached to your names.

"God has placed us on this earth, not to so live as only to answer our own selfish purposes; but

How a Man Freezes to Death.

M. POUCHET recently read an interesting paper on this subject before the French Academy of Science. The author's theory is:—

1. That the first phenomenon produced by cold is a contraction of the capillary vessels to such an extent that a globule of blood cannot enter; these vessels, therefore, remain completely empty.

2. The second phenomenon is an alteration of the blood globules, which amounts to their complete disorganization.

3. Every animal completely frozen is absolutely dead, and no power can reanimate it.

4. When only a part is frozen, that part is destroyed by gangrene.

5. If the part frozen is not extensive, and only a few disorganized blood globules pass into circulation, the animal may recover.

6. But if, on the contrary, the frozen part is of considerable extent, then the mass of altered globules brought into circulation when the part is thawed rapidly, kills the animal.

7. For this reason a half-frozen animal may live a long time, if maintained in this condition, since the altered globules do not get into the circulation; but it expires rapidly as soon as the frozen part is thawed.

8. In all cases of congelation, death is due to the alteration of the blood globules, and not to any effect on the nervous system.

9. It results from these facts that the less rapidly the frozen part is thawed, the more slowly the altered globules find their way into the circulation, and the greater the chances of the recovery of the animal.

that we may contribute, as opportunity presents, to the well-being of our fellow-creatures. And having now explained my motive for sending you this communication, I will give you as concise a statement of my case as I possibly can. I will merely say, at the commencement, that I have been an invalid for more than three years, and was first led to think of hygienic treatment by reading a work in which the subject was mentioned. Like the woman in Bible history, I had 'suffered many things of many physicians,' besides expending my all, and growing worse instead of better.

"I was first affected with typhoid fever, which finally, as was said, run into a slow, nervous fever. During this time I was first treated by a homeopathist, then an allopathist, finally by an eclectic, and have had the leading professors of the city in consultation; in fact, every physician I have had was a professor in some college. Yet hygieo-therapy has done more for me in six months, with its simple and rational appliances, than all of the drug doctors have done in three years with their potent medicines and vaunted specifics.

"I will enumerate the different diseases for which I have been treated, as named by my physicians, and in the order in which they occurred, so that you may the better judge whether it was or was not their drugs which occasioned the complications in my case. That such is the fact, I now see as plainly as the noon-day sun; and many a time, fearing I was being more injured than benefited by their prescriptions, I have incurred their severe displeasure by refusing to take their drugs. My complaints were, first, hemorrhage of the uterus; this was followed by anteversion, and then succeeded diarrhoea, neuralgia, inflammation of the intestines, inflammation of the liver, dyspepsia, with severe pain in the region of the spleen, and night sweats, and, lastly, though not least, kidney affection. Now, I think Pharaoh himself could never have mustered a more grievous host of afflictions. The hemorrhage of the uterus would usually occur every two or three weeks, accompanied with intense pain, as in dysmenorrhœa. Preparations of iron and various other astringents were repeatedly employed by the drug doctors, with only temporary alleviation, followed by permanent injury. After coming under the hygienic treatment, the bleeding was promptly relieved by means of cool applications and the ice tampon, and the hemorrhage occurred but twice after Drs. Harman and Trall had taken me in charge. These physicians explained to me that this bleeding must be at once arrested, as it was draining my life away. But this was what the drug doctors could not accomplish with all the resources of the apothecary shop. I have had no appearance of hemorrhage now for more than five months.

"Diarrhoea I am now seldom troubled with. Neuralgia I have become a total stranger to. Inflammation of the intestines, with which I was formerly affected every week or two, attended with intense pain, has troubled me but twice, and then slightly, while at Florence Heights. Fomentations, alternated with cool applications, invariably relieved all distressing symptoms. Now I have no trouble from that ailment. Inflammation of the liver still exists to some extent in a chronic form; but the hip-bath always relieves

me, whenever troubled from this cause. Indeed, it seems to act like a charm. I still wear the tepid wet girdle occasionally, from which I am sure I derive much benefit. Dyspepsia still troubles me somewhat; but the pain and distress are comparatively trivial. I have no pain about the spleen. Night-sweats have entirely disappeared. The kidney affection is also gone. This was so bad that the urine would be constantly high-colored, with pinkish sediment, calculi, &c. But, in the short space of two weeks after placing myself under hygienic treatment, it resumed its natural appearance, and this was really what convinced me that, after exhausting the skill of so many schools, I had at last found the right system of treatment—the 'True Healing Art.' While at the Institution, I had no less than twelve boils, which I regarded as another indication that my system was being purified of its foul humors and poisonous drugs. I must confess, however, that at times I had desponding moments, and would then indulge in vague doubts concerning the propriety of the treatment; but when I reasoned with myself, and remembered that I had already faithfully tried all other systems, and that this was my last resource, I determined to persevere, being aware that time and patience were necessary, considering the years I had been getting worse.

"The diet of Hygeian Home at first seemed to disagree with me, causing vomiting and diarrhoea, and I felt as though I should starve. But I soon came to the conclusion that hunger, or even starvation, was better than such suffering, and such drugging, as I had endured so long. In a few days, however, the stomach retained the food; but the sight of it was so disagreeable, that for two weeks, when eating, I would close my eyes. In about three weeks the food became palatable, so you perceive that I had a pretty severe time of it. Now, all the food is palatable, and even delicious, and I enjoy my two meals a day. But it required the experience of several months to convince me fully that two meals a day was the right plan. For a time I would occasionally become very hungry; but Dr. Harman advised me to eat nothing whatever between meals, assuring me that in time I would overcome the hungry, or craving, sensation. This proved to be true; and I contented myself with allaying the desire for food with sips of water.

"And now I have told you my bitter experience, and as I contrast my former sufferings with my present condition, my thanks ascend to Him who rules and reigns on high, that I was led to place myself under the care of the physicians of Hygeian Home; and had I the power, I would proclaim to all the world the truth of the hygienic system, and the falsity of drug treatment.

"In conclusion, ladies and gentlemen, allow me to wish you success in your studies. Do not falter nor fall by the wayside. You will have many obstacles to contend with, many prejudices to overcome; but let your motto be, Excelsior. To my kind friends, who carried me up and down stairs so many times, and those who contributed to my comfort in various ways, I render my thanks for kindness to the stranger. I shall ever hold you and them in grateful remembrance. Most of you I may never be permitted to see again this side of eternity; but we have the blessed assurance that if we live righteously we shall meet

again around the everlasting throne, there to sing the praises of God forever and ever. And surely when you have completed your studies, and go forth into the world to minister to the sick, teach the well how to live, and to alleviate human suffering, your mission will be a noble one. And that God's blessing may rest on your endeavors, and the Everlasting Arms be thrown around and about you, to guide you and protect you from all harm, is the sincere prayer of,

"Yours truly, ANNE TAYLOR."

Women and Medical Colleges.

WE are morally certain that the "gentlemen" medical students of Philadelphia, who so grossly insulted their sister medical students a few weeks ago, the medical professors who did not rebuke that insult, and the medical profession which indorsed it, intended no good to the sisters aforesaid, nor to any bodies else except themselves. But, thanks to an overruling Providence, who can cause the meanest intentions to produce the best of results, the selfish and disreputable conduct of the male doctors and the masculine students above mentioned, is likely to give a vigorous impulse to the woman medical question all over the civilized world.

"Tall oaks from little acorns grow,"

Or, to adapt the sentiment to the young gentlemen of the Philadelphia Medical Colleges, we may prefer the *medical* paraphrase:

"Great aches from little toe corns grow."

The conduct of these young rowdies and their still more blameworthy teachers has been discussed by the press in the United States, Great Britain, France, and other countries, and has elicited numerous comments with regard to the manner in which the medical profession has treated the woman since her first attempt to *invade* the medical profession, and in every instance, save one, to the discredit of the profession.

The Paris correspondent of the *New York Tribune*, in a late issue, devotes several columns to this subject. He shows that while in Great Britain, the admission of women to the medical colleges has been strenuously opposed, yet in no instance have they been treated with insult, or even ill-manners. To the young gentlemen medical students of this country is reserved the glory or the shame of such conduct. The writer above alluded to states that only the men students of Philadelphia have been guilty of this disgraceful conduct. But this is a mistake. The men students of Bellevue College, in New York, have for several years been in the habit of insulting the women students who attended

clinics, and in these insults their professors have joined.

But in Paris, in the most extensive and best medical hospital in the world, ladies are not only admitted, but are treated with gentlemanly courtesy. At a late examination, there appeared among the students an English girl, and an American girl from New York. What followed we will relate in the words of the *Tribune* correspondent:

The Englishwoman has the fine complexion of her race and the beautiful hair; she is dressed elegantly, but without finery. The American is smaller, is dressed with an absolute plainness, not a wisp of superfluity in her garb, and with a certain quaint, scholastic air that contrasts oddly with her fresh, girlish face and her youthful figure. This, then, is examination-day, the fourth examination, and these young ladies have come to take their places with the young men who have been pursuing the same studies, under the same direction, and for the same space of time. The young American, with all her unconsciousness, is a character that must one day take its place in history. Of herself and by her own strength she has accomplished a long-cherished purpose, and opened a way to women that, until she came, was entirely closed to them. Defeated in her quiet, persistent efforts to get access to the schools of medicine in New York, she came about two years ago to Paris, and tried here what had been tried in vain by herself in her own country, and by English women in England and Scotland. The only school of medicine to which women had succeeded in getting admission, was that of Zurich, where there is at present a considerable number. I think that until this lady made hers, there had been no application to enter the medical school of Paris. In advance, every one said that it was a thing impossible to be done. But, as Kossuth grandly said, "there is no difficulty to him who wills," nor to "her," either. Miss — believed this, and acted upon it. The first application was made to a certain professor for permission to enter his dissecting room. The request, made through a friend, was granted. Miss — thought herself happy, when, lo! a letter comes, saying that Prof. S. had taken it for granted that Miss — would attend the classes in men's clothes. Down went the plucky little American heart to its owner's heels. Men's clothes! The thought had never entered her head. The next day, she saw the professor, or one she took for him, passing across the court. She walked up to him and introduced herself, saying that she understood he wished to speak to her. The good professor politely explained to her that an application had once been made to him by an English lady, an artist, who wished to study anatomy in his dissecting-room; that she had been permitted, on condition of putting on men's attire; that she had consented; and that he saw no reason why Miss — should not do the same. The little lady looked up from her short five feet to his towering six, and, throwing out her arms, exclaimed: "Why, monsieur, look at my littleness! Men's clothes would only exaggerate it; I should never be taken for a man, and the objection to mixing with the students would be increased a

hundred-fold." Struck by her earnestness and her simplicity, the good professor—for the rest, a famous man—at once gave her the permission she demanded. Still, this was not the medical school, and that was her aim. What, then, was her delight when one day the same professor said to her, "But why do n't you enter the school?" "But, sir, that I am told is impossible!" "By no means. Make your application. It will be granted."

And, for sequel, there she sits to-day, on the bench with two young men, passing the fourth examination, and sailing past her companions in the race, as if she were born to the water, and they were canary birds. I should like to describe the three professors to you, and to describe the whole examination. How it brought back my college days with their hopes and fears! The two students who were examined at the same time with Miss —, had evidently wasted their time. One stuttered and stammered so that it was heart-breaking to see. Finally, tears coursed one another down his innocent nose. He could not describe a potato. I suppose he had never seen them except when fried. He could not describe anything. His tongue cleaved to the roof of his mouth. And the professors boosted him, and his young friends behind boosted him, but 't was of no avail. Then came the next, and he was better by force of contrast, but judged by any absolute standard, quite incapable. The first had failed when brought up to the standard of potato; the second succumbed when asked to tell what he knew about opium. 'T was of no use. Then came the lady's turn, and how easily she did it! In a low voice, meant for across the table, without appearing to know that there was a cordon of youth two deep about her, she answered all her questions, and showed that she had studied well. Perfect self-possession, with perfect modesty—a born lady—she justified the words that one of the most eminent men of France used in speaking about her, when he said that (it was at a time when the conduct of certain American women of the upper circle had been giving occasion for a great deal of uncomfortable criticism upon American manners) Miss —'s character and attainments reflected more honor upon the name of American women than all the doings of the aforesaid upper circle could reflect dishonor. I wish now before leaving, to write, to speak of the behaviour of the young men on this occasion. I went back and forth between the room where both the ladies were being examined, and mingled freely with the crowd. It was impossible not to be struck with the simple good manner of these Frenchmen. They showed a deep, but a perfectly respectful, interest in what was going on, and the pleasure they took in the success of the women was as cordial as it was delicately expressed. At the end, when the Dean of the Faculty, who had not attempted to conceal his satisfaction at the failure of all his efforts to stump the American girl, rubbed his hands, and turning to his colleague, said aloud, "Oh! Tres Bien! Tres Bien!" There was a burst of approbation sent from the group of students as they ran down to the court-yard to hear the usher read the decision. The verdict was for the two young men, "Passable," a very low mark; for the English lady, a "Bien satisfait," a very high mark indeed, and for the American, a "Tres satisfait,"

the highest that is given, and the first time it has been gained this year. And this is the way, O boys of Philadelphia, that women are treated in the greatest university in the world.

Fashionable Dress vs. Breathing.

MRS. WALTER C. LYMAN gave a lecture recently in Dr. Chapin's church, New York, on the subject of "Respiration," in which she made the following statements, as reported by the *Tribune*, to a large and appreciative audience of ladies:

Dwelling on the importance of a proper mode of breathing, the lecturer said: "Few persons know how to breathe so as to promote a perfect and thorough purification of the blood, and still fewer suspect that the want, or lack, of proper breathing is the principal cause of the inactivity of the liver. Men breathe more naturally than women, having greater freedom of action, and taking more regular bodily exercise, their mode of dress also giving them greater expansion of the thoracic and abdominal viscera. Hence, fewer men than women suffer from lung and liver complaints. Women, as a general thing, breathe only with the thoracic muscles, allowing the lower and larger portions of the lungs to collapse and harden, and thus weakening their power of resistance. This breathing power may be restored, even at an advanced age, by judicious muscular exercise, and by admitting to the pulmonary system the largest amount possible of fresh air."

If women breathe so little that their lungs are collapsing and hardening, and if they cannot breathe otherwise in the fashionable dress, one of two things seems inevitable: they must either die out, or reform their dress.

Clergymen and Quackery.

THE New York *Tribune*, in view of the fact that clergymen often employ and indorse the nostrums of empirics, reads them a sharp lecture for "forsaking their fine family physicians who have bled and physicked them gratuitously for years." We cannot see that the clergymen are to blame in this matter. They do as well as they know; and who can do better? They believe in medicine, as nearly all persons do; and their ministrations among the sick and dying have afforded them unusual opportunities for observing

"The deadly virtues of the healing art,"

as it is in orthodox drugopathy. And they justly regard the preparations of the nostrum mongers as the safer—the less of two evils. Clergymen do not prefer quack medicines because they are fools or knaves, but with a judicious regard to the law of self-preservation. It is true that the land is flooded with quack

remedies, and true it is that their sale is greatly increased by the certificates and commendations of the clergy; and it is also true that the whole tribe of nostrums is a pernicious humbug. But, on the other hand, to some extent they displace the "regular" poisons, and are, therefore, comparatively a blessing; for while one person is killed or seriously damaged by quackery, ten are destroyed or ruined in constitution by "legitimate medicine;" and, indeed, as Sidney Smith has well said, "the cause of quackery outside of the profession is the real quackery in the profession"—an expression which could be improved by rendering it in the following words: The *false system* of drug medication is the parent source of all the quackery in existence. When the people become sufficiently intelligent to repudiate the whole thing, and refuse to allow themselves to be poisoned because they are sick, there will be an end of all quackery, "regular, irregular, and defective."

Gastromonology.

PROF. BLOT, all the way from France, has recently been enlightening the Philadelphians (as he in aforetime did the New Yorkers and the Bostonians) in a course of lectures on Cooking. So far as we have noticed, his lectures have been universally commended by the newspaper press. As a specimen of the good living to which we are invited, we give a single paragraph from a report of his lectures, under the head of soup:

Pottage is the modern word for soup, and is used in bills of fare everywhere. Three kinds of liquor are used in making pottages—broth, milk, and water—besides which meat, fish, and vegetables, are used. Whenever you have soup at dinner, it is the first thing served. Melons should always be eaten the first thing after soup. Soup is light, and easier of digestion, and makes the dinner digest more easily. After soup, fish; after fish, butcher's meat; then chicken; then game; then the dessert. The first plate of dessert to be served is cheese; old is the best, and it is a mistake to do without it; it serves for digestion. You should make your children eat fish and cheese—the latter every day.

Such a round of dishes, or series of courses, is admirably calculated to make us gormands, gluttons, and debauchees. But the idea of compelling children to eat fish and cheese every day, cheese especially, is physiologically abominable. A more pernicious article in the shape of food was never invented.

HE that is slothful in his work is brother to him that is a great waster.—*Prov.*

Medical Ratiocination.

A CURIOUS, though not unusual, *reductio ad absurdum*, with regard to the dietetical use of salt, is contained in the report of a lecture recently delivered in New York, by Dr. H. D. Ranney, on the subject of, "What shall we eat and drink, and how?" A reporter states:

He said that using condiments was dangerous, and spoke against alcohol, saying that it furnished no nutriment, leaving the body in the same form as when entering. The only necessary article of food which undergoes no change in digestion is salt, and without which we would starve to death.

How long will beings who profess to be distinguished above the brutes that perish, by the reasoning faculty, be misled by such absurd and contradictory twaddle? Every tyro in physiology knows, and every educated medical man ought to know, that change—transformation—of the materials of food is the first, the essential, and the invariable law of digestion; and that nothing which passes through the system unchanged, can by any possibility serve as an article of food. Yet here is an eminent physician, holding an influential public position, giving popular lectures and telling the people they will starve to death if they do not eat salt, while confessing that salt undergoes no change in digestion, that is to say, is not digested at all! Is the "professor" ignorant that millions of the human race do not eat salt? Is he aware that, in the early history of the human race, salt, as an article of diet, was unknown? Does he know that when the young child has diarrhea, or the adult the dyspepsia, to that degree that the food passes unchanged, the patient is said to have indigestion very badly? We can show Dr. Ranney persons whose parents disused salt before they were born, who have grown up to manhood and womanhood without using salt, and who are not "starved to death" yet. Nay, verily, they look less like starving than many do who use salt. We have also boarded nearly a hundred persons for several years without using salt in cooking, or having it in the house, and somehow our patients seem to flourish. No one has yet died of starvation, that we know of; but perhaps they ought to have done so.

A Philadelphia Sensation.

SOME twenty or more of the ladies of the Hygeio-Therapeutic College, visited the city of "Brotherly Love," not long since, accompanied by as many of the gentlemen of the medical class, in order to attend a clinic at

one of the medical colleges, in response to an invitation by the principal professor of the said college.

Such a formidable array of "ladies in pants" had never before startled the editors and reporters of that goodly city from their propriety, and some of them, seeing an opportunity for a new sensation, made the most of the occasion. A majority of the city papers referred to their visit respectfully, and as a mere news item. But two of them, the *Telegraph* and *Bulletin*, perpetrated whole columns of "notices and criticisms," for which the terms slang and billingsgate would be more appropriate; while the agent of the Associated Press sent a telegram to be published broadcast over the land that "Hygeian Home" was a "Free Love" College, where the sexes commingled on the plan of the Oneida Communists, &c. The reckless doings and evil intentions of men are often overruled for good. And so it happened in this case. The very grossness and infamous falsity of these stories secured us the opportunity for an explanation through the columns of the more respectable papers, which the *Telegraph* and *Bulletin* were shamed into publishing, while public notice was promptly given that the agent of the Associated Press would be immediately prosecuted for libel. In this manner the whole question of the nature and character of our institution at Florence Hights, its college department, and the reform dress, which a majority of our students adopt, are brought more prominently before the people for investigation; and as both will bear investigation, more or less good is sure to result to the cause of health reform. The ladies intend to repeat their clinical visits to Philadelphia, *en costume*, until the sleepy editors and sensational reporters become so familiar with the reform dress that they have to look elsewhere for sensational material. Dr. Harman, and others of our "Home," have been in the habit of visiting that city frequently during the past three years, and always in the reform dress; but it seems that the sensation mongers can endure with comparative composure an individual woman thus attired, while a company of twenty is too much for their equanimity. What will they do when we send them a hundred, as we certainly shall in time?

Retrogressive Phrenology.

The *Phrenological Journal* for February contains the following:

Medical Education.—We think it well for a student of medicine to avail himself of the advan-

tages found in educational institutions formed in accordance with the Old-School treatment, as such institutions are the more generally recognized by legal authority, and by the mass of the people. After obtaining his degree in regular course, a student may then elect what system he pleases, and the instruction he has received in anatomy, physiology, and hygiene, from old professors, will apply as well to the later systems, and constitute a solid basis on which to rest his future attainments of theoretical and practical knowledge. We favor that line of practice which would make use of the good in all the systems, and at the same time be hampered or restricted by the dogmatic views of no one.

If such is a fair sample of the process of reasoning which the professors of phrenology teach, deliver us from phrenology—or its professors. Let us try the logic in a parallel case.

Theological Education.—We think it well for a student of theology to avail himself of the advantages found in educational institutions formed in accordance with old school (Roman Catholic) doctrines, as such institutions are recognized by a greater number of people. After obtaining his Catholic degree in regular course, a student may elect what tenets he will preach, and the instruction he has received in Latin, Greek, Hebrew, Bible History, Original Sin, Atonement, the Immaculate Conception, and the Infallibility of the Pope, will apply as well to the later systems of Calvinism, Baptism, Presbyterianism, Methodism, &c., and constitute a solid basis on which to rest his future attainments (salary) of theoretical and practical divinity. We favor that line of preaching which would make use of the good in all religious systems, and at the same time be hampered or restricted by the dogmatic views of no one; therefore, let all ministers be educated in the Roman Catholic creed.

The *Journal* knows as well as we do that hygiene is neither taught nor practiced by "old school" professors. But what better logic or apology could be expected from one who squarely turns his back upon the principles he has advocated, and sold, and professed to believe, for twenty years?

Yale College Hygienic Literature.

DR. GEO. M. BEARD, who lately entertained us with several articles of dietetic twaddle in *Appleton's Journal*, is now edifying the sophomores of Yale College with a series of communications under the head of "Hygiene for Students," through the columns of *The College Courant*, published at New Haven, Conn. From article No. 15, we extract the following paragraphs:

There are men who can bear vegetarianism, and, for a time, even semi-starvation; but such persons rarely adopt any rigid system of dietetics, unless forced to do so by hard poverty. There are many rough, wiry, muscle-workers, who, since they do only beast's work, can well thrive on beast's food—whose brains, like so much fallow ground, are simply an incumbrance, and who therefore chiefly need that kind of food which supplies the waste of the muscle.

There are to be found in our colleges those who might, if they chose, adopt vegetarianism or Grahamism without serious detriment, who think so little and do so little with brain or muscle, that there is little waste of tissue, and consequently but little to supply. There are those who indulge so extravagantly in negative food—in the form of tobacco, or alcoholic liquors, or coffee—that the metamorphosis of tissue is so much retarded that there is very little desire or need of positive nutriment.

There is physiology for you, gentlemen students of Yale College! Tobacco, &c., are, indirectly, food, so that, the more you use of them, the less you have need of "positive food!" Why not go the whole animal on liquor and tobacco, and not need any other food? And then again, vegetarian food is only for beasts and beastly men. How about lions, and tigers, and cats, and dogs, and rats, and mice, and hogs, and hyenas, and jackals, and panthers, and vultures, and bears, and wolves, and snakes, and toads, and spiders, and cockroaches, and bedbugs, and fleas, and lice, and other *varmints*, too numerous to mention, who are as much addicted to flesh-diet as are humans, if not more so? Is it because of their great amount of brain-labor that they require animal food? We notice that Dr. Beard is named in the list of contributors to the *Courant*, which list embraces thirteen presidents of American colleges, and twenty-eight professors, besides a few honorables and other dignitaries.

We hope his associate contributors, and all the little ones of Yale, are vastly edified by Dr. Beard's dietetic extravagances, for it is certain that the instruction is a good deal less than infinitesimal.

Answers to Correspondents.

WARM BATHS FOR THE AGED.—E. A. MCG.: "Dr. Trall, *Dear Sir*—Please inform me what effect a warm bath, weekly, will have on aged persons who have not been accustomed to bathing?"

The effect will be beneficial; but such persons should not use *too* warm water, and should avoid exposure before and after bathing, so as to prevent chilliness. A temperature of 90° to 95° is best.

REMEDIAL EFFORT AND CLOGGED LIVER.—M. T. E.: "Dr. Trall says that disease is remedial effort. When prescribing, he says a man's disease is clogged liver, or torpid liver, or inactive liver or kidneys. Is that remedial effort?"

Technically the criticism is just. "For short," we often employ the customary language, and mention the *morbid conditions* as the disease. But, in scientific parlance, the disease is the effort to obviate or remove these conditions—"vital action in relation to things abnormal."

ULCERS OF THE CORNEA.—A. R.: These affections can be removed in their early stages by hygienic treatment alone. Long-standing cases require surgical treatment. Caustics are perfectly safe if properly applied. None but a competent physician should meddle with such appliances.

CONGENITAL OPHTHALMIA.—M. O. R.: Dr. Trall, M. D., *Dear Sir*—Our child, now six months old, has been troubled with weak and sore eyes almost from birth; but in other respects appears perfectly healthy. As we have never given it any medicine, nor made any application to the skin except soap and water, we are unable to understand the cause; nor can our physicians explain it. What is your opinion?"

The mystery is probably in the soap. Many infants have their eyes badly damaged, and in some cases ruined, by the soap used in washing their little faces. The alkali of the soap gets between the lids, and as infantile eyes are exceedingly sensitive, the irritant is correspondingly injurious.

DIABETIS.—R. L.: The fact that the urine does or does not contain saccharine matter, is of no consequence so far as *prognosis* or treatment is concerned. The danger is to be measured by the deterioration of constitutional stamina, and not by the violence or peculiarities of the local symptoms. The case you describe has nothing peculiar, and is probably curable. Keep the patient comfortably warm at all times; for bathing, use tepid or warm water, followed by thorough friction with the dry hand, or over the dry sheet. Be especially careful to have the feet warm at all times. The diet should be very strict.

INGROWING TOE-NAIL.—P. B. S.: The painful ulceration which you complain of may be relieved at once, and probably permanently cured, by the simple application of hot melted tallow. It should be very hot, and applied so as to fill and cover the inflamed part. We

have known a single application to cure a bad case.

"HEART DISEASE."—S. O.: The intermittent pulse and occasional attacks of palpitation of which you complain, do not indicate organic disease of the heart, but dyspepsia, with constipation. Adopt a very simple and rather abstemious diet, with an abluion daily, and your heart will soon be all right.

AGUE CAKE.—P. R. M.: The term is applied to indurations of both the liver and spleen, though most frequently and most properly to that condition of the spleen. It is usually removable by a few months of strict hygienic treatment. Douches, umschlags, and the rubbing wet sheet, are proper in the case you mention.

"CHRONIC DYSENTERY."—C. A. B.: Dysentery is always an acute disease. Chronic dysentery is a misnomer. Your disease is diarrhea, probably complicated with hemorrhoidal tumors.

OVARIAN DISEASE.—M. R. C.: There is no question that your physicians are correct in the diagnosis; but leeches, calomel, iodine, &c., are better calculated to arrest the vital processes than to disperse the tumor. It may be arrested in the incipient stage by thorough hygienic treatment. You had better go to a Health Institution at once.

PLEURALGIA.—S. A. S.: "The attacks" you complain of are not pleurisy. Your "old, experienced, family physician" is mistaken. Pleurisy is an inflammatory affection of the pleura. Yours is a spasmodic affection of the intercostal muscles. Fomentations will relieve it.

ELECAMPANE AND HYDROPHOBIA.—J. R.: Notwithstanding the positive assurances of your trustworthy neighbor that this drug has prevented (he does not say cured) several cases of hydrophobia, it has no more efficacy in that disease than a pitchfork has to arrest the cataract of Niagara.

RELAPSING FEVER.—O. B. H.: This "new disease" now prevailing in New York is nothing new under the sun. It is simply a low form of typhoid fever, attended with unusual remissions and sweating stages. That any fever has an inherent tendency to relapses, is one of the multitudinous absurdities of modern medical science.

BATHING AT BEDTIME.—S. I. H.: It is better in your case to bathe at bedtime than not at all. The "corrosive tetter" is worse because of the low state of the patient. Use

tepid ablutions, and cover abraded surfaces with dry flour.

STARVATION.—S. I. H.: A post-mortem examination would show a contracted condition of the stomach, but would not prove that the patient did not die of disease.

Ventilation.

THE very first want when a child appears in the world, is air. It is the first, and also the last, demand of our lives. Man can live months without light, and can live days without food or drink; but we cannot be without air for a few minutes without fatal results. Hundreds of pages may be written upon the importance of air to man and animals; but it is not my intention in this article to go into detail, but shall confine myself more to ventilation. Our daily experience teaches us that a constant supply of pure air is essential to our existence; and without it there is no hope for health of body and length of life.

Much has been said and written as to the best mode of ventilation. It is believed by the majority, that an opening in the upper part of a room is sufficient both for supplying fresh and for removing foul air. This is not so. An opening in the upper part of a room only serves the object in a slight degree. It is very well to resort to the following simple experiment, and by so doing I think they will be convinced that they are mistaken in their views. The experiment consists only of holding a lighted candle, successively, near the top, middle, and bottom, of an open doorway, and if the air has no other means of access to the room, it will be observed that, at the top, the flame of the candle will be driven outwards; if held near the bottom, it will be driven inwards; and by holding the candle midway, it will be perceived that the flame will not be driven in either direction, but will be quite still. By this simple experiment we ascertain the general laws on which the principles of ventilation depend. We all know that warm air is lighter than cold air, and that it therefore rises to the upper part of a room; and that cold air, being more dense, remains at the bottom.

We therefore arrive at the following conclusion: That all rooms to be properly ventilated should have an opening at or near the floor for the admission of fresh air, and an opening at the top of the room, communicating with the outside of the house, for the escape of the foul and heated air.

Pure air is one of the greatest blessings which we can enjoy; and yet how many do

not take the necessary steps for its enjoyment, but do all in their power to deprive themselves of it. No evil is complained of so much, and so little done to remedy, as bad air.

The object of respiration is to change the impure venous blood, which has been circulated through the system, into the purer arterial blood, through contact with the minute air cells in the lungs. The power of the lungs and the purity of the atmosphere, necessarily depend on this renovation of the blood. Unless we inhale pure air continually, our blood cannot be purified or invigorated. Impure blood causes disease and death.

Pure air is composed of oxygen and nitrogen; and it is the oxygenated blood that imparts the hue of health to the human skin. The oxygen of the air we breathe unites with the carbon of the blood, and produces heat, and forms carbonic acid gas, which is exhaled from the lungs, and mingles with the air that surrounds us. It is then unfit to be re-breathed, as is done, when a room is badly ventilated. The free atmosphere always contains carbonic acid, but the amount should never exceed the half of one per cent. If the quantity of carbonic acid should be increased to two or three per cent, serious results may be expected.

The amount of pure air necessary for a human being to keep in perfect health, should be at least eight hundred cubic inches per minute; but as the supply is unlimited, there need be no economy in its use. Nothing is cheaper or more abundant. Our water supply may become so exhausted that it should be sparingly used; but there is no cause for anybody to feel the need of air. It is absolutely essential to health, beauty, and happiness.

However much we may endeavor to raise the moral condition of man, we must not neglect the physical state. Well would it be if our city missionaries, so usefully employed in our large towns, would give sanitary advice, for physical as well as spiritual health. By so doing, they would follow the pattern of the Great Physician, who went about doing good, not to the souls alone, but, generally, first to the bodies of men.

Unventilated rooms are entirely unfit for human beings to inhabit; they are absolutely fatal, not only to health and beauty, but often to life itself. It is a matter of duty that all who are versed in the subject of ventilation should commend it to others. A little sound, practical advice to a poor man, earning his weekly wages, and supporting a large family, is of much greater pecuniary

value than a liberal donation of money. The money he will soon spend; whereas the former will save him.

We should feel thankful that glass is of so brittle a nature, as it often proves a blessing in disguise, when a window is broken, by admitting free air, of which the occupant otherwise willfully denies himself, to the loss of his own health and resources. Let us, therefore, not neglect to avail ourselves of the pure air, which the Creator has so abundantly provided. VALENTINE HAMMAN.

New York City.

A Sight at Trichina.

WE saw, yesterday, a representative of the origin of much of ill that hog flesh is heir to—an almost invisible parasite, which delights to feed upon human flesh as well—Trichina. It isn't a lovely bird, by any means—about as much so, however, as a snake. It was under a microscope in Dr. French's office, and only through that medium is it at all visible. It lay coiled up in a piece of pork that was hardly larger than a fly's foot, yet in this atomistic home it had room for exercise, and for the accommodation of several of its relatives had they been disposed to call. It resembles nothing so much as an angle worm, only it has the head of a snake. This infinitesimal creature works terrible results when once lodged in a porker or a man. A look at it convinced us that we don't want any in ours.

The specimens in Dr. French's office came in a piece of salt pork and a bit of smoked sausage. They were forwarded by Dr. Thos. M. Flandrau, of Rome, New York, where eleven persons were afflicted with trichinosis, six of whom died. The cases were all occasioned by the eating of the smoked sausage. No bologna to-day, mind, waiter—take the dish and set it upon another table for somebody else. Dr. F. writes that he estimated that there were from 10,000 to 20,000 of these serpents to the cubic inch of sausage. Yet a person might *chaw* (ugh!) a million of them and never know it until they commenced to *chaw* him. And the trichina don't play fair in the chewing business either, for while it can't be chewed to death by any possible set of incisors, cuspids, bi-cuspids, lesser or great molars, that were ever set in human jaws, it can chew a man to death in short order. But this is disagreeable, very—let's eschew it, and hope that we may become food for worms of a decent and grave kind before Trichina makes cuds of us.—*Davenport Gazette.*

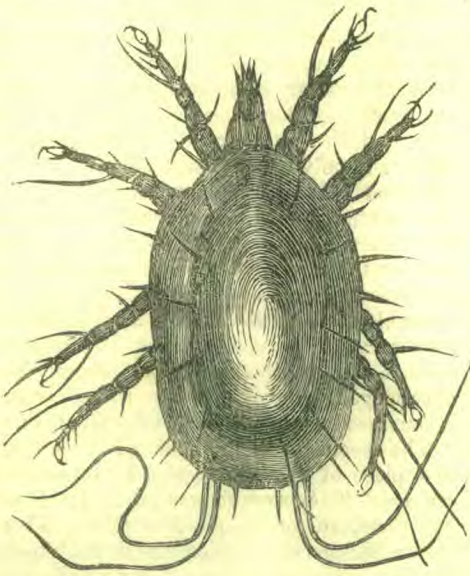
FOOLISH fear doubles danger.

The Health Reformer.

Battle Creek, Mich., March, 1870.

Acarus Sacchari.

PERHAPS the sugar question has grown somewhat insipid to our readers. By way of spicing it a little, we give this month an excellent portrait of the *acarus sacchari*, or sugar insect. There is really but little to boast of in the picture by way of beauty; but he looks scarcely less agreeable than the lobsters, crabs, turtles, &c., with which modern epicures are wont to regale themselves.



The above cut represents the insect, magnified about two hundred times. It is found in raw or unrefined sugar, from 40,000 to 300,000 in a pound's weight. The insects may be detected by dissolving a quantity of raw sugar in a glass of water, when they will rise to the surface, looking like little specks. One of these little specks, when placed under the microscope, reveals a picture like the above. Refined sugar exhibits none of them, from the fact that the refining process kills and removes them—unpleasantly suggesting, however, the adage about eating a certain personage, as well as drinking his broth.

The insect is of the same genus as the *acarus scabiei*, or itch insect, but not quite identical with it, although it produces a disease nearly identical with the common itch, viz., the grocer's itch, to which those are lia-

ble who handle raw sugar. Concerning this disease, the *Medical and Surgical Reporter* says:

"Now, it is a noteworthy fact that grocers' assistants and sugar warehousemen are peculiarly liable to a kind of itch, which affects their hands and wrists, but does not extend to any other part. These persons are usually of cleanly habits, and do not belong to the classes among whom the ordinary itch is so prevalent; there is, therefore, but one way of accounting for their tendency to contract that disease; namely, that the *acarus sacchari*, having, like its congener, the *acarus scabiei*, burrowing propensities, bores into their skin, and breeds there. The two kinds of acari resemble each other very closely, but the sugar insect appears to be the larger and more formidable.

"So common is this pustulous disease among persons engaged in the 'handling' (that is, mixing) of sugar, that it has been called the 'grocers' itch;' but I doubt very much that it differs in any specific respect from the ordinary variety of that nasty complaint. My colleague, Dr. Symes, surgeon to Dr. Stevens' hospital, assures me that persons suffering from 'grocers' itch' are always to be found among the extern patients treated at that institution."

Concerning the prevalence of these insects, the same paper remarks:

"The number of acari found in raw sugar is sometimes exceedingly great, and in no instance is the article quite free from either the insect or its *ova*, eggs. Dr. Hassell, who was the first to notice their general occurrence in the raw sugar sold in London, found them in a living state in no fewer than 69 out of 72 samples."

Does the picture please you, gentle reader? If compelled to indulge in meat-eating, we would prefer it in some other form.

W. C. G.

Scarlet Fever.

THIS disease derives its name from the eruption in the disease, which is of a scarlet or red color. The interval between exposure and the appearance of the disease varies from six to twelve days. On some, it assumes a mild form, and on others, malignant, and like a plague. It commences with the ordinary premonitory symptoms of fever, with languor, lassitude, and general disquiet, followed by chills or shiverings, and succeeded by hot flashes over the surface, and aching sensations in various parts of the body, attended

with headache, furred tongue, frequent pulse, deficient secretions, and prostration of strength. These symptoms will be more or less severe, according to the condition of the patient.

The peculiar scarlet flush or rash, usually appears about the second day from the beginning of the fever; first on the face, neck, and breast, and extending downward over the trunk and limbs. At first the eruption consists of innumerable red points, between which the skin exhibits its natural color; they soon run together, so that in a few hours the red flush is universal. On pressure, the skin looks pale, but readily recovers its redness on removal of the pressure. Sometimes it happens that the eruption does not make its appearance for four or five days after the commencement of fever. The eruption is usually at its height on the fourth day. On the second day it comes out, on the third day it spreads itself over the whole surface, on the fourth arrives at its height of redness, and on the fifth day the rash declines. Usually on the sixth day the eruption becomes quite indistinct, and on the eighth, is wholly gone from the surface. About the end of the fifth day, the cuticle begins to scale off on the parts first affected, now extending over the whole body. The mucous membranes are more or less affected. The eyelids, lips, nostrils, edges of the tongue and palate are of a bright red color, the tonsils are swollen, and there is difficulty of swallowing. The fever disappears with the rash. Such is scarlet fever in its mild form.

In the commencement of the disease, when the patient complains of chilliness, he may be put into a sitz and foot bath of a temperature that is agreeable to the patient, being well covered with blankets, and the head enveloped in a napkin wet in cold water. If the throat is swollen and sore, foment it while in the bath. The patient may remain in the bath till the chilly sensations pass off, or as their strength will endure. On coming out of the bath, wipe dry, and go to bed, with a cool or cold compress around the throat, renewing it as it warms up. As the fever rises, use water as freely as the emergency of the case demands, applying it as is most convenient and agreeable, by sponging with tepid or cold water, wearing the body bandage, or using the wet sheet pack when it is practicable. Some are so very feeble when sick that sponging and bandages seem the most useful treatment, as other and more vigorous modes exhaust the strength of the patient.

Packs should be given in a way that is least exhausting and the most sedative. They may be taken by the feeble, as well as by the

strong, if properly applied. To make the pack just what it should be to a feeble person, its application should be for a short time, and on coming out, no water should be put on the body, but dry towel rubbing should be employed, followed by hand rubbing for a few minutes. This is in cases where the constitution is delicate, showing but little vitality, and will not bear vigorous remedial measures. Where there is a good degree of vitality, the pack may be taken, and followed by an ablu-tion in the form of a dripping sheet, half bath, pail pour, or a wash off in a sitz or a sponge bath. These remarks hold good in any case where packs are indicated.

When the eruption appears there is not much danger to the patient, provided the eruption can be kept active and permanent. To do this, nothing but common-sense treatment is needed. Keep the head cool, the feet warm, the circulation to the surface, the bowels open, the mind quiet. Take little, if any, food, and let that be of the simplest kind, as gruel, or some cooked, sub-acid fruit, and mush. Keep the room in which the patient is, in a shaded light, warm but well ventilated, and the house free from noise. Let the patient have one set of nurses, and let Nature have her way.

The malignant forms are characterized by more severe general symptoms, dejection of mind, pain in the head, and soreness and stiffness of the muscles of the neck. On the second day, hoarseness, difficulty of swallowing, hurried breathing, interrupted by frequent sighing, breath hot and burning to the lips, heat of the surface very great, weak and frequent pulse, and pungent, prickling pains. On the third day, the face, neck, and breast, appear redder than usual, or scarlet patches appear about the mouth and nose. The glands are enlarged and painful, the palate and tonsils are reddened, specks and collections of mucus are observed about the mouth and throat. In a few hours an intense redness prevails over the whole body, which is perfectly smooth to the touch. On the fifth or sixth day the deep scarlet is succeeded by a brown color, and the skin peels off in small scales.

The more malignant forms require careful management. Employ the wet sheet, ablu-tions, or tepid sponging, according to the principles already stated. The feet generally incline to be cold, and particular care must be taken to have them warm and comfortable. For this purpose hot jugs and hot foot baths may be used. The throat is the most endangered part. The swelling must be treated with the constant application of

cold, wet, linen cloths, well, but loosely, covered. In the putrid form, the coldest water or pounded ice should be frequently applied around the neck, and sips of iced water or bits of ice occasionally taken into the mouth.

On the access of the disease, move the bowels with warm-water enemas, aided by the drinking of warm water or gruel if necessary. Whenever diarrhea attends, employ cool or cold enema. Be careful not to disturb the stomach and bowels during the eruptive effort. If there is then great sickness, or nausea, apply very cold compresses to the abdomen. Excessive restlessness, anxiety, delirium, or violent headache, may be best relieved by a hot foot bath, with a cold compress to the head.

Scarlet fever is distinguished from measles by the scarlet appearance of the eruption, and the smoothness of the surface. In measles, the whole skin is raised in patches, but in scarlet fever, it is not elevated at all; and there is absence of cough, sneezing, and catarrhal symptoms, which characterize the measles. The throat is affected in scarlatina. The disease is sometimes contagious, at other times spontaneous. It usually occurs but once in the same individual; yet, like other eruptions, it may be had the second time. Preventive measures lie within the range of hygiene. As soon as one member of a family has it, the other members should be placed under the best conditions of health. Hard labor should cease, less food should be eaten, abundant sleep should be had, the entire surface of the body kept free from impurities, proper attention paid to the bowels, pleasant social conditions should exist, and disturbing and irritating influences should be prevented.

P. M. LAMSON, M. D.

Spectacles.

WITH most persons, there is an epoch in life when the eyes become slightly flattened. It arises, probably, from a diminished activity of the secreting vessels. The consequence is that the globe is not kept quite as completely distended with fluids as in youth and middle age. There is thus an elongated axis of vision. A book is held further off to be read. Finally, becoming more flattened by the same inactivity within, the difficulty is met by putting on convex glasses. This is the waning vision of age. If, however, when that advancing imperfection is first realized, the individual persists in the attempt to keep the book in the old focus of vision—even if he reads under perplexing disadvantages, never relaxing, but perseveringly proceeding just as he did when

his eyes were in the meridian of their perfection, the slack vessels will at last come up to his assistance, and the original focal distance will be re-established.

This statement will unquestionably be combated, energetically, by those who use glasses. But it will be a waste of forensic powder, because the fact is established beyond cavil. We do not pretend it will be successful in every instance; but generally, if glasses are once resorted to, then the opportunity of doing without them is forever lost.

Very aged men may be noticed reading fine print; and ladies, too, by scores, who resisted glasses at the age of life referred to, who enjoy all the comfort of distinct vision, and they will, until, like the deacon's chaise, every stick in the vehicle falls to pieces at the same time.

Therefore, begin with a firm resolution never to use glasses of any kind, for reading or writing. The ancients knew nothing about such contrivances; if they had, there would have been poor eyes in abundance, and oculists to meet the emergency. Cicero never complained of imperfect vision at the age of sixty-three. He even wrote his last letter by torchlight, on the eve of being put to death by the waiting soldiers. Humboldt died at ninety-two, having never been embarrassed with those modern contrivances, lunettes. John Quincy Adams, illustrious for scholarship, at a ripe old age saw without them. Indeed, it would be a laborious enterprise to collect a catalogue of names in the chronicle of literary fame, of men and women, who were independent of glasses.—*Dr. J. V. C. Smith.*

DISCOVERIES OF THE MICROSCOPE.—Lewenbœck tells us of insects, seen with the microscope, of which twenty-seven millions would only equal a mite. Insects, of various kinds, may be seen in the cavities of a common grain of sand. Mold is a forest of beautiful trees, with the branches, leaves, flowers and fruit. Butterflies are fully feathered. Hairs are hollow tubes. The surface of our bodies is covered with scales like a fish; a single grain of sand would cover one hundred and fifty of these scales, and a single scale covers five hundred pores; yet through these narrow openings the sweat forces itself out like water through a sieve. The mites make five hundred steps in a second. Each drop of stagnant water contains a world of animated beings, swimming with as much liberty as whales in the sea. Each leaf has a colony of insects grazing on it like oxen in a meadow.

To Correspondents.

I. E. writes from Ohio :

What would be the proper treatment for a child three years old, taken with a hard cold on the lungs ?

Give it a full bath at 95° to 100°, cooling the water some 5° or 10° previous to taking the child from the bath. Then apply compresses over the lungs, wet in cool water. Keep the child quiet in bed, and feed it sparingly with water gruel.

Mrs. D. S. : The cause of your child's feverishness on awaking, is the condition of his stomach. You do not inform us concerning his habits of eating ; but probably there is some error in diet. The "running at the nose" is caused by defective depuration. Probably the skin is inactive. Give the child its food with great regularity, and only the best quality. Give him one or two general baths per week ; keep him warmly clothed, particularly the extremities, and allow him all the sleep he can take.

H. S., New York : The diet you describe is not of itself sufficient to induce the gas or wind in the stomach. Probably the manner of eating, and the quantity taken, in connection with a dyspeptic stomach, is the cause of the difficulty.

P. C. C., Chicago : 1. The pain of which you speak may be rheumatic, but is more probably caused by obstruction of the liver. With no knowledge of the habits and condition of the man, we could not prescribe.

2. Cranberries may be cooked with sweet fruits, and thus made palatable.

W. B. R. : 1. The Craig or Novelty Microscope may be used with success by spectacle wearers.

2. Pure water may be kept in stone jars, if properly glazed.

3. See last REFORMER.

4. "Shew on Midwifery and Diseases of Women," is perhaps as good as any of its class.

G. E. L., of N. H. : Your difficulty is dyspepsia, attended with pelvic derangement : causes to us unknown. Your course of life should be with strict reference to the laws of health. Dress loosely, wearing the reform dress, avoid taxation of the brain (which your school experience greatly encouraged), and be regular in eating and sleeping.

Mrs. H. E. H., Wisconsin : Your supposition that you have liver complaint is correct ;

and you probably have uterine or other pelvic displacements, also. We have but little hope that a home prescription would be of any benefit. You should go to a good Institute.

A. A. C., Iowa : We know nothing of the cook book to which you allude.

T. J. F., Kansas : You are what is termed a nervous dyspeptic, and are still suffering from the excesses of former years. Your hygienic diet will not compensate for this, unless you moderate in labor, and give particular attention to the recovery of your health. You should live in an atmosphere of quietude, keeping free from vexing cares and annoyances as far as possible, and pay the best attention to your habits of life and your general health.

P. S. T. writes from Vermont :

1. What are the methods of cooking corn meal for dyspeptics ?

2. Do you approve of the use of the flesh brush ?

3. Is it advisable for a person in poor health to walk a mile or so immediately after rising in the morning ?

1. Unleavened cakes, and, pudding, or mush, are the most wholesome preparations of corn meal, and agree with most stomachs.

2. No. 3. "Poor health" is an ambiguous term. Some people have such poor health as to be unable to walk at all, while others in poor health can walk long distances, with much benefit. The patient must judge by general results. Walking is a good exercise for invalids. A good rule to guide them, is to walk several times a day as far and as long as they can endure without producing much fatigue.

M. E. H., New York : 1. Spinal disease is curable if taken in season. The case you mention may be helped, but we would not undertake it unless the patient were under our immediate care. 2. You do not say whether the "friend" whose case you describe is a lady or a gentleman, nor do you give us any of the habits of life. The difficulty described is caused by some gross violation of law, but we cannot prescribe without knowing more of the circumstances.

J. R., Indiana : Your management in the case of the little girl seems to be about right. She should live largely out of doors, wear the reform dress, sleep a great deal, with the sleeping room well ventilated, and be kept from books and study, especially in the school-room, until her health is well established. The weak eyes will improve with

the general health. For bathing, two tepid ablutions per week are about all that is required.

Mrs. L. T. L., Illinois: 1. For your weak back, continue the wet girdle, and, in addition take two or three sitz baths per week, 85° ten minutes, and have the back and hips rubbed by the hand of an attendant during the last two or three minutes. Cease lifting your child, and everything else that produces a strain upon the back. 2. The cow's milk, probably, has much to do with the eruption on the child. It should be fed instead with graham gruel, mixed at first with an equal quantity of milk from a new milch cow, gradually lessening the quantity of milk as the child becomes adapted to it. It would probably be best to wean it from the breast altogether.

S. B., Ohio: The common practice of rocking an infant in the cradle is injurious, and has a tendency to produce brain disease.

A. M. M., Ohio: 1. The "excessive secretion of gastric juice" is a misnomer. The difficulty concerning which you inquire is probably undue secretion of mucus from the coats of the stomach. 2. For an answer to your second question, address Dr. Trall, at Philadelphia, or Florence, N. Y.

A. F., New Hampshire: Your disease is dyspepsia. You may, or may not, have the gravel also; but your acute pains are probably caused by the presence of gas in the stomach and bowels, caused by the fermentation of your food. Your diet should be carefully regulated, both as to quantity and quality, and to the exclusion of beef and mutton, and the fats thereof. For treatment, take a sitz bath two or three times per week, accompanied with vigorous kneading of the abdomen while in the bath. Wear the girdle, wet over the affected part, as much of the time as consistent with comfort. Avoid lifting or reaching, as far as possible, and labor as little as circumstances will allow, especially when suffering from attacks of pain.

J. M. H. writes from Washington, D. C.:

1. Should honey be taken as food? 2. Can bread be made of the Indian meal without the use of yeast or soda? and how? 3. Is popped corn healthful, and especially for dyspeptics? 4. For one who is almost continually constipated, and is in the school-room through the day, and cannot wear the wet girdle as directed, will it answer to wear it during the night, or two or three hours of the night? Should it extend entirely around the body, and be wrung out of cold water?

1. Yes; by the bees. 2. Yes. The meal may be scalded, rolled into thin cakes, and baked in a quick oven; or, a batter may be made, and baked in the gem pans, as preferred. 3. Yes; if eaten in moderation, it agrees with most stomachs. 4. Yes. The extent of surface wet, and the temperature, should be governed by circumstances, and the condition of the patient.

A. W. St. J. writes from Mo.:

We have a little boy, four years of age, who has been raised thus far according to hygienic principles. He is bright, active, and appears perfectly healthy; but for a few months past he has had spells of crying out while asleep in the night, as though in distress and fear. At such times it is impossible for me to wake him. He will cry for five or ten minutes as hard as he can cry. If I put my face near his, he will scream and try to get away. His eyes will be wide open and set. He sometimes acts as though there was something in his throat, choking him. Will gradually cease crying, close his eyes, and rest well the balance of the night; be well in the morning, and know nothing of what transpired during the night. He has but two meals each day, graham gems and fruits for breakfast, gems and vegetables for dinner, or supper.

If of sufficient public interest, we would be glad to have you tell us through the REFORMER what is the cause of these spells, and how to remove the cause. I might be more explicit, and add that when he has these spells the worst, he "belches up" bad smelling wind, or gas, and once or twice "spit up food;" and during the next day his cheeks will be flushed, while around the mouth and eyes he will be rather pale. He eats heartily, and has rather a large abdomen.

The cause of the difficulty is doubtless indigestion. The child probably inherits feeble digestive organs, and being active and of a nervous temperament, uses too much vitality by means of the brain, at the expense of the stomach. He also probably overeats. The food should be dry, to insure mastication. Substitute graham "hard biscuit" for the gems, in part, and guard against excess in quantity. Attend carefully to the circulation, keeping head cool and feet warm. Be particular to keep the child from excitement, and especially guard against much use of the brain. Apply compresses over the stomach and liver at night, and give one or two general ablutions per week.

POOR ECONOMY.

"MAMY a man, for love of self,
To stuff his coffers starves himself;
Labors, accumulates, and spares,
To lay up ruin for his heirs;
Grudges the poor their scanty dole;
Saves every thing—except his soul!"

RICHEST is he who wants least.

"THE AGER."

Once upon an evening dreary,
While I sat me, dreamy, weary,
In the sunshine, thinking over
Things that passed in days of yore;
While I nodded, nearly sleeping,
Gently came a something creeping,
Up my back, like water seeping,
Seeping upward from the floor.
"Tis a cooling breeze," I muttered,
"From the region 'neath the floor—
Only this, and nothing more."

Ah! distinctly I remember,
It was in that wet September,
When the earth and every member
Of creation that it bore,
Had for weeks and weeks been soaking
In the meanest, most provoking
Foggy rain, that, without joking,
We had ever seen before;
So I knew it must be very
Cold and damp beneath the floor—
Very cold beneath the floor.

So I sat me, nearly napping,
In the sunshine, stretching, gaping,
And feeling quite delighted
With the breeze from 'neath the floor,
Till I found me growing colder,
And the stretching waxing bolder,
And myself still feeling older—
Older than I'd felt before;
Feeling that my joints were stiffer
Than they were in days of yore—
Stiffer than they'd been before.

All along my back the creeping
Soon gave place to rushing, leaping,
As if countless frozen demons
Had concluded to explore
All the cavities—the varmints,
'Twixt me and my nether garments,
Up into my hair and downward,
Through my boots into the floor.
Then I felt myself a-shaking,
Gently shaking more and more—
Every moment more and more.

'Twas the Ager and it shook me
Into heavy clothes and took me
Shaking to the kitchen—every
Place where there was warmth in store;
Shaking till the "china" rattled,
Shaking till my molars rattled,
Shaking, and with all my warming
Feeling colder than before;
Shaking till it had exhausted
All its powers to shake me more—
Till it could not shake me more.

Then it rested till the morrow,
When it came with all the horror
That it had the face to borrow,
Shaking, shaking as before;
And from that day in September—
Day which I shall long remember—
It has made diurnal visits,
Shaking, shaking, oh, how sore!
Shaking off my boots and shaking
Me to bed, if nothing more—
Fully this, if nothing more.

And to-day the swallows, flitting
Round my cottage, see me sitting
Moodily within the sunshine,
Just within my silent door,
Waiting for the Ager, seeming
Like a man forever dreaming,
And the sunlight o'er me streaming
Casts my shadow on the floor;
For though very thin and sallow,
I make shadows on the floor,
A mere shadow—nothing more.

Where is the Action?

TO THE EDITOR OF THE REFORMER:
Dear Sir—I see your contributor, Dr. Trall, is still writing on his old threadbare theme, the action of the system and the non-action of anything else. If he would keep himself posted on the new discoveries in science, he might possibly see a little further beyond his pet theory than he can now. What is it in this great universe that causes so much action? What makes the sun, moon, and stars, revolve, the wind blow, the waters roll, the plants grow, and people live, move, and have their sentient being? Science says it is force, and that force is the same thing in fact whether it be moving a cloud in the air or the hand of a man. What, too, makes a man act? What makes him capable of motion? What gives him power? Simply force, and nothing more. And where does he get this force? Oh! there is the question that an answer to shows the folly of the Doctor's theory. The force of a living being is derived from the food he eats. The apple which lies on the table, powerless as it is to get up and walk, is the reservoir of so much power stored up as if it had been a spring of a watch or a bow bent for its arrow. When taken into the system this stored-up power or force is by physiological processes loosened, or uncoiled, and this action through the organs of the body gives them the power to move; indeed it is this power that moves the body. Whenever, then, we see a living body act, we know it acts by virtue of a power or force, not of its own, but stored up in external matter, matter that our doctor calls inert and powerless. All the processes of life are by virtue of the action of forces contained in the food we eat. Stop eating, and the force no longer exists; but the body, after spending what has been accumulated, dies.

I do not deny that the system acts on the food we eat, but even this action comes indirectly from the food that was eaten yesterday, or last week, or last year; so practically the law holds good in every particular.

I need not extend this argument further, for your journal is too small for the fullest elucidation of the subject.

With respect, WALTER COX, M. D.

REPLY.

I assure Dr. Cox that the REFORMER is quite large enough to "elucidate" the question in issue, and that it will publish all he will write on the subject, provided it is relevant. But, in the above article, he has entirely misconceived the nature of the

problem he undertakes to controvert. In my own humble opinion, I am "posted" in the "new discoveries," and I not only admit their truthfulness, but accept them as complete demonstrations of the theory I advocate as to the relations of living and dead matter. I admit, also, the correctness of all of Dr. Cox's generalities as to force and its origin. But what has all this to do with my "threadbare theme"? Nothing whatever that I can perceive. It is quite immaterial, so far as any doctrine or principle that I advocate is concerned, whether "force" of brain or muscle is derived from food or from any other source, the principle of action, as between organic and inorganic matter, is the same. The illustration which Dr. Cox presents is rather awkward, but as it proves my position and *refutes his refutation*, I will accept it without further criticism. He says, "Whenever, then, we see a living body act, we know it acts by virtue of a power or force, not of its own, but stored up in external matter." This is unmitigated nonsense. If a thing acts, it acts itself and not something else. If the living system eats, digests, absorbs, aerates, circulates, and assimilates food, it is the living system which acts on the food, and not the food which acts on the living system. In the processes of development and growth the living system acts on, prepares, and appropriates, the nutritive material to the formation of its structures. Dr. Cox may say that the "force" which impels or enables the living system to do this is latent in the food. Very well; but what of it? As between the living system and the food the action is wholly on the part of the former, be the "force" where or what it may; so, too, with inorganic matter—medicines and poisons. If ten grains of tartar emetic are taken into the stomach, and soon after expelled by vomiting, what is the explanation of the process? Does the stomach act on the tartar emetic, or does the tartar emetic act on the stomach, or is it all a "force" existing in, and derived from, the food we partook of a week, or month, or year before? Hoping that I have said enough to enable Dr. Cox to understand the real question, I await his further "elucidation."

R. T. TRALL, M. D.

TRUE BRAVERY.

They are brave who know to speak
For the fallen and the weak;
They are brave who calmly choose
Hatred, scoffing, and abuse,
Rather than in silence shrink
From the truth they needs must think;
They are brave who dare to be
In the right with two or three.

Credulity.

INFIDELITY is almost universally regarded as an unpardonable sin, sending its victims to the bottomless pit "without benefit of clergy." Where the mind, under a perverse will, rejects good evidence and settles down in ignorance and error, the consequences of its own folly must be suffered as a natural and righteous penalty. No matter what one may, or may not, believe, the laws of the universe go right on. As darkness is the negation of light, so is ignorance, of all that is good. Infidelity, when acting in the light of testimony against the truth, is the most hopeless and wicked form of ignorance, and must therefore endure the greater punishment. But is not *credulity* equally silly and dangerous, if not equally perverse and hopeless? Alike in both cases, the mind sets at naught its only safe guide—the sure law of evidence—and sets out on the boisterous sea of life without chart or compass. That wrecks must ensue, is as natural and certain as any other train of well-known consequences. It is to the follies and the sufferings of credulity, however, that I ask attention just now.

1. The great leading principle in this subject is, that it becomes the first duty of all minds to be in subjection to evidence. Our senses and our reason are the more essential parts of our nature. To slight them, or to pervert and degrade them, is an abuse of ourselves, and constitutes a high crime. To injure another is an offense recognized and denounced by all moralists; while to injure one's self is certainly as wrong, if not worse. The *felo de se*—self-murderer—is regarded by all English jurists as a criminal of the highest and most reckless grade. Everything he had was, in the days of the pure, old, common law, forfeited to the crown, as the severest possible punishment, if not to the suicide, to his bereaved family. Now to reject the evidence of our own senses, or, which is the same in principle, to believe regardless thereof, acting under the low tyranny of sensuality, rather than reason, is to behave no less wickedly than the self-murderer. It is a direct, desperate attack upon the gems, the "crown jewels," of our higher natures. Being made in the image of God, a rejection of the great law of evidence, a setting aside, and a positive abuse, of the precious avenues of all reliable information, is downright rebellion against the noblest works of his hands. Hence, if this be not sin, then, as Mr. Lincoln said of slavery, *there is no sin*.

2. Who can fail to see that credulity, little less than infidelity, amounts to this fearful,

capital crime. Can one "believe a lie," and fail to "be damned?" Surely not, if the Scriptures are true. (See 2 Thess. 2:11.) Eve is the first and the most terrible example of this awful vice. She listened to the false statements of the adversary, she believed, she ate, and she fell.

"Earth felt the wound, and gave signs of woe
That all was lost."

The moment a false assumption is made, a false suggestion received, or a false statement credited, violence is done to our minds, and the highest sin of evil spirits committed. The devil is a liar from the beginning, and all who receive and sanction his lies are partakers—*particeps criminis*—of his guilt. God and his truth are always rejected when falsehood and the father of it are received. The very nature of assumptions and delusions is evil, only evil, and that continually.

3. How easy, then, to infer that the consequences of such assumptions and delusions must be wide-spread and destructive. Being the means with which the great evil spirit works, they are of course aggravated and multiplied as far as possible. He who will calmly and patiently consider the almost endless assumptions resting like an awful incubus upon our wretched earth, will be forced to see that they are the ground-work of nearly all our woes.

Pharaoh assumed that he could make the enslaving of the Israelites pay, and that he could recapture them with his warriors; and, under the weight of his delusions, he sank with his vain hosts to the bottom of the sea. The Jews assumed that no good could come out of Nazareth, and rejected their only Saviour. On a similar assumption, that the pure and humble life he enjoined would detract from their happiness, they murdered the Prince of Life, and brought his blood down upon their race in horrors beyond all description. Let any one read the account Josephus gives of the destruction of Jerusalem, seventy years after the scene on Calvary, and then judge if any human woe could possibly be greater. The church assumed that its officers are endued with all teaching and governing power; and the result was, a union of church and state, whose tyranny is nowhere surpassed. This same church assumed, some centuries since, that the sun went; and put before Galileo, the astronomical light of the world (then), the alternative of being butchered, or recanting the truth for a low, silly falsehood. And so we might go on, to swell the list of assumptions, which have brought

calamity, disgrace, and ruin, upon people and nations; but one more must suffice.

It has been assumed, without one particle of reason, and contrary to all common sense, that poison will cure disease; and millions upon millions, under the cloak of the healing art, have been, and are still being, poisoned into their graves? The practical meaning of this naked, horrid, monstrous assumption is, to cure is to kill. When a poor sufferer, by breaking the laws of his better nature, becomes sick, break them over again, far more wickedly than had the patient, to cure him! Put together two horrid wrongs, the last worse than the first, to make one right. If there be any right in the tragedy, it is the destruction of the poor sufferer, and, as we much fear, the final loss of the administrator. "With what measure ye mete, it shall be measured to you again." As Byron said of the awful carnage at Waterloo, "The only thing worth mention" was, that "the devil held both generals in reversion;" so must we say of the slaughtering drug process.

4. If any incline to believe that I am too severe on drugology, I beg of such that they at once put their minds at work, and try to analyze and comprehend the *modus operandi* of drugs in the animal stomach. Ask if the eye is formed for any other purpose than to see objects by means of the light; the ear for any other purpose than to catch sounds by means of the agitated air; or the stomach for aught else than the digestion of pure nutriment. Can it possibly be designed for the reception of poison? If so, why does it vomit up and purge out the poisonous drugs so often and cruelly forced upon it? It simply spues and purges them out because they are wholly unfit to go on it, and would destroy the whole system but for its kind, defensive action. Again, tell us how it is that the drug which always makes a well man sick, can make a sick man well. Tell us, once more, how a dead, inorganic poison can be said to act on a live person, and you will, in the scientific attempt, be sure to learn that the organized person always acts on the inorganic drug, by expelling it in the best and surest manner. Again, inquire if it be not the manifest, stubborn fact, that hundreds of poor sufferers, after being dosed almost to death, do not finally resort to the simple, natural, and, therefore, most reasonable, treatment of disease at the hygienic establishments of our country; and, in at least nine cases out of ten, are healed, and in every case improved.

This, being the fact easily ascertained, ought to, and positively will, convince every one of good sense, that the old allopathic

assumption of curing the old disease with a new one produced by drugs, is as false as it is destructive.

W. PERKINS.

Marion Center, Kansas.

Holbrook's "Healthful" Puddings.

BY THOS. W. ORGAN, M. D.

THE editor of the so-called "Herald of Health" may be wise unto physical salvation in some things, but he is evidently foolish unto condemnation in other things. Much of the light he emits is mingled with fearful darkness—if it is not darkness itself. Aside from ignominy, hog, tobacco, whisky, and some drugs, his journal inculcates as much consummate nonsense in the name of hygiene, as the common health journals under allopathic control. His hygiene is so insensate, so tame, so meekly conservative, so void of aggressive truth, that all the Gentile world can smile as sweetly as sinners upon a popular preacher who durstn't think it any harm to smoke a cigar, or drink a glass of wine. There is nothing in all his teachings on dietetical questions that could seriously offend the stomach, of any pampered dyspeptic from Maine to California. His dietetical recipes are "made to order," to accommodate the capacity, shape, and abnormalities, of almost any stomach, to be found in search of delicacies. His hygiene is made to sell as much as "Health Corsets," "Hygienic Wine," and "Physiological Bitters," and we have no doubt but that it finds as ready sale at immense profits as these articles do.

True hygiene is as unpopular in the market as Prudell Phillips' politics in Washington. It does n't pay immensely to preach it, or advertise it, so far as dollars and cents are considered, and of course money is of vastly more importance than sound health, virtue, purity, and morality. Therefore, Holbrook, Jenkins, & Co., propose to *sweeten* their hygiene with sugar, dilute it with milk, and grease it with cream, in order to get it down the popular throat, without any unpleasant protest.

Here is a specimen recipe for conglomerating a "healthful" pudding—according to hygiene as it is in Holbrook, Jenkins, & Co.:

"FIG PUDDING."

"Take half a pound of best figs, washed and chopped fine, two tea-cups of grated bread, half a cup of sweet cream, half a cup of white sugar, and one cup of new milk. Mix the bread and cream, add the figs, then the sugar, and, lastly, the milk. Pour the mixture into a mold, and boil four hours. Eat with a liquid sauce."

Doubtless, the dear public will swallow the pudding, wash it down with "liquid sauce" (who knows what that is?), smack their lips, declare H., J. & Co., first-class health teachers, and "all go merry as a marriage bell"—except the stomachs, bowels, and livers, of the poor victims.

There is not a man, woman, or child, in all the land, with any knowledge of hygiene, but that knows that sugar, cream, and milk, boiled four hours, or four minutes, would constipate the bowels of an ostrich or a hyena, if used as a diet, and what must it do to human beings. Figs, cream, sugar, and milk, boiled together for four hours, would be but little more digestible than cheese or clapboards, while the effect upon the liver would be to make it a slave for every hour in the day. It is passing strange that in this age of light, such nonsense can be perpetrated in the name of hygiene. Prof. Blot could do but little worse. We would as soon see men and women teaching the people to swear, steal, or murder, in the name of religion, as to see those professing to be health teachers inculcating such ideas in the name of hygiene. "Hygienic Wine," "Health Corsets," and "Physiological Bitters," are as consistent in name, and no more injurious to the health of the people, than this aforesaid "healthful" pudding.

The Farmer's "Best Friend."

HAPPENING recently to be within earshot of a knot of hearty, jovial, well-to-do farmers, I overheard one of them utter, with a good deal of emphasis, this surprising declaration:

"The hog is the farmer's best friend!"

Now I would like to know if our rural population have nothing better than this to say of their friendly belongings. Can any farmer, really, in sober judgment, pass by his gentle flock of comely sheep, his contented herd of sleek Ayrshires, Devons, Aldernays, and short horns, his racing, curvetting, riotous colts, his grand, strong, faithful, man-obeying and man-loving horses, and—pausing at that poor, ill-looking, ill-smelling affair, his hog-sty—say, tenderly, with humid eyes, and a glow of honest affection upon his manly cheeks, "Here is my best friend"?

Lo, there he lies! that specimen of the genus *Sus*, *Scrofa*—who has magnanimously given his name to our direst disease; his broad back (beautiful back!) looming out of the filthy straw wherein he wallows; his little eyes peering from their fatty sockets; his throat vocal with eager and grunting inqui-

ries—to wit, whether you have kindly brought him an appetizing allowance of greasy dish-water—farmers, there he lies—your “best friend”!

Well, indeed, if he does not prove your worst enemy! He has many diseases—this friend; and diseased flesh is a potent poison, however it may cram a revolting stomach, with the full assent of an approving palate. You find him well and grunting to-day—tomorrow he reels and staggers blindly about his narrow place, a pitiable victim of the apoplexy induced by your system of overfeeding. At once you hasten to relieve your “best friend” of his deathly sickness. You are prompt with your bleeding, your Epsom salts, and sulphur. You think he recovers—not at all! Kill him speedily, this friend, for he invariably dies soon of an inflammation of the brain.

Run through all the list of the diseases caused among human beings by bad blood and high living, and your “friend” will duplicate them all, aye, and add new horrors to the list!

Ah, good farmers, tend him carefully, feed him well, keep his sty as clean as you can, talk of him lovingly, do anything but—eat him, and sell him for others to eat! If, indeed, healthy hogs are fit food for man, what surety have you, *can* you have, that any *are* healthy? No animal is in the best hygienic condition when he is amassing flesh rapidly; then is the time he is most sure to take on disease. All intelligent physicians will tell you this.

But, sick or well, you make money on him—there’s the rub! Is that a man’s “best friend,” then, that helps him to make the most money? When the rumseller balances his accounts at the final hour, will he cry, in a rapture of invocation, “Oh! Rum, thou hast been my best friend”? Will the vender of drugs lift up his dying eyes and, beholding the ghostly procession of those he has ignorantly and surely helped to slay, sigh with his last breath, “Calomel, thou excellest all earthly good!”

Dear farmers, you are doing more harm than you dream of when you cram your swine, even with the most wholesome food, and so—overfed, and overfat—slay him to satisfy the morbid cravings of a grease-loving community. Don’t do it. Be the hog’s “best friend,” and let him die a natural death, finding appropriate burial under the filth of his sty; be the world’s “best friend,” and send into market food less likely to engender disease; be your own “best friend,”

and keep a clear conscience, even in the matter of making money.

But, if the hog be indeed the farmer’s best friend, ladies, let these men of the plow remain bachelors. Who would wish to be second-best—after a hog? A. T. J.

Warm Clothing for the Poor.

THE expense of procuring good, warm clothing, prevents many from having such garments as they would like, to protect them from the storms and frosts of winter. Especially is this the case with the poor, and those in moderate circumstances, and in large families. And no question puzzles the practical economist of small means, but large family, and large heart, more than this: How shall I clothe my family and myself, so as to resist the storms of winter, and yet appear decent and respectable.

“Practical” has found a remedy. Eschewing the idea of going in debt, though urged to do so by salesmen, and wishing for the privilege of giving something in the way of charity, and finding his calls many for his cash, and also finding that his fields did not yield sufficient to clothe his family in beaver, pilot cloth, furs, &c., purchased a quantity of Kentucky jeans, of the best quality, at less than fifty cents per yard. From this he had coats and overcoats cut, lined with the same, with a cheap blanket coat or its equivalent inside, for the overcoats, thus making three thicknesses. With this protection he defies the storms of latitude 40° and 41°. These garments, well cut and made, appear neat and decent, especially as the wearers seldom shiver with cold. A well mended pair of old pants answers well for drawers. Warm sacks for little girls from cheap delaines, on the same principle, look as neat and pretty as one could wish to see. So thinks Mrs. Practical, at least. Thus our friend is spared shivering in fashionable clothes, at a monstrous expense. He avoids shoddy, has a good margin for charity, and as his cloth costs but little, it is often renewed; and as it wears long, it seems to be always on hand, plentiful and warm.

ECONOMIST.

A YOUTH who starts out in life with an earnest determination to be honest, upright, faithful to all trusts, punctual, attentive, and, above all, God-fearing, has a promise of abundant success. Though he be without money, or wealthy friends, he will be sure to gain all that he most desires.

Items for the Month.

HEALTH TRACTS.—We have just issued No. One of a proposed series of health tracts, comprising the substance of the leading article in the July number of the REFORMER. The tract comprises sixteen pages, and is entitled, "The Principles of Health Reform." It should have a wide circulation, as it is well calculated to remove prejudice, and open the way for the progress of health principles. Price 2 cts. single, postage 2 cts. In quantity, 25 cts. per dozen, or \$1.50 per hundred, postpaid.

We will also furnish the dress reform tracts at the same rates. Address, "Health Reformer," Battle Creek, Mich.

A NEW AND VALUABLE WORK.—"A Solemn Appeal Relative to Solitary Vice, and the Abuses and Excesses of the Marriage Relation, Edited by Eld. James White." Such is the title page of one of the most valuable works ever published on the subjects to which it is devoted. It unfolds the horrors of licentiousness in its various forms, giving the testimony of eminent medical authorities, and the confessions of its victims. In its denunciations of legalized excesses, it deals with an unsparing hand. Earnest and solemn appeals are made to those who are living in the indulgence of suicidal practices, whether in wedlock or out. The closing chapter of the work is devoted to the hygienic treatment of the difficulties described in the book.

While the world is flooded with literature, professedly devoted to the same object as that of the above work, it is unquestionably true that many of these books are published for no other purpose than to advertise nostrums, &c., while not a few are covertly adding fuel to the flames they profess to be extinguishing. The work before us, however, is not of this description. Its appeals are made from a high moral and religious, as well as physiological, standpoint, and an affectionate desire to aid and save the erring is breathed through all its pages. It should be judiciously and widely circulated. Price, in paper covers, 30 cts.; postage 4 cts. In muslin, 50 cts.; postage 8 cts. Address "Health Reformer," Battle Creek, Mich.

NEW PREMIUM.—As will be seen by reference to our list, we have added to our premiums the celebrated Doty Washing Machine. We regard it as the best washing machine in use. As a labor saver, it stands side by side in our household with the sewing machine. It saves time, labor, fuel, water, soap, wear of clothes, and patience. Thirty subscribers will secure it. Let us have the privilege of banishing the gloom of washing day from many households.

Our illustration of the *acarus sacchari* is an accurate likeness. We propose to give, next month, an engraving of the *trichina spiralis*, as seen under the microscope.

FARM FOR SALE.—The premises advertised under this head are worthy the attention of those wishing a good home, in a good neighborhood.

SMALL FRUITS.—The work on this subject, advertised in another column, will be found of great value, especially to beginners. The following extracts from its pages will show the importance of this subject to health reformers:

"The change from meat-eating to the free use of fruit in its place, is one of decided importance. It is a change, beneficial, physically, mentally, and morally. The American people are killing themselves with the excessive use of meat. And how poorly does man sympathize with the groaning creation, in slaughtering and devouring those creatures that God has made and given life. The squealing of swine, the squalling of fowls, the bleating and bellowing of sheep, calves, cows, and oxen, on butchering day, are all calculated to make men and women, naturally of pretty good heart, permanently brutal. Let the change come to the use of fruits, vegetables, and grains, that God has made for food for man, that he may become milder in temper, clearer and more elevated in thought, and firmer in constitution and physical strength.

"Every farmer who really is a farmer, should have an acre, at least, of small fruits. Five acres of corn are hardly enough to fatten hogs, bees, and fowls, for a farmer's table, under the common administration of pork, beef, mutton, and chicken. If these can and should be dispensed with, as not proper articles of food, cannot the farmer devote one of his many acres to God-given fruits, which are just what he needs on his table? We would be glad to arouse farmers on this subject; but the difficulty is, that many, in the press of farming, can see but little of importance but wheat, corn, potatoes, oats, hogs, turkeys, and chickens. Some can see a far greater delicacy in a pint of swine's grease than in a quart of delicious berries. But the reform is going forward, and these farmers will soon rank small-fruit growing with the first and most important duties."

EXTENSIVE ART-GALLERY.—Next to the Bible, no book is more useful than Webster's Dictionary. The Unabridged is an *extensive art-gallery*, containing over three thousand engravings, representing almost every animal, insect, reptile, implement, plant, etc., which we know anything about. It is a vast library, giving information on almost every mentionable subject. It indeed has been well remarked that it is the most remarkable *compendium of human knowledge* in our language.—*Household Advocate*.

The Grand River Valley Road is now open from Jackson to Grand Rapids, and, in connection with the Michigan Central, forms a direct and expeditious route between Detroit and Grand Rapids. See time table. The opening of the Peninsular Railway to Charlotte, where it connects with the G. R. V., also furnishes a favorable route to Grand Rapids from Battle Creek and vicinity.

ORGANS FOR SALE.—We have for sale at this Office two superior American Organs—new; one single reed, and one double reed with five stops. Will be sold low, if applied for soon. Address HEALTH REFORMER, Battle Creek, Mich.