

THE  
Health Reformer.

OUR PHYSICIAN, NATURE: OBEY AND LIVE.

VOL. 5.

BATTLE CREEK, MICH., FEBRUARY, 1871.

NO. 8.

WHEN YOU'RE DOWN.

When legions of "friends" always bless us,  
When golden success lights our way!  
How they smile as they softly address us,  
So cordial, good humored, and gay;  
But, oh! when the sun of prosperity  
Is set, then quickly they frown,  
And cry out in tones of severity,  
Kick the man! do n't you see he is down?

What though, when you knew not a sorrow,  
Your heart was as open as day,  
And your "friends," when they wanted to borrow,  
You'd oblige, and ne'er ask them to pay;  
What though not a soul you e'er slighted,  
As you wandered about through the town,  
Your "friends" become very near-sighted,  
And don't seem't to see you when down.

When you're "up," you are loudly exalted,  
And traders all sing out your praise;  
When you're down, you have greatly defaulted,  
And they really "do n't fancy your ways."  
Your style was "tip top" when you'd money,  
So sings every sucker and clown;  
But now 'tis exceedingly funny,  
Things are altered because you are down.

Oh! give me the heart that forever  
Is free from the world's selfish rust,  
And the soul whose high, noble endeavor  
Is to raise fallen man from the dust;  
And when in adversity's ocean  
A victim is likely to drown,  
All hail to the friend whose devotion  
Will lift up a man when he's "down."

QUACKERY.—"Ma'am," said a quack to a nervous old lady, "your case is a scrutuntutury complaint." "Pray, doctor, what is that?" "It is the dropping of the nerves, ma'am; the nerves having fallen into the pizarintum, the chest becomes morberous, and the head goes tizarizen, tizarizen." "Ah, doctor," exclaimed the old lady, "you have described my feelings exactly."

A CLAIRVOYANT interviewed a lock of hair clipped from a "subject" by a medical student, pronounced the disease as pretaining to the kidneys, and offered to cure the same for five dollars.

CHEMISTRY OF THE COMPLEXION.—The product of pale brandy is often a red nose.

DR. TRALL'S  
Special Department.

Typhoid Fever in Public Institutions.

THE following news-item, which we copy from a Philadelphia daily paper, furnishes a proper subject for a brief lecture:

The New York Board of Health yesterday afternoon directed a thorough examination of the Deaf and Dumb Asylum at Bloomingdale. The institution now contains 500 inmates, among whom typhus fever is raging, 162 deaths having recently occurred.

The institution referred to occupies a beautiful and salubrious locality, just out of the city, on the banks of the Hudson River. The buildings are new and commodious, the rooms light and well ventilated, and the grounds ample for healthful recreation. Nor are there any unusual sources of miasm, infection, or contagion, in the immediate vicinity. What, then, can be the cause of this strange pestilence—strange for such a place—and this fearful rate of mortality?

We think the question is easily answered, on general principles, although we are not sufficiently acquainted with the management of the institution to specify the causes of the sickness in detail. There can be no effect without a cause; and all typhoid fevers are caused by poisons or impurities of some kind. These may be introduced from without, or engendered within. Gross food and bad water have occasioned it. Children of farmers in the country have all forms of typhoid fever caused by rotting vegetables in an unventilated cellar. Sleeping in very close bedrooms is enough to occasion it. Privies and cesspools within or near the building, without adequate drains, have occasioned the disease, as have hoggeries and barnyards adjoining the houses. A few years ago the typhoid fever "broke out" in a high school in

Pittsfield, Mass. Some seventy or eighty cases occurred, and half as many deaths. The location was salubrious, the arrangements of the building and rooms unobjectionable, so far as air, light, and temperature, were concerned, and the dietetic and personal habits of the scholars were not so unhygienic as to account for the prevalence of so fatal a malady. The physicians of the place were unable to trace the pestilence to any adequate cause. At length, a committee of learned medical gentlemen was appointed to investigate the matter, at the head of whom was Prof. Palmer of the Michigan University at Adrian. The committee ascertained and reported, in a pamphlet now in our possession, that a drain, into which all the excrement and impurities of the establishment were conveyed, had been so obstructed that for months the air on one side of the building had been extremely offensive, and for weeks so very bad that the students were wont to keep their windows constantly closed. The mystery was solved. But something very like a mystery remains to be explained; and that is, how the local physicians, and the teachers of the school, and even the students, could be so careless as not to know and discover the cause, or so ignorant as not to know that a highly putrescent atmosphere was dangerous to breathe. This lamentable fact showed a great want of a little physiology in the school, and a little knowledge of hygiene on the part of the teachers and the doctors.

The ratio of mortality, however, was entirely unnecessary; and while the disease is attributable to bad air, the deaths must be imputed to worse medication. In the asylum at Bloomingdale, we have a mortality almost, if not quite, unparalleled in any similar institution. One hundred and sixty-two deaths out of five hundred inmates, with the disease still raging, is something unheard of in the annals of the *killing* art. It equals the mortality of the Great Plague of the middle ages, when the houses of the cities of the old world were dark, and damp, and dirty, the streets narrow and filthy, and no attention whatever given to, and no thought taken of, sanitary conditions. In these days, houses built in healthful localities, with all the modern improvements, ought not to be so pestilential as were Marsailles, Aleppo, London, and other cities, centuries ago.

Suppose such a pestilence should "break out" in some one of our hygienic institutions? Would not the whole land ring with denunciations of "low diet," "cold water," "fanaticism," "quackery," and all that? And would not the strong arm of the law, or the

stronger fury of the mob, suppress them at once? Only think of one third of the inmates of a "hygeian home," or of any other health institution from which drug medication is excluded, dying of fever in a few days after its appearance among them! Why, the whole civilized world would stand aghast with horror, and the drug doctors throughout the length and breadth of the land, would cry, Murder! murder!

It does occasionally happen that some patient, or some worker, or some physician, in a hygienic institution, has a fever, and typhoid, too, and is very sick; but deaths are certainly rare. We have not yet known of the first case. We have had scores of such cases, yet no one has died. Patients sometimes come to us so full of morbid matters that they are actually in the premonitory stage of fever when they enter our establishment, and in a day or two have a fully developed fever. In New York, during the eighteen years that we received patients, we had cases of small-pox, measles, scarletina, erysipelas, typhus fever, typhoid fever, ship fever, besides numerous cases of inflammatory, remittent and intermittent, to heal (and more than a score of cases were brought to us after the doctors had drugged them down to death's door). All recovered, a majority within one week, and all within two weeks, except those who had been drug medicated.

We conclude, therefore, both from observation and experience, that the sickness in the Bloomingdale asylum was owing to a want of cleanliness; and that the extraordinary mortality is only to be explained on the principle of

"The deadly virtues of the healing art."

#### A Modern Medical Experiment.

WESTON, the great walkist, has lately walked an extraordinary walk for the benefit of medical science. A part of his walking performance, which "came off" recently in the great city of New York, consisted in walking something more than a hundred miles in something less than twenty-four hours. The occasion seemed to have been improved by the sporting gentry to make or lose a little money, in the manner customary on such occasions; to wit., betting; and by certain prominent, and prominently scientific, medical gentlemen of that metropolis, to solve certain problems in physiology, or pathology, as is the problem whether the storm which lately devastated the Atlantic coast would have occurred if the wind had been in another direction.

We copy the following statement from the Philadelphia *Medical Times* :

**INFLUENCE OF EXERCISE ON ELIMINATION BY THE KIDNEYS.**—In the October number of the New York *Medical Journal*, we find some interesting experiments by Prof. Austin Flint, Jr., made upon the pedestrian Weston, with the view of testing the influence of excessive and prolonged exercise upon the elimination of effete matters by the kidneys. Mr. Weston walked one hundred miles in less than twenty-two hours, in an inclosure in New York City; and the urine passed in that time was collected in one vessel, and afterwards compared with urine subsequently passed when he was at comparative rest. The experiments are, therefore, not so valuable as they might be; for they were made with solitary specimens, and may not be confirmed by further observations. Prof. Flint found the quantity of water in the urine immensely greater during exercise; the amount of urea largely increased—as much as from 75 to 100 per cent, after making due allowance for the effect of diet; the proportion of chlorides but little affected; the sulphates considerably increased; the phosphates quadrupled; and the uric acid augmented by about 78 per cent, although the proportion per fluid ounce was less than in repose. His conclusion is that excessively severe and prolonged muscular exertion increases enormously the amount of nitrogenized excrementitious matters in the urine, particularly in urea, and produces a corresponding increase in the elimination of most of the inorganic salts.

The story of these "experiments" is very incorrectly told, or they were very absurd affairs. Not a word is said about the quantity of fluid Mr. Weston swallowed. Most persons are, no doubt, well aware that violent exercise produces thirst; and if the thirst is satisfied with water, there will be more fluid to be excreted by the kidneys and other depurating organs. The inference from these experiments, as they are stated, is, that the more violent the exercise, and the more prolonged, the greater quantity of urine will be excreted without regard to the ingesta, a proposition so self-evidently ridiculous that any child might be excused for laughing at it. Nor is there the least intimation that Mr. Weston did or would emaciate, no matter how much fluid and salts in solution he excreted, nor how little food and drink he took into the system. We do not believe that ten thousand such or similar experiments, even were all of the ingesta as carefully measured and analyzed as the excreta, would prove anything worth knowing. A series of experiments to prove, by careful counting, the average number of bristles on an ordinary-sized "porker," would be just as valuable to medical science, and just as useful in the healing art; while the opportunities for betting would be almost unlimited.

### White Clay, Cheap Sugar, and Dear Drugs.

THOSE semi-hygienists who persist in eating sugar ought to know that the article of commerce is extensively adulterated. The horrid, crab-like insect that exists by thousands to the pound, in most of the raw sugars in market, is not the only evil sugar-eaters have to fear. Clay is extensively employed in adding to the producers' profits. The Savannah *Republican* says of the white clay of Georgia :

And now what becomes of this six or eight hundred tons of Southern dirt that are shipped monthly to the North? This is the question in which the public are most interested, and we propose to give the information. A portion of these shipments—how much we have been unable to learn—is taken up by the potteries, being valuable as a mixture with the baser clays of the North, in the manufacture of the finer wares. A portion is used by the manufacturers of wall paper, and by paper makers generally. But the Kaolin is more valuable in another respect; being perfectly white, free from silex, and tasteless, nothing could be better adapted to the purpose of adulteration, and in that way, we learn, is consumed a very large proportion of the shipments North. It is largely used in the manufacture of flour and pulverized sugar, and especially in fancy candies, which contain a large per cent. Considerable quantities are also consumed in the manufacture or subsequent adulteration of medicines; such as, calomel, soda, cream-tartar, &c. In the preparation of white lead and paint, it also enters as a large ingredient. About a year ago, a Northern gentleman, whose business card showed that he was a druggist, visited the works below Augusta, carefully inspected the clay, and offered to take the entire product of the company at the price they were then receiving.

### An Inebriate Asylum for Ladies.

THE Delaware (Pa.) county *Democrat* proposes the establishment of an inebriate asylum for ladies only—gentlemen not admitted. It says :

The establishment of an inebriate asylum, for the use of females exclusively, is contemplated by a number of philanthropic gentlemen. This is a good movement. It is sad to have to admit that such an institution is needed; but from the increased use of stimulants by females, the fact can no longer be concealed, that intoxication is rapidly spreading amongst every class of females in this country. This evil is not confined to the illiterate or vulgar, but pervades every class, even the most refined and intelligent. Whitmarsh, Montgomery County, is the place where the contemplated asylum will be erected.

Philanthropic as this enterprise may be, we suggest a method of doing a vastly greater amount of good with the same amount of labor and money. We do not claim the idea as original. We recollect of having read

something about it in days that are past and gone, and of hearing it talked about many years ago. But it seems to have become one of the "lost arts," and may not have occurred to the gentlemen above mentioned. The plan is to *shut up the dram shops*. We have many reasons to believe that if the traffic in intoxicating drinks were abolished—we mean both manufacture and sale—there would not be any drunken females, nor drunken males, to need asylums. Suppose you try it, gentlemen.

### Phosphoric Diet and Vegetarianism.

THE Philadelphia *Evening Star* presents the following conundrum :

Phosphorus enters largely into the constitution of the human frame, and forms an essential part of all food that is of a nourishing character. It abounds largely in lean flesh and bones. Vegetables, except in particular portions of them, contain a very small amount of phosphorus. Fruits, potatoes, and cabbages, have but a trace of this element, and are, therefore, not sufficient of themselves to form a diet that is wholesome and nutritious. Ordinary bread does not furnish it in sufficient quantity. So says Prof. Darby, and follows these facts with the recommendation that meat is an essential article of healthful diet, and should be given to children daily. Fat contains no phosphorus, but lean meat does. Milk contains it in a moderate degree. Eggs in greater quantity. Oysters are highly phosphorized, and in all fish meats it is found. The professor goes on to say that we cannot think without brains, and we cannot work without loins or muscles; and as none of these can be supplied without phosphorus, and phosphorus cannot be derived from the ordinary vegetable diet that comes to the table, it follows naturally that if we would think and work properly, we must use as articles of food, those substances which contain this element, such as meat, fish, eggs, milk, oysters, etc. What have vegetarians to say to this?

As a vegetarian, and as the father (figuratively, not literally) of vegetarians, we have to say, first, that the above statements are not true; and, secondly, that we are willing to meet the issue theoretically or practically. We are willing to demonstrate the fallacy of the statements, on scientific data, through the columns of the *Star*, if permitted, and we are ready to prove the contrary at any moment, to any person who will visit our "Hygeian Home" at Florence Hights, by stubborn facts. In our institution we have vegetarians in all stages of development, from the just-weaned baby to full-grown men and women. Bring on your best specimens of carnivorous or omnivorous humans; and we will compare our vegetarians with them, and test them as to bone, muscle, blood, brain, body and mind, strength and beauty, size and

quality, in any manner you please. Our vegetarians will work easier, play faster, think quicker, feel better, know more, and live longer, than any flesh-eaters you can find, phosphorus or no phosphorus.

### A New Cure for the Mulligrubs.

THE New York *Commercial Advertiser* relates the following :

Professional men play old tricks pretty much in the same way that history repeats itself. We hear of a case in point—the incident having occurred a few days since—in which a lady in Madison avenue and a doctor, whose office is in Fifth avenue, and who is well known for his brusque eccentricities, were the principal performers. The lady had been afflicted with indolence, and what is vulgarly known as "dumpishness," for some time, and fancied that she was seriously ill. Her husband, a sensible, kind-hearted man, gave way to her humor until his patience became exhausted. He sought to have her take exercise, and to forget the troubles which appeared to afflict her. She could not be persuaded to take regular, morning walks, and finally became so ill, in her own estimation, that the family physician was called in. He at once saw what the trouble was, and prescribed some harmless compound, which she said afforded her no relief. Thereupon the lady took a great dislike to him, and insisted upon her husband's finding another physician. The husband met Dr. —, well known, as we have observed, for his peculiarities, and described to him the condition of his wife and his domestic troubles. "Pooh! pooh!" ejaculated the doctor, "she has the 'mulligrubs.' Be at home to-morrow afternoon, and I'll cure her." The next afternoon was bright and beautiful, balmy almost as summer; doctor called at the appointed time; the wife was confined to her bed. The doctor closed the chamber door, and proceeded to take off his hat, coat, and boots; this done, he deliberately threw himself upon the bed by the side of his patient. Quick as lightning, the lady, who was supposed to be so weak from sickness, jumped up, ran screaming out of the room, rushed down stairs, and would have made her way into the street, had not her husband arrested her at the front door. The poor, afflicted woman has so far recovered as to be able to run up a good-sized bill at Lord & Taylor's. The prescription seems to have been as efficient as a dose of calomel.

Without undertaking to disparage the "cure" in the above case, or the skill of the physician, we must, in view of the temptation the wonderful success of this new method of treatment affords other physicians to get fame by trying to do likewise, suggest that there is a less objectionable method of procedure known to hygieo-therapeutists. "Hypo," like all other abnormal manifestations of mind, is dependent on morbid bodily conditions; and these conditions, in all cases wherein a cure is possible, by any means

whatever, are removable by the judicious use of hygienic agencies. It is not certain that the "cure" induced by the shock or fright will be permanent. Indeed, the chances are a hundred to one that a "reaction," or collapse, will follow, leaving the poor woman only the more exhausted because of the "stimulus" of fright, which induced the patient to exert all her inherent energies, and waste more or less vital power. A little common sense is the best thing in the world for the hypochondria or the mulligrubs.

### Drugs Ignored in the Prussian Armies.

DR. RICHARD S. DEWEY of America, who is a graduate of an allopathic college, and who cannot be supposed to have any prejudice against drug medication, has been with the Prussian army since the early stage of the present war, and has written some valuable letters on German, as compared with American, operative surgery. The following extract from one of his letters is certainly suggestive:

In the medical conduct of the hospitals of the present war, drugs have been largely ignored. It has been the chief business of the dispensaries to furnish disinfectant, palliative, and hygienic measures; while the restoration of health has been left almost entirely to the unembarrassed efforts of nature, and this with the most encouraging results. The statistics, as a whole, when they shall appear, will have great and deserved weight in doing away with the almost superstitious veneration of drugs, which still exists among the people, and among the doctors as well."

Well does the Philadelphia *Press* remark:

The testimony last given ought to be very weighty. Coming from a physician brought up and still belonging among the strictest sect of medical orthodoxy, such language means all that it can carry.

Truly this testimony *ought* to be weighty. But we have had similar testimony, and quite as weighty, a hundred times, and what did it amount to? Not the weight of a feather when placed in the balance against the interest of the medical profession. The doctors kept on doing and drugging as though nothing had happened. We are of the opinion (and ample precedents justify the opinion) that, instead of commending Dr. Dewey's truthfulness and honesty, and profiting by the information he furnishes, the profession will seek to destroy his character and influence; and that the medical journals will denounce him as a quack and humbug.

THE faculty of genius is the power of lighting its own fire.

### Cross Babies.

THAT babies have a perfect right to be cross when they cannot help it, no one probably will dispute; but whether parents have any right to have cross babies, is quite another question. An exchange contains the following sound and sensible remarks on the subject, which we copy for the benefit of whom it may concern:

We are much pleased to hear that a woman who has had so much experience does not believe in the institution of cross babies. We like her condemnation of all the nostrums, teas, and stimulants, with which the morning of life is often deluged. Her mode of proceeding, in all its parts, can be recommended for good, average, healthy children.

But a great part of the children that are born nowadays are not good, average, healthy children. They are children of deficient brain-power, of diseased nervous systems; children begotten of tobacco-smoke, late hours, tight-lacing, and dyspeptic stomachs. The father has put his son's brain into his meerschaum, and smoked it out; the mother has diddled and dribbled it away in balls and operas. Two young people come together, both of them in a state of half-nervous derangement. She cannot live without strong coffee; her hand trembles, and she has a sinking at her stomach when she first rises in the morning, till she has had a strong cup of coffee, when she is primed for the day. He cannot study, or read, or perform any mental labor, without tobacco. Both are burning life's candle at both ends; both are wakeful and nervous, with weak muscles and vibrating nerves.

Two such persons unite in giving existence to a poor, hapless baby, who is born in a state of such a diseased nervous sensibility that all the forces of nature are a torture to it. "The fathers have eaten sour grapes, and the children's teeth are set on edge." What such children cry for is neither cold nor hunger, but irrepressible nervous agony—sometimes from fear, sometimes because everything in life is too strong for them, and jars on their poor, weakened nerves just as it does on those of an invalid in a low, nervous fever.

Now, the direction about putting a child away alone to sleep, without rocking or soothing, is a good one only for robust and healthy children. For the delicate, nervous kind I have spoken of, it is cruel, and it is dangerous. No, mother; before you make up a plan of operation for your baby, look at it, and see what it is, and use your own common sense as to what it needs. Look at yourself; look at your husband; look at your own physical habits—at his—and ask what your child is likely to be.

The caution of our friend with regard to not suffering the child to sleep between the parents, is important for many reasons. There is scarcely a man that does not use tobacco; and if a man uses tobacco, there is a constant emanation of it from his person. Now, however he may justify the use of it himself, he can hardly think that stale tobacco effluvium is a healthy agent to be carried into the lungs of a delicate infant. Children of smoking fathers often have their brains

and nervous systems entirely impregnated with the poison of nicotine in the helpless age of infancy. A couple came to a country place entirely for the health of their only boy, a feeble infant. The child was pale and sickly, constipated in his bowels, and threw up his milk constantly. The parents had but one room, in which they lived with him, and which was every evening blue with tobacco smoke.

Every evening, that helpless little creature took into his lungs as much tobacco as if he had smoked a cigarette. Still more than this—the mother who was nursing that infant did what was equivalent to smoking one cigar every evening—she breathed her husband's smoke. Now, if your baby smokes cigars, you will find, by-and-by, when he comes to need brains, that his brain-power will not be found. He will be starchy, fitful, morbid, full of nervous kinks and cranks, one of those wretched human beings who live a life like that described by Hawthorne in his history of "Feathertop," only capable of existing and efficiency while he is smoking, but sinking into dimness and stupidity when he stops.

Such are some of the chances of poor babies! God help the poor little things! They never asked to be born; and their parents, if they will bring them into existence, owe them every attention to make their existence a blessing.

### A Book Wanted.

PHILADELPHIA, Dec. 26, 1870.

R. T. TRALL, M. D.—*Dear Sir*: In my humble opinion, your contributions to medical literature are the best extant; and if you have received no other reward, you at least have the satisfaction of knowing that you have done your part toward inducing your fellow-men to live right, by obeying the laws of their moral, mental, and physical constitutions. I have done some work in circulating good books, and have come to the conclusion that our best and most important work is, to begin at the foundation of society—the children and youth—and most especially to help them avoid the shoals and rocks of sensuality on which, thousands are wrecked for want of special knowledge on their part and that of their parents. Ward Beecher has truly remarked that "many a young man is damned before he learns that which his parents should have taught him in early childhood." Ignorance on the part of parents, false delicacy, and the fear of imparting that knowledge which must come soon, or too late, work out their natural results, and thus many live to curse the day of their birth.

With others who are quietly working in the field of reform, I have felt the need of a small, compact, and condensed tract, one part addressed to parents, calling their attention to the fearful responsibility resting upon them, and their duty of instructing their children in regard to the nature and uses of their bodily organs; the other part containing words of solemn warning and advice to children and youth.

Such a little document prepared in form to inclose in an envelope, and supplied at a low rate, would enable the philanthropic to do much good. Your chaste and elegant pen could do the work most acceptably. If one soul can be saved from destruction by this means, surely your reward

will be great. Hoping something may result from this suggestion, I am

Very truly yours,

REFORMER.

We place the above on record with the hope that it will attract the attention of some one who has the time and ability to respond to the suggestion. Our own time and talent are wholly engrossed in the more complex problems of medical science and the healing art; and there are doubtless many writers of our school—we could name a dozen—who could probably do the subject more justice than we could. The work is sadly needed, and so is the purse of some philanthropic person to scatter it broadcast over the land.

### Answers to Correspondents.

CHRONIC INTERMITTENT FEVER.—R. C. A.: This term is rather a misnomer, but is applied to cases which are protracted for several months. The "chronic" character of the disease is almost always attributable to the effects of drugs, or to the use of hard water. And these facts suggest the specialties in the method of treatment. When the system is much reduced in blood and temperature, do not employ the "cold water cure."

INCIPIENT CONSUMPTION.—O. P. R.: "Dr. R. T. Trall—I am forty-two years of age; have been declining in health for five years. One year ago I was confined to my bed, the symptoms being, severe pain near the spine, just below the ribs on the right side, aggravated on motion, especially when I got up or down; pain between the shoulder blades, with a sense of weight, as though sustaining a heavy burden; sharp pain occasionally on both sides in the lower part of the lungs. I had at that time the neuralgia in my face and teeth, also the bloody flux, with difficulty in urinating. On retiring to bed, I was affected with chills followed by sweating. Occasionally, also, I had a severe cough with some spitting of blood. Soon after, one of my legs began to swell, and then the cough ceased. The swelling has partially subsided; but my health continues very poor, with heavy pain in my left side, and some bloating of the body. Since last spring, I have had a soreness of the throat on the left side of the windpipe, with expectoration of a frothy mucus."

We cannot prescribe self-treatment; you should go to a health institution for examination and perhaps for treatment. Your lungs now are becoming tuberculated, and you have no time to lose, as the chances are about equal

whether you are curable. The primary disease was liver complaint. The liver is now very much enlarged, and in a state of fatty degeneration; the kidneys and spleen are also in a morbid condition; but the immediate danger is in the lungs. If your case is amenable to treatment, from three to six months would be required to effect a cure.

**OVARIAN DISEASE.**—N. B. M.: "Six years ago I noticed a hard lump in my abdomen near the pelvic bone. In seven months it increased to the size of my two fists. I then consulted Dr. Atlee of Philadelphia, who said it was a fibrous tumor of the uterus. I have consulted many other physicians since, most of whom pronounce it an ovarian tumor. The swelling is now hard and unshapely across the lower part of the abdomen; but above, it is soft, and extends to the ribs on the right side. I have dropsy of the abdomen, and have been tapped twice; and, as the dropsical accumulation is increasing, I will soon have to be tapped again. The doctors say that my lungs are sound. Menstruation ceased two years ago."

Your case is too far advanced for successful treatment. Indeed, we regard it as utterly hopeless, and are, therefore, unwilling to prescribe.

**FATTY TUMOR.**—P. B.: The case you describe is an atheroma or wen. It has no absorbents, and therefore cannot be "scattered" away. It should be removed with a knife; but on account of its position near important vessels and nerves, no one, unless a good anatomist, should perform the operation.

**SALT AND MILK.**—W. W. M.: We have never recommended salt, as a food or condiment, to any person under any circumstances, all assertions to the contrary notwithstanding. Nor have we ever recommended milk as the best food for an adult, whether sick or well.

**DIARRHEA AND BUTTERMILK.**—W. S. G.: "During the month of August, I was subject to diarrhea, induced, as I supposed, by drinking buttermilk. Since that time, I have several stools per day, with slight discharges of a jelly-like consistency. Appetite and digestion seem to be good. I should like to have your opinion of the cause and cure of my ailment. Would a damp cellar, insufficient exercise out of doors, or the smell of paint, produce my complaint? Or is it an effort of the system to rid itself of previously gathered ill-humors?"

The causes you mention, in connection with your previous habits of life, which you do not

mention, are sufficient to account for your malady, which is, as all diseases are, a remedial effort. The immediate cause of the discharges is hemorrhoids or piles. Use a small enema of cold water after each discharge; take the hip bath at 80° daily for ten minutes; take the wet-sheet pack for an hour once a week, and adopt a strictly fruit and farinaceous diet, entirely discarding milk, sugar, salt, and all other seasonings.

**MENORRHAGIA.**—A. T.: The hemorrhage may be owing to either one of several causes, as menses, polypus tumor, excrescences, cancer, &c. We could not prescribe without a personal examination. This patient should go to a health institution.

**WET HEAD CAPS.**—S. A. R.: This application is useful temporarily, on some occasions; but its constant employment for weeks and months is invariably injurious. You have already worn it too long, and the sooner you throw it away, the better.

**THE NATURE OF VITALITY.**—F. A. S.: We judge, from a careful perusal of your communication, that the proposed discussion with you would be only a waste of words. As you do not understand the subject well enough to state your propositions intelligibly, it is no use for you to undertake to enlighten our readers. We would recommend you to attend a term or two of the Hygieo-Therapeutic College.

☞ There can be no high, sustained, and healthy spiritual life here on earth, except in connection with habits of wise bodily discipline. Our religion can never be anything but a poor, puny, sickly growth, a mere effervescence of sentimentalism, until it is based on strict obedience to all the laws of our being, organic as well as spiritual. The Holy Spirit cannot work an impossibility. It can do little for the souls of men so long as they are kept under by depressing influences of vitiated bodily conditions. The temple must be cleansed, or the celestial visitant will not abide.—*Herald of Health.*

☞ When the physician told Theotimus that except he abstained from drunkenness and uncleanness, etc., he would lose his eyes, his heart was so wedded to his sins that he answered, "Then farewell sweet light." He would rather lose his eyes than leave his sins. So a man bewitched with sin would rather lose God, Christ, Heaven, and his own soul, than part with it.

### Why Do Children Die?

THE reason why children die, is because they are not taken care of. From the day of birth, they are stuffed with food, choked with physic, slashed with water, suffocated in hot rooms, and steamed in bedclothes. So much for indoor. When permitted to breathe a breath of pure air once a week in summer, and once or twice during the colder months, only the nose is permitted to peer into daylight. A little later, they are sent out with no clothes at all on the parts of the body which most need protection. Bare legs, bare arms, bare necks, girted middles, with an inverted umbrella to collect the air, and chill the other parts of the body. A stout, strong man goes out in a cold day with gloves and overcoat, woolen stockings, and thick, double-soled boots, with cork between, and rubbers over. The same day, a child of three years old, an infant of flesh and blood, and bone and constitution, goes out with hose as thin as paper, cotton socks, legs uncovered to the knees, neck bare, an exposure which would disable the nurse, kill the mother outright, and make the father an invalid for weeks. And why? To harden them to a mode of dress which they are never expected to practice. To accustom them to exposure, which a dozen years later, would be considered downright foolery. To rear children thus for the slaughter pen, and then lay it to the *Lord*, is too bad. We don't think the Almighty had any hand in it.—*Medical Recorder*.

### Life Lengthened.

1. Cultivate an equable temper; many a man has fallen dead in a fit of passion.
2. Eat regularly, not over thrice a day, and nothing between meals.
3. Go to bed at regular hours. Get up as soon as you wake of yourself, and do not sleep in the daytime, at least not longer than ten minutes before noon.
4. Work always by the day, and not by the job.
5. Stop working before you are very much tired, before you are "fagged out."
6. Cultivate a generous and an accommodating temper.
7. Never cross a bridge before you come to it; this will save you half the trouble of life.
8. Never eat when you are not hungry, nor drink when you are not thirsty.
9. Let your appetite always come uninvited.
10. Cool off in a place greatly warmer than

the one in which you have been exercising; this simple rule would prevent incalculable sickness and save millions of lives every year.

11. Never resist a call of nature for a single moment.

12. Never allow yourself to be chilled "through and through;" it is this which destroys so many every year, in a few days' sickness, from pneumonia, called by some lung fever, or inflammation of the lungs.

13. Whoever drinks no liquids at all will add years of pleasurable existence to his life. Drinking at meals induces people to eat more than they otherwise would, as any one can verify by experiment; and it is excess in eating that devastates the land with sickness, suffering, and death.

14. After fifty years of age, if not a day laborer, and sedentary persons after forty, should eat but twice a day, in the morning and about four in the afternoon; persons can soon accustom themselves to a seven hours' interval between eating, thus giving the stomach rest; for every organ, without adequate rest, will "give out" prematurely.

15. Begin early to live under the benign influence of the Christian religion, for it "has the promise of the life which now is, and of that which is to come."—*Journal of Health*.

DR. GAUTZ, a celebrated German physiologist, has been applying himself for some time past, to experimental investigations, for the purpose of ascertaining to what extent internal refrigeration is injurious to the system. Arguing from the extent and number of the epigastric vessels, and their extraordinary influence upon the general pressure of the blood, Dr. Gautz has been led to the conclusion that the extensive use of cold liquids must necessarily contract the minute arteries of the epigastric region, and the adjacent organs, thereby increasing the arterial pressure of the blood, and inducing hemorrhage of the lungs, apoplexy, and kindred diseases. A series of experiments upon dogs, seemed to give positive proof that such was the natural result. It has been suggested that the startling number of what are termed sun-strokes, which have occurred during the present season, may have been induced, to some extent, by the excessive consumption of ice-cold soda-water. Whether or not this idea has any genuine foundation, prudence would suggest a very guarded use of icy drinks at times when the system is in an overheated condition.

HE that loveth pleasure shall be a poor man.—*Prov*.



### Suggestions for the Sick Room.

HAVE a drinking tube or siphon, so that the patient can drink water, or any other fluid desired, even his gruel, without lifting the head from the pillow. Silver siphons, bent in convenient shape, and with a spur to hold them to the side of the bowl or cup, can be obtained; but straight glass tubes answer an excellent purpose. If neither of these can be readily found, I believe a large, clean straw would do well, though I never saw it tried.

If the patient coughs and raises, or from any cause is under the necessity of spitting often, have a hand-spittoon or cup, so that he shall not be obliged to raise himself and lean over the edge of the bed. However, if one is very feeble, a folded towel or any old cloth is more convenient still.

Be sure to keep the feet warm. If wrapping in a heated blanket will not do, put to the feet a two quart jug, filled with hot water, securely corked, and put in a flannel bag or wrapped in flannel.

Give to your patient the luxury of cleanliness. Even though you do not use baths for remedial purposes, wash the entire surface of the body as often as once in two or three days.

Have pure, soft water, comfortably tepid, and go over the body, washing and wiping small portions at a time, while the other parts are covered. A warm foot-bath is often a great comfort to the sick one. Even when he cannot sit up, a keeler of hot water may be set right on the bed, on a bit of rubber cloth, or old comfortable, the knees being bent, the feet can be placed in the water for ten or fifteen minutes, the air being excluded by a blanket thrown over the whole. Then wipe the feet with a cool, wet towel, then with a dry one, and wrap in warm flannel.

Have the clothing clean. If fresh linen is pleasant to one in health, think how grateful it is to the sick. Do not be sparing of the laundress; but the sheets and bed-gown may be used much longer by having two sets, hanging up those used in the night to air in the morning, and at night airing those used during the day. Whether the patient be man or woman, have a nightgown with long sleeves, and reaching the feet, and then have no garment, either chemise or shirt, underneath. This is altogether the most comfortable bed costume.

Let no long intervals pass without thoroughly airing, and, if possible, sunning the mattresses, blankets, and comfortables. If it is unwholesome for a well person to occupy a

bed where one has lain sick for a week, it is just as unwholesome for the sick one to lie there continuously.

Place the lighted lamp or candle so that its light will not fall in the eyes of the patient, or else place a book, map, paper, or other screen, so as to shade them.

If the sick one is a woman with long hair, and you cannot afford to cut it off, save it from tangling by braiding, or else, leaving it unbraided, tie it near the ends.

Introduce no topic of conversation, and tell no news of an unpleasant nature, in the sick room.

Talk only of cheerful things, and do not talk too much, at that; and do not let the sick one talk too much. Wear a cheerful, hopeful face; and keep yourself in positive relations to life. If possible, go out into the open air every day and bring in with you as much of the freshness and sunshine of the beautiful outside world as you can, and let these come in, too, through the windows.—*H. N. Austin, in Laws of Life.*

THE HOME OF TASTE.—How easy it is to be neat—to be clean! How easy to arrange the rooms with the most graceful propriety. How easy it is to invest our houses with the truest elegance. Elegance resides not with the upholsterer or the draper—it is not put up with hangings and curtains—it is not in the mosaics, the carpetings, the rose-wood, the mahogany, the candelabra, or the marble ornaments; it exists in the spirit presiding over the chambers of the dwelling. Contentment must always be most graceful; it sheds serenity over the scenes of its abode, it transforms a waste into a garden. The home lightened by these intimations of a nobler and brighter life may be wanting in much which the discontented desire; but to its inhabitants it will be a palace, far outvying the Oriental in brilliancy and glory.—*The Household.*

AN Irishman had been sick a long time, and while in that state would occasionally stop breathing, and life be apparently extinct for some time, when he would come to again. On one of the occasions when he had just awakened from his sleep, his friend asked:

“An how'll we know, Jimmy, when yer dead! yer after wakin up ivery time?”

“Bring me a glass of whisky, and say, Here's to ye, Jimmy, and if I do n't rise up and drink, then bury.”

HE who sows courtesy, reaps kindness.

## The Health Reformer.

Battle Creek, Mich., February, 1871.

### Health Reform.—No. 4.

ITS RISE AND PROGRESS AMONG SEVENTH-DAY  
ADVENTISTS.

BY ELD. JAMES WHITE.

"I have many things to say unto you; but ye cannot bear them now." John 16:12.

WHEN the subject of restricted diet and two meals only each day was first introduced among Seventh-day Adventists, it met with great favor with the majority. This was owing, in a great measure, to the manner in which it was presented. Mrs. W. was the first to speak out upon this subject among our people. She accompanied us from State to State, and spoke to our people once or twice at each of our large State gatherings. She did not stop to get up a quarrel with doctors, or any one else; but presented the great benefits and blessings to be derived from changing from bad habits of life. She appealed to the people upon the subject of Christian temperance from a Bible standpoint. She spoke to large congregations of men and women who held the Bible as the highest and safest authority. The subject was a fruitful one, and in a happy, earnest style, she addressed hundreds, nearly each week. Those who objected to her teachings were few, and far between. And many immediately left the use of flesh-meats, and adopted two meals only each day. Several of our preachers, who had been afflicted with various diseases, soon reported a better state of health as the result of changing their habits of life. The growing interest was very general.

In the year 1865, Mrs. W. prepared a work of 400 pp., entitled, "How to Live." It was first issued by the Seventh-day Adventist Publishing Association, Battle Creek, Mich., in six pamphlets, to subscribers. These were devoted, one each, to the several questions, of food, baths, drugs, air, clothing, and proper exercise. They each contained a lengthy article by Mrs. W., on "Diseases and their Causes." But they were made up chiefly from the most spirited and valuable articles

and extracts from Trall, Jackson, Graham, Dio Lewis, Coles, Horace Mann, Gunn, and many others. A very large edition of these six pamphlets was printed, and a portion of the edition was bound in a neat volume, and has had a large sale. This work was readable, and well adapted to the wants of the people. It has also had a wide circulation outside of Seventh-day Adventists, and its influence for good in calling the attention of the people to the subject of health reform, can hardly be estimated.

Beside this series of pamphlets, Seventh-day Adventists have kept for sale at their Office of publication the works of Trall, Jackson, Graham, Horace Mann, and others, which have had an extensive sale. The simple article of bread-pans, so commonly in use among health reformers, for baking unleavened cakes, has had an enormous sale. We have sold tons of them.

About this time Mrs. W. prepared a little work of 64 pp., entitled "An Appeal to Mothers. The Great Cause of the Physical, Mental, and Moral Ruin of Many of the Children of our Time." A very large edition of this work was published and sold by the S. D. A. P. A. Very many personal friends purchased and scattered this work very widely because of the confidence they had that the author was especially taught of the Lord. Others assisted in its circulation because of the truth which it earnestly set forth. Tens of thousands of the youth have read this pamphlet, and very many have been reformed by it, as they have given the clearest evidence. Thousands of mothers have had their attention called to the importance of taking every precaution to save their young children from falling into the terrible practice of self-pollution. The warning has been faithfully given, and its good results are already evident in many.

In the early part of 1865, we were fully satisfied that we had received great benefits from adopting the principles of health reform as far as we understood them. We had been affected with rheumatism, and difficulties of the stomach and head. These were disappearing, and we enjoyed a clearness of thought, freedom of spirit, and physical activity and

strength, that led us to intemperance in labor. And we added to our former arduous labors, an active effort to teach the people the principles of health reform. This we put forth in the form of lectures upon the subject in the morning, and between religious services, at our State Conferences.

At this time when we were making important changes, our labors should have been decreased, instead of being increased. We were exploring a new field, ignorant of the dangers to which we were fearfully exposed. Ardently we labored on, and after a constant strain of mental and physical powers, one morning as we were enjoying our usual walk, we suffered a stroke of paralysis, which affected the right arm, rendering it useless for a short time, and also the brain and power of speech so far that we could utter but one word to faithful friends who gathered around; namely, Pray. After a short season of prayer, relief came, so that we could raise the paralyzed arm, and could imperfectly converse. But dyspepsia in its worst form, followed; and we run down in three months from one hundred and ninety pounds in weight to one hundred and thirty-five pounds. In this miserable condition we continued about one year.

During the fifteen months of our severe sickness, Mrs. W. was by our side; and, of course, during that period she was silent, as far as public labors were concerned. And the work of pushing forward the health reform among Seventh-day Adventists devolved upon others. And, some of those who undertook to guide the movement were so unfortunate as to adopt extreme positions, and, in some localities, brought great reproach upon the good cause of health reform.

These extremes operate against the cause in two ways: First, they cause a great amount of general prejudice; and, second, they are allowed to form an excuse in the minds of many who are but partly converted to the reform to draw back to their former habits of life. In justice to ourself and Mrs. W., it is proper to here state that neither of us have taken a position from which we have seen it necessary to draw back. We have ever viewed it a great misfortune for

reformers, who labor to move minds in any good cause, to err, and run to extremes. Our work is to move the people. And the more we reach, the more good we accomplish.

If reformers must err at all, it is safest for their own influence, and much the better for those they would help, for them to err on the side nearest the people. If they err on the side farthest from the people, they at once place themselves where they cannot reach the people at all. Some may be satisfied with fighting it out in defense of extreme positions, with the few who adhere to the same, and leave all of the rest of the world uninstructed in relation to the broad principles of health reform. But such a course does not meet our feelings.

One thing is certain, that teachers should practice their own teachings, before they urge them too earnestly upon the people. And then, when they become fully established, and live strictly their own sentiments, and learn to value them highly, and feel the importance of teaching them to others, they should labor judiciously to lift the people up to them. Have they reached a firm footing above their friends? And do they rejoice in a higher position than they occupied but yesterday? Then they should remember the "hole of the pit" from which they have just been taken. We were all but partial health reformers once. The cause is a progressive one. As we advance, let us take as many of the people with us as possible.

Changes, especially in diet, should be made carefully. As we have traveled east and west among our people, we have frequently met with laboring men who had dispensed with the use of milk, sugar, and salt, altogether. Some of these gave evidence of failing health. We have advised them to return to a very moderate use of these, and have known them to immediately regain their usual strength. To us this is no evidence that the common use of milk, sugar, and salt, is best. No, we think the general use of them is very injurious, and that all should dispense with them as fast, and as far, as possible, without endangering health. The common use of salt we regard as a terrible evil. It is so objectionable that the gratifi-

cation of taste should have nothing to do with determining the quantity. The abundant use of sugar we regard worse than a moderate use of beef or mutton. In the case of the loss of appetite, and some conditions of the system, salt may be used, if the persons using it are constantly guarded to see how little they can use without sustaining loss. The same may be said of sugar, while the purest cow's milk, as commonly taken with bread, cannot be regarded a good article of food.

Our appetite is always keen fourteen times each week. Bread and apples constitute a good dinner on the cars, or anywhere else. Mrs. W. needs something more. We should, doubtless, suffer no loss in dispensing with sugar, salt, and milk. We could not, however, recommend the total abstinence of these to all the members of our family. We use daily some salt, and some sugar. But the quantity is decreasing. Health reform is onward and upward, not backward and downward. But those who lead the people in this reform should remember that they were but partial reformers once, and that it has taken time for them to reach their present position.

"We were all babies once," said a fat old generous landlord, in Detroit, twenty-one years since, as we asked for a room in his house where our crying child would not disturb his guests, "make yourself at home in the parlor, sir." What a relief to Mrs. W.; and, certainly, we felt much easier, and the babe seemed to partake of our relieved feelings, and was soon quiet.

Friends of the health reform should not forget, that in this cause, we were all beginners once, and that we have followed the light step by step. We must not leave in the distance those who have not traveled as fast as we have. We must stand just where we can help those who most need help.

VARIOUS poisons have an affinity for special parts of the human body. Lead attacks the wrists; manganese, the liver; oil of tobacco, the heart; arsenic, the mucous membrane; and alcohol is said to have an especial affinity for the brain.

### Mothers and Their Daughters.

SOME mothers are at fault in releasing their daughters from toil and care. By so doing they encourage them in indolence. The excuse these mothers sometimes plead is, "My daughters are not strong." But they take the sure course to make them weak and inefficient. Well-directed labor is just what they require to make them strong, vigorous, cheerful, happy, and courageous to meet the various trials with which this life is beset.

Mothers, labor will not injure your daughters so much as indolence will. Do they feel weary at the close of their day's duties? A night's rest will refresh and invigorate them, and in the morning they will be prepared to engage again in useful labor.

Many mothers are too ready to shield their delicate, ease-loving, pleasure-seeking daughters from care and responsibility, as though they feared that a little care would injure them. These mothers make a sad mistake. In lifting responsibilities from their daughters, they make them inefficient for useful labor, and render them useless so far as practical life is concerned.

Their education has a tendency to make them thoughtless of others. They are frivolous, and, perhaps, vain. Their minds are occupied with themselves. Their own amusements and selfish gratifications are their chief study. They become proud, unteachable, and unamiable. They fancy themselves delicate in health, when they have the powers within them, if called into exercise, to make useful, working women.

Indolence is a curse to them. They learn the fashionable simpering and artificial lisping, so common with spoiled young ladies. Affectation is seen in almost every action. They are amused with themselves, and are thoughtless of others. They live upon the plenty which surrounds them in their parental homes, and depend upon the bounty given them of their parents. They lean upon parental strength, and fail to acquire the power of depending upon themselves. And those of this class are unprepared for the stern realities of life. They make no provision for the losses and disappointments of this inconstant life. They may be deprived of property, and of parents. What, then, will they lean upon? They have not acquired a principle of self-support, of noble independence and self-reliance, and they droop through murmuring, disappointment, and discouragement. They may then regret the defects in their education, and blame their mothers for them. These are some of the

many fruits of a mother's mistaken fondness.

Inactivity weakens the system. God made men and women to be active and useful. Nothing can increase the strength of the young like proper exercise of all the muscles in useful labor. But the indulgent mother frequently sacrifices her life in her misguided affection for her children. And are they, in any way, benefited by the great sacrifice of the precious strength of the mother? No; they are positively and permanently injured. They are taught to think and care only for themselves. "Just as the twig is bent, the tree inclines."

Especially is this the case with those daughters who are more directly under the influence of the mother. She should instruct her daughters not to yield to indispositions and slight ailments. If they complain of inability to labor, they should not be urged to eat. They should be taught that if they are unable to perform light labor, the system is not in a condition to take care of food. They should fast for one or two meals, and drink only pure, soft water. The loss of a meal or two will enable the overburdened system to overcome slight indispositions; and even graver difficulties may be overcome by this simple process.

It is very injurious for persons in full flesh to lie in bed, simply because they feel sick. Some, even while thus inactive, eat regularly. The physical, mental, and moral powers are enfeebled by indolence.

Mothers, if your daughters are surrounded with plenty, do not make this an excuse for neglecting to give them an education in the useful branches of household labor. Do not encourage in them indolence, or allow frivolous employment of their time. You should help your children to acquire a knowledge, that, if necessary, they could live by their own labor. You should teach them to be decided in following the calls of duty.

Young friends, learn to lean upon divine strength. All other, in comparison with this, is feebleness. Although you may feel weak, you may look to God by faith, for energy to make your efforts efficient. In the strength of your Redeemer, you can follow in the path of duty. You can stand in his strength self-reliant, with noble independence, working with diligence to develop good physical, mental, and moral strength. You can do this while you depend upon the grace of your Redeemer to aid you in your efforts. Follow in the path of duty, and you may be assured that the dangers, trials, toils, and conflicts, of life, will never intrude their dark

shadows in the mansions Christ is preparing for the faithful.

"And God shall wipe away all tears from their eyes, and there shall be no more death, neither sorrow, nor crying; neither shall there be any more pain; for the former things have passed away."

ELLEN G. WHITE.

#### Good Advice to Mr. Thomas.

DEAR REFORMER: Will you allow me to explain to "J. H. Thomas," who writes in your November issue of the difficulties he has to encounter in regard to dressing his daughter properly, how he might have accomplished the same good without being "written down as a tyrannical husband"? He might have said to "Mrs. T.," "Wife, I cannot consent to do wrong for the sake of satisfying society. Our child must wear high boots and long, warm pants, or drawers, because the laws of life and health demand it. I know that you have an equal interest in our child's welfare, and I would willingly yield to your view, could I conscientiously do so; but I cannot; for I am convinced that it is not right for girls to be dressed so that the lower limbs have not sufficient protection. Wife, I will not insult my own manhood, nor your womanhood, by claiming to be 'the head of the family,' and to have a right to settle matters according to my own will merely, when our mutual interests are involved, and your will is as truly worthy of my respect as mine is of yours. But in this matter it is *conscience*, not *will*, that speaks. I must ask you to acquiesce in my plan; for I cannot consent that our child shall be dressed unhygienically; but when next a difference of opinion arises between us of corresponding gravity, I can assure you that, unless conscience forbids, my will shall yield to yours. You shall not make all the sacrifices of will and feeling. I will endeavor to deserve the name of a true husband." M.

#### An Item.

DEAR REFORMER: Though but a "private" in the ranks of health reform, my experience during the five years since I enlisted, has been varied and interesting.

Several cases of severe illness in our own family have been successfully treated, which has given a decided, onward impetus to the "true healing art." Individuals and families are becoming wholly or partially converted, and your pages are found in several households

where but recently all was drugs and darkness.

Not long since, the writer was treating a child with "lung fever." It was the mother's first trial, and that clandestinely from her husband and the physician who visited his patient every day. Said she, "If my child gets well, I shall take the REFORMER." Of course she takes it.

Since then, another has been dangerously ill with the same complaint, which readily succumbed to the treatment; and now the father is a "believer."

S. H. BONFOEY.

*Van Buren Co., Mich.*

### Neglecting Our Bodies.

"AH," says one, "there is little danger of our doing that in this fashionable era. We are neglecting our bodies in more ways than one. The wheels of truth move more slowly on toward conquest. Among the most common of these ways are, neglecting to clothe and feed our bodies properly, and denying them nature's most effective antidotes against disease—pure air and pure water.

Most of us wear clothing enough, but somehow we do not succeed in making our bodies comfortable. A tight waist, or a tight shoe, impedes the free circulation of the blood, and so torments us for the time, besides working all the while at nature's fortifications until some point is sufficiently weakened to be easily captured, and forever after held a prisoner by disease. If fashion so decrees, we expose our bodies to imminent danger and innumerable evils by wearing too much or too little clothing, and even if we avoid extremes and try to dress sensibly, or as conscience requires, we do not dress as *health and comfort demand.*

With regard to eating, we are just as guilty, or ignorant, as the case may be. We turn away from simple, healthy food, to gorge ourselves with unwholesome mixtures, invented by those who do not understand nature's laws, or the evils resulting from transgression; and then if our intellects are weak, our dispositions unpleasant, we lay the blame at nature's door, and attribute our bodily suffering to Providence, instead of to the irritating, unhealthy food we are crowding our stomachs with.

We spend money for something to quench our thirst, and that something, if nothing worse than tea or coffee, is an injury to us, when pure cold water, the beverage God intended us to use, is, or might be, within the reach of all. Only those who use it freely

and wisely know how to prize its invigorating, health-giving qualities.

We spend money, too, some of us a great many dollars, in fitting up our homes, and we consider them comfortable only when we have succeeded in shutting out one of God's choicest blessings—pure, fresh air. We shut ourselves up, night after night, in poorly-ventilated rooms, and when morning comes, we do not allow our lungs to throw out the foul, and drink in the pure, air; and then we wonder why we feel so dull and weak. We see that we are growing old very fast, and somehow the world looks so dark, so full of trouble, that we feel discouraged, and we cannot help looking sober, and the young say, "Well, if Christians have reason for looking so gloomy, I do n't want to be one."

I tell you, friends, we are putting a great stumbling-block in the way of sinners, just by neglecting to care for our bodies properly. Who does not know that a *healthy, happy* Christian will do more good than a gloomy, sickly one?

Can we expect to reach the heights and depths of Christian joy and peace, unless we keep our bodies, the Holy Spirit's temple, as pure as God intended them to be?

By-and-by there will come a time when we shall see what we *might have been*, what we *might have done*, if we had only taken better care of our bodies. We shall see how many more souls we might have been instrumental in saving, how many more stars we might have won for our crown; but then it will be too late. It is not too late now. There is time to work, time to get more wisdom. Shall we not improve it?—JENNIE E. GOFF, in *Earnest Christian.*

### Dress and Freedom.

ONE of the first principles of dress regarding health is, *that all portions of the body should be evenly covered*, so that there shall always be a free and uninfluenced circulation. As women dress now, the great amount of clothing worn about the lumbar regions of the body, which at all times keeps that portion of the body warm, even when the extremities may be nearly frozen, produces a powerful determination of blood to those parts. These parts being a large share of the time kept at a very much higher temperature than any other portion of the body, the extremities are deprived of the vitality requisite to continue healthy conditions. And when we remember that with this over-dress of central parts of the body, the neck, shoulders, and upper parts of the breast and back, have been

almost deprived of covering, which, when allowed, has been of the nearest approach to nothing, we need not wonder that there are so many frail women, weakly wives, and fragile or scrubby children.

The same is also true of the dressing of the feet, which, of all parts of the body, can least bear uneven exposure. A person may possess vitality enough to bear the exposure of the upper parts of the body, which are near the center of circulation; but a person who has cold feet habitually, cannot retain health for any length of time; and, with women, nothing is more conducive to all forms of irregularities than this foolish, criminal practice of light dressing for the feet and ankles.

These practices, if allowable or permissible at all for women of fashion, who are never obliged to expose themselves, cannot be tolerated a moment by the sensible business woman. She requires the same degree of protection, and even more, than men. Yet, what is more common of a rainy morning or evening than to see hundreds of shop women going to, or returning from, business with nothing but thin-soled, lasting gaiters on their feet, and with wet skirts dragging their limbs? If this is morning, they remain all day in this condition, which practice continued sufficiently long, will, in every case, produce its legitimate results.

Again: What sense is there in long skirts for business women at any time? 'Tis true that they are pretty nearly all the dressing or protection the lower limbs have; but what kind of protection? Sufficient, perhaps, when worn for nothing but to hide the limbs; but what against dampness, dust, and the bleak, wintry winds? Against these, clothing more nearly adjusted to the limbs is required; so that it comes down to this at last: that long skirts are worn, not for clothing, but for the purpose of hiding the limbs. Dress is either for the purpose of protection or for disguise. If for the last—and it is indelicate or revolting to the nature of woman to so dress her legs that they can be free to perform the functions of locomotion—why should it not be just as indelicate to go with arms naked to the shoulder, as thousands do who would scream if their leg to the knee were exposed? And why should it not be considered a hundred-fold more indelicate to expose, virtually, their breasts to the waist, as thousands do, than it is to tastefully and reasonably dress their legs?

The fact of the case in this matter of female dress is, that a blind and foolish custom has decreed that women must wear skirts to

hide their legs, while they may, almost *ad libitum*, expose their arms and breasts. For our part, we can see no more indelicacy in a properly clad leg, than in a properly clad arm; but we can see a deal of sentimental and hypocritical mock modesty in the custom which demands skirts, and allows bare arms, shoulders, and breast. It is time to call things by their right names, and to be honest enough to speak the truth about these things, which are fettering and diseasing women, and producing a generation of sickly children. If those who affect a great deal more modesty and delicacy than they are willing to allow that those have who are bold enough to discuss this question truthfully, vent their spleen and show their virtuous indignation by calling us bad names, we simply assure them that our estimation of truth, and our desire to promote the true interests of our sex, rise far above all care for whatever they may say or think.

When women take the equality which we are showing they are entitled to under our Constitution, just as it now is, it is to be hoped that they will also exercise the right to dress themselves according to the requirements of their callings, even if that demands the proscription of the skirts with which women have been dragged to death so many years.—*Western Sunday Review*.

### On Sleeping.

THERE are thousands of busy people who die every year for want of sleep. It may be that too much sleep injures some; but in an excitable people, and in our intense business habits, there is far more mischief for want of sleep, than from too much of it. Sleeplessness becomes a disease. It is the precursor of insanity. When it does not reach to that sad result, it is still full of peril, as well as of suffering. Thousands of men have been indebted for bad bargains, for lack of courage, for ineffectiveness, to loss of sleep.

It is curious that all the popular, poetical representations of sleeping and waking are the reverse of the truth. We speak of sleep as the image of death, and of our waking hours as the image of life. But all activity is the result of some form of decomposition in the body. Every thought, still more, every emotion, any volition wastes some part of the nervous substance, precisely as flame is produced by wasting the fuel. It is the death of some part of the physical substance that produces the phenomena of intelligent and voluntary life.

On the other hand, sleep is not like death;

for it is the period in which the waste of the system ceases, or is reduced to its minimum. Sleep repairs the wastes which waking hours have made. It rebuilds the system. The night is the repair-shop of the body. Every part of the system is silently overhauled, and all the organs, tissues, and substances, are replenished. Waking consumes, sleep replaces; waking exhausts, sleep repairs; waking is death, sleep is life.

The man who sleeps little, repairs little; if he sleeps poorly, he repairs poorly. If he uses up in the day less than he accumulates at night, he will gain in health and vigor. If he uses up all that he gains at night, he will just hold his own. If he uses more by day than he gathers at night, he will lose. And if this last process be long continued, he must succumb. A man who would be a good worker, must see to it that he is a good sleeper. Human life is like a mill; sometimes the stream is so copious that one needs care but little about his supply. Now, often the stream that turns the mill needs to be economized. A dam is built to hold a larger supply. The mill runs the pond pretty low through the day, but by shutting down the gate, the night refills the pond, and the wheels go merrily around again the next day. Once in a while, when spring rains are copious and freshets overflow, the mill may run night and day; but this is rare. Ordinarily the mill should run by day, and the pond fill up by night.

A man has as much force in him as he has provided for by sleep. The quality of action, especially mental activity, depends upon the quality of sleep. If daytime is the loom in which men weave their purposes, night is the time when the threads are laid in, and the filling prepared.

Men need, on an average, eight hours of sleep a day, or one-third of their whole time. A man of lymphatic temperament may require nine. A nervous temperament may require but seven, or six, and instances have been known in which four hours have been enough. The reason is plain. A lymphatic man is sluggish in all his functions. He moves slowly, thinks slowly, eats slowly, digests slowly, and sleeps slowly; that is, all the restorative acts of his system go on slowly, in analogy with his temperament. But a nervous man acts quickly in everything, by night or by day. When awake, he does more in an hour than a sluggish man in two hours; and so in his sleep. He sleeps faster, and his system nimbly repairs in six hours what it would take another one eight hours to perform.

Every man must sleep according to his temperament. But eight hours is the average. If one requires a little more, or a little less, he will find it out for himself. Whoever by work, pleasure, sorrow, or by any other cause, is regularly diminishing his sleep, is destroying his life. A man may hold out for a time. But nature keeps close accounts, and no man can dodge her settlements. We have seen impoverished railroads that could not keep the track in order, nor spare the engines to be thoroughly repaired. Every year track and equipment deteriorated. By-and-by comes a crash, and the road is in a heap of confusion and destruction. So it is with men. They cannot spare time to sleep enough. They slowly run behind. Symptoms of general waste appear. Premature wrinkles, weak eyes, depression of spirits, failure of digestion, feebleness in the morning, and overwhelming melancholy—these and other signs show a general dilapidation. If, now, sudden calamity causes an extraordinary pressure, they go down under it. They have no resources to draw upon. They have been living up to the verge of their whole vitality every day.

There is a great deal of intemperance besides that of tobacco, opium, or brandy. Men are dissipated to overtax their system all day, and under sleep every night. Some men are dissipated by physical stimulants, and some by social, and some by professional and commercial. But a man who dies of *delirium tremens* is no more a drunkard and a suicide, than the lawyer, the minister, or the merchant, that works excessively all day, and sleeps but little all night.—H. W. Beecher.

BE KIND IN LITTLE THINGS.—The sunshine of life is made up of very little beams, that are bright all the time. In the nursery, on the play-ground, and in the school-room, there is room all the time for little acts of kindness, that cost nothing, but are worth more than gold or silver. To give up something, where giving up will prevent unhappiness—to yield, when persisting will chafe and fret others—to go a little round rather than come against another—to take an ill word or a cross look, rather than return it; these are the ways in which clouds and storms are kept off, and a pleasant, smiling sunshine secured even in the humble home, among very poor people, as in families in higher stations. Much that we term the miseries of life would be avoided by adopting this rule of conduct.—*The Household*.



### The Health Reform—Is it Safe?

SOME of my friends, knowing that I was in poor health this winter, have suggested that I was carrying out the health reform too rigidly, and that it would be necessary for me to "back down!" Now I wish to give a little of my experience for their benefit.

Five years ago I was utterly broken down; just able to do a little manual labor; voice failing; never expecting to preach any more. And all my acquaintances considered my public labors at an end. That it may be understood how difficult it was for me to recuperate, how little to be expected was such an event, I will say that I inherited inflammatory rheumatism from my mother, being afflicted with it from infancy, and have suffered exceedingly, much of my life, from this cause. All physicians know that it is almost impossible to eradicate inherent diseases. I was also suffering from bronchitis and asthma, both of long standing. And hernia, added to the above, stood in the way of any hope of a speedy recovery. Just at that time the health reform was introduced among the Seventh-day Adventists, and I embraced it fully, adopting it in some points faster than most of our people, at that time. And now mark the result: In a few months I took my place with other preachers, speaking alternately with them, doing full as much work as our ministers generally do, which is not small, writing for the *Review, Instructor, and REFORMER*. In the years 1867-8, and 9, I did a great amount of labor, enjoying at least ordinary good health.

One point on which I reformed, was *writing by lamplight*. In this respect I had been a great transgressor. The amount of writing on my hands in 1869 induced me to depart from my rule, till, finally, at the time of a discussion in Chelsea, Mass., I was obliged to write a large part of successive nights; and the habit being thus broken up, was little regarded for sometime thereafter. This I look upon as a serious infringement, and has had much to do with my prostration. Still I tried to labor on, till some of my old complaints developed themselves, and I have, of late, been seriously afflicted with rheumatism. And now, behold, the health reform is thought to be in fault!

I am willing to rest the case with all acquainted with my circumstances, yes, with all candid persons, that the health reform has been the sole means whereby, in the providence of God, I have been enabled to do so much work for five years past. Without its

aid I should have done little or nothing during that time, if, indeed, I should have kept out of my grave. Back down on health reform! Let them talk of it who do not know its value. My only regret is that I have not been able, in all my travels and labors, to carry out its principles more perfectly.

I firmly believe that if my parents had lived as I have tried to live for the past five years, and I had been instructed and trained in health reform as many of the children of Seventh-day Adventists now are, I would now be a vigorous man in the very prime of life, instead of being broken down, with my vitality so nearly exhausted. Heartily can I reiterate the words of another, "Thank God for the health reform."

J. H. WAGGONER.

Battle Creek, Feb. 6, 1871.

### Sleeplessness in Infants.

By far the most common cause of restlessness at night is *injudicious feeding*, the child being stuffed with food, which, although not necessarily in itself injurious, is yet illy adapted to the nourishment of the particular infant to whom it is given. It is a common practice among mothers—especially those of the poorer classes—to make up for any deficiency in the amount of breast milk by farinaceous food, long before the digestive power of the child is suited to such a diet. The stomach of an infant of about two months old is thus often filled with a mass of starchy matters, which the absence of saliva will not permit him to digest. This mass, fermenting in his bowels, is a source of continual discomfort until it is evacuated. Even when cow's milk is used in addition to breast milk, it is frequently illy digested, although diluted with water. The clot formed by the coagulation of cow's milk is particularly firm and solid, and differs very much in that respect from the clot of human milk, which is exceedingly light and flocculent. In very young infants, therefore, and in older infants of delicate stomachs, the digestive juices can make little impression upon the mass of curd. Feeding so conducted cannot be continued for long together, without producing very evident signs that the nutrition of the body is no longer efficiently maintained. The child, deriving very little nourishment from the food, which, however, he eagerly swallows, will soon begin to waste, in spite of his voracity. But, before nutrition has become impaired so decidedly as to produce emaciation, certain symptoms are noticed, showing the uneasiness of the digestive organs; and

one of the earliest of these signs is restlessness at night. The child starts out of his sleep, crying violently. His skin is hot, his belly tense, his upper lip livid, and drawn up at the corners, and the griping pains from which he is suffering are shown by the violent contortions of his body, and the uneasy, jerking movements of the limbs. Even when taken up into the arms of his mother, he is not pacified; but breaks out into piercing cries, which nothing is able to quiet until he becomes exhausted. Other signs of his unsuitable food consist in frequent hiccough, flatulence, sour eructations, and constipations. The sluggishness of the bowels is due to excessive secretion in the alimentary canal, excited by constantly renewed irritation of its lining membrane. The mucus being coagulated by the acid, resulting from the decomposition of starchy matters, covers the masses of food, and lines the inner surface of the bowel, so that the slippery surfaces glide over one another, and the contents of the intestine are not forced along. The stools themselves consist of little round masses, remarkably firm, and of a yellowish color, exhibiting, when crushed, a cheesy appearance. They are evidently composed of curds and undigested farinaceous matter. The smell is often offensively sour, and they are accompanied by a considerable quantity of tough mucus, either covering the little lumps, or appearing in the form of strings, which have been mistaken for portions of parasitic worms.

The cause of wakefulness at night is so excessively common, that in every case where this distressing symptom is complained of, inquiry should at once be made into the diet of the infant, so that, by a proper adjustment of the quality and quantity of his powers of digestion, the child may be supplied with a diet which he is able completely to assimilate. When this has been done, and the bowels have been assisted by a gentle laxative, to expel the undigested contents, the improvement is immediate; the child sleeps soundly, and his irritability ceases at once.

It must be remembered that plumpness in an infant is no proof that his feeding is judiciously conducted. Badly fed children may be exceedingly fat, as we sometimes see in cases of commencing rickets, where the adipose tissue is in great excess, although the general nutrition of the body is by no means satisfactory.—*British Medical Journal*.

RETRACE your steps when you have done wrong; it is nobler to retract, than sustain a bad cause.

### Protect Your Eyesight.

MILTON'S blindness was caused by overwork and dyspepsia. One of the most eminent divines, having for some time been compelled to forego the pleasure of reading, spent thousands of dollars in value, and lost years of time in consequence of getting up several hours before sunrise and studying by an artificial light. He never got well.

Multitudes of men and women have made their eyes weak for life by the too free use of their eyesight, reading small print and doing fine sewing. In view of these things, it is well to observe the following rules in the use of the eyes:

Avoid all sudden changes between light and darkness.

Never read by twilight on a cloudy day.

Never sleep so that, on waking, the eyes shall open on the light of the window.

Do not use the eyesight by light so scant that it requires an effort to discriminate.

Never read or sew directly in front of the light of the window or door.

It is best to have the light fall from above, obliquely over the left shoulder.

Too much light creates a glare, and pains and confuses the sight. The moment you are sensible of an effort to distinguish, that moment stop and talk, walk, or ride.

As the sky is blue and the earth green, it would seem that the ceiling should be a blueish tinge, the carpet green, and the walls of some mellow tint.

The moment you are instinctively prompted to rub the eyes, that moment cease using them.

If the eyelids are glued together on waking up, do not forcibly open them, but apply the saliva with the finger, and then wash your eyes and face in warm water.—*Sel.*

COMMUNION WINE.—Dr. Jewett, the temperance lecturer, says: "Express the juice from the ripe, undecayed grape, raise it to the boiling point, and seal it—exactly as the ladies can fruit—and you can keep it sweet any length of time. There is not the least necessity for tempting weak brethren at the communion table with alcoholic wines." No; nor stronger brethren either. One hundred thousand men and women are yearly sent to prison in consequence of strong drink.—*Ex.*

—Alluding to chignons, Mrs. Clever said: "A little girl now seems all head." "Yes, till you talk to her," responded Clever.

## PRAYER AND POTATOES.

"If a brother or sister be naked, or destitute of daily food, and one of you say unto them, Depart in peace, be ye warmed and filled; notwithstanding you give them not those things which are needful to the body; what doth it profit?" James 2:15, 16.

An old lady sat in her old arm chair,  
With wrinkled visage, but well-combed hair,  
And hunger-worn features;  
For days and for weeks her only fare,  
As she sat in her old arm chair,  
Had been potatoes.

But now they were gone; of bad or good  
Not one was left for the old lady's food,  
Of those potatoes;  
And she sighed and said, "What shall I do?  
Where shall I send, and to whom shall I go,  
For more potatoes?"

And as she thought of the deacon over the way,  
The deacon so ready to worship and pray,  
Whose cellar was full of potatoes,  
She said, "I will send for the deacon to come;  
He'll not much mind to give me some  
Of such a store of potatoes."

And the deacon came over as fast as he could,  
Thinking to do the old lady some good,  
But never for once of potatoes.  
He asked her at once what was her chief want,  
And she, simple soul, expecting a grant,  
Immediately answered, "Potatoes."

But the deacon's religion did n't lie that way;  
He was more accustomed to preach and pray  
Than to give his hoarded potatoes.  
So, not hearing, of course, what the old lady said,  
He rose to pray with uncovered head,  
But she only thought of potatoes.

He prayed for patience, goodness, and grace;  
But when he prayed, "Lord, give her peace,"  
She audibly sighed—"Give potatoes."  
And at the end of each prayer which he said,  
He heard, or thought he heard, in its stead  
That same request for potatoes.

Deacon was troubled—knew not what to do;  
'Twas very embarrassing to have her act so,  
And about those carnal potatoes.  
So ending his prayers he started for home;  
The door closed behind, he heard a deep groan,  
"Oh! give to the hungry potatoes!"

And the groan followed him all the way home,  
In the midst of the night it haunted his room,  
"Oh! give to the hungry potatoes!"  
He could bear it no longer; arose and dressed,  
From his well-filled cellar taking in haste  
A bag of his best potatoes.

Again he went to the widow's lone hut;  
Her sleepless eyes she had not yet shut;  
But there she sat in her old arm chair,  
With the same wan features and mournful air;  
And entering in, he poured on the floor  
A bushel or more from his goodly store  
Of choicest potatoes.

The widow's heart leaped up for joy,  
Her face was haggard and pale no more;  
"Now," said the deacon, "shall we pray?"  
"Yes," said the widow, "now you may."  
And he knelt him down on the sanded floor,  
Where he had poured out his goodly store.  
And such a prayer the deacon prayed,  
As never before his lips essayed.  
No longer embarrassed, but free and full  
He poured out the voice of a liberal soul,  
And the widow responded a loud "amen!"  
But said no more of potatoes.

And would you hear this simple tale—  
Pray for the poor, and praying, prevail?  
Then preface your prayer with alms and good deeds;  
Search out the poor, their wants and needs;  
Pray for their peace and grace, spiritual food;  
For wisdom and guidance, all these are good;  
But don't forget the potatoes!

—Methodist Recorder.

## Nature's Surgeons.

In all the works of nature, how perfect is the law of adaptation! Art may boast of its triumphs, which are truly wonderful; but how insignificant, when compared with those of nature! In every ray of light, in every blade of grass, how clearly are seen the skill of an all-wise Creator, and the beauties of nature's handiwork! In vegetable life there is a process of growth and waste, a digestive and an assimilative work, and a circulating and depurating system, as regular and systematic as in animal life.

In the latter is seen this power in its more extensive workings than in the former; inasmuch as animal life is more complex than vegetable life. The polyp, one of the lowest in the animal scale, has the power of becoming a stomach as a whole; yet if divided into small parts, each of these has the power of digesting its food as when attached to the body. There are insects of a day, some of which die in their youth in the morning, while those which live on till evening die in a state of decrepitude; yet these delicate animals are as nicely formed to enjoy their life, and as well adapted to the sphere in which they move, as those of longer life are to theirs.

But the human system is more complex than that of any other of the animal race. The human frame is liable to accidents of various kinds; yet, when left in nature's hands, all is made right again, and life once more becomes an enjoyment. This repairing is done by what we choose to denominate nature's surgeons. These gentlemen are always busy, and, unlike their city namesakes, are very successful in their art; but they never boast of what they do. They bear no long titles, nor ask favors of any; they have no dogmas to uphold, nor cherished theories to expound; they do their work quietly, but well.

The food which is daily taken into the stomach, furnishes material for building up the system. This food is first subjected to the teeth; the six glands in the face pouring out saliva in large quantities, that they may assist them in their work, by the insalivation of the food. This is one of the preliminary steps in digestion. When this is accom-

plished, the food is detrued through the oesophageal gate into the stomach, where, in about five minutes after, it is met by the gastric juice, which digests its quota of food, and is again reabsorbed; the food at the same time being agitated over rough, papilous surfaces, which also, with the contraction of the stomach, assists in breaking up the food into chyme.

After digestion has somewhat advanced, a separation takes place, some of the food passing out into the second stomach—duodenum (twelve inches), where it is acted upon by the bile, which breaks up the fat into a soapy compound; and the pancreatic juice, which resembles the saliva, turns the vegetable food into a starchy mass, and is taken up into the general circulation; while that which is left passes out into the small intestines, and its nutriment is gathered up by the mesenteric glands, lacteals, etc., and is carried to the thoracic duct, and conveyed with the venous circulation to the left subclavian vein, joining the venous blood returning to the right auricle of the heart. From this it passes to the right ventricle through the pulmonary artery to the lungs, where it gives off the carbon and waste of the body, which is exchanged for oxygen and hæmatine. The food now becomes liquid flesh. From the lungs, the blood returns to the heart by four pulmonary veins—the arteries always carry blood *from* the heart, but the veins *to* that organ. From the heart, the blood is sent to all parts of the body, for the purpose of repairing the waste which is constantly going on.

This arterial blood is highly electrified by the oxygen of the atmosphere, and is then called positive; and in its passage to all parts of the body, at every breath, and every beat of the heart, is given off electricity to the nerves, which always accompany the arteries. These, in turn, convey the electric fluid to the brain, which is the grand storehouse, or the electric battery which charges the thousands of telegraphic wires throughout the entire body.

These nerves go in pairs. A sensory nerve gives warning of approaching danger, while the motor one is under the immediate control of the brain, and at the command of the will, the parts are removed from impending danger.

The blood having reached the veins, to be, by them, transported back to the heart, has lost its electricity, and is said to be negative. There is no need of any nerves in connection with their work; hence, they are near the

surface of the body, thus occupying less space.

As in the vegetable kingdom it is known that plants follow the light, and the course of the sun; so the body increases in vigor until midday, at which time it is at its highest point of vigor. As the sun passes the meridian, the vitality also declines; when night sets in, the respiration is lowered, the circulation slower; and when sleep comes on, all the bodily powers are at rest. This is the time when nature makes use of the food which has been gathered in through the day, and made ready for the wants of the body, but which could not then well be appropriated, as the activity of life tended to break down the tissue; but now she has full control of the body, and access to all its resources.

Let us suppose a man has a broken limb; he calls for his family surgeon, who treats the parts by co-aptation; but here his skill ends. He cannot form the first cell, or start the first granulation. But as soon as his adjustment of the parts is ended, then, says nature, Hands off; I will do the rest. Here she calls out her surgeons; and now let us quietly watch them in their noiseless work.

In this work there are two sets called out: one known as the lymphatics, whose first step is to secrete the lymph from the blood, and throw a large quantity around the fracture, which soon hardens to a semi-bony structure extending around it. This is called a provisional callous. It is nature's splint, which serves to keep the parts in place while the delicate healing process is going on. Having thus done, the next step is to secrete more lymph from the blood, through which may be seen fibrous exudations reaching out in all directions. This, in time, forms a delicate net that retains the globules of the blood, which contain the cells destined to form tissue, bone, and sinew, each supplied by the blood from the food taken into its circulation. This process is kept up each day, until the cure is completed; when the first surgeons retire, and give place to another set called the absorbents.

These, as noiselessly as the former, commence their work by removing little by little the splint placed there by their fellow-surgeons, until all is removed, and the parts are left smooth as before.

Thus the process of repair goes on throughout the entire body, whether in bone or sinew, nerve or tissue, hair or nails; all are subject to the same great law of change, and the same great work of natural surgery.

Therefore, in all this grand work, whether in the fracture of a limb, or the cleansing

work of a febrile disease, nature's physicians are alike serviceable. The power of healing lies not in the drug, nor the plaster, applied to the fracture, but in the recuperative powers of nature herself. Her materia medica is inexhaustible; her laboratory is replete with choicest chemicals for all her workings; and if left to herself, she does her work with unerring precision.

J. H. GINLEY.

### Difficulties in the Way of Health Reform.

THE advancement of the cause of health reform is a work of constant labor and toil. It is in direct opposition to the current of common life that our labor must be put forth. This is not because health reform is contrary to the just and natural order of things, but because the habits of society are not formed according to the laws of our being, but in direct contrariety to them. Appetite governs men, whereas men ought to rule the appetite. And this is not all. Appetite having reversed its position, and in the place of being servant, having become master, is no longer what nature designed that it should be. The change of office which it has made has perverted its character. It rules mankind with a deadly and destructive tyranny. To break its sway by the force of truth is almost impossible; for men are its willing slaves.

It is the business of health reform to change this order of things; for the change is imperatively demanded. Health reformers do not seek to turn the world upside down. They are well convinced that it is in that situation already. It is their desire to do something by way of restoring it to its proper condition, or at least to reverse in those who will regard the voice of reason, the course of error and wrong which they have hitherto pursued. Unfortunately most men are unwilling to hear upon this subject. And this is not the extent of the difficulty. Many will hear, who will not regard what their judgment approves, nor shun what they are convinced is evil. They are under the sway of a master that causes them to cling to their bad habits, without any regard to their destructive effects upon themselves. Convince them that tea, coffee, and tobacco, are hurtful indulgences, and the most of them will say that they would rather enjoy themselves while they do live, even if their lives are shortened thereby. And so of the use of improper food, as mince pies, hot biscuit and butter, sausages, rich gravies, pickles, highly seasoned dishes of many kinds, etc., they will

say, "Were I to give up these things, what would my life be good for?"

And how unwilling are those people who follow the destructive habits of what is known as fashionable society, to make any change in their conduct. How few of them have any idea that the frequent seasons of eating, and the late suppers, and the midnight festivities which they indulge in, have any deleterious effect upon their health. And even when made sensible that such is the case, how evident from their conduct that their appetite is their God. And how deep seated, with many who consider themselves ladies of consequence, is the infatuation of their slippers, tight lacing, and insufficient clothing for the limbs. No amount of argument, entreaty, or warning, can cause many of them to change their course.

The subject of health reform appeals to the reason, the judgment, and the conscience. If these only bore rule in mankind our work would be easy. In fact, there would be little of it that would be needed to be done. But we have to address ourselves to those who are under the control of appetite and passion, and who by that very fact are rendered difficult to help, and yet are in urgent need of this very assistance. We cannot hide from ourselves, nor would we, the fact that the difficulties are serious which we must overcome. But we must have faith in the power of truth to reach those who are honest in heart. We must labor and not faint. We cannot save all; but we shall succeed in reaching and saving some, and they will richly reward our labor.

J. N. ANDREWS.

### Diseased Meat.

It should require no other argument for the disuse of flesh-meats, than the liability of eating diseased meat. It is a fact that this is a nation of meat-eaters. It is also a fact that very few can now be found who may be said to be sound in health; and the rising generation are even more diseased and feeble. Now as the diet has very much to do with health, the probabilities are, to say the least, that something must be wrong with it.

Circumstances like the following are daily transpiring: Mr. A., of my acquaintance, purchased some veal at the market. All of his family who ate of it, were suddenly taken very sick. Those of his neighbors who had purchased of, and used, the same, had a similar experience. Hence they came to the only reasonable conclusion; viz., that the meat was diseased.

Nothing can be more true than that dis-

ease is communicated to the system by eating diseased meat; and that by so doing, people are made sick just as surely, although perhaps not as suddenly, as the cases above alluded to.

There is at the present time quite an excitement in the south-eastern part of Massachusetts, in consequence of a contagious disease called *epivootic aphtha*. It is thus described in the *New Bedford Standard*, by Mr. George C. Aiken of Westport, who has had, and is still having, quite an experience with it among his cattle:

"The disease first appeared at the upper edge of the hoofs, the hair appearing greasy and the skin blistered. In a day or two, suppuration commenced between the hoofs and the flesh, the inside of the mouth appeared blistered, and the cattle drooled a frothy mucus, with a little show of blood.

"Mr. Akin says the disease is extremely contagious, and animals are likely to take it by stepping in the excrement or milk of infected cattle. It is now prevailing among cattle belonging to Daniel H. Cornell, of Westport, and Otis Slocum, Peleg Butts, and Richard Lapham, of Dartmouth. In some places the hens have caught it.

"There are rumors that some of the meat of diseased cattle has been brought to this city. The city marshal, we hope, will fully investigate them, and also adopt measures to prevent infected milk from being sold.

"The cattle disease appears to be spreading rapidly in all directions. The same disease spread throughout Great Britain thirty years ago; and there was scarcely a parish in the kingdom which escaped. There it was not confined to cattle, but affected sheep, swine, deer, poultry, cats, and rabbits. At the same time, and before and after, influenza prevailed among the horses. The temperature and the weather seemed to have but little influence upon the disease, nor was one kind of locality more exempt than another."

"We learn that the new cattle disease has made its appearance in a herd of cattle belonging to Baylies Leonard in Lakeville, having been introduced by some cattle bought at Brighton market. Our farmers would do well to avoid introducing strange cattle while this disease prevails. The infection is conveyed not only to cattle, but to human beings; and every effort should be made to prevent its spreading.

"Some citizens of Portsmouth, R. I., having brought the fact that the disease exists among cattle in the adjoining town of Tiverton, to the attention of the members of the town council, that body convened on Tues-

day, the 27th inst., to take action in reference to the matter. Cornelius S. Green, James S. Chase, and Alfred Sisson, were appointed a committee to see that no cattle that have been exposed to the prevailing disease among cattle, be driven or imported into that town, unless, in their judgment, the danger of introducing the disease into the town by such importation is past.

"The Assistant State Commissioner reports one thousand diseased cattle in Dutchess County, N. Y., and the milk business of the county is seriously endangered."

Another paper gives additional testimony, showing that death is the result of using the milk of cows affected by this disease; and that it seems impossible to prevent its spreading universally. It states that "a calf belonging to Mr. Slocum died from suckling a cow that was sick;" also that all the stock belonging to Mr. Warren Laburg of Little Compton, are sick, there being about ten head. "Mr. Caleb Cushing of Hingham had about seventy head of cattle taken sick with the disease, within two weeks from the time it first appeared among them. Not only is the driving of cattle through the streets stopped, but no men are permitted to visit the stables where the sick cattle are, but those who have the care of them."

Under the excitement occasioned by the appearance of trichinæ in hogs, and *epivootic aphtha* in cattle and fowls, some may refrain for a few days from using flesh as food; but when the first impressions wear away, king Appetite sends his death warrant around; and man will generally submit, sign it himself, and then charge the result to God's providence! There is safety in letting meat entirely alone; and health reformers have nothing to regret in the changes they have made in diet.

S. N. HASKELL.

*New Bedford, Mass.*

#### WATER.

"To the days of the aged it addeth length;  
To the might of the strong it addeth strength;  
It freshens the heart, it brightens the sight;  
'Tis like quaffing a goblet of morning light."

**SHOULDER BRACES.**—Do not wear them. They do not answer the purpose for which they are intended, but are an absolute harm. They perform the work that should be accomplished by the muscles of the breast and back, and by so doing, weaken instead of strengthen them. By the use of dumb bells, or the Indian clubs, you can easily overcome any disposition to "stoop shoulders," without the aid of worse than useless braces.

### Words of Encouragement.

IN hastening forward this number of the REFORMER, in the midst of the many cares and perplexities of closing up the year's business, preparatory to the annual reports of the Publishing Association, we called on several good, sound health reformers, to contribute. In a few moments, Miss A. M., who is connected with the business department, and under whose eye the communications for the REFORMER pass, handed us the following.

J. W.

#### WHAT TWO OUT OF MANY SAY.

We are constantly receiving letters from the friends and patrons of the HEALTH REFORMER containing remittances, and what we prize more highly, words of cheer, congratulations of success, and assurances of their co-operation in the great work of reform. We select two from the many received:

F. S. J., of Minn., writes: "I like your journal, and am a health reformer in principle and practice. I wish you abundant success."

Albert Meadows, Port Hope, Canada, writes: "Words are inadequate to express the pleasure with which I anticipate the monthly visits of your valuable journal. May it prosper."

Friends of reform, we thank you for your encouraging letters and liberal patronage. We beg a continuance of the same.

ONE WHO KNOWS.

**THE LOVE OF THE BEAUTIFUL.**—Place a young girl under the care of a kind-hearted, graceful woman, and she, unconsciously to herself, grows into a graceful lady. Place a boy in the establishment of a thorough-going, straight-forward, business man, and the boy becomes a self-reliant, practical, business man. Children are susceptible creatures; and circumstances, scenes, and actions, always impress them. As you influence them not by arbitrary rules, nor by stern example alone, but in a thousand other ways that speak through bright scenes, soft utterances, and pretty pictures, so will they grow. Teach your children then to love the beautiful. Give them a corner in the garden, for flowers, encourage them to put in shape the hanging baskets, allow them to have their favorite trees, lead them to wander in the prettiest woodlets, show them where they can best view the sunset, rouse them in the morn-

ing, not with the stern, "Time to work," but with the enthusiastic, "See the beautiful sunrise;" buy for them pretty pictures, and encourage them to decorate their rooms, each in his or her childish way. The instinct is in them. Give them an inch and they will go a mile. Allow them the privilege, and they will make your home beautiful.

**A SINGLE STEP.**—Many have been disgraced for life by a single wrong act, and spend hundreds of dollars to escape the law. Many a young man and woman have been rendered miserable by being too hasty in selecting a partner for life. Hundreds have been reduced to poverty by a single unwise investment, and thousands lost their lives by a single step. The drunkard is made by a single draught of whisky; the tobacco chewer had to take the first chew, and the gambler his first game. So thousands have lost their health by disobeying a single law of their being. Be careful how you step.

**OUR CHILDREN.**—The subject of raising children is of more consequence than gaining honor, distinction, or wealth. It outweighs all others. It ought to be studied more deeply than any profession or business. We ought to be more interested in it than anything else we do. We must produce a revolution in this matter. Rearing children must be made a study. Nothing can be made so interesting or instructive. The father or mother who knows how to properly rear and educate a family, is greatly wiser than any professor. Those who can live with and daily see the growth of a child, observe every unfolding of its nature into beauty and life, behold more of God than is seen anywhere else in nature. To learn how to guide all this development is to become wise indeed; for, after all, the child educates the parent more than the parent educates the child. It is a school for parents they cannot well afford to lose. To know all the laws that govern and favor its right growth before birth; to know how to feed, to clothe, to train, to educate, to amuse, play with, and make it love you; to know how to teach it to be wise, brave, truthful, industrious, mirthful, and sober, is to be quite able to receive every favor God can bestow.

**MANKIND** has been learning for six thousand years, and yet how few have learned that their fellow-beings are as good as themselves.

### Two Meals a Day.

THE subjects of *diet* and *rest* are intimately connected. That of *diet* properly has three departments; relating to the *quality* and *quantity* of food to be taken, and the proper *times* of taking it. In this, as in everything else relating to health, an important consideration is, the due relation between *labor* and *rest*. If a man labors too many hours with his hands, his body is weakened; and if he persists in it, he is soon prostrated, worn out, and deprived of power to work at all. If he labors incessantly with his mind, his brain is wearied, and on continuance it becomes diseased; he finally loses the power of thought and reasoning—he becomes insane. If too much labor is placed upon the stomach, it is afflicted with pain, or throws its burden on its ever-sympathizing friend, the brain, which causes a headache. If this course is persisted in, it results in dyspepsia, or a disability to digest food, just as the power of the body, or mind, or any other part of the system, is destroyed by overlabor. When the body is wearied by toil, it recuperates or is refreshed, speedily, if there is no functional or local derangement. With the mind free, the stomach clean, and the circulation good, a speedy recovery of strength and energy is quite a matter of course. But if the stomach becomes wearied or diseased, it throws the affection to all parts of the system, and disqualifies them for aiding in its recovery; therefore the highest regard should be paid to its condition. The stomach is the supply depot—the *commissary department* of the system; and if this fails, all must fail.

Considering it evident that the stomach should have sufficient rest as well as any and every other part of the body, the inquiry arises, When should it have its rest? The answer seems natural: When the other parts rest; that is, in the night, or during sleep, when it need not be diverted from its rest, or even exercised through sympathy by the activity of the other parts. It is certainly doing great injustice to the stomach to put its burden of labor upon it just as the body is prepared to rest; and so give it no time of perfect quiet to recover from the effect of its labors.

It is often said that "experience teaches a dear school;" but in some respects it is certainly the best; and when it is so, it is worth the cost. All theories must bow before experiment; and in my own case I know that I was not prepared to judge satisfactorily in regard to theories on this subject

until I tested the matter by experiment; though I must confess that my habits of eating did not seem to coincide with the best reasoning on the subject. Every one has, beyond doubt, felt a sensation at the stomach in the morning, described by some writers as an "all-gone feeling;" a gnawing, which has almost universally been considered a clamor of the stomach for food. When this feeling comes on, the person is weak, longs for breakfast, and cannot work before eating. This is taken as evidence that it is occasioned by a want of food; and so I always thought. But now for the test.

*Since I have entirely abstained from eating suppers, this feeling has entirely ceased; I have not once felt it.* Others, working no harder than myself, complain of this feeling, and long for breakfast, while I could wait another hour without inconvenience. From this I must conclude that this sensation is a call of the stomach for rest, and not for food. Sometimes, after hard labor, I have felt a similar sensation in the evening, and if I had given way to it, could have eaten a hearty supper; but it invariably subsided after resting awhile.

From all this I am well satisfied that rest, both of the stomach and of the system generally, is not regarded as it should be; and that *none can safely trust their feelings and appetites while in an exhausted or over-worked condition.* Now as it takes some hours for the stomach to digest a meal, it is absolutely necessary that the last meal should be a number of hours before the allotted time of rest. What particular hour is best may not be directly agreed upon by all; habit may still have much to do in fixing the choice. But for myself I should choose to eat nothing later in the day than half-past one.

But some find it difficult to practice self-denial and abstain from food in the afternoon, after laboring. The demands of the stomach seem so imperative that they are almost irresistible, and it is hard to convince them that their feelings deceive them. In changing from three to two meals a day, the labor should be lighter in the afternoon, and thus allow for the force of habit. However erroneous or bad the habit, we feel inconvenience at first from the change; and if we labor too hard while undergoing such a change, it may prove injurious to health. But to those who think food necessary in such cases as above referred to, I would ask, Did you ever work so hard that you could not lie still when you retired, but would toss from side to side in a restless, wakeful state?



Or did you ever see a child play so hard that it could not go to sleep? Surely you have. Did you ever think for a moment, because the body would not lie still under such circumstances, that therefore it needed more exercise? that you ought to get up and work till you *could* lie still? Certainly not; but you might just as reasonably have so concluded as to suppose that an overworked, restless stomach must be quieted with more food. This restless state of the body would, for the present, be gratified by exercise; but it would prove injurious in the end, as it would only be another draught upon an already overtaxed system. So of the stomach; give it rest enough; be sure you do not overtax it; then, and not till then, think it will call for food.

If you work your horse very hard, and give him all he will eat immediately after his labor, you expect he will be sick. Or if he is taken sick unexpectedly in the night, your first inquiry is about his evening's feed. Why not look to the same cause in yourself under the same circumstances? How often does a child play till he is literally exhausted, and then rush to the table to still the cravings of his tired system, eating perhaps three times as much as he should eat, and when he is taken sick no inquiry is made in regard to his eating; but the doctor is sent for; the symptoms denote fever; a "regular course" is prescribed; and if the child is strong enough to bear the double burden of food-clogging and drug-dosing and so recovers, the skill of the doctor is praised, and the "bill" paid without a query. And this will be the course pursued, and nervous prostrations, dyspeptic skeletons, and broken-down constitutions, will abound until people stop to *think* and *reason*, and *learn* that sickness must have a cause; that an overworked stomach cannot be healthy; and that an unhealthy stomach cannot build up a healthy system.

The preceding remarks pertain to the general facts on which we base our judgment on this subject, such as the relation of labor and rest. Let us now consider some particular facts which sustain our position.

It is estimated that from two to five and one-half hours are required for the digestion of different articles; five hours are generally taken as the average for an ordinary meal, under favorable conditions. We will here notice a few conditions which are deemed unfavorable, and we shall then be prepared to judge more correctly of the proper intervals between the meals.

1. "If more food is taken than is required,

even that amount which is required will not be quickly digested."—*Lambert's Physiology*.

2. "If the food be hurried into the stomach, it may be filled with food indigestible, and all of which would not be needed even if it could be digested."—*Id.* If eaten too fast, the food is neither properly masticated, nor mixed with the saliva so as to favor digestion.

3. Water, or drinks, of which water is the basis, taken while eating, is removed by absorption before digestion takes place; therefore the practice almost universally indulged in, of drinking large quantities of tea, coffee, or water, with meals, retards digestion.

4. In Dr. Beaumont's observations, it was found that "anger would cause the stomach to become pale and comparatively bloodless." I knew a man once to become so exceedingly angry that his system was not able to recover from the effects of his anger, and he soon died. I also in my younger days, once plagued a small animal till it got very angry, and though I did not injure it at all, to my great surprise, it died in a few minutes. This shows that anger tends to suspend the vital forces.

5. "A constantly active mind, especially a fretted disposition, does not allow the stomach to receive, for a sufficient length of time, those nervous influences necessary for a perfect digestion of food."—*Lambert's Physiology*. With many, fretting is a habit almost constantly indulged in; and as it retards digestion, it must increase the irritation of the system, and induce disease. Therefore it is impossible that a fretter should be healthy; and those who fret much will in time find much to fret about. Thus they become the authors of their own misery.

6. Hard labor, either of body or mind, immediately after eating, will retard digestion; and if the system be otherwise in unfavorable conditions, digestion may thereby be entirely suspended for a time.

7. Grief, either excessive or protracted, will prevent digestion. It is well known that constant sorrow of heart will destroy the appetite by debilitating the stomach, and so gradually suspend the action of the life-forces.

Not to further enumerate, it will be conceded that by these, or some of these causes, viz., eating too fast or too much, drinking largely with meals, or by labor, anger, fretfulness, or grief, almost every one, and almost at all times, induces conditions unfavorable to digestion, besides the ailments of the stomach itself not here noticed; therefore we ought to increase the time estimated for the digestion of food.

Dr. Coles, in *Philosophy of Health*, says: "When food is lodged in the stomach, it requires ordinarily about three hours and a half before the entire meal is prepared for, and carried into, the duodenum, or second stomach. Then about one hour and a half is needed for forming the chyle, and for its absorption."

Calling five hours the average time required, if breakfast be taken at seven, the process of digestion is barely passed through at twelve. The morning meal being scarcely appropriated, the system cannot yet require more. The person may *feel* hungry, either from habit, from exhaustion, or other causes; but the necessity for food does not exist. As previously remarked, no person can safely trust his appetite while he is in an exhausted condition; and we are so subjected to the power of habit, that, should we habitually eat six times a day, we should become hungry so often. Also disease, or peculiar conditions of the system, may cause a sensation of hunger, as we sometimes eat to fullness and still feel hungry. Now this hungry feeling is not always a call of the system for food, as in the last-named case, the stomach has already received more than is required.

If the second meal is then taken at twelve or half past twelve, there being no requirement for food, digestion must be tardily or imperfectly performed; and it would be truly a marvel if the work of the stomach was again completed at 6 o'clock P. M. *Habit*, not *nature*, requires an additional supply at that hour; or if taken at seven, allowing a longer time for the digestion of the second meal, the result is no better, as the third meal will hardly be digested by twelve at night. Up to that time, then, there can be no good, quiet, refreshing sleep. The stomach has been laboring hard; the nervous system has been under constant excitement; of course the brain has been troubled with disagreeable sensations, perhaps with scenes of horror and frightful images. The person awakes in the morning with an aching stomach, a dullness in the head, a coated tongue, and a dry, feverish mouth. When we consider that this is repeated in an ever-continuing round, is it any wonder that there are no more healthy people in this age? or that man's life is dwindled down to a span? What shall be thought, then, of the practice of many staid, well-disposed people, who make late visits where tea is served in the evening with rich cakes and pies, and other indigestible articles?

On the other hand, suppose we breakfast at seven; allow five hours for digestion, till

twelve; then let the stomach rest an hour or more, and take the second meal at half-past one, or at two. Five hours more for digestion brings us to seven in the evening; then if the stomach rests till the hour of retiring, other things being favorable, *the whole system will sleep*, and all together awake in the morning refreshed.

We have tried, and know. Where all physiological research and actual experiment agree, we see no chance to doubt.

J. H. WAGGONER.

A. REVELATION.—An exchange reports the following facts:—

"The ruling passion strong in death."

How many women will cease to array themselves in filthy jute switches because a factory girl in West Waterville, Me., has just perished under such disgusting circumstances? She complained of her head, and gradually drooped under some obscure disease. Dr. Holmes went and examined her head with a microscope. It was alive with horrible vermin, which had burrowed under her scalp in all directions, perforated her skull, and were holding high carnival in the chambers of her brain! She died in terrible agony, the victim of that vanity which seeks for fraudulent attractiveness. We take this occasion to call the attention of young women to the fact that the most charming jute switches—"perfectly splendid" you know—can be had for twenty-five cents.

HOW TO TREAT EXTRAVAGANT WIVES.—We hear much of the extravagance of women; but, as a rule, men spend far more in luxuries, than women: and if any man thinks his wife extravagant or careless in money matters, we advise him to divide his income with her, give her a bank account, and let her manage her household affairs, he giving advice when asked. He will presently discover in his wife an amount of tact, care, judgment, forethought, and skill, in management, which will greatly increase his admiration of her, and the exercise of which qualities in an independent way, will make her life happier, and largely increase her usefulness as a member of society, and as the educator of her children.

LIFE is hardly respectable, if it has no generous task, no duties or affections, that constitute a necessity of existing. Every man's task is his life-preserver.—*Emerson*.

A COUNTRY dentist advertises that "he spares no pains."

### The Healing (?) Properties

OF chloroform have been lately shown by the death of a lady who only took the "regularly prescribed dose." An old-school physician, in endeavoring to account for it, said that this was "the one case in a hundred," and we added, And therefore should teach us not to use it at all. If a medicine in the hands of a "skillful" practitioner can cure by death, is it to be expected that the host of fledgelings, let loose from the so-called medical colleges every year, in the first years of their practice, are to accomplish any more good? This case was investigated by a coroner's jury; and a verdict, quite different from the usual style, was in accordance with the facts, that she died from inhaling chloroform at the hands of so-so, M. D. The M. D. who administered the chloroform, holds the office of coroner; and he did not preside at the sessions of this jury, but allowed another M. D. to preside. Could we expect such things in New York?

Because one class of symptoms has disappeared by the giving of a medicine, no thought being had as to whether any other, more alarming, may not arise in their stead, it has been taken for granted that good is accomplished. Such has been, and is, the manner of arguing one's self into the belief that drugs are beneficial. If the allopathic system has so few able practitioners, is it at all to be wondered at? The entire routine being laid down, what need is there of any investigations, or real thought? No more than was thought necessary by the old slave-masters for the slaves to have. No system of slavery ever fully developed a *man*.

D.

Boston, January, 1871.

### 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 to 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 inclosed 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*.

**TWO FACTS FOR PARENTS.**—I would be glad to see more parents understand that when they spend money judiciously to improve and adorn the house and the grounds around it, they are in effect paying their children a premium to stay at home as much as possible, to enjoy it; but that, when they spend money unnecessarily, in fine clothing and jewelry for their children, they are paying them a premium to spend their time away from home—that is, in those places where they can attract the most attention, and make the most display.

**REFINED** homes are the end of civilization. All the work of the world—the railroading, navigating, digging, delving, manufacturing, inventing, teaching, writing, fighting—is done, first of all, to secure each family in the quiet possession of its own hearth; and, secondly, to surround as many hearths as possible with grace, and culture, and beauty. The work of all races for five thousand years is represented by the difference between a wigwam and a lady's parlor. It has no better result to show.

"YOU have lost your baby, I hear," said one gentleman to another. "Yes, poor little thing! it was only five months old. We did all we could for it. We had four doctors, blistered its head and feet, put mustard poultices all over it, gave it nine calomel powders, leached its temples, had it bled, and gave it all kinds of medicines, and yet, after a week's illness, it died."

**CONFIDENCE** is the companion of success.

### "Catching Cold," or "Catching Heat"?

THE season during which the complaints commonly called "colds" prevail most extensively is now upon us. . . . There is a general misapprehension of the true nature of these affections, and of their causes, the very phrases, cold, and catching cold, being often misnomers; and we propose to show that in many cases, the trouble is caused by catching heat rather than catching cold.

The parts usually affected by colds, are the lining membranes of the nose, throat, and lungs, or, more properly, of the bronchial tubes; for when the lung substance is attacked, the affection is of a very different and more severe character than a common cold. . . . Every one knows that in going from a hot room to a cold one, or to the outside air in cold weather, they are liable to get cold, but very few know that they incur the same danger in going from a cold atmosphere into a warmer one. . . .

As before stated, the mucous membrane of the air-passages are the parts affected in colds, and are supplied freely with blood-vessels and mucous follicles, which in health pour out sufficient *mucus* to keep the membrane moist and healthy; when a cold is contracted, the increase of this mucus is one of the most prominent symptoms, and is caused in this way; you probably know that when cold is applied to the skin in any way it drives the blood from it by constricting the vessels, and that as soon as the column of blood regains its force, the fluid returns to the skin in increased quantity; this fact is well illustrated by plunging the hand into hot water after it has been benumbed with cold; the redness of the skin, and the painful tingling produced, give pretty good evidence of the force with which the blood returns. Now this is just what happens in the mucous membrane of the air-passages; the cold air, passing over the membrane, drives the blood from it temporarily, but when it returns it comes with greater force and in larger quantity than is natural, distending the blood-vessels, and forcing a greater amount of the fluid to the mucous surface, exciting them to increased activity, and they then pour out a larger amount of the mucous secretion than is discharged in health, in order to relieve the congested state of the mucous membrane.

How can we avoid them, you ask, if both cold and heat give us colds? We cannot reduce the temperature of our rooms below a comfortable degree, nor elevate that of the outside air. Very true; but you can very often avoid going immediately from a cold

room into a hot one, and *vice versa*. After coming in from very cold outside air, linger for a minute or two in the hall, or on the staircase, before entering the heated rooms—which, by the way, are much too hot generally—and on leaving the house observe the same rule.

Many will consider these needless precautions, useless trouble, etc.; but some people are exceedingly susceptible to colds without knowing why they contract them, when, as they suppose, they have not been exposed to any exciting cause, and it is to those who are so exceedingly susceptible that these precautions are particularly recommended. At first, perhaps their observance will be a little troublesome; but after following them for a short time, and experiencing their benefit, those who have been sufferers from almost continuous colds during the winter season, will feel well repaid for their attention, by the unusual freedom from these troublesome complaints which they will experience.—*Good Health*.

### Nine Follies.

1. To THINK that the more a man eats the fatter and stronger he will become.
2. To believe that the more hours children study at school the faster they will learn.
3. To imagine that every hour taken from sleep is an hour gained.
4. To act on the presumption that the smallest room in the house is large enough to sleep in.
5. To argue that whatever remedy causes one to feel immediately better, is "good for" the system, without regard to more ulterior effects.
6. To commit an act which is felt in itself to be prejudicial, hoping that somehow or other it may be done in your case with impunity.
7. To advise another to take a remedy which you have not tried, or without making special inquiry whether all the conditions are alike.
8. To eat without an appetite, or continue to eat after it has been satisfied, merely to gratify the taste.
9. To eat a hearty supper for the pleasure experienced during the brief time it is passing down the throat, at the expense of a whole night of disturbed sleep, and a weary waking in the morning.

A PHYSICIAN writes, asking a renewal of a note which he owes, giving as a reason therefor: "We are in a horrible crisis. There is not a sick man in the district."

## Items for the Month.

### Changes in the Reformer.

WE have made some changes in the REFORMER, and intend to make more.

1. We design to advertise no more in the REFORMER than we can do on the covers.

2. We shall give thirty-two pages of reading matter each month. We shall avail ourselves of all the benefits within our reach to make the REFORMER the most interesting and useful health journal now published, and ask of the people a liberal patronage.

3. We design to secure original contributions from the best pens, and shall also enrich the columns of the REFORMER with selections, new and old, from best works, and other health journals. The REFORMER will speak out earnestly and independently, and, at the same time, will patiently instruct the people, and kindly lead them on in the good work of reform. J. W.

### To Agents.

WE shall fulfill all contracts with persons who have been engaged in obtaining subscribers for the REFORMER, and will correspond with those who wish to become agents. J. W.

### Commendatory.

The *Banner of Light* for Dec. 17, 1870, has the following notice of our paper from a Texas correspondent:—

"*Linden, Davis Co., Texas.*—Alexander King writes concerning a monthly publication known as the HEALTH REFORMER, and published at Battle Creek, Michigan, by the Health Reform Institute. He says: 'It is now in the fifth year of its publication; it is filled with common-sense articles for the enlightenment of the masses, upon topics of importance to all classes of readers. Dr. R. T. Trall's "special department" is alone worth four times the price of the magazine. The object of this journal is to aid in the great work of reforming, as far as possible, the false habits of life so prevalent at the present day.

"It will aim to teach faithfully and energetically those rules of health, by obedience to which people may secure the largest immunity from sickness and premature death. It will advocate the cure of diseases by the use of Nature's remedies, such as water, air, light, heat, exercise, food, sleep, recreation, &c. It will conscientiously hold up the light on the best methods, so far as ascertained, of managing healthfully our physical frames. It will be adapted to the wants of all classes of people everywhere, who are interested in the great question of maintaining health by obedience to Nature's laws; and where such interest does not exist, it will endeavor to create it; for which purpose it should have a wide and indiscriminate circulation. The

year's numbers, when bound, will furnish a volume of nearly 250 pages, convenient in size, and filled with the choicest reading matter.'"

### FARM FOR SALE.

I WILL sell my farm in Montcalm Co., Mich., one mile east of the railroad depot at Greenville.

It contains forty-five acres of first-class farming and fruit land, with twenty acres improved, and well fenced. There is a new house and barn on the place, which cost me \$2400. I have one hundred young apple trees, four hundred grape-vines, in good bearing order, one acre of strawberries, and a large amount of raspberries and blackberries. The soil is especially adapted to growing small fruit. The home market for plants, roots, vines, and also for berries, is far better than in older portions of the State. My place is well located, and in every way right for a fruit and nursery farm.

Greenville has railroad connections, and is one of the most flourishing places in the State. Property in and about Greenville has doubled in value within two years. I will, however, sell my property at what it cost in comparatively low times.

Address ELD. JAMES WHITE, Greenville, Mich.

### FARM FOR SALE.

Containing forty acres, mostly improved, near Greenville. For particulars, address C. T. JENSON, Greenville, Montcalm Co., Mich.

### GENUINE TROPHY TOMATO SEED.

THE earliest, largest, smoothest, and best-flavored tomato in cultivation. 20 cts. per packet; 6 packets, \$1.00. LUDLOW & WILSON, Auburn, Geauga Co., Ohio.

**ROUGE IS HURTFUL.**—The lotions and washes vended by apothecaries and perfumers for whitening the skin, removing freckles, improving the complexion, etc., mostly contain either bichloride of mercury, or caustic potash, or even prussic acid. They are therefore eminently dangerous, and have led in divers instances to most tragic catastrophes.

**YEARS** rush by us like the wind. We cannot see whence the eddy comes, or whither it is tending, and we seem ourselves to witness their flight without a sense that we are changed; and yet time is beguiling man of his strength, as the winds rob the woods of their foliage.

**CULTIVATE** your mind, character, and manners, to the utmost extent of your ability; you know not for what end God may have destined you.

**FRUIT! FRUIT! FRUIT!**

We have just published a small work entitled  
**How to Cultivate and Can Small Fruits.**

It contains valuable information, gleaned from larger books, and from personal experience on this subject. It is just what the people need to teach them in the selection of proper grounds, and the best kinds of fruit, in planting, cultivating, and in pruning, the Strawberry, the Raspberry, the Blackberry, and the Grape, and how to can all kinds of fruit.

Thousands of dollars are thrown away annually by those who purchase plants and vines, for want of the information contained in this work. It is to instruct the people generally in first, simple principles of fruit-raising, that we have prepared this book. One pays out his money for a dozen or two of grape roots, and raises nothing but a snarl of vines, and an abundant crop of leaves. This book will tell why he does not raise the precious grape berries in abundance. Another pays out ten dollars for Strawberry, Raspberry, and Blackberry plants and roots, and gets bushes and vines, and but little fruit. This book will tell how to secure fruit in abundance with but little labor.

The book also contains a list of the most valuable varieties, and their prices, for the benefit of those who wish to purchase the best and purest roots and plants. Price, post paid, 10 cents. Send for this book immediately, as you will want it to assist you in making out an order for roots and plants, which order should be received by the first of March.

Address **ELD. JAMES WHITE,**  
Battle Creek, Michigan.

**REDUCED PRICE LIST.**

**STRAWBERRIES.**—We will furnish Wilson's Albany, Triumph de Gand, Russell's Prolific, Agriculturist, and Col. Ellsworth, at the rate of 50 cents per hundred, more or less.

**RASPBERRIES.**—We will furnish the Doolittle black cap raspberry sets at the rate of \$2.00 per hundred; and the Miami black caps at the rate of \$3.00 per hundred, more or less.

**BLACKBERRIES.**—We will furnish the Lawton, and the Dorchester, blackberry roots at the rate of \$2.00 per hundred, more or less.

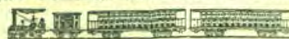
**GRAPE ROOTS.**—We will furnish the Concord, Delaware, Clinton, Hartford Prolific, and Iona, for fifteen cents a root, from one to one hundred.

Those wishing a lot, small or large, of each of the four kinds of plants, sets, and roots, can receive them all in one box by express, at any part of the country where there is an express office near them. Those who know anything about the business, very well know that there is nothing to be made at above prices. Our object is to instruct the people, to encourage the cultivation of small fruits, especially in the West, where fruit is scarce, and assist them to pure plants and roots, at cost.

The Doolittle raspberry sustains about the same relation to all other kinds, and the Lawton blackberry to all other kinds of the blackberry, as the Wilson's strawberry does to all other kinds of the strawberry. This one variety of each is hardiest, and best for all who wish to raise fruit for family use, or for the market. The only improvement we would suggest is in relation to the strawberry for family use. Mix with the Wilson's Albany plants, one-third Triumph de Gand. The union of the two will give more fruit, and the Wilson will make the other harder and more tart, while the Triumph de Gand will make the Wilson milder.

JAMES WHITE.

**Michigan Central Railroad.—Time Table.**



**GOING WEST.**

LEAVE.	MAIL.	DAY EXP.	EVE. EXP.	PACIF. EXP.
Detroit, . . . . .	7:15 A.M.	10:00 A.M.	5:25 P.M.	9:50 P.M.
Battle Creek,	1:10 P.M.	2:20 A.M.	11:20 P.M.	2:03 A.M.
Chicago, Arr.	8:30 P.M.	8:00 P.M.	6:30 A.M.	8:00 A.M.

**GOING EAST.**

Chicago, . . . . .	5:40 A.M.	9:00 A.M.	5:15 P.M.	9:00 P.M.
Battle Creek,	12:40 A.M.	3:00 P.M.	11:20 P.M.	2:58 A.M.
Detroit, Arr.	6:30 P.M.	6:55 P.M.	3:45 A.M.	7:45 A.M.

Palace sleeping cars on all night trains. Trains connect at Detroit with the Great Western Road, for all points East.

**GRAND RIVER VALLEY DIVISION.**

JACKSON, . . . . .	1:00 A.M.	4:00 A.M.	5:10 P.M.
Eaton Rapids, . . . . .	2:00 " "	5:45 A.M.	6:15 " "
Charlotte, . . . . .	2:25 " "	6:45 " "	6:45 " "
Grand Rapids, . . . . .	4:45 P.M.	9:35 " "	11:30 A.M.
Grand Rapids, . . . . .	4:45 A.M.	6:45 P.M.	12:45 P.M.
Charlotte, . . . . .	9:30 " "	9:20 P.M.	3:15 " "
Eaton Rapids, . . . . .	10:15 " "	9:50 " "	3:35 " "
JACKSON, . . . . .	11:40 " "	4:35 " "	10:55 " "

Trains on G. R. V. Division are run by Jackson time, which is 15 minutes faster than Chicago time.

**C. H. HURD,** Ass't Gen. Sup't, DETROIT. **H. E. SARGENT,** Gen'l Sup't, CHICAGO.  
**C. B. BUSH,** Ass't Sup't, Grand Rapids.

**Peninsular Railway.**

UNTIL otherwise ordered, trains will be run as follows:

GOING EAST.	Passenger.	Passenger.	Mixed.
Climax,	—	1:40 P.M.	11:30 A.M.
Battle Creek,	5:00 A.M.	2:05 " "	3:00 " "
Bellevue,	5:37 " "	2:42 " "	4:05 " "
Charlotte,	6:15 " "	3:20 " "	5:15 " "
Lansing,	7:10 " "	4:15 " "	6:30 " "
GOING WEST.	Passenger.	Passenger.	Mixed.
Lansing,	10:50 A.M.	7:40 P.M.	7:10 A.M.
Charlotte,	11:45 " "	8:35 " "	8:45 " "
Bellevue,	12:23 P.M.	9:13 " "	9:50 " "
Battle Creek,	12:55 " "	9:50 " "	10:40 " "
Climax,	1:30 " "	10:15 " "	11:20 " "

L. D. DIBBLE, Pres't and Gen. Sup't, Battle Creek.

**Ionia and Lansing Railway.**

GOING EAST.	Express.	Mixed.
Greenville, dep. . . . .	6:50 A.M.	3:30 P.M.
Ionia, {arr. . . . .	7:53 " "	5:05 " "
{dp. . . . .	7:58 " "	12:40 " "
Grand Ledge, arr. . . . .	9:27 " "	3:05 " "
Lansing, . . . . .	10:05 " "	4:20 " "
GOING WEST.	Express.	Mixed.
Lansing, dep. . . . .	5:25 P.M.	8:15 A.M.
Grand Ledge, . . . . .	6:10 " "	9:27 " "
Ionia, . . . . .	7:40 " "	12:30 P.M.
Greenville, . . . . .	8:45 " "	2:30 " "

R. LAUGHLIN Sup't, Lansing.

**Great Western Railway—May, 1870.**

GOING EAST.	*Atlantic Exp.	†Day Exp.	‡Detroit Exp.	§N.Y. Exp.
Windsor, dep.	4:00 A.M.	8:05 A.M.	11:30 A.M.	7:45 P.M.
Hamilton,	11:40 " "	3:52 P.M.	7:20 P.M.	2:10 A.M.
Susp. Bridge, ar.	1:25 P.M.	5:35 " "	9:25 " "	3:55 " "
GOING WEST.	Morn. Exp.	*Pacfic Exp.	§'t Exp.	Chicago Exp.
Susp. Bridge, dep.	7:00 A.M.	12:45 P.M.	9:40 P.M.	1:20 A.M.
Hamilton,	9:00 " "	2:15 " "	11:25 " "	3:00 " "
Windsor, ar.	5:15 P.M.	9:30 " "	7:00 A.M.	10:00 " "

\*Daily. †Daily, except Sundays. ‡Daily, except Saturdays and Sundays.

The Railway Ferry leaves Detroit (Detroit time), as follows: Foot of Tenth street, 4:00 A.M.; foot of Third street, 7:50 A.M., 8:00 and 8:05 P.M.; foot of Brush street, 8 A.M., 5:40 and 6:50 P.M.

Company's Passenger and Ticket Office corner Jefferson ave. and Griswold st.

F. E. SNOW, Western Passenger Agent, Detroit.  
W. K. MUIR, Gen'l Sup't, Hamilton.