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DR. TRALL'S  
Special Department.

"Too Much Medicine."

THE Philadelphia *Press* of a late date, says: "A good medical authority asserts that more people are killed by too much medicine, than are allowed to die for want of medicine." The Chicago *Tribune* of a recent date concludes a column editorial on this subject with these pregnant words:

From the religious superstitions of the Goths and Visigoths, relative to the spirits that dwell in the streams and woods, we are somewhat emancipated. But as to their mythical spirits that dwell in poisonous herbs and minerals, we believe in the life-giving power of their death-healing properties as implicitly as our savage ancestors. There are a few poisons, possibly, that have not been appropriated by the medical fraternity for the cure of disease. We are not aware that they have bottled the precious drops that underlie the rattle-snake's fang, or that they have found curative excellence in the clammy coldness of the toad. But these are rare exceptions. The fundamental theory of nostrum-mongering is, that the more intense the poison, and the more loathsome the compound, the more concentrated its excellence, and the more certain it must be to cure some disease that nothing else will reach. Meanwhile, in the minds of the medical faculty, the search after nostrums, and the pursuit of empiricism, utterly supersede the study of the causes of disease, and the rational road to its cure, in the general as well as in particular cases. Ask your doctor what are the causes of small-pox and kindred eruptions, or of scarlet fever, or measles, or mumps, or diphtheria. He regards the inquiry as fanciful; and that, too, in defiance of the first axiom of modern science, that every effect has its cause. So long as medical science and practice ignore the causes of disease, and the natural means of cure, and divert the attention of the suffering to the plant-and-mineral worship which now constitutes the popular medical religion of the masses, so long must it continue to rest under the anathema pronounced upon it by Dr. Valentine Mott, one of its ablest practitioners, viz., that, in his judgment, from the days of Galen to

LITTLE BROWN HANDS.

THEY drive home the cows from the pasture,  
Up through the long shady lane,  
Where the quail whistles loud in the wheat-fields  
That are yellow with ripening grain.  
They find, in the thick waving grasses,  
Where the scarlet-lipped strawberry grows;  
They gather the earliest snowdrops,  
And the first crimson buds of the rose.

They toss the new hay in the meadow;  
They gather the elder-bloom white;  
They find where the dusky grapes purple  
In the soft-tinted October light.  
They know where the apples hang ripest,  
And are sweeter than Italy's wines;  
They know where the fruit hangs the thickest  
On the long, thorny blackberry vines.

They gather the delicate sea-weeds,  
And build tiny castles of sand;  
They pick up the beautiful sea-shells,—  
Fairy barks that have drifted to land.  
They wave from the tall, rocking tree-tops,  
Where the oriole's hammock-nest swings,  
And at night-time are folded in slumber  
By a song that a fond mother sings.

Those who toil bravely are strongest;  
The humble and poor become great;  
And from these brown-handed children  
Shall grow mighty rulers of state.  
The pen of the author and statesman,—  
The noble and wise of the land,—  
The sword and the chisel and palette  
Shall be held in the little brown hand.

OUR houses and barns we lock and keep  
in careful repair; but our bodies and minds  
are repeatedly robbed and roughly handled  
before we consent to take like precaution  
with them.

If we would fully enjoy the light, let us  
have no deeds that we wish to cover.

his own, the use of medicines had caused more disease than it had cured.

The *Tribune* is mistaken in excluding the rattlesnake and the toad from the modern materia medica. It might go further and include the spider, the skunk, and the mad dog, all of whose venoms and infections are regarded and employed as medicines.

But the practical question is, how much medicine is too much? A hundred physicians of eminence, after an experience of thirty years, have testified that medicines kill more patients than they cure, and that a majority of patients who take medicine and recover, recover not with its assistance, but in spite of it. No two names stand higher in the medical profession than those of Benjamin Rush of this country, and Sir James Johnson of England, each of whom has recorded his conscientious conviction that there would be less sickness and less mortality if the whole medical profession were abolished. And one of the living teachers in the New York Medical and Surgical College—Prof. Alonzo Clark, M. D.,—declares that “every dose of medicine diminishes the vitality of the patient.” There is, too, on the part of all classes of people except the most illiterate, a prevailing and growing distrust of the virtues of drugs. The conviction is, indeed, almost universal outside of the profession, that doctors give too much medicine. But how much is too much?

Now if medicine were a good thing *per se*, there surely ought to be some rule or law by which learned medical gentlemen, with the accumulated lore of three thousand years, can determine, at least approximately, the quantity which should be beneficial, at least in a majority of cases. But doses are as uncertain now as they were a thousand years ago, while the actual virtues and properties of the more potent drugs, are as much in dispute to-day as they were in the days of Paracelsus. If, however, on the other hand, medicine is an evil *per se*, the rule is self-evident. The less the better; and none at all is just enough. This, then, is the primary question.

It is a fact known to hundreds of thousands of persons, and may be known to all who will open their eyes and think a little, that Homeopathic physicians, with doses of medicine so small as to be inappreciable if not inconceivable, are healing all the prevalent forms of disease with a success at least equal to that of Allopathic doses. And it is equally true and equally demonstrable that hundreds of Hygienic physicians are treating all forms of disease successfully without a particle

of medicine, besides curing a large proportion of invalids who have not only failed to receive any benefit from drug medication, but have been sadly damaged by it. And if these facts do not convince all who will investigate the subject that the no-medicine plan of medication is the true one, they will hardly believe though the millions of the drug-slaughtered shall all arise from the graveyards and proclaim it.

### The Necrology of Medicine.

ONE of the strangest phenomena in the history of modern civilization is the fact that diseases and death prevail, other circumstances being equal, precisely in the ratio that doctors and drugs are multiplied. We challenge any one to disprove this statement. The recent census shows us that there are sixteen hundred *regular* physicians in the city of New York, while there cannot be less than four hundred irregular practitioners, making a medical army full two thousand strong. In Philadelphia there are about fifteen hundred, “regular, irregular, and defective,” practicing the drug healing art. In the two cities there is one physician to every four or five hundred inhabitants. The death-rate in both cities averages about one thousand per week. During the late “heated term” in July, the weekly rate of mortality in New York exceeded eleven hundred, and in Philadelphia reached nearly to seven hundred. A majority of these cases died of primary and acute diseases, and a great majority were children. Hence the enormous mortality cannot be imputed to prior maladies nor constitutional causes. Death in most cases was the direct effect of the disease, or of the medication, or of both.

Now if any hygienic physician should present such a record of mortuary statistics, how long would he be permitted to practice? He would be cried down as a thug in society. He would be expelled as a murderer, or abated as a nuisance. The first physician who introduced the drug system in Rome was soon after banished from the city, so apparent was it to the people that increased mortality attended his prescriptions. But people have got used to dying, and now the monstrous delusion has possessed the public mind that poisons are remedies, and that persons die in spite of the medicine. There is no hope for the race until the people can be disabused of this absurd notion; and this the health reformers will have to do in spite of the doctors.

### Compromising Principle.

THERE are all sorts and degrees of health reformers in the world. They may be classed as radical, compromising, and conservative; and the radicals may be subdivided into those who abjure all condiments, and use no proximate elements of food—sugar, starch, &c.,—and those who will not even mix two or more articles in cooking, but cook and eat each article of food separately—on its own merits.

In the treatment of the sick, those who profess to be hygienists are not quite harmonious in their opinions and practices. Some reject all drugs, all stimulants, and all animal food, under all circumstances, while others give a little homeopathy on occasions, and yet others, in seeming emergencies, fall back on beef tea, chicken broth, or even mutton and wine, or beef and brandy.

And in business matters the same discrepancy prevails. Some think it right to concede or compromise more or less with principle in order to please a customer or answer some special exigency, while others maintain that we should never do evil that good may come. But what is evil, under a given set of circumstances, and what the line of duty, are not always easy questions to solve. Honest minds may many times differ in judgment in this respect. And, certainly, those who mean well, or *mean to mean well*, do frequently differ very materially in practice. While we admit the largest liberty of judgment or conscience as to the expediency of applying or enforcing a true principle under given circumstances, we cannot for a moment consent to a compromise of principle under any circumstances.

A correspondent who is a little muddled in discriminating between principle and policy, or in determining their relations to each other, says, among other things too numerous to quote :

“There are many things which render it impossible to do exactly right. But I am tired of this compromising. It makes me heart-sick to think of it. I want to *live* my principles. I am heart and soul with the health reform. I can easily see how those who have money can live it; but for those who have not money, the way is not so plain. Now, what is best for me to do under the circumstances? I have first-rate health, a strong constitution, and am very susceptible to the influence of anything impure or stimulating in food or drink. I need money to educate myself, attend the Hygeio-Therapeutic College, and qualify myself for a life of usefulness. I need, for these purposes, five or six hundred dollars; but to earn the amount by ordinary labor would require five or six years of time. Now, I have a first-rate prospect of making money, but the business does not suit me. Indeed, it is pernicious.

And how about the morality? I hate, in my inmost soul, to have anything to do with it. If there is anything my soul execrates and abhors, it is not to live the principles I hold. But, what is right under the circumstances? Would it not be wrong for me to throw away the present chance for making money? Is not the business the lesser of two evils? Is it not better to compromise for a time, for the sake of the means to be permanently useful thereafter? I am aware that all compromises have a demoralizing effect on the conscience; but what am I to do? These are questions about which my head is terribly bothered.”

We fear that our correspondent is a type of a large class of people. But if his heart were right, he would have no bother in the head. No amount of money, and no position in society, can compensate for a “demoralized conscience.” Nor can any good intention to be benevolent, and just, and true, and philanthropic, sometime in the future, justify for a moment the prosecution of any business in society which is intrinsically pernicious. When conscience is demoralized, the disposition to “live one’s principles” will very surely be demoralized also. And if our friend should succeed in gaining riches or a competence in the business he proposes to follow, we are of the opinion that then he will find other ways of using his money than in promoting health reform. For the sake of the cause he professes to love, therefore, and more especially for the good of his own soul here and hereafter, we most sincerely hope that his new enterprise will prove, financially, a failure.

### Preparing the Way.

LIKE the voice of one crying in the wilderness comes a message from South-western Missouri, giving an interesting history, by a lady graduate of the Hygeio-Therapeutic College, of her efforts in indoctrinating the people there into the principles of health reform, and introducing among them hygienic *vs.* drug medication. We quote a few items of her experience :

“When we came to this country, our system of hygienic medication was entirely unknown. But as opportunity offered, I gave explanations, and urged the perusal of our health publications. I also took charge of some cases of chronic disease, and treated some cases of croup and sick-headache—always with good success, and to the entire satisfaction of the patient. In the family of a widow, with quite a number of scrofulous children, who had to labor hard to support herself and family and pay doctors’ bills, I took particular pains to indoctrinate her in the better way. She was soon convinced, and expressed the determination that no more drugs should ever be brought into her house.

"I have not only talked hygienic medication, but have loaned books, and induced a number to adopt our practice; and in all cases where it has been done judiciously, it has been attended with success. In the autumn of 1868 there were several deaths of typhoid fever, and much excitement existed. Some came to me for advice; and of twelve cases who adhered to our plan of treatment, not one died, while under drug treatment six cases died out of nine! But the majority of the people could not "see it." The patients who were cured hygienically were "not much sick!" But I noticed that no one said of those who were healed drugopathically that they were not much sick, for, if not very sick of the disease, they soon became sick enough under the treatment.

"One of my neighbors often speaks of the great benefit she has derived from the disuse of medicines and the adoption of a more wholesome dietary. For years before my acquaintance with her she had been subject to paroxysms of sick-headache every month, and knew no other way than to take a dose of physis, and be kept in bed for two or three days, hardly becoming comfortable until time for another paroxysm. But in three months she became so much improved as to determine to take no more medicine. She now doctors the children herself, and is determined to have no more to do with drug doctors.

"I have, however, felt that my mission was more particularly to the preachers. I have preached many fireside sermons on health reform, and always finish with an exhortation to them to try it; and in some instances, months afterward, have received messages that my hearers had successfully experimented on my teachings. One preacher told me that his children were subject to croup. I explained the nature of the disease, and our method of treatment. After this, as he informed me, his youngest child had the disease in a severe form, and his wife insisted on calling the family physician, who pronounced it a fatal case, as did another physician who was called in consultation. After the physicians had left, the father determined to try the method of treatment I had described to him, and the result was, the child soon recovered.

### Alcohol as Medicine.

A NEWSPAPER discussion between a physician of Newark, Ohio, and Rev. Thos. F. Hicks, M. D., graduate of the Hygeio-Therapeutic College, has just been issued in pamphlet form by the Syracuse (N. Y.) Wesleyan Methodist Publishing House, under the title, "Alcohol as Medicine, and how its Use Affects the Temperance Cause." Of course the gist of the controversy turns upon the question whether alcohol is a supporter of vitality. "M. D.," who takes the affirmative, states four several conditions in which the use of alcohol as medicine is not only useful but indispensable, and fortifies his opinion with the usual dogmatic assertions and professional gibberish. Dr. Hicks refutes his assumptions with a careful presenta-

tion of facts, arguments, and authorities, demonstrating by logic and science that alcohol, under all circumstances, is worse than useless as a medicine.

The tract ought to have a wide distribution among that numerous class of temperance reformers who let go alcohol as a beverage, and hold on to it as a medicine. It may help to open their eyes to the lamentable fact that the drug-shop is the parent of the dram-shop, and that alcoholic medication is the stronghold of intemperance.

### A Chicken-Soup Spring.

THE year 1870 is destined to be memorable forever for the discoveries of medical science, especially in the direction of medicinal springs. Shrewd business men and enterprising fellow-citizens who know how to keep a hotel, have only to find a spring or rivulet whose water is unfit to drink, and worse than useless for cooking or washing purposes, because of impurities held in solution, and advertise it as possessing extraordinary healing properties, in order to insure a comfortable run of invalid and other customers for a succession of seasons. But, as all places cannot be fashionable watering-places, like Saratoga, as the public mind is always in pursuit of something new in the medical line, and as the latest sensation is generally the taking one—in order to keep up the business of mineral-water hotels, something new must be discovered semi-occasionally.

The present year has been unusually prolific of discoveries of this kind. But, sulphur, iron, iodine, lime, salt, soda, potash, magnesia, lithia, altogether and singular, are becoming too familiar. New discoveries of waters strongly impregnated therewith are becoming stale, flat, and unprofitable. New discoveries must have, not only new localities, but new ingredients. And herein we have it. Somewhere in Virginia—pre-eminently the land of brimstone waters—white sulphur, red sulphur, black sulphur, sweet sulphur, cold sulphur, hot sulphur, and sulphurs without names—an ingenious individual has invented or discovered—immaterial which—a *chicken-soup spring*. Yea, verily; a spring is found which, if not chicken soup of its own will and accord, becomes so on the addition of salt and pepper. That is to say, take a bowl of the water, add salt and pepper, and you have a first-rate article of chicken soup, or, what amounts to the same thing, a preparation that tastes just like it for all the world! and it is very nutritious.

This is certified by the usual number of chemists, and a score or two of physicians. Moreover, and what is more marvelous still, if beef or mutton be cooked in this chicken-soup water, it becomes several times (be the same more or less) as nutritious as it could possibly be if cooked in unchickened water. No attempt has yet been made to account for the phenomenon. No doubt its rationale will baffle the investigations of medical men as long as the soup finds a good market. Probably it is enough to know that all invalids, without regard to age, sex, disease, or prior condition, are invited to test its wonderful virtues; and that it is as cheap as Vals, Congress, Katalyne, Missisquoi, or Vichy. Possibly it may be ascertained hereafter, that the chicken taint, or, rather, the quality that is so easily convertible into the taint of chicken soup, is derived from extensive deposits of sulphur, guano, and petroleum, promiscuously intermingled in the bowels of the earth, through which the stream of water passes ere it emerges to the surface of the earth. Be this as it may, we have no doubt the soup will go like hot cakes for a time. Who will be the next discoverer? and what will he discover? We suggest "gin and milk."

#### The "Lift Cure"—Butler vs. Smith.

DR. JANES, who is interested in *Liftopathy* as it is in Butler, sends us a communication which advocates Butler's machine, and purports to correct certain errors of our former statement in relation thereto. We notice his points without publishing his article; for, to do so, would entitle the proprietors of all competing machines to the same privilege, and thus open the columns of the HEALTH REFORMER to an interminable controversy, in which neither ourselves nor our readers can have any interest. We have no interest in, nor partiality to, one machine more than another, only as it may be more serviceable to the public, and more in accordance with the laws of physiology, which should regulate all exercises when employed as hygienic or remedial agents.

Dr. Janes informs us that he has investigated Dr. Smith's apparatus, and cannot find any fundamental improvement. This may be very true; and yet other and disinterested witnesses may see differently. He says: "The principal spring upon which the weight is suspended, in the apparatus of Dr. Butler, has the greatest elasticity or tension at the commencement of the lifting mo-

tion." The contrary of this is asserted in a pamphlet recently issued by Dr. Smith.

Probably neither party intends to misrepresent. Butler's machine may have been modified in some manner since Dr. Smith saw it. However these things may be, as public benefactions, the two machines are wide as the poles apart. Were Butler's machine in every respect equal to Smith's, or ever so much superior in any respect, it would still be of lesser value, and practically useless as a "public institution." It is too cumbersome and expensive for general employment, and, moreover, it is not in the market. We understand also that its author and proprietor objects to its being used, even in hygienic institutions, where other treatment is given. Now Dr. Butler has a legal right to make a monopoly or speculation of the "lift-cure" business to the extent of his ability. This is his business, and not ours. But, as the apparatus of Dr. Smith costs less than one-fourth the sum that could purchase one of Dr. Butler's—even if it were for sale—as it is convenient for transportation, is intended for private persons or families as well as public institutions, and as it will be sold at a fair price, we are obliged to commend it. And for the reasons assigned, there can be no choice nor controversy, so far as our readers are concerned, between the respective inventions of Smith and Butler. It is Smith's or none.

#### A Hopeful Sign for Temperance.

THE *Independent* for July 28, 1870, contains an article by James Coulter Layard, M. D., entitled, "A New View of the Temperance Question." The "new view" is stated in the following words: "I hold that the chief cause of the appetite for strong drink in our people, and the great cause which overtops and overshadows all others, is to be found in the quantity and the quality of the food they eat." This is the true view of the subject, although it is not new. We have taught it for more than twenty years, and it has been held by health reformers and vegetarians ever since such persons were known. Physicians and physiologists have also taught the same doctrine ever since the curse of intemperance has existed. It is very true that the great body of medical men have overlooked or ignored this fact, and that very few of the leaders in the temperance reformation have made any practical application of this fact in their writings and addresses. The late Dr. Mott of New York said, nearly half a century ago, "We need temperance eating-societies

as well as temperance drinking-societies;" and more than one eminent physician has attested to the adage that "drunkards sometimes live to old age, but gluttons never do."

Dr. Layard well says: "As long as the American people consume such quantities of stimulating and highly-seasoned food as they do, they will want to imbibe stimulating drinks. Stimulating food and stimulating drinks go necessarily together. The one is the concomitant of the other. The man who begins his dinner with a plate of soup into which he puts some portion of nearly every bottle in the caster; then takes fish covered with Worcestershire or some other piquant sauce; this to be followed with a cut of roast beef plastered over with mustard; and so on to the end, excites a thirst in his system that plain cold water will not satisfy; not that cold water would not be the best thing with which to put out the fire he has kindled within the vital domain by the use of such hot, stimulating condiments; but he does not want that—it is too insipid. Having partaken the food so prepared that it burns and stings as it is swallowed, he craves a drink that will burn and sting, too, as it goes down, and burn after it gets down. Hence he orders from the bar a draught of liquid fire in the form of a glass of brandy and water, or a whisky cocktail."

Dr. Layard has not overstated the case. Indeed, he has not told the worst of it; for, in most cases, the above meal is followed by dessert in the form of pie or pudding, either of which is rank and thirst-provoking with salt, grease, butter, and sugar. Ice cream and coffee often follow the dessert, and precede the brandy or whisky. Thus, with a dinner at a first-class hotel or restaurant, from half a dozen to a dozen irritant condiments—actual poisons—will be taken into the stomach. Why need we wonder that a glass of liquor is required to finish with, and that a cigar is in order as soon as the meal is finished?

In relation to the nature of the drunkard's thirst—so generally misunderstood—Dr. Layard says: "A word just here as to this terrible *thirst*, so called, of the inebriate—the drunkard's thirst. It is not in any proper sense of the word *thirst*; that is, a demand of the system for fluids, which demand is made known through a certain sensation in the fauces. But it is the cry of the whole nervous system for something that will stimulate. This craving of the inebriate for alcoholic beverages is as much a demand of the nervous organization for its accustomed stimulus as is the craving of the opium-eater for his special stimulus. In the case of the

inebriate the relief comes in a fluid form, hence the craving has been called *thirst*; but the term is a misnomer."

With regard to the miserable manner in which inebriates live at the asylums, Dr. Layard testifies: "I have visited at inebriate asylums and sanitariums for the cure of the intemperate; and I have always noticed that the patients were, most of them, large eaters, especially of animal food. Beef, too, was preferred to mutton and other kinds, as being the most stimulating kind of animal food. And it was usually covered with mustard, sufficient in quantity to blister the heel of the thickest-skinned negro to be found anywhere, if applied thereto. Almost everything else that was eaten was made literally black with pepper. I said to the steward in one of these institutions that he ought to put the pepper on in bowls, with spoons in them, and let the boarders supply themselves in that way; for it took too long to get the required quantity from the ordinary style of pepper-box with perforated lid. Coffee and tea were drunk in large quantities. Tobacco was used to excess. Everybody seemed to be smoking, smoking continually. A physician of repute in the town where one of these institutions is located, with whom I happened to be conversing, said to me, 'Yes, sir, they smoke tobacco, tons of it.'"

That is a doubtful reformation at best which substitutes gluttony, pepper, and tobacco for alcoholic liquor. So far as health is concerned, it is only making a bad matter worse. The liquor-drinkers may be more liable to commit murders; but the gluttons are perfectly certain to perpetrate suicide. We fear that nearly all the prominent leaders in the various temperance organizations have the first letter of the alphabet of the philosophy of temperance yet to learn.

#### Free Scholarships.

WE hereby offer to give free tickets to the ensuing course of lectures of the Hygeio-Therapeutic College, commencing the middle of November next, to the first twenty-five women, desirous of becoming physicians or lecturers of the hygienic system, who apply, and who are of good character, and unable to pay. Each scholarship is \$100; but all we will ask of the above-named persons is the assurance, by some responsible party, that they are poor and deserving, and have no means of their own, nor friends to assist them. They shall then receive a scholarship entitling them to all the lectures and exercises of the term, and all the privileges that any students enjoy.

### The Mystery of Drug Iniquity.

THE Philadelphia *Medical News* copies from the *Medical Press* the following case of "crisis of fever by salivation," as reported by the physician, J. Waring Curran, M. D.:

E. J. D., a fine, healthy boy of eleven years of age, was seized with typhoid fever in common with six other members of the family. With the rest he battled most favorably against the fever until the day of crisis arrived, when the saliva began to trickle from his mouth. I paid little attention to the circumstances, knowing that he had not a particle of mercury throughout his illness. I gave him freely to drink of chlorate of potass water. In the course of a couple of days the symptoms became aggravated; the salivary glands were enormously swollen; the tongue protruded, and the saliva literally ran in a continuous stream from the angles of the mouth. Upon the fourth day after the symptoms commenced, the teeth loosened, and he could not be restrained from removing them; left alone one afternoon, he extracted four teeth, and in the course of a few days several others. The head and face and neck at this stage were much swelled and oedematous. The boy could not move his lips, and it was with difficulty he could swallow; accordingly, we were forced to sustain him by nutritious enemata, of wine, beef tea, and cream, with a little opium added. Although the interior of the mouth was mopped out several times a day, abscesses soon formed, the stench from the discharge of which was intolerable, and the boy gradually got weaker—dying on the ninth day from the period of crisis taking place. The other members of the family recovered favorably, never once evincing a similar train of symptoms.

This "critical" salivation occurred after the patient had been sick and drug-medicated for twenty-one days. The physician does not tell us what medicines he administered during the twenty-one days of the fever. But it is well known to toxicologists that many mineral medicines will occasion salivation as surely and as fatally as will the preparations of mercury. Again, mercury may have been given in some sickness years before, and lain dormant in the system until, in the changes occasioned by the febrile disturbances, the vital organism made the special effort to expel it, resulting in the fatal salivation. No true physiologists will or can believe for a moment that the circumstances of the fever alone, independent of present or prior medication, could have caused the violent inflammation of the teeth and other structures of the mouth. But the lesson is an important though not an isolated one to those who can understand it.

"WHEN my druggist poisons me," says a French journalist, "they simply fine him; but when I poison my druggist, they send me to the guillotine."

### Answers to Correspondents.

**INJURED JOINT.**—B. L.: "Dr. Trall, *Dear Sir*—I was thrown from a carriage in September last, causing a fracture of the thigh bone, called capsular fracture. My limb was bandaged, and a weight attached to the heel for a long time, while I kept in one position. The result is, I am left with a very lame and stiff knee and ankle. The weights were continued nearly three months, and when removed, the limb shortened. They were then put on again and allowed to remain two months longer. We have done but little else. What ought to be done for this lameness? I cannot walk."

Fomentations, followed by moderate douches, and proper manipulations, as rubbing, frictional electricity, &c., are the best applications for the affected joints. The general health, meanwhile, must be properly attended to, or all local treatment may be useless.

**WORKING MEDICAL STUDENTS.**—J. T. and others: We can give situations to half a dozen ladies, and as many gentlemen, who wish to work out a medical education. The average time required will be two years; and they must be in fair health, and willing to do any kind of work pertaining to a health institution.

**ABDOMINAL TUMOR.**—H. L. M.: From your description we incline to the opinion that the tumor is an enlargement of the mesenteric glands. No surgical operation is required. The patient should be dieted after the strictest method of hygiene, and bathed according to the strength and circulation, so as to purify the blood as rapidly as possible.

**FEVER.**—A. K. L.: Simple fevers are never dangerous, however severe. If the patient dies, it is because of mal-treatment. Although thousands die annually during the course of a fever or after its crisis, it is the medication, not the disease, that kills them.

**SUB-PARALYSIS.**—C. L. M.: "Our little boy, two and a half years of age, walks with difficulty; the lower extremities seem to be growing weaker, and the left one is hardly able to sustain the weight of the body. He is not emaciated, but his flesh seems soft and flabby. What is the ailment? and the remedy?"

The child has an enlarged liver. A morbid condition of this organ is probably inherited and constitutional. Give him plenty of passive exercise in the open air; keep him much in the sunshine; give him a daily ablution with tepid water, followed by active

friction; and feed him on a plain fruit and farinaceous diet, excluding milk and sugar.

**GYMNASTICS.**—J. W.: Both the light gymnastics, the free exercises, or Swedish movements, and the heavy gymnastic or "lifting cure," are useful, although some are better than others in special cases. The competent physician can always recommend the better exercise in a given case. As a general rule, all harsh or violent efforts, and those which materially disturb the circulation and respiration, are to be avoided. Athletes, as a rule, are not long-lived.

**HEAD CAPS.**—Y. S. S.: You could hardly do a worse thing than to wear those abominable head caps. They will do as temporary applications on particular occasions; but to wear them habitually for weeks and months is not the way to cure but to aggravate chronic congestion of the brain. Cold feet require foot baths, not head wetting.

**SALT AND CONSUMPTION.**—E. R. S.: "I have heard it stated that salt cannot be safely discarded by persons predisposed to pulmonary consumption. Is this a mere whim? and if so, where did the notion originate?"

We know nothing of the origin of the notion; but the notion *is* a whim, and for all practical purposes it is enough to know that it is a whim.

**A QUESTION OF TASTE.**—D. S.: "If the body changes once in seven years, why is it that eating or tasting some article of food never once tasted before for ten or fifteen years, should call up the same appetite as was then gratified, together with all the memories of persons then present, and the attendant circumstances?"

Memory, which is simply mental recognition, is not affected by the transformations of organic tissue, for the reason that, as the organic changes consist in the constant disintegration and replenishment of particles, the structure and organs remain the same. The person is not altered in his qualities or attributes because the atomic materials of his body are constantly changing; and the same is true of any organ or part of the person, and of his mental and vital instincts and perceptibilities.

**WEAK BACK.**—B. B.: "What is the best kind of exercise to strengthen a weak back?"

That depends upon "who you are, and how you came so." A weak back may be caused by rheumatism, spinal disease, constipation, hemorrhoids, uterine displacements, enlarged liver, disease of the kidneys, &c.,

&c., and the treatment must be varied accordingly.

**CHRONIC DYSENTERY.**—M. M. O.: Your case is not dysentery, but diarrhea complicated with bleeding piles. It is curable by thorough hygienic treatment. But you can do little or nothing as you are situated. You should go to a health institution.

**STIMULANTS.**—O. A. K.: "Dr. Trall—Do you never use stimulants in any case whatever? Will not wine or brandy, in cases of sudden exhaustion or extreme depression, enable the vitality to sustain itself until the system can be nourished by appropriate food?"

No. How wasting vitality (as all stimulants do) can enable vitality to sustain itself, is a conundrum quite beyond our comprehension.

### What He Is, and What He Might Be.

In my associations with men, I often meet with strange and incomprehensible characters. I call to mind a young man just assuming the vast responsibilities of manhood, and who, by profession, is a health reformer. For years he has read the various health-reform papers published in this country. He has had free access to the standard hygienic works, and been associated with those who were not only willing and anxious, but thoroughly competent, to instruct him in the theory and practice of the hygienic system. With all these golden opportunities for acquiring information, he does not comprehend the first principles of hygienic medication. With him the glorious health reform is a dead letter. It has wrought no change in his character, because he has failed to make its principles a part of his every-day life. He says to the world that he is a health reformer; but it is impossible to draw the line of demarkation between his mode of living and that of those who boldly proclaim that they "live to eat." He has failed to learn that, in order to be a genuine health reformer, he must conscientiously obey all the laws of his being, physical, intellectual, moral, and spiritual. All his influence is against the health reform. He associates with its bitterest opponents in preference to those who follow its teachings.

This young man eats some graham bread, adopts the two-meal system, abstains from the use of pork, and, like thousands of others, thinks that this makes him a genuine health reformer. He freely eats meat of all kinds except pork, fine-flour bread, hot bis-

cuit, sweetcake, cookies, sugar, butter, cream, old cheese, rich puddings; in a word, all the abominations of modern cookery. The most unhygienic articles are his greatest favorites. He prefers fine-flour bread—it is so white and light—but eats some unleavened bread, just as patients prefer sugar-coated pills, but swallow the most nauseous drugs in the vain hope that they possess some curative power that will restore them to health without obedience to physiological laws. He is regardless of the quality, quantity, or variety, of food that he eats at the same meal. Instead of endeavoring to strictly obey the laws of life and health, he is constantly laboring to see how nearly he can approximate to the ordinary way of living, and still be able to call himself a health reformer. He totally disregards the laws that pertain to dress, sleep, rest, exercise, social relations, &c., uses hard water, sleeps on a feather bed because it is so soft, is morose and ill-tempered, and relates himself to his work in the most unhygienic manner.

What is the result of this mode of living? Of course he is in poor health, and suffering with dyspepsia; for it is absolutely impossible for the human stomach to long endure such treatment without becoming debilitated and diseased. His digestive organs being weak, the food that he eats is not properly digested, and this generates gas in the stomach and bowels, which occasions flatulency to such an extent as to render him disgusting in the highest degree to those who are obliged to associate with him. He freely practices the most vulgar and loathsome habits without the least manifestation of shame. He has reached a low state of moral degradation.

Now if this young man would strictly obey the laws of life, he might gradually regain his health. Only by long and persistent effort can he obtain control over his abnormal appetite; but, by untiring perseverance, and by placing himself in close sympathy and relation with some person who is thoroughly competent to advise and instruct him, and upon whom he can rely for encouragement, he will ultimately win the victory. In order to accomplish this most desirable result, he must entirely change his mode of living; he must become a health reformer, not only in theory, but in *practice*. When he practically illustrates the principles of the health reform in his daily life, the glow of health will slowly return to his cheek; his views of life will be enlarged; he will be more faithful in the discharge of the manifold duties resting upon him; he will be more devoted to the

cause of universal justice; he will realize that the highest happiness flows from following the golden rule of doing unto others as he would have them do to him; it will be his highest duty to labor for the best interests of humanity; his heart will be the home of sweet and loving thoughts; his soul will be filled with pure and holy aspirations; he will be affectionate, loving, kind, pleasant to all, and will thus be a blessing to his friends and associates. And when death calls him from this scene of action, society will mourn the loss of one of its most useful and honored members. Long will his memory live in the hearts of those whom he has blessed, and the influence of his noble deeds will unfold with increasing power for good as the years roll on.

EARNEST FAITHFUL.

### Great Poison Factory.

AT Patna is one of the two great opium factories of India. It is the greater of the two, and may, therefore, be safely styled the largest poisoning agency in the world. The establishment faces the river Ganges, whose bed is here four miles across—at this season a desert of caked mud, with the river far away on the other side of the waste. The opium is shipped to Calcutta in a steamer, and it is a good instance of the fickleness of Indian rivers—those plagues of engineers—that last year, and for many years before, the sacred stream ran so close to Patna, that wharves were erected from which the chests could be put right on the steamers, and where the timber wherewith to make the next year's chests could be landed. This year the Ganges has retired, and the chests have to be carried a mile or so before being shipped, and that can only be done by small boats, all at considerable expense.

This opium-packing for 1867 was just over at Christmas, and nearly 30,000 chests of China opium had been sent down to Calcutta, worth about £4,000,000. Each chest contains forty cakes—the dark, sticky stuff, ingeniously enclosed in a coating of dried poppy-leaves, so that each cake (weighing about two pounds) presents the appearance of a Dutch cheese or a cannon-ball. It has given rise to the saying that in war the British gave the Chinese cannon-balls of iron, and in peace cannon-balls of opium, thus giving them the choice of being shot or poisoned, and making them pay smartly for either attention. In return for this, they feed us with tea, and clothe us in silk, which seems to show a truly celestial spirit.—*London Paper*.

## The Health Reformer.

Battle Creek, Mich., October, 1870.

### Radical Reform.

WE wish to pronounce, unqualifiedly, in favor of radical reform. We believe in the oft-repeated injunction, "Cease to do evil; learn to do well." Nor do we wish our position on this point to be misunderstood. It seems, however, that our article in the July number on "Change of Diet," has been misunderstood by some of our readers, and its positions repudiated by others. We have not room for the communications on this subject; and in fact from the leading positions contained in some of them we do not essentially differ. Like other reformers, we see no half-way ground between right and wrong; no place for compromise with error. The only question on which we differ is the point of time required to become a thoroughly radical reformer.

And on this point some of our friends are disposed to reason by analogy. The moral law is taken to illustrate the subject. Sin is transgression of the law; and as sin is offensive to the Author of the law, immediate forsaking of the transgression, whatever it may be, is the duty of the convicted sinner. This reasoning is good, but cannot be applied with the same inexorable rigidity with respect to physical law. The cases, although parallel in some respects, are not so in all, as a test of the matter will show.

All hygienists are agreed that the eating of pork or other similar food, is transgression of law, and hence a sin. But suppose a person were to be placed for a length of time where he could get no other food. To eat nothing at all would be suicidal, and a transgression of the sixth commandment of the decalogue. In this case the *circumstances* decide as to the sinfulness of the act, which they cannot be allowed to do in respect to violation of the moral law.

And so it is in every case of transgression of physical law; the conditions and circumstances determine the degree of wrong in the act. Those who make the health reform a part of their religion, as no small proportion of our readers do, will agree with us that they themselves would be regarded as guilty in the sight of Heaven in doing things that they would not consider as criminal in their neighbors who had not received the light of truth and become established in it.

Hence in bringing about a change of diet,

we must take into account the circumstances, especially such as are beyond the person's control. We do not advocate a slow change. Let it be brought about as rapidly as circumstances will allow. But were all who become convinced of duty in regard to the matter to drop every article of diet to which objection could be made, and substitute only radically and rigidly hygienic food, in our opinion fully one half would abandon the system in discouragement, who would be led to persevere by a careful and judicious gradation in the change.

Nor would a person's previous determinations in the matter be a sufficient safeguard to carry him through. Under the depressing influence of a radical change of diet, good resolutions are frequently shaken all to pieces, and persons who naturally get credit for considerable firmness, under this ordeal get fickle and vacillating as the weather-vane.

With many, however, this is not the case. They do not seem to be particularly susceptible to such influences, and can make the change with little or no effort. Their blood-making organs will take care of what is presented to them; and they are perhaps disposed to judge of others by their own standard. But he who would accomplish the greatest amount of good must learn to take people as he finds them, and without lowering the standard of truth and right, make due allowances for circumstances, and endeavor to help those who are for the time being unable to help themselves. "Of some, have compassion, making a difference." W. C. G.

### The Sense of Feeling.

As all physiologists are aware, the nerves of sensation are distributed largely to the surface of the body and to the extremities, while the viscera, the stomach, lungs, liver, &c., have comparatively little sensibility. Indeed, so true is this that it may be safely asserted that a man in perfect health has no knowledge of the existence of lungs, stomach, bowels, or liver, by reason of any sensations in or about those organs.

Only when they become diseased or overburdened, have we any occasion to know of their existence by reason of the senses. Hence any sensation in the lungs indicates disease, congestion, or other abnormal condition of these organs. Pain, or even uncomfortable sensations, in the epigastric region, indicate dyspepsia; while colics and cramps in the bowels are indications of abnormal conditions there.

We recently heard a gentleman remark,

after incessant public speaking under the effects of a severe cold, that he knew just exactly how large his lungs were; an experience of which he knew nothing when in perfect health. Here was an indication that the entire structure of the lungs was more or less inflamed. Hence we may conclude that any sensations in the internal organs of the body always indicate something wrong, and should govern ourselves accordingly.

W. C. G.

### Typhoid Fever.

THIS disease is confined to no special place or country; but it is to be found in all parts of the world. It is called by some authors, "enteric;" a word signifying, pertaining to the bowels. It presents itself in two forms, nervous and stupid, and frequently divides itself into four stages, of seven days' duration each.

There is no regularity in the symptoms. Sometimes it begins slowly, and, like the signs of rain in time of drouth, may threaten many weeks before it breaks forth, gradually increasing, until, like the storm, its force is spent, and the patient is left in an exhausted condition, or until the patient's vitality is expended, and dissolution ends the scene. At other times it comes on abruptly, commencing with a chill, of greater or less severity, and followed by fever, of varying intensity. The former, however, is its more common manifestation in this country. Its general indications are, lassitude, capricious appetite, constipation, headache, uneasiness, numbness of limbs, hot skin, flushed face, acceleration of the pulse, the tongue slightly coated, sometimes with white or brown fur in the middle, while the sides and tip are red.

As the disease progresses, the symptoms are aggravated, the pulse becoming more frequent, but feebler, the breathing hurried, and the skin hot and dry. The flush on the face continues, and there is pain in the head and back, sometimes accompanied with soreness. There will also be a complete loss of appetite, with great weakness, accompanied with intense thirst. The patient will frequently complain of fatigue, especially if the mind wanders. One of the surest symptoms of typhoid is a soreness of the bowels; slight at first, but increasing as the disease continues, and sooner or later followed by tumefaction, or swelling of the bowels.

If the disease continues in intensity, the coating upon the tongue becomes thicker and darker, sometimes cracking. The stomach becomes more irritable, the bowels more ten-

der, sometimes constipated, at other times the reverse, and giving a gurgling sound upon pressure. Upon close inspection the abdomen will be found covered with a fine eruption, extending to the chest and neck. Sordes collect upon the teeth, and a fetid odor is emitted from the breath and body. The mind wanders, the countenance becomes vacant and expressionless, the hearing obtuse, and the eye staring, with the pupil considerably dilated.

If the case is likely to prove fatal, or becomes very dangerous, the above symptoms will nearly all be present, together with delirium, coma, or extreme nervousness, picking at the bed clothes, twitching of the tendons, disposition to lie upon the back, with settling down in bed or drawing up of the knees. The skin becomes cold and clammy, and loses its power of depuration, and the bowels and kidneys are subject to involuntary evacuations. The bowels also become more distended by accumulation of gas. There are nosebleed, hiccough, altered voice, and frequent attempts to get out of bed. The pulse becomes tremulous and feeble, the vital powers sink, and death closes the scene.

If matters take a favorable turn, the symptoms diminish in severity, the tongue becomes moist, clearing off gradually, pulse becomes more regular and full, skin relaxes and becomes naturally moist and cool, the stupor and delirium subside, and the appetite returns. If the crisis, or "turn of the fever," takes place at an early stage of the disease, the turning point will be quite marked. If the disease progresses beyond the seventh day, the crisis will be less marked.

### TREATMENT.

At the outset, while the strength is good, it is best, if possible, to use the common expression, to "break up the fever;" that is, to supply such conditions as will enable the remedial work to be accomplished without settling into the slow, tedious process of a "run of fever." If the typhoid tendencies become well established, we shall fail in this until the recurrence of the critical days, when our chances will be more favorable.

If there is soreness, pain, and heat, in the bowels, fomentations should be employed. Be sure to wet the head in cold water before giving any treatment. This prevents congestion of the brain. After an interval of rest, the wet-sheet pack may be employed, from fifteen minutes to an hour and a half, according to the strength of the patient and the circumstances of the case. After the pack, wash off in cool water, and suspend active

treatment until the next day. In the meantime apply wet cloths to the head and bowels, keeping them on most of the time, unless they induce chilliness.

The next day, at ten or eleven o'clock, the dripping sheet may be employed, from 3 to 8 minutes, rather cool, and the day following, a sitz bath, 90° 5 minutes, 88° 2 or 3 minutes. If the fever run high, frequent sponging of the whole surface of the body will be found serviceable. If the head be very hot, apply hot and cold cloths alternately to reduce congestion, and keep cool cloths upon the head much of the time.

As the seat of this disease is essentially in the mesenteric glands, much of the treatment will need to be directed to the abdomen and bowels. Fomentations and compresses may be frequently employed, and will prevent inflammation and ulceration, and subdue to some extent the odor peculiar to typhoid fever. The bowels should also be freely evacuated by enemas, and if diarrhea attends, small enemas of cool water may be administered.

As the disease advances, and the strength grows less, the treatment should be moderated accordingly. Only the milder appliances should be employed, such as sponge baths, compresses, &c. If the patient is very nervous, restless, sleepless, &c., the spine may be bathed its entire length with hot and cold alternately, with wonderfully soothing results, often inducing several hours' rest.

Everything depends upon careful nursing. It is frequently the case that little or no active treatment can be administered in this disease, and hence close attention to the patient is demanded. The feet should be kept constantly warm, and the head cool. If the limbs or extremities are chilly, hand rubbing may be advantageously employed. Scarcely anything should be eaten during the continuance of the fever, and what is eaten should be of the plainest and simplest character, as graham or oat-meal gruel, &c.

#### REMARKS.

Typhoid fever is usually the result of long-continued or oft-repeated transgression of law. When this is not the case, the disease is always manageable, and need never be fatal. Hence the importance of a thoroughly hygienic mode of living. Let no one think that a little graham diet, and a little water treatment, constitute health reform. The platform is not so narrow as that; nor can we expect good health and immunity from sickness unless we adopt all the means within our reach to place us in

the right relations to life. Many are disposed to continue in transgression until nature rebels, and disease brings them low, and then they expect the hygienic system of treatment to cancel all their sins, and restore them to health again under any and all circumstances. Such need not be surprised if their expectations are not realized. Although the hygienic system is superior to all others, it has not within its gift the bestowal of immortality.

J. H. GINLEY, M. D.

*Health Institute.*

#### The "Social Evil."

ST. LOUIS is the first city in this country to imitate the Parisian custom of legalizing houses of prostitution. The city council has decided to recognize it as a business, to regulate it by law; and has passed an ordinance to that effect. The city is divided into four police districts, and the census of the social evil is taken by districts. To police officers is intrusted the duty of preparing registers of all the houses of ill fame, and to make their reports known to the board of health accordingly.

The ordinance requires "that each keeper of a house of assignation shall pay the sum of \$10 per month as hospital dues, which sum shall be paid on the first week of each month hereafter; and each prostitute shall pay the sum of 50 cents each week for hospital dues. They shall be required to keep the doors and window-shutters of these houses closed on the first day of the week, called Sunday; they shall not be opened under any circumstances; neither shall they be allowed to stand or appear at the open door or window of any house of assignation, or ride in an open carriage, or in any other manner make undue display in the day-time."

If they are found violating any of the foregoing rules, they shall be deemed guilty of misdemeanor, and on conviction before the police justice, shall be fined in a sum not less than five nor more than fifty dollars.

A medical inspector (man) is appointed, whose duty it is to visit in each week all the houses of prostitution in his district; he shall make such examinations (backed by an officer of the law) as he thinks necessary to fully satisfy himself in regard to the sanitary and physical condition of every woman found in said houses. If found diseased, they are taken to the hospital to be treated (allopathically, of course, which is vastly worse than the disease itself). A portion of the fund will go to fill the doctor's pocket, the remainder to be appropriated as the board sees fit.

At first, when the resolutions were drawn up, the balance was to be expended in maintaining a hospital for the sick, and a reformatory institution for those who desire to reform; but on a re-perusal of the resolutions by the members, this, the only redeeming feature in the whole, was stricken out.

After reading the above, can any person with an unbiased mind, man or woman, say that this law is just? The blood of every thinking woman boils with rage at such one-sided proceedings. Men and women are equally involved in this nefarious traffic; yet the law allows the man to run "scot free," while the woman has to suffer the penalty for both, in purse and person. A double registry has been suggested by some, and this does seem to be the only fair way of procedure. If they will keep a register, let them register both sexes. This might make some social discord, but it would also open the eyes of society at large in regard to things of which they are now ignorant.

I have said that they are both equally involved; but let us see which is the more guilty. A majority of the women are seduced by men, and thus driven to a life of shame. Others go into it because they have no way of making an honest living, so few avenues are open to women. All the most remunerative employments are swallowed up by men, so that women, when left to depend upon their own resources, have a very poor chance, and hundreds of them succumb under the load, and end their days in a house of prostitution. Others, again, ply the trade from choice; but these are the fewest in number. If there were more we could not blame them much, for their education has been such that they have been taught to depend upon men, and to try to please them in everything. Let the girl's education be more like her brother's; teach her to be self-reliant, and we will have fewer such. But how is it with the men? They all indulge from choice. Pure licentiousness is their only motive. So, in this respect, they are doubly to blame.

To remedy this evil, we must begin further back. What can we expect, when we think of the diet which most men and women subsist upon. Highly-seasoned food and drink, with the addition of tobacco (for there are very few men who do not use the vile weed in some shape or form) are the great causes of licentiousness. Law can never reach these causes; all it can do is to fight away at the effects. Give men and women pure, nourishing food, without stimulants, and we will

have a better race of people, physically, mentally, and morally.

MARY DODDS, M. D.

*St. Louis, Mo.*

### Tobacco and Rum.

TOBACCO and rum are twin destroyers. Although the former may not be so violent and so radical in its evils, it encourages and fosters the appetite for intoxicating drink, besides being in itself a filthy habit, and engendering uncleanly habits in its place. Tobacco depresses the system, and then the use craves stimulating drinks. It is found impossible to cure inebriate patients of the use of liquor as long as they are allowed to use tobacco. The difference in the operation of tobacco and alcohol is this: while alcohol causes tangible changes in certain organs, tobacco gradually lowers the vital tone of the whole system, so that the life ends sooner than it otherwise would. Those who lead an out-door life may use it with more impunity than those leading a sedentary life; a good authority says that there have died in New York within a few years three excellent clergymen, all of whom would now be alive had they not used tobacco. We never find a healthy person among those who work in the tobacco business. In any sickness, a tobacco-worker, by the side of an otherwise healthy countryman, is slow and doubtful of recovery. The children of tobacco-users are comparatively feeble. It is calculated that the smokers in New York City reach two hundred and thirty-five thousand; and a "moderate smoker" uses four cigars daily, while an immoderate one uses ten or fifteen. Cigars of good quality cost twenty-five cents at retail; but call the price only ten cents, and if these two hundred and thirty-five thousand smokers are "moderate," they are paying ninety-four thousand dollars a day for cigars without mentioning "drink." This is an expenditure of thirty-four million three hundred and ten thousand dollars a year for that which not only is gradually undermining their health, but is superinducing a taste for intoxicating drinks which may lead to a drunkard's grave.

The French public revenue from tobacco, from 1812 to 1832, was annually five million six hundred thousand dollars; of late years it is thirty-six millions. During the former period there were in France, at any given time, eight thousand lunatics and paralytics; now there are forty-four thousand. It will be seen that the two totals increase in nearly an even ratio—six and a half times as much tobacco, five and a half times as much

lunacy and paralysis. In this whole period, the increase of population has been only from thirty million to thirty-eight million. When Louis Napoleon learned this fact, a few years ago, he caused a comparative examination to be made of the smokers and non-smokers in all the public schools and educational institutions, and the results to be tabulated. The non-smokers were decidedly superior in physical health, intellectual acquirements, and moral deportment. Upon this, the use of tobacco in the public institutions of education was by law forbidden, and thirty thousand tobacco-pipes were broken in one day!

### Old Errors.

In the August number of "*Good Health*," a Boston journal, whose aim as expressed on the cover is, "The improvement in human health, the lengthening of human life," is an article on stimulants, which we wish slightly to criticize. The writer says:

"STIMULANTS.—One of the most remarkable phenomena which claim the attention of the physiologist, is the action of stimulants on the human organism. It is a well-ascertained fact that they are capable of supporting the organism in the absence of food; and, whatever the inclinations of individuals may have been, or still are, with regard to their use, it is certain that nations of the past and present cannot, or, at any rate, do not, exist without them."

#### REMARKS.

1. "One of the most remarkable phenomena which claim the attention of the physiologist, is the action of stimulants on the human organism."

"The action of stimulants." There is much misconception in regard to this. Stimulants within the "organism" are passive, just as they are outside of the organism; the only "action" they have is chemical action;—viz.: certain elements in the stimulant may have an affinity for certain elements in the tissues, and when the stimulant is brought in contact with the tissue, the tendency is the destruction of tissue by the uniting of the chemical affinities. (This tendency the vital force antagonizes, and this is why living tissue is not destroyed by poison as readily as dead tissue.) Aside from this chemical action, all the action is on the part of the system. What is called the action of the stimulant is only the action of nature in casting it out.

2. "It is a well-ascertained fact that they [stimulants] are capable of supporting the organism in the absence of food."

"Supporting the system"? How so? When the stimulant is administered, nature

rouses to the work of expelling it; and until the work is done, her effort is vigorous. This effort of nature to get rid of an intruder, is called the action of the stimulant. "Supporting nature"! Yes; as the enemy supports the soldier, and as the robber supports the man within who rouses to defend his house. After the battle is fought, the soldier finds that "virtue has gone out of him;" after the robber has gone, the tired man who was waked to defense is more tired than before; so, after the stimulant is cast off, the "organism" is lower than at first. Wonderful support! Nature struggling to expel a poison, and the doctor saying, "See what a good medicine it is—it supports nature!"

3. "Nations of the past and present cannot, or, at any rate, do not, exist without them."

That nations cannot exist without stimulants, is an unfounded assumption; that they do not, may be a fact, yet it proves nothing in their favor. The nations do not exist without vice; but this fact proves nothing in its favor. The popularity of sin does not make it innocent; neither does the popularity of stimulants prove them beneficial.

4. Again, because stimulants are popular, and dependence upon them general, is it a reason why a journal claiming to labor for "the improvement in human health, and the lengthening of human life," should echo the ignorant notions which are insnaring and ruining so many? If *Good Health* would benefit men, it should discourage their depraving indulgences, rather than teach that because they are common they are therefore innocent.

Suppose a journal claiming to be devoted to the improvement of morals should teach that "nations cannot exist without vice;" would such a journal do much to elevate morality?  
THOS. F. HICKS, M. D.

**DON'T DO IT.**—Don't smoke. Don't chew. Don't snuff. Don't drink spirituous liquors of any kind. Drink pure water only, and don't dilute it with tea, coffee, etc.; it will not hurt you if taken full strength. Don't make an omnibus of your stomach, and act as though there was always "room for more inside," when it is filled to repletion. Don't be irregular in your habits. Don't be lazy. Don't overwork either body or brain, if it is possible to avoid it. Don't fail to secure an abundance of "Nature's sweet restorer, balmy sleep." Don't always look exclusively upon the dark side of things. Don't fret. Don't do any of these things, and you may feel very certain of enjoying good health and peace of mind.

### A Dangerous Water Pipe.

ATTENTION has been called several times in the *Journal* to the dangerous character of the *galvanized iron pipe*, when employed for conducting water to be used for culinary purposes.

Instances of severe poisoning from the use of this pipe are continually coming to our notice, and we are led once more to caution our readers against it. It is almost a crime for dealers and manufacturers to recommend this zinc-covered iron pipe for water conduit, as they thereby jeopardize the health and perhaps the lives of purchasers. When this pipe comes from the hands of the manufacturers, it has a fresh, clean appearance, and to those who do not understand the nature of the covering, the idea is conveyed that it will not oxidize, or rust, like ordinary iron pipes. But this is an error; it will rust even more rapidly than clean iron in most localities.

The superficial covering of zinc is rapidly decomposed under the influence of ordinary pond and spring waters; and the oxide, carbonate, and chloride of zinc are formed, which salts are of a deleterious or poisonous character. This covering of zinc on the interior is attacked immediately when water is allowed to flow through, and in some instances we have known it to be entirely removed in forty-eight hours. The insoluble carbonate of zinc is seen to float upon the water in the tea-kettle, and other water vessels used in families, and this has often created alarm where no suspicion previously existed.—*Boston Journal of Chemistry.*

### A Word to the Reformer.

FOR some weeks the sickly season of the year has been progressing; and here, in what was formerly the far-famed black swamp (but now is the garden of Ohio), the doctors have been passing swiftly to and fro with their assorted poisons, calling here and there to administer what they could not be hired to take themselves, in like circumstances; for the people love to be deceived.

Our little pet, I. B., an adopted child of seven years, has been ailing for some time; inward fever, night sweats, and other bad symptoms, all arising from childish carelessness in diet, &c. Night before last, her fever ran high; her lungs began to fill, and an alarming cough set in. Her pulse was strong and very quick; her head was confused, and hot with fever. We became thoroughly alarmed. But do you think we now sent for

a heathenish quack, who would administer his poisonous little doses, of powders, drops, &c.? Not so, indeed.

At once we knelt at the throne of grace, and asked of the Great Physician his aid and restoring power. Then we applied the warm bath, followed by the pack. It was against the feelings of the child, for she did not know its nature. As soon as she was fairly in the pack, her difficulty seemed to leave her; and after being in this for some forty minutes, she went voluntarily to her rest, as cheerful as usual.

We took the disease in the embryo. I have no doubt but that a delay of twenty-four hours would have found her completely in the power of a settled fever; and had we employed a professional man, probably she would have gone through the terrible ordeal of some typhoid or lung fever, and it would have ended, perhaps, with a funeral and many aching and wounded hearts. But our little darling is about the house and out of doors, almost well to-day; perhaps will need another bath or two to perfect the cure. It is impossible to find words to express our gratitude to God for the health reform.

JOS. CLARKE.

### Picking the Ears.

DR. Hall says "picking the ears" is a most mischievous practice; in attempting to do this with hard substances, an unlucky motion has many a time pierced the drum; nothing sharper or harder than the end of the little finger, with the nail pared, ought ever to be introduced into the ear, unless by a physician.

Persons are often seen endeavoring to remove the "wax" of the ear with the head of a pin; this ought never to be done; first, because it not only endangers the rupture of the ear by being pushed too far in, but if not so far, it may grate against the drum, excite inflammation and an ulcer, which will finally eat all the parts away; especially if of a scrofulous constitution; second, hard substances have often slipped in, and caused the necessity of painful operations to fish or cut out; third, the wax is manufactured by nature to guard the entrance from dust, insects, and unmodified cold air, and when it has subserved its purpose it becomes dry, scaly, light, and in this condition is easily pushed outside by new formations of wax within.

Occasionally wax may harden, and may interfere with the hearing; but when this is the case, it is the part of wisdom to consult a physician and let him decide what is the

remedy; if one cannot be had, the only safe plan is to let fall into the ear three or four drops of tepid water, night and morning; the saliva is better still, for it is softer and more penetrating, but glycerine is far preferable to either; it is one of the blandest fluids in nature, and very rapidly penetrates the hardened wax, cools the parts, and restores them to a healthful condition. If in a week there is not a decided improvement in the hearing, medical advice ought to be had at once, as next to the eye, the ear is the most delicate organ of the body.

### Experience in Health Reform.

ABOUT four years ago my attention was first called to this subject; and although in possession of good health, as I thought, it looked so reasonable and consistent, and seemed so firmly based on Christian principles, that I was led to embrace it. I was at that time troubled with severe griping pains in my stomach about once a week, and a dull heavy headache much of the time, especially in warm weather. This pain in my stomach would subside by eating a small amount, which I did, and considered it the only remedy.

When I adopted the health reform, I did not know what I should do when I had that trouble with my stomach. But, to my surprise, the pain did not come as often as before, nor was it so severe; and as for eating to stop it, I made up my mind that I would either starve it out or starve myself. However, I have not starved yet; and as for the pain, it has been so long since I have been troubled with it that I cannot remember when, and my headache is gone too.

I was living away from home when I adopted the reform, and on my return to work through summer, my father was much opposed to it. He thought that I could not stand it through haying; but before haying was done, he came to the conclusion that I could live on two meals a day and work too, whether he could or not. I have adhered strictly to this practice for four years; and I would say to those who think that they cannot work upon two meals, it is perhaps because they have not tried it, or have not had their hearts in it when they have tried it.

But I would not be understood to say that eating two meals, and that of healthful quality, is all there is to the health reform. By no means. We may be careful in both of these respects, and yet injure ourselves by overeating, or eating too fast; both of which are very detrimental to health. I find that

it is a nice point to eat just what nature demands and no more, and be sure to make the teeth do well their part.

My experience in the use of water has given me great confidence in it as a remedial agent. I heartily bid the cause of health reform, God speed.

Respectfully yours,

HENRY W. PIERCE.

*Oswego Co., N. Y.*

### Reports of Cases.

#### CASE III—DYSPEPSIA,

Complicated with diseases of the heart and liver. Mr. H. W. D., of Wisconsin, was a patient with us several months, and at the time of entering the Institute, presented a complication of symptoms something like the following, which, although by no means flattering to the physician, are not unfrequently met with in the cases of chronic invalids of these days. He, like multitudes of others, had "suffered many things of many physicians," and, as is usually the case, "was nothing bettered, but rather grew worse." He told me he had consulted all the M. D.'s of any note in his section of country—besides thoroughly testing many patent medicines of the day—but none gave him any encouragement. His symptoms were, in part, these: Brain much congested; mind very desponding; confusion of thought, with a constant fear of calamity, sudden death, &c.; tongue constantly coated; pulse from 90 to 100 per minute, and quite irregular. For four or five years had experienced almost constant pains in the region of the heart, which organ was pronounced to be organically diseased. Had been a nervous dyspeptic for ten years, suffering great distress after eating, with acidity of the stomach, and almost always after meals a raising of the food. Also, had pain in the region of the liver, and under the shoulder blades; catarrh; skin yellowish, and often clammy; bowels badly constipated; sleep much disturbed by frightful dreams—would often awake gasping for breath; faintness in the after part of the day; had had, for seven or eight years, an attack of diphtheria regularly twice a year. Indications of paralysis had several times been manifested.

It is not difficult to understand why such a condition of affairs should cause both patient and physician to despair, especially after so long an administration of drugs, which, under all circumstances, are recognized by the system as poison, and hence only make a bad matter worse.

His treatment here consisted of sitz baths, occasional packs, half baths, fomentations, wet-hand rubbing, and wearing of the wet girdle much of the time. The treatment was modified as circumstances seemed to demand, and as his conditions changed. His diet was rigidly simple, but nutritious, and easy of digestion.

Respecting the present condition of this man, we are able with truthfulness to say that he has been steadily improving for a number of months, and at this time is able to and does perform nearly or quite a man's work at any kind of moderate labor, and realizes none of his old troubles. He is cheerful and happy, and I think would tell you that he never before enjoyed life more than now.

This is by no means an exceptional case. As before stated, many in the land are in as morbid a condition as this man was, who might be helped materially, and, if not entirely cured, their lives made comparatively easy and enjoyable. We would earnestly invite the suffering to discontinue their drug taking, and avail themselves of the benefits of that system which harmonizes with Nature and Nature's laws.

H. HULL.

Health Institute.

### Effects of Smoking, on Boys.

DR. DECAISNE, in the course of investigations on the influence of tobacco on the circulation, has been struck with the large number of boys aged from 9 to 15, who smoke, and has been led to inquire into the connection of this habit with impairment of the general health. He has observed 38 boys, aged from 9 to 15, who smoked more or less. Of these, distinct symptoms were present in 27. In 22 there were various disorders of the circulation—*bruit de souffle* in the neck, palpitation, disorders of digestion, slowness of intellect, and a more or less marked taste for strong drinks. In three, the pulse was intermittent.

In eight, there was found, on examination, more or less marked diminution of the red corpuscles; in twelve, there was rather frequent epistaxis; ten had disturbed sleep; and four had slight ulcerations of the mucous membrane of the mouth, which disappeared on ceasing from the use of tobacco for some days. In children who were very well nourished, the disorder was, in general, less marked. As to the ages, eight of the boys were from nine to twelve years old; nineteen, from twelve to fifteen. The duration of the habit of smoking was, in eleven,

from six months to a year, and in sixteen, more than two years. The ordinary treatment of anæmia in general produced no effect as long as the smoking was continued; but when this was desisted from, health was soon perfectly restored, if there was no organic disease.—*British Medical Journal*.

### To Correspondents.

A. C. B., Ont.: 1. For habitual constipation, where diet seems ineffectual, the free use of bran tea, drank cold as a substitute for water, will sometimes have the desired effect. 2. The constant use of the syringe is not always advisable, although where only water is used, it is less objectionable than where medicated enemas are employed. 3. Sleeping immediately after dinner interferes with, and retards the process of, digestion. It is much better to sleep before dinner.

J. A. M., Ohio: The patient you describe may have inflammation of the spinal marrow. Probably this is his difficulty. We would not be willing to prescribe so long as he "smokes, and lives as folks usually do."

Mrs. C. A. C., Kansas: Your difficulty is nervous exhaustion, complicated with amenorrhœa and leucorrhœa. The sinking spells which you describe are the result of reaction from severe congestions of the uterine system, induced mainly by your over-exertions. The first great consideration in your case is *rest*. For your nervousness, apply alternately hot and cold cloths to the entire length of the spine, for a short time, before retiring at night. Take a wet hand rub once a week, or twice a week if circumstances seem favorable. Relieve the constipation by enemas, and regulate the diet carefully, excluding fine flour, salt, and other condiments.

P. H., Minn.: Your symptoms indicate menstrual derangement. The swelling you describe is scrofulous, and its aggravation at the monthly period shows that the system is much affected by that occurrence. The remedy in your case is an entire change in the habits of life. So long as you "live as most people do," you cannot expect a cure.

J. K. S., Penn.: 1. A description of the treatment of fever and ague would occupy more space than this department affords. It would also differ under different circumstances. You had better procure a work on hygienic medication, and study the subject thoroughly. 2. We do not physic, but re-

lieve constipation by means of injections of water. 3. The most nutritious food consists of grains, fruits, and vegetables, simply prepared. 4. Quinine is nothing less than a poison. It is true that it will stop the ague; but it is at the peril of the patient, rendering him liable to enlargement of the spleen, or liver, called "ague cake." 5. Fever patients should have plenty of air. A draft directly upon the person would not always be advisable, especially if unaccustomed to it. 6. The person who says there is opium in cabbage, or poison enough in a loaf of bread to kill nine men, talks *bosh*. 7. The best diet for weak stomachs is graham crackers, unleavened graham bread, fruit, &c., thoroughly masticated and insalivated. 8. Sips of cool water will sometimes stop vomiting; it is not always desirable to stop it, especially if the contents of the stomach are obnoxious to the system.

Mrs. C. E. C., Wis.: Your child is suffering from congenital dyspepsia. It will need to be fed with the greatest care, and the strictest regularity, not exceeding five or six times per day. Avoid feeding it in the night if you possibly can. If the habit is already formed, this will be difficult. The wasting away is not for want of sufficient food, but because of inability to digest what you give it. Instead of milk, you had better try diluted cream with its gruel, and omit the sugar altogether. Give it a sponge bath once or twice per week, and enemas as circumstances may seem to demand.

S. P., Minn.: You should come to the Institute. Your case demands immediate attention, and you should be constantly within reach of all the hygienic appliances of the system. Terms will be made favorable.

Mrs. A. F. J., Chicago: Your physician was probably correct in saying that you had no uterine cancer, but thickening and hardening of the walls of the uterus instead. The operation for polypus was its probable cause. If we had you under our care we might have some hope of benefiting you; but as you cannot come will simply suggest that sitz baths, vaginal injections, &c., will afford you some relief, and a proper care of your general health, with attention to diet, might measurably overcome the existing tendencies, and prolong your life.

B. B., Va.: The cooking of unleavened bread does not require more exposure to heat on the part of the cooks than do the various operations of stewing, frying, and boiling, which unhygienic cookery demands; and the cooks had to submit to that.

N. R. J., Penn.: "Physiology and Hygiene," published at this Office, might answer your purpose as a text book. It is arranged in the form of questions and answers.

J. R., Ind.: The young man of whom you speak is probably curable, but should go to a good health institute. We could not advise for home treatment with any hope of success.

The series of articles you request, will probably be commenced next month.

S. D. S., Michigan: The application of a little sweet oil to the eyelids would produce no injury, but would not cure the difficulty. Constitutional treatment is demanded for that.

A. T., Illinois: The cause of infantile colic may be, too much food, irregular or improper feeding, or, as is often the case, inherited dyspepsia. Relief may be obtained by hot fomentations, and enemas. But first of all, cultivate regularity in all the habits. Feed regularly, dress warmly and loosely, and insure quiet, with plenty of sleep. If the mother nurses the child, her diet and habits should also receive strict attention.

N. W. B., Mass.: The remedy for a "broken-down stomach" is proper living. The diet should be very strict, the habits of life simple and plain, and your whole course ordered in harmony with the laws of life.

M. A. S., Illinois: Superfluous hair may be removed by poisonous applications; but they are dangerous.

C. K., Kansas: Your difficulty is a partial paralysis, and your hold on life is feeble at best. Your blood is in a depraved condition, and the whole system needs purification before you will get relief. Your best and safest course is to go to a good health institution.

Dr. B., New Brunswick: Perhaps by placing yourself in communication with Dr. Trall, a wider and better sphere of usefulness than your present one might open to you.

F. S.: Your position on the temperance question, and the stand taken in convention, entitles you to the thanks of all genuine lovers of the temperance cause. The subject of alcoholic medication is thoroughly ventilated in Dr. Hicks' new work, noticed elsewhere. It should be circulated among the doubters.

J. H. K., Illinois: We do not know where you can obtain graham crackers nearer than New York.

J. S. B., Michigan: Your former course of life, together with the medicines you have taken, have diseased you through and through. Your change of diet has probably saved your life; but you have yet much to do to regain health, and should spend from three to six months at a health institute to get entirely reconstructed. Your tissues need making all over new.

C. E. C., Maine: Sea moss farina, and mosses generally, are quite innutritious, and are far from being good food. As usually prepared, with eggs, milk, and sugar, they are decidedly objectionable.

R. S. B., Penn.: We know nothing of the circumstances concerning which you inquire. Perhaps Dr. Trall can inform you.

R. W. C., Illinois: We think your difficulty is not heart disease, but indigestion. Flatulency will cause the symptoms you describe. Careful attention to diet, and the general health, will doubtless effect a cure.

P. A. P. L., Iowa: The plan you propose concerning an almanac might be feasible were the season not so far advanced. It is now too late to make a success of it for the coming year.

### The Stomach, the Mind, the Soul— Temperance in all Things.

Oh, madness! to think the use of strongest tea, And strongest drinks, our chief support of health, When God, with these forbidden, made choice to rear His mighty champion, strong beyond compare, Whose drink was only from the liquid brook.

—Roberts.

Millions upon millions are expended on tea, that might go, and *should* go, for salvation—light spiritual, light everlasting. Multitudes are as much in bondage, and perhaps as great slaves, to tea or coffee as others are to strong drink and tobacco! Wesley says:

"After talking largely with both men and women leaders, we agreed it would prevent great expense, as well of health, as of time and of money, if the poorer people of our society could be persuaded to leave off drinking tea. We resolved ourselves to begin and set the example. I expected some difficulty in breaking off a custom of six and twenty years standing. And accordingly, the three first days my head ached, more or less, all day long, and I was half asleep from morning to night. The third day, on Wednesday, in the afternoon, my memory failed almost en-

tirely. In the evening I sought my remedy in prayer. On Thursday morning my headache was gone; my memory was as strong as ever; and I have found no inconvenience, but a sensible benefit in several respects, from that very day to this."

"He liveth long who liveth well!  
All other life is short and vain;  
He liveth longest who can tell  
Of living most for heavenly gain."

Man knows not, nor ever dreams, how constantly the goodness of his Creator is acting to redeem him from the effects of his transgressions!—how, when the day is spent in continued abuses of his body—in the habitual violation of the laws of life,—and when night comes and he is lost in sleep, and ceases from his sins—the hand of God, in unremitting kindness and parental mercy, directs and urges those renovating processes of the vital powers by which the injuries his system has received from his vicious practices are so nearly repaired that, when he awakes and rises to another day, and feels as fresh and vigorous as at yester-morn, he *will not* believe that tea, tobacco, alcohol, and other poisonous and improper substances which he indulged in yesterday, did him any harm;—and thus, for the benevolence of God, who watches over him with unceasing care, and, by every means which can be brought to act upon his moral susceptibilities, endeavors to reclaim him from his sins, he only returns that strange perverseness which, in disobeying God, destroys himself.

Physiology, the laws of life and health, should be taught in our schools, first, midst, last—always.

"I wonder how such folks can say  
They have religion every day,  
And love the Lord, and love to pray,  
When they his money throw away."

D. F. NEWTON.

THE MOST BEAUTIFUL HAND.—Two charming women were discussing one day what constitutes beauty in the hand. They differed in opinion as much as in the shape of the beautiful members whose merits they were discussing. A gentleman friend presented himself, and by common consent the question was referred to him. Glancing from one to the other of the beautiful white hands presented for his examination, he replied at last: "I give it up; the question is too hard for me: but ask the poor, and they will tell you the most beautiful in the world is *the hand that gives.*"

OUR wealth is often a snare to ourselves, and always a temptation to others.

## Items for the Month.

LATE.—On account of delay in receiving Dr. Trall's "copy," this number is unavoidably a little late.

Several valuable articles are necessarily crowded out of this issue, and will appear next month.

The *Chicago Evening Journal* has our thanks for saying the following :

"The HEALTH REFORMER is filled with common-sense articles for the enlightenment of the masses, upon topics of importance to all classes of readers. Dr. Trall's "special department" is alone worth four times the price of the magazine. Published at the Hygienic Institute, Battle Creek, Mich."

The Health Reformer's Progressive Cook Book and Kitchen Guide, just issued from this Office, is meeting with a very rapid sale. It is published in pamphlet form, 80 pp. 12mo., and contains a large variety of cooking recipes, together with directions for canning fruit, &c. It is introduced by a chapter on food, change of diet, &c., and gives as much reading matter as other works of like character, at one half the price. By publishing a very large edition, we are enabled to furnish it at the low price of 15 cts., postage 2 cts. Agents wanted. Hygienic physicians and lecturers will find it a valuable aid in their work.

The *Watchman and Reflector*, a prominent Baptist journal published in Boston, exhibits a little of the weakness common to the publishers of newspapers, religious as well as secular, by advertising "California Wine," for a Boston liquor dealer. *The Standard*, of Chicago, thereupon administers a wholesome rebuke to its Boston brother for thus aiding and abetting the enemy of temperance, which calls forth a lame defense from the editor of the *Watchman*, who declares the rumseller for whom they advertise to be a "respectable establishment," having "the commendations of ministers and others of high standing," and also advertised by *The Congregationalist*, *The Christian Register*, and other respectable papers. And then, as if conscious of having a bad cause, the editor intimates that *The Standard* "is making extraordinary efforts to extend its circulation, and criticises the *Watchman and Reflector* because in certain quarters it "stands in its way."

In behalf of the temperance cause we wish to thank *The Standard* for its rebuke of sin, even in high quarters; and so long as it maintains a consistent course in this respect, we can sincerely wish it abundant success in its "extraordinary efforts to extend its circulation."

The Doty Washer and Universal Wringer, advertised in our columns, together constitute a great labor-saving institution. In our own household, a promiscuous family washing of one or two hundred pieces, is frequently all in the rinsing water before breakfast, by the aid of these labor-saving appliances, instead of being dragged through nearly all day, as formerly. Our "better half" regards the Doty Washer as next to the sewing machine, in point of economy of time, labor, patience, and household comfort.

We have received the first number of *The Medical Times*, a semi-monthly journal of medical and surgical science, published at Philadelphia, by J. B. Lippincott & Co. It is handsomely printed, and will doubtless receive a liberal support from the drug school, in whose interest it is published. \$4.00 per year, 20 cts. single.

We are glad to learn of the existence of a ladies' school where health is not systematically sacrificed to the acquirement of knowledge and accomplishments. Rev. N. R. Johnston, A. M., is principal of the New Brighton (Pa.) Ladies' Seminary, and announces, among other things, that "only healthy food" will be provided. We have good reason to believe that he means it, and hope he will be successful in establishing a thorough-going hygienic school.

On a fence by the wayside, we recently saw the statement that a certain man's Bourbon bitters "have no *caquil*." The painter must have been afflicted with a "bad spell" which even the bitters would not reach. Perhaps too large a dose might have caused it.

ITEM.—A lady of veracity told me that two or three ladies in this county (Jackson Co., Mich.) were obliged to have their own hair cut off, their heads were so diseased from wearing foreign hair. When will people cease bowing down to the goddess Fashion?  
L. A. B.

Parma, Mich.

Dr. L., of St. Louis, who is something of a wag, called on a colored Baptist minister, and propounded a few puzzling questions. "Why is it," said he, "that you are not able to do the miracles that the apostles did? They were protected against poisons and all kinds of perils. How is it that you are not protected in the same way?" The colored brother responded promptly, "Do n't know about that, doctor. I 'spect I is. I have taken a mighty sight of strong medicine from you doctors, and I is alive yet."

Dr. Adams, formerly of Wernersville, Pa., wishes us to state that he is now located at New Philadelphia, Ohio, for the practice of the hygienic system of medication.