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## THE HEALTH REFORMER

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### NEVER COMPLAIN.

"Instead of complaining that roses have thorns be glad that the thorns are surmounted by roses."

THE bud I had watched and so carefully tended,  
Had finally burst, and its beauty unfolded;  
The pink and the white so exquisitely blended,  
Nothing done by art was so perfectly molded.

As we stood gazing in fond admiration,  
At what seemed to us so surpassingly fair,  
No one seemed to notice, or thought of complaining,  
Of the slender green stems, or thorns that were there.

St. Paul said, I glory in my tribulation,  
E'en when the rude thorns were so fiercely besetting;  
Though far less we suffer, how oft we're desponding;  
Each God-given blessing so thankless forgetting.

'T were strange if we never should see the clouds darken,  
Where sunshine and shadow alternate pervaded,  
But patiently wait, and attentively hearken,  
He speaks! and 't is clear where once it was shaded.

No night e'er so long but 't was followed by morning;  
No wave e'er so dark but the foam sparkled near it;  
Then cease not thy vigils when day is just dawning,  
The bird song is coming; be waiting to hear it.

Let us lovingly trust as well as to fear him;  
He knoweth what's best who each blessing disposes;  
And never complain of the thorns that are near them,  
But thank him that thorns are surmounted by roses.

MARY MARTIN.

Blakeville, N. H.

### Diseases of Women.

THIS is a subject of thrilling interest, or at least should be, to every mother and daughter old enough to comprehend the subject before us. Being constantly engaged in treating diseases peculiar to women, my mind has been much exercised upon the subject, and I have been led to inquire into the causes of so much suffering as exists at the present time, and has long existed in the past.

The medical profession has devoted much time, and has spent an immense amount of means, in trying to find remedies in medicines and instruments to relieve her suffering. But in this, as

in most other departments of medicine, they have followed too much in the beaten paths of their predecessors; and but little progress has been made.

The principles upon which such diseases should be treated are simple, and, as all treatment of diseases should be, in harmony with nature, which we think will appear after showing some of the causes of these prevailing complaints. It will therefore be in order to give a brief outline of the causes which operate to weaken the constitution and bring on the various weaknesses that afflict women. In the first place, I remark that it is unnatural that so many women, and even girls, at an immature age should be thus afflicted. It is admitted that man, which includes woman, is the noblest work of God, made in his own image, and to walk erect, with wonderful power of endurance, and ability to perform the duties incident to a useful life. But how few of either sex retain, in primeval perfection, the physical power and high intellectual and moral greatness that adorned man in his first estate. But notwithstanding the wonderful departure of the human family from its original condition, there is a very much greater declension on the part of woman, physically at least, than in man.

I beg pardon of the reader for a little departure at this point for the sake of a comparison between man and the lower animals. It is proper that we should make this comparison, admitting, as all believing in the inspired record of the creation as given in the Bible do, that the animal creation suffered deterioration in consequence of sin, as well as did man; as the whole creation groaneth even until now under the curse. But even granting to the unbeliever in the doctrine of original sin, and the consequent curse upon the earth and all its inhabitants, it is consistent to conclude that the Creator would bestow as good a physical constitution upon the more refined and complicated organism of woman, as upon her companion, man. We see this distinctly carried out in the lower animals. The female, in many instances, is quite as strong, fleet, and capable of endurance, as the male; even more so in some, and in no instance is she that helpless, dependent creature compared with her mate, as in woman compared with man. From this I design to draw some facts that may shed light upon the cause of woman's feeble condition.

If you will observe the animal race, you will see that the manner of life with both sexes, or kinds, are the same as they roam unmolested in forest and jungle; or among the domestic animals, their pursuits, exercises, and manner of life, are the same. The result is, a corresponding degree of strength and beauty are alike enjoyed. The exercise of the function of maternity does not impair her health nor abate her zeal only for a short time, and in no instance does it shorten her life and reduce her to a pitiable wreck, to drag out an unhappy existence while life remains. But when we come to compare woman with man, a great contrast at once appears, especially in civilized life. In some savage races, the female is alike strong as the male. Their pursuits are one, and their mental and physical conditions equal. Among other nations, or tribes, woman is enslaved by a cruel monster in the form of a man, and thus is reduced below his level in physical greatness.

We return to civilized life, and here we behold woman comparatively helpless, and suffering from diseases brought upon her in consequence of departure from nature's laws. God never designed that woman should live within sealed houses, shut in from the vitalizing sun and invigorating breezes of the atmosphere that must be inhaled in abundance at every breath, to insure good health, while man goes forth to his labor to enjoy all these without restraint. There is no man living that can show from anatomy, physiology, or hygiene, that woman can remain in-doors and engage in sedentary employment; or no employment at all, without impairing her health, while man, to enjoy this luxury, must exercise and labor in air and sunshine. Here, then, we see one great cause why woman suffers. It is apparent to every observing mind that in order that woman's health be improved, and she exempt from these terribly prostrating diseases that so much afflict her, she must invigorate her system by a more active life in the open air. She must delight to go forth in sunshine and air, to labor in the field or garden, and feel, too, while she does it, that she is adorning her womanhood, and filling the design in her creation quite as well as she would in teaching music or drawing, or engaging in any sedentary employment. The former will plant roses on the cheek, and beautify and strengthen both mind and body; while she cultivates the flowers of the garden, their beautiful tints are transferred to her own cheeks, presenting those matchless charms, unseen within shaded walls, no matter how much cosmetics may be used to imitate nature, and which too often leave, at last, the tint of the destroyer.

Neither was it the design, nor has any change by inheritance been incorporated into her system, allowing her with impunity to mutilate the naturally beautiful waist, as it comes from nature's hand, by compressing it with corsets and

stays, until it resembles the insect she treads upon. Thus, by her own ignorance, with willful and ruthless hands, she destroys the beautiful symmetry of her body, the consequences of which are disease, decay, and death. Yet no amount of argument, entreaty, or ridicule, will deter her from this suicidal practice.

As long as woman will wear clothing that compresses her vital organs, or wears it suspended upon the hips, pressing down upon the abdominal walls, instead of being loosely suspended from her shoulders, so long will she be afflicted with uterine diseases. By thus compressing the waist, the return flow of blood to the heart is obstructed in consequence of pressure upon the venous trunks. Pelvic congestion is the result, which is a prominent cause of weaknesses and displacements. This condition also takes place when the extremities become cold, causing the blood to recede to the larger vessels, congesting internal organs.

Again, nature, in the act of breathing, designs that the entire viscera of the abdominal cavity, also the intercostal and abdominal muscles, should be exercised, invigorating and strengthening every part, and keeping every organ in place, which cannot be, if the waist is compressed in any way.

The wearing of tight shoes with high heels changes the diameter of the pelvis, obstructs the circulation of the blood, and distorts that wonderful, and even beautiful, member—the human foot, which, if left as nature would have it, would excite only admiration, if exposed like the hand.

I believe it must now appear clear that the few, of many, causes given above show why there is so much declining health among women, and also children. When we add to the above the various excitements incident to girl and womanhood, their aimless lives, living only to please and be pleased, to dress and exhibit themselves, heaping upon that delicate and sensitive organ—the brain, all manner of paints, oils, perfumes, foreign hair as lifeless as the corpses from which it is often taken, and their unwholesome and stimulating diet, who could look for anything but disease and death?

But causes multiply and space forbids a further recital. Now, afflicted reader, the way to health is self-evident: Cease to do evil. Cease to mutilate your body. Cease to load your head with such ridiculous, fantastic, and unhealthful things. Wear the hair as nature would have it worn. Do not, in the least degree, compress the vital organs, or any organ or member of the body. Cease to follow after that aimless, fashionable life so derogatory to health and morals. Invigorate your body by a variety of exercises, in performing household duties, in cultivating fruits and flowers, and various other duties that may call you into the open air. If too feeble to perform these, seek help by the use of the "Move-

ment Cure," by which your muscles will be exercised by passive movements and manipulations, which will increase your strength until you can take active exercise yourself.

You must regain your health, if at all, in the natural way. The use of drugs and mechanical instruments only gives temporary relief, to be followed by a greater prostration of the system. Daily practice and observation enables me to speak confidently and understandingly upon this important subject. I have enumerated only a few causes of the decline in woman's health. Others remain to be noticed hereafter.

WM. RUSSELL, M. D.

Health Institute, Battle Creek.

### Poisoned Candies.

WHAT a combination there seems, in all parts of the civilized world, against the children. It would seem as if the sole object of mankind was that the children-kind should no longer have half a chance for their lives. Passing over the general features of this combination, I come to a little the smallest, and meanest, and most contemptible, item of it that was ever heard of. I refer to the adulteration and poisoning of candy and confectionary.

Every little urchin, as he spreads his ecstatic tongue over a stick of candy, thinks that a little heaven is his, and every mother who watches her infant thus made happy, has only one fear—that the little one will eat too much. Ah! happy and unconscious infant—O confiding and hopeful mother, the veriest jot or tittle of the infernal stuff is *too much* for the innocent prattler and seeker after good things. Every suck he takes from that inviting-looking stick, or that, to him, enchanting god, is a suck of death.

The candy makers have joined the conspiracy against the children, and death follows in their wake. I do not refer to *all* candy makers, or include them *all* in the combination. I do not know but the confectioners of your town have consciences, and would no more murder in cold blood, an innocent prattler, than they would pass counterfeit money or steal vouchers—I only hope they are honest. I refer only to the candy makers of New York. An investigation has taken place, and it has been discovered that impure candy runs through the entire range of sweets, from fruit to peppermint. The percentage of sugar ranges from 10 to 90 per cent, and the rest is made up of materials which are absolutely hurtful—deranging the stomach and all the vital organs, producing palpitation of the heart and costiveness. Besides, there enter into the composition of some varieties, the oil of bitter almonds, sulphuric acid, very badly decayed cheese, and a crystallized substance resulting from the distillation of crude petroleum. Many of these candies contain at least 90 per cent of poisonous matter.

Candy, says an investigator, when first made, is white, unless composed of the vilest materials. As it suits the public to see it colored, various cheap devices are employed as substitutes for cochineal and saffron. The red color is usually produced by amboline, which is obtained in a crystallized form from coal tar during its process of refining. A small portion of this dangerous precipitate is placed in a vessel, and a quantity of alcohol poured upon it, when it is immediately ready for use. Before it is mixed with the alcohol it is bright green, but subsequently turns a rich magenta hue. With this poisonous compound the candy is colored, and then packed for sale. Amboline is sold for \$2.00 an ounce, and will equal in coloring twenty times its weight of cochineal.

A green color is also made from verdigris. An amount of candy can be colored by this mixture, for 15 cents, which it would cost \$15.00 to color in a legitimate way. Red is sometimes produced with fuchsine, an aniline color, or with minium, commonly known as red lead.

The flavors used, it is shown, are poisonous to an alarming extent. The oil used for this purpose is produced from grain, and is known to be a great promoter of Bright's disease of the kidneys. Many ladies hardly think their day satisfactorily completed, unless they have eaten a quarter of a pound of sugared almonds, or as they are usually called, "sweet almonds." To such it may be interesting to know that the flavor of the almond is often produced by the oil of bitter almonds—a poison of which a very small quantity would serve to destroy life.

The consequences of eating even sparingly of these noxious compounds cannot be over-estimated. Many diseases which torment adults are known to date their origin from the sweet things consumed in childhood. The newspapers occasionally discover an instance which shows that candy has been instrumental in killing some child; but the majority of such cases are considered mysterious providences.

Under the existing state of affairs, is it not best for mothers to keep the sweet things away from their children?—*Champlain Journal*.

### Health Reform in School.

AN experienced teacher of public schools, while recently acting in that capacity, in a district where most of his patrons were health reformers, made the remark, that their children were more peaceable, less quarrelsome, and more apt to comprehend and retain an idea, than those who were indifferent to the principles of health reform. Said he, "It is hard work to reason over a side of pork." A. SMITH.

HE is not only idle who does nothing, but he is idle who might be better employed.

### Catarrh.

DISEASE is an action, not a thing; yet there is such a thing as disease. Catarrh is a disease characterized by a flow or discharge of fluid from the mucous membrane. The outside of the body is covered with a peculiar membranous tissue or skin extending over its entire substance like a sack. Corresponding to this, the inside or cavities of the body which open externally are furnished with a mucous membrane. This goes over the lips, and up the nostrils, lines the cavity of the mouth and nose, covering the tongue, continuing backward and downward. It covers and lines all parts of the throat, lines the wind-pipe, and extends through all its branches into the lungs, lining all the air passages and cells.

In health, this membrane secretes or exhales a bland, slimy fluid, which serves to moisten the parts, and make them slippery. In health, there is no excess of fluid formed, none to be expectorated or spit out, none to be blown out of the nose. When this has to be done, it always indicates more or less morbid action. Various parts of the extensive mucous membrane are liable to congestion, inflammation, and catarrhal flow.

Catarrh is more commonly applied to affection of the membrane of the nasal passages and that which lines the cavities of the frontal bones. Catarrh may be acute or chronic. By acute disease, we mean that which is severe in symptom, and of short duration; chronic, milder symptoms, and unhealthy action prolonged.

Chronic diseases may be inherited. We have known infants, whose parents were scrofulous, to manifest catarrh almost immediately after birth, and have a defluxion of mucus from the nose month after month.

Acute catarrh, or a common cold, is too well known to require much description. There is an inflammatory affection of the lining membrane of the front and back nasal passages, sometimes extending to the membrane lining the cavities of the frontal head. These become depurating surfaces, excreting morbid matters that are acrid and irritating, which drip, or are blown, from the nose. That which comes from the back nasal passages drops into the throat, and is hawked or coughed out. These, however, are comparatively secondary symptoms. The primary symptoms usually are an irritation of the fauces, involving the nasal passages and the bronchi; with obstruction in the nose, sneezing, a sense of weight over the eyes, fullness in the head, not unfrequently accompanied with headache.

Where there is much grossness, and the exciting cause or exposure great, there may be severe pain in all parts of the body, with general disquiet and feverishness. The principle implied in the adage, A stitch in time saves nine, is applicable in the treatment of colds—the sooner the better.

TREATMENT.—The treatment in the first

stage, or when chilly sensations are creeping over the body, is a full, warm, general bath; or, if more convenient, a sitz bath at a temperature of 100° at first, and then the heat increased by putting in hot water or pieces of hot brick, as it can be borne, having the feet in hot water and the body covered with blankets put on in front, lapping on the back of the neck and fastened. Remain in the bath till re-action, or a gentle perspiration comes on, not forgetting to keep the head and face cool by applications of cool or cold water. The head can be enveloped in a wet napkin or head-cap. Before coming out of the bath, reduce it by pouring in cold water, as much as may be borne without producing chilly feelings, and stirring it with the hand to make it of an even temperature. Wipe off dry, and go to bed. If much feverishness comes on, follow the above with a wet-sheet pack. Be governed in the duration of the pack by the vigor and strength of the patient. They may be taken from one to two hours. The body should be washed off in coming out of a pack. When there is considerable prostration, merely wiping off with a damp cloth and then a dry one is sufficient, the patient lying down. Those not very feeble can take a pail pour, or dripping sheet, or wash off in a sitz bath. After a time, if the fever continues, the pack may be repeated. The person should fast a day or two, or eat sparingly of light food, and keep in an equable temperature, and remain quiet, not taxing mind or body.

Many protracted sicknesses might be avoided, and chronic complaints evaded, if these last simple suggestions were observed—rest, abstinence, and a comfortable, even temperature, till nature had time to recover balance of action in the organs.

Three things are sought to be accomplished by the system in disease. First, elimination of impurities; second, balance the circulation; third, equalize the distribution of nervous energy. When remedial effort is in process, to use force for other purposes will rob the vital organism of power to restore conditions of health rapidly; for vital force expended in one direction cannot be had to expend in another. When one is convalescing from this derangement, exposure to cold, over-eating, or over-doing of any kind, may bring on a recurrence of all the first symptoms.

Chronic catarrh is an extension of acute, and is always preceded by acute. Repeated colds, settling in the head, induce the chronic form of this disagreeable disease. We say disagreeable, for it may go on from bad to worse, till a most offensive odor is emitted from the nostrils and throat, and a very acrid, irritating, unpleasant matter is discharged from the nose, and expectorated from the mouth. Ordinarily, the excretory functions properly performed, chronic catarrh could not be induced nor maintained.

For prevention and cure, it is necessary that liver, lungs, skin, kidneys, and bowels, should have healthy action. To have this, all habits should be hygienic. Diet, right in quality and quantity; dress, physiological; pure water for drink; sufficient breathing of pure air; proper rest and exercise; sunlight; a cheerful spirit, etc.

Those who have this disease, and are desirous to part with it, who are making use of pork, lard, cheese, butter, tea, coffee, and condiments, we recommend to discard them at once; and who are freely using salt, sugar, milk, cream, beef, mutton, fish, and fowl, to use them more sparingly, till a grain, fruit, and simply-cooked vegetable diet is substituted; also change the fine flour bread for unbolted wheat, or graham flour bread. The disuse of these things will prove more beneficial than the use of all the specifics and remedies of the drug-stores and doctors. The use of those things disposes to liver derangement. The liver tires out, and, as a consequence, the skin tires out. The result of this is, mucous surfaces are loaded with bile elements, carried to them in the blood, and they become unnatural depurators of morbid elements.

P. M. LAMSON, M. D.

*Health Institute, Battle Creek.*

### Plain Talk to the Girls.

IT is a fact which should be continually brought before the eyes of every girl in the land, that the fashionable method of committing suicide by wearing corsets should be frowned down. Say anything to one about wearing these ribs of whalebone and steel, and she will say it improves the form. The idea! Do n't you suppose that your Maker knew what he was about when he fashioned you with his own hands? Or do you think he made woman first, and afterward made a French *modiste*, to get her into decent shape? Perhaps that was how it happened that women are left as nature made them, and fools are shaped by the dressmakers. But it would only be justice to allow the girls to grow up to womanhood before they decided whether they would be women or fools, instead of putting them into corsets when they are tender children.

It is absolute cruelty to put corsets on a little child. No child can wear them more than two or three hours at a time, at first; but they are made to wear them as long as they can endure tortures, and then take them off and rest awhile, only to resume the horrid things again, and so on, until they have become hardened to the torture, and can delight the dressmaker with a slim waist to suit her eye.

But the next question that arises is, whether anything has been taken from the body during the process of slimming the patient. Certainly

the waist was smooth and only a little tapering before the corsets were applied; now it is longer, and not more than half the size at the bottom. If nothing has been taken from the waist, what have the corsets done with the organs that filled that portion of the body before the corset-strings were drawn? They have been squeezed either above or below the waist; and, as those places were already occupied with organs of their own, those squeezed from the waist must have been forced into the space allotted for something else to grow in. So the logical conclusion is, that the organs that nature placed within the waist have been forced to vacate the premises, and crowd themselves within the space allotted to other and equally important organs. No wonder the girls lose their rosy cheeks, when the corset-strings are drawn so tightly that the blood cannot circulate freely enough to run into the cheeks. No wonder that the lungs refuse to do their work when they have n't half room enough to work in. And no wonder that the lower organs refuse to perform their office, and girls grow old before their time, suffering from female complaints brought on by wearing corsets and displacing the organs of the body. Talk about the foolishness of Chinese women in cramping their feet! What are the feet in comparison with the lungs and heart?—*Home and Health.*

### Study and Longevity.

BECAUSE brain work promotes the consumption of nutrition quite as much as bodily labor, a hard student will get ravenously hungry. The thing which keeps a man in health is the constant renewal of the particles of his body; labor uses up the new particles of nutriment, and works off the old ones; eating supplies new ones in their stead, and in this way the body is always kept new and young, and vigorous and thrifty. If a man does not work at all, sits still for a great part of his time, the old worn-out particles of the system remain in it, and clog it up, and before long the body becomes torpid and the mind dull, in time approaching to idiocy. The brain, like the body, appropriates the nutriment of food to its uses, and works off the old, effete matter. Kant, one of the most profound thinkers of his generation, living beyond threescore and ten, gave it as the result of his observation that "intellectual pursuits tend to prolong life;" and President Humphrey, of Amherst College, said, at the age of eighty-two, "I have yet to see the man who died from the effects of hard study." Newton, the greatest thinker of his time, lived to the age of seventy-three; and Herschel, the greatest astronomer of his age, lived beyond ninety, and so did Humboldt, the author of "Cosmos." If ever a hard student dies young, it is because he has not lived rightly.—*Dr. W. W. Hall.*

DR. TRALL'S  
Special Department.

Spotted Fever.

"CEREBRO-SPINAL MENINGITIS" is a modern phrase for a malady which was known to New England physicians nearly a century ago under the name of spotted or petechial fever. This disease has lately appeared in New York, Brooklyn, Scranton, Pa., and other places, and excited much alarm among the people, as nearly all the cases thus far reported have terminated fatally.

When the disease first appeared in this country, it was termed spotted fever because of the mottled or adder-like blotches on the skin; and because the discolorations often resembled flea-bites it was also denominated petechial fever. These petechial discolorations, however, frequently occur in other forms of putrid fevers, especially in their later stages. They indicate a very foul and putrescent condition of the blood. Rose-colored, purplish, and livid spots are also characteristic of depravity of the vital current, and are common to all low forms of putrid fever; and when they appear in the early stage, the case is always a dangerous one.

In the spotted fever, there is one peculiar symptom—a rigidity, or spasmodic contraction of some of the muscles of the back, causing a stiffness of the neck, and sometimes a painful retraction of the spinal column backward, very much resembling one form of tetanus. It is this peculiarity that has induced physicians to suspect the fever to be secondary and symptomatic, the essential disease being regarded as an inflammation of the membrane inclosing the spinal cord. Hence the phrase, *cerebro-spinal meningitis*, meaning inflammation of that membrane.

But we can see no evidence of this local cause. Spasmodic affections, and even tetanus itself, are often the result of injuries quite remote from the spinal cord, and of blood-poisoning, as in hydrophobia. In these cases, the spasms may be exceedingly violent with no inflammation whatever of the spinal cord or its investing membranes. Nor is there found, in post-mortem examinations, any organic lesions or disorganizations of any kind! Hydrophobia is generally attended with the most violent convulsions, yet no one thinks of attributing them to an affection, inflammatory or otherwise, of the *meninges* of the spinal cord.

A very gross state of the blood, and its rapid disorganization, are sufficient to account for the spasmodic action of the muscles and the discolorations of the skin; and, indeed for all the symptoms of spotted fever.

We have never treated a case of spotted fever, and can say nothing of hygienic treatment from personal experience. But several years ago, we had several cases of ship fever to treat in New York, and all recovered. The ship fever is another form of putrid typhus, and is closely allied with spotted fever; and has been, under drug treatment, quite as fatal. Frequent ablutions with tepid water, or, if the patient is not too weak, the prolonged tepid half bath, are the essentials of the hydropathic treatment. Special attention should be given to keeping the extremities warm and the head cool. Of course, the most ample ventilation should be provided for. The room may be kept comfortably warm for the patient, but windows and doors must not be all closed. In the early or congestive stage the warm or vapor bath is valuable. Where this cannot be had, hot foot-baths, with a warm ablu-tion, and the drinking of warm water freely until a gentle perspiration is induced, will answer all remedial purposes. Formerly, "hemlock sweats" obtained much credit as a curative process; but we are of the opinion that the real remedy was the warm water.

Woman as an Official M. D.

NOT content with invading the medical profession as a private individual, presumptuous womanhood, becoming emboldened by successes, has grasped at and caught some of the medical positions of honor and true emolument. We mean, Miss Sarah J. Williams, M. D., has been elected to the responsible position of City Physician in Springfield, Mass. This is the third instance of the kind. Two western municipalities have chosen women M. D.'s as City Physicians, and now comes an echo from "down East," as much as to say, "Where is this thing going to stop?" We venture to guess that, like "making many books," there will never be any end to woman's aggressive onslaughts in this direction; at least not until male medical students and their professors cease to oppose and persecute her because she, in the exercise of her own inalienable right to life, liberty, and the pursuit of happiness, chooses the healing art as a profession.

It is peculiarly gratifying to record the success of Miss Dr. Williams, because of the fact that she was one of the thirty-one women medical students who were so grossly and indecently insulted and abused, in Philadelphia, two years ago, by men medical students and their professors. A determined attempt was made to drive the ladies from the medical clinics; but, like most other persecutions, the attempt only resulted to the advantage of the persecuted party. It made the merits and needs of women physicians more widely known, and caused the public press to rebuke the spirit of meanness and selfishness in a manner that, if it did not reform

the "inner man" of certain persons, has at least caused them to improve wonderfully in the matter of external deportment.

### Nursing as a Business.

UNDER the caption of "Woman at the Bed-side" an exchange well says :

"This is one of the hardest things in the world to make our people understand. They seem to think that any poor, disappointed, broken-down woman who cannot possibly do anything else, even if she can find anything else to do, can take care of the sick—a work which requires trained perceptions, as well as quick and rich sympathies, and a perfect self-command as well as affluent resources and ready invention. But it is a work which brings peculiar compensations to those who engage in it with the right motives, after proper preparation. Every year it becomes more evident that the nurse is quite as important as the physician, and that the proper care of the sick is an essential condition of their cure. Women are fast conquering the prejudice which environs the medical profession, and finding within it a fitting and congenial field. It remains for them to make nursing an honorable and remunerative profession, by lifting it up to its true place as an art which it requires skill and training to master and patience to properly execute, and as a service to man which the spirit of piety and duty will invest with all the sanctions and satisfactions of religion."

We go one step beyond our contemporary and aver that the nurse is not only as important as the physician, but that nursing and medication are one and the same thing. Proper nursing is the true healing art. Our contemporary thinks of the physician only in the sense of a person who administers poisonous drugs; all the rest is nursing. Now just leave the doctor and his drugs out of the question, and you have "hygienic medication," which simply means good nursing.

### The Fashions.

OCCASIONALLY we read a sensible article in the newspapers on the senseless fashions of ladies' dresses; and it contrasts refreshingly with the long columns of repertorial twaddle which occupy so large a space in nearly all of our leading newspapers and all of the *ladies'* magazines. The *Philadelphia Press* says a few pungent words on the subject of the spring fashions which ought to make every lady who reads it ashamed of deforming herself and disgracing humanity by a style of dress that is ruinous to health and usefulness, and an outrage on all true taste.

"As a rule, we hesitate to criticise, or even allude in our editorial columns to the eccentricities of the dress feminine, for it is seldom that

we find anything to praise, and frequently that we find much to blame in the peculiar garments whose odd shape and queer arrangement is popularly supposed to add adornment to the forms of the women of our land. This being the case, and it being, too, a well-established fact that the softer sex is, if swayable at all, only to be swayed by kindness, we have considered and do now consider it useless to waste our thunderbolts by attempting to bring about a reform in dress amongst the pretty but willful offenders.

"Just at the present time, however, we can conscientiously say a word or two in praise of female apparel, for the garments prescribed by the spring fashions of 1872 are far less fearfully and wonderfully made than have been the garments of many springs in the time gone by. The 'polonaise,' the favorite style for cutting gowns during the coming season, more nearly complies with hygienic laws than does any other piece of clothing recently invented for woman's wear, its excellence and neat fit depending upon its being to a certain extent loose around the waist, and thus the abomination of tight lacing is for a time done away with. Furthermore, this ingenious garment is so constructed that 'skirts' of various descriptions can be worn in conjunction with it, the effect produced being that of a number of different gowns, while the expense of the display is reduced about one-half, thus combining madame's desire for extravagance with monsieur's desire for reasonable economy; with friends on both sides of the house conjugal, the 'polonaise' is unquestionably destined to have a long and successful run. In colors, too, the spring styles are good, with the exception of the *auto-da-fe* robe, to which—although she would have scorned its brilliant gracelessness—the respectable Miss Varden has unkindly been forced to stand sponsor. The tone is generally quiet in all classes of dress goods, while the large part which linen is to play in composition of the wardrobes of the coming summer speaks well for the good sense as well as good taste of our dames and damsels.

"Of course, there are some of the old iniquities in dress which are still retained, and prominent among these is the 'demi-train,' whose name suggests, as its nature compels, mild profanity on the part of every sensible person who gazes with unprejudiced eyes upon its inane hideousness. But, in accordance with our principles avowed above, we will not pick holes or find fault. As humanitarians, as lovers of our species, we have much to be thankful for in the advance already made toward sensible clothing for women, and, although we do not expect to live to see it, we believe that the day will come when sense and the laws of health will be the rulers in the manufacture of dress rather than the present regnant crew of senseless milliners, to whom both sense and the laws of health are totally unknown."

### Brain Fever.

A FEW days ago, we received a telegram from a gentleman residing one hundred and fifty miles distant, requesting us to send a prescription for his wife, who was sick, of brain fever. We were absent and did not receive the message until the next day. But we record these facts as the text for a brief discourse. It is impossible to prescribe for acute diseases by letter, and especially such an acute disease as inflammation of the brain. A particular symptom or condition might be prescribed for by telegram; but by the time a letter could reach the patient, other conditions might occur, rendering the prescription improper. Physicians cannot treat acute diseases safely without seeing the patient, for the reason that the symptoms are continually changing. The diathesis of the fever—whether inflammatory or typhoid—and the stage of the paroxysm—whether cold, hot, or sweating—and the degree of diathesis and severity of the stage—whether very hot, very cold, or very sweating—must be known before the treatment can be indicated. And again, the symptoms, both in kind and degree, are liable to change at any moment, so that a prescription proper at one time of day might be improper an hour later.

There is a *plan* of treatment applicable to all fevers, and this is explained in our published works. Those persons, therefore, who would be prepared to be their own family physicians should procure these works and study them faithfully; and then, if perplexed in relation to a particular symptom, condition, or complication, send a telegraphic question for a telegraphic answer. If a case must be treated telegraphically there should be at least semi-daily correspondence between patient and physician. The better way for those who have no hygienic physician in their neighborhood is to telegraph the nearest Health Institution to send a physician by first train. In most cases one can be had within twenty-four hours if the distance does not exceed five hundred miles. We have several times visited patients at a greater distance, in less than twenty hours after the telegram was written.

### The Small-Pox and the Plague.

MR. SETH HUNT, of Northampton, Mass., condenses a whole hygienic sermon into a single paragraph, which appears in the *Springfield Republican*:

"To the Editor of *The Republican* :—

"In your article on 'Vaccination and the Small-Pox,' you say: 'Before 1800 nearly one-tenth of all who died in Europe were victims of small-pox,' and you infer that the diminution of mortality from this source is owing to vaccination. Now I would respectfully ask how we are

to account for the diminution of deaths from another loathsome disease, the plague, which, down to the same period, was vastly more destructive to human life than small-pox. In the reign of Charles I., 35,000 of the inhabitants of London perished from the plague, and, in 1665, it swept away 100,000 of the inhabitants in 13 months; while, at one period, it raged in Germany with such violence that it was believed all mankind was doomed to be destroyed by it. It prevailed in Russia and Poland down to about 1800, since which time it has been almost unknown in Western Europe. Now I would again ask, What causes have checked the plague? Are they not the same as those which have lessened small-pox, and which mitigate all diseases, namely, not vaccination, but better habits, greater cleanliness, broader streets, more sunlight, better ventilation?"

### Answers to Correspondents.

NURSING MOTHERS, &c.—E. C. B.: "Dr. R. T. Trall, *Dear Sir*: Should a nursing mother eat more than two meals per day? What should a child three months old be fed when it has not enough of its natural food to sustain it? Can a male child from four to six weeks old injure itself by crying?"

Cow's milk is the best substitute, provided the cow be properly fed. Certainly; any child of any age can injure itself by crying. The cause of the crying should be removed. If nursing mothers are accustomed to two meals per day, they should continue the custom through the nursing period; but it is better not to change from three meals to two during lactation.

SPINAL CURVATURE.—C. D.: The Health Lift and Swedish Movement are adapted to your case; but the exercises should be very moderate to commence with, and carefully graduated at all times. The cause of your difficulty is probably muscular weakness. Many school-children get their spines incurvated because of the unanatomical seats and benches of the school-room.

PNEUMONIA.—S. C. Y.: To answer your questions would be to write a treatise on the subject. You will find the desired information in our published work. A small tract, entitled "Diseases of the Throat and Lungs," may be all you need. The cases of "deaths of pneumonia" which you mention, were undoubtedly *deaths of drugs*. Pneumonia (inflammation of the lungs) is often a severe disease, but seldom a dangerous one.

BRONCHITIS.—S. A. S.: In the early state, this disease is easily managed. But your case has become chronic, constituting a form of pulmonary consumption. You had better not undertake self-treatment without personally con-



sulting a hygienic physician. The chest wrapper is adapted to the acute form of bronchitis, but we would not advise it in your case.

**MEASLES AND WHOOPING COUGH.**—E. B.: These affections may sometimes co-exist; but in nearly all such cases, the measles will soon become apparently the only disease. When it subsides, and the patient is fairly convalescent, the whooping cough will usually be developed. We do not regard co-existence of these contagions as dangerous, although the febrile symptoms will be somewhat more violent.

**PLEURALGIA.**—D. D. O.: Your case is not pleurisy, as your physician calls it, but pleuralgia, or "stitch in the side"—an affection of the intercostal muscles. Fomentations will always relieve the pain. The wet-girdle and general treatment are required to remove the remote or predisposing causes.

**GRAVEL.**—S. M.: The constant use of soft, pure water, and the avoidance of all earthy or saline matter, as salt, saleratus, etc., in the ingesta, will remove all calculous concretions in the form of gravel, in due time.

**COST OF MEDICAL EDUCATION.**—F. A. H.: The average expense of board, tuition, and lecture fees, in acquiring a medical education in the drug-schools is ten to twelve hundred dollars. This includes three years' time. In the Hygieo-Therapeutic College the time is one year and a half, and the expense \$340.

**WET BANDAGES.**—D. A. L.: Never wear wet bandages until the skin is ulcerated. Whenever the skin becomes red and pimply, leave them off, resuming them, if need be, after the skin has recovered its normal condition. Much mischief has been done by the too prolonged use of umschlags, head-caps, etc.

**ICED WATER.**—C. D. D.: Very cold water may be tolerated by a sound stomach, but it is not as wholesome, as an ordinary drink, as is moderately cool water. We object to ice in cholera, although the medical profession generally recommend it.

**SNOW-WATER AND THIRST.**—M. P. P.: The reason that the "eating of snow" occasions thirst, is because the snow, especially when fresh, contains a percentage of ammonia.

**CHOREA.**—S. T. P.: After the mental faculties have become seriously impaired, this disease may be regarded as incurable. It is caused by narcotic or mineral poisons, excessive constipation, and by any habits or practices which exhaust vitality.

**DRUG DISEASE.**—O. R.: "I have taken the REFORMER for a year, and frequently notice the expression drug disease, but have never seen any explanation of what a drug disease is. Please explain."

A drug disease is the effect of a drug medicine or drug poison. Thus intoxication is the effect of alcohol, narcosis of opium, vomiting of ipecac, inflammation of mercury, etc.

### MAY.

'T is the note of the thrush that salutes the bright morning,

And gives to all nature a key-note of warning—  
From the statliest alder that crowns yonder hill,  
To the meek little violet down by the rill;  
From the groves that are nestling amid the broad plain,  
To the long lines of osage that pencil the lane;  
Wherever a promise of bloom is reposing;  
Where, beauty and fragrance so snugly inclosing,  
The tiny green cup has preserved a bright treasure,  
While the ice-king has proved of his reign the full measure,

Till March is retreating, exhausted his power,  
And April his steps washes out with a shower;  
Open one! open all! Catch with exquisite skill,  
Or reflect from yon beam every hue that you will.  
Bid the breezes your perfume so sweet bear along,  
And crown with a wreathing of glory my song.  
—Charles B. Maclay.

### Diet.—No. 6.

BY MRS. M. H. HEALD, M. D.

AS THE process of decomposition commences directly after the life of a creature is taken, all meat, excepting that which has been frozen, is in a condition of putrefaction, though it may not be offensively so for several days. Therefore those who will make meat a part of their diet, should cook it very soon after it is slaughtered. They would not find it quite so tender, but it would be far more wholesome. Many persons, when eating their *tender meat*, ignore the fact that it is usually such in proportion to the amount of putrid matter contained, which, in some instances, is to be ascribed to the length of time it has been kept, and in others, to the foul character of the food the creature has used, and to the unnatural, unhealthy mode of life to which it has been subjected. The choice, dainty *bits* of the epicure are those that teem with impurities. Many persons account the kidneys and liver of creatures the daintiest portions. Being organs whose especial office is to purify or carry out of the system foul, waste matters, they are thoroughly saturated with them, and are among the most objectionable articles of diet used by civilized people.

Of meat, the worst kind is swine's flesh. The hog is notoriously a scavenger, and yet, though this fact is universally admitted, a vast majority of the American people use, not only the flesh of this foul creature, but all its parts—head and feet, its very skin, and even portions of the intestine filled with that odious and indigestible compound, sausage. Then, too, all the unhealthy fat of the animal is rendered into lard, and this worst form of greasy food shortens the pies and biscuits of the masses of the people, north and south, east and west.

It is time that we learned to trace the relation of cause and effect, and to see the connection between scrofula, erysipelas, and foul, eruptive diseases on the one hand, and the use of pork and lard upon the other. He who places true value upon health will never permit a particle of food derived from the body of the most unclean of quadrupeds to enter into his stomach. Love of purity should forbid its use, if fear of disease did not prove sufficient. The least objectionable of meats are beef and mutton, and the flesh of such game as feed like the ox and sheep, upon simple herbs, roots, and grasses.

Those who have felt most interest in the health and consequent progress of our race, who have devoted their time to investigation and study, and have searched the history of various communities, give us facts like the following, gathered from observation and experiment, as well as from research. The blood and chyle of meat-eaters putrify more rapidly than those of vegetarians, when exposed to the atmosphere. The excretions of those who use the ordinary diet are more foul and offensive than those of persons using grains, fruits, and vegetables. It is not necessary to use animal food to secure a large supply of carbon and hydrogen, generally supposed to be essential to the generation of animal heat in cold weather. If these were necessary, nuts, corn meal, &c., might be used, for they contain large proportions of the same. Moreover, the starch and sugar in hygienic food yield more carbon than meat without the animal fats and oils.

A serious objection to the use of the common diet is the consumption of greasy or oily food taken in the fat of meat, in gravies, soups, and kindred dishes. These obstruct the organs whose office is to deplete the body, or carry off impure matters. They also interfere directly with the vigorous action of the stomach and other digestive organs; while the catsups, spices, and other irritants which accompany these dishes, are obnoxious in the extreme. All teachers of the laws of health and life, of every school, denounce these oily dishes as the source of physical ailments of thousands of our people, and through the bodily conditions, of the ill temper, the spleen or the melancholy of thousands of others. Even Pereira, who is recognized as a leader among the authorities of the old school, states that fixed oil or fat is more difficult of digestion and more obnoxious to the stomach than any other alimentary principle.

*Healds' Hygeian Home, Wilmington, Delaware.*

**BAD HABITS.**—Understand clearly the reasons, and all the reasons, why any habit is injurious. Study the subject till there is no lingering doubt in your mind. Avoid the places, the persons, and the thoughts, that lead to the temptation. Frequent the places, associate with the

persons, indulge the thoughts, that lead away from temptation. Keep busy; idleness is the strength of bad habits. Do not give up the struggle when you have broken your resolution once, twice, ten times, or a thousand times. That shows how much need there is for you to strive. When you have broken your resolution, just think the matter over, and endeavor to understand why it was that you failed, so that you may be upon your guard against a recurrence of the same circumstances. Do not think it a little or an easy thing that you have undertaken. It is folly to expect to break off bad habits in a day, which have been gathering strength in you for years.

### Profits on Drugs.

It is probable that there is no business so profitable as the sale of drugs, and the practice of medicine connected therewith. Colossal fortunes are built in every department of the medical art connected with the drug system; and shocking it is to open our eyes to the fact that it is all worse than a swindle, it is downright murder, as every one who is well posted on this point may well attest.

For profit, men will embark in anything, even the sale of liquors; and now there is no agency so powerful in behalf of intemperance as the drug-store.

JOS. CLARKE.

**THE FIRST OYSTER-EATER.**—Methinks I see the first oyster-eater! A brawny, naked savage, with his wild hair matted over his wild eyes, a zodiac of fiery stars tattooed across his muscular breast; unclad, unsandaled, hirsute, and hungry, he breaks through the underwoods that margin the beach, and stands alone upon the sea shore, with nothing in one hand but his unsuccessful boar-spear, and nothing in the other but his fist. There he beholds a splendid panorama! The west is all aglow; the conscious waves blushing as the warm sun sinks to their embraces; the blue sea on his left; the interminable forest on his right; and the creamy sea-sand curving in delicate tracery between. A picture and a child of Nature! Delightedly he plunges into the foam and swims to the bald crown of a rock that uplifts itself above the waves. Seating himself, he gazes upon the calm expanse beyond, and swings his legs against the moss that spins its filmy tendrils in the brine. Suddenly he utters a cry; springs up; the blood streams from his foot. With barbarous fury he tears up masses of sea-moss, and with it, clustering families of testacea. Dashing them down upon the rock, he perceives a liquor exuding from the fragments; he sees the white, pulpy, delicate morsel, half hidden in the cracked shell, and instinctively reaching upward, his hand finds his mouth, and amid a savage, triumphant deg-

lution, he murmurs—"Oyster!" Champing, in his uncouth fashion, bits of shell and sea-weed, with uncontrollable pleasure he masters this mystery of a new sensation, and not until the gray veil of night is drawn over the distant waters does he leave the rock, covered with the trophies of his victory.—*Haywarde.*

### Herb Tea.

THOSE who have tried the effects of mild and simple roots and herbs, instead of the more poisonous drugs of the physicians and apothecaries, have almost uniformly been favorably impressed with their use, and have thought them quite beneficial. And it is quite certain that they are harmless; and a good motto in the use and practice of medicine is, "If you do no good, do no harm." In all curable cases, nature will work out the cure, if we do nothing to hinder, but help what we can.

How often have incipient fevers been broken up by the use of catnip tea! and how many can testify to pains relieved and inflammations dispelled by the application of steeped herbs to the parts affected, or of cloths saturated in the decoction. Smart weed, May weed, &c., have been very efficacious. I have myself experienced much of the benefits of the use of roots and herbs; for from my early youth I dreaded and feared to fall into the hands of a physician. A thorough fomentation of smart weed relieved me in a desperate case of cholera. And drinking freely of warm herb teas has changed fever into perspiration and saved me from protracted sickness, without doubt.

But since investigating the principles of the hygienic practice, and being convinced of the truth of those principles, as is the case with all who candidly investigate, my mind has often reverted to the past—to the evident beneficial effects of the catnip tea practice—and I have reflected upon the *reason* of its efficacy; and I am satisfied that the happy results of that manner of treatment is chiefly, if not altogether, to be attributed to the hygienic agents, moisture and heat, and not to any magical properties resident in the herbs. If one can be induced to drink hot water as perseveringly as he would herb tea, I am persuaded it would induce perspiration, break up cold, and prevent fever, as well without the herbs as with them; and that a fomentation, or a compress, with the use of pure water, will relieve pain, or remove soreness, as readily as if the water were impregnated with the juice of herbs.

Harmless herbs, of course, can do no harm; the more harmless the better; and as small children, and some grown persons, can better be induced to use water that has some nice flavor or odor about it, there properly comes in the benefit of herbs.

R. F. COTTRELL.

### Brevities.

"A LEARNED editor has given it as his opinion that tight lacing is a public benefit, inasmuch as it kills all the foolish girls, and leaves the wise ones to grow into women." It does not always kill them outright, but frequently leaves them half dead, a burden to themselves and to those around them.

"At a recent meeting of medical men in California, one of the toasts was: 'Take a little wine for thy stomach's sake.' This biblical quotation was aimed directly at Dr. Haswell, an inveterate disciple of Rechab. The Doctor took it coolly, as it did not apply to him, for his name was not Timothy, and he had no stomach ache. Though he drank only water, he enjoyed the better health on that account, and was quite as capable as any one in the room of appreciating the exercises, and his head would be quite as clear when morning should come."

#### AS A QUACK WROTE IT.

"There was a man in our town  
And he was wondrous wise,  
He had a pain from ear to ear,  
Another between his eyes;  
And when he saw he had catarrh,  
With all his might and main,  
He purchased S—'s remedy  
And has his health again."

#### AS IT SHOULD HAVE BEEN.

There was a man in our town  
Who was n't very wise,  
He had a pain from ear to ear,  
Another 'tween his eyes;  
And when he saw he had catarrh,  
With all his might and main,  
He purchased S—'s remedy,  
And never breathed again.

Curran was once asked by one of his brother judges, "Do you see anything ridiculous in this wig?" "Nothing but the head," was the reply.

"In Russia the doctors live thirty or forty miles from each other. The Russians are a healthy people."

"A parent, to overcome his son's aversion to medicine, induced him to make quite a hearty meal of buckwheat cakes and 'maple syrup,' but the latter proved to be syrup of squills. The boy said he thought something ailed the molasses the minute his father told him to eat all he wanted to."

SENSIBLE—A young lady in Michigan, having a dose to take before going to bed, sat up till she got well, so as not to take it.

"A California hunter, who went ten miles to where game was plenty, and then found that he had brought a box of pills instead of percussion caps, returned home in disgust." Too bad. He ought to have had a *good physician* with him, to devise means by which they could be administered. We could warrant him a sure *kill* every time.

J. R. T.

## Extracts from Letters.

JEFF. CO., N. Y.

THE REFORMER, like an angel of mercy, is speeding its way on through error and opposition, to the high and low, rich and poor. In the stately mansion and lowly cottage is its sun dispensing its blessings, and it is hailed as a *welcome* guest to many families. What a pity that any should exclude it from their dwellings. None would do this, I am sure, if they understood the benefit they might receive by adhering to its instruction.

Many with strong constitutions, in a very short time, fall under the power of disease, and sink into an untimely grave, by sinning against the laws of their being: They have for years, perhaps, both in eating and drinking, been gratifying the cravings of a petted appetite; and as the power of habit increased, so the clamoring of the appetite increased, until wearied nature gave way, and death was the result. But many have, and are still, sinning ignorantly; but they can have no excuse now, that the clear light is shining. May the blessing of God attend the REFORMER.

C. LAWTON.

PINE ISLAND, MINN.

THE devil has never yet ceased his efforts to overthrow and destroy through the lust of the appetite since Adam and Eve fell; and he has been gradually, but surely, binding down the sons of men in the galling chains of slavery to morbid appetite. And we find to-day, almost the whole race given over, so far as their own efforts are concerned, with only here and there one to raise the cry of warning. And as the result, the race is fast dwindling out. I feel like rejoicing that rays of light are breaking in upon us, and that we are blessed with such a paper as the REFORMER, that dares fearlessly to teach these truths. And not only this, but I am thankful that there is an increasing interest in these things, as is evinced by the present circulation of the REFORMER. May the good work speed on, till all who are willing to receive the light may have the privilege, and thus bring themselves into a nearer relation to God, the author of our beings.

HENRY F. PHELPS.

ALFRED, N. Y.

EDITOR HEALTH REFORMER: For several years, I have read your journal with much interest, and joyfully watched its upward tendency, as well as its broad and deep views on the health question. I have never read a number but I wished every one could have the same privilege, and would appreciate its teachings. How soon the people would be marching joyously hand in hand to the heavenly gates.

You are doing a great and good work, and must feel yourselves blessed. Your earnest ef-

forts with reference to the tobacco question have won for you laurels in the hearts and homes of thousands.

Could the mass see the purifying tendency to which such a temperate life, as you are living and teaching in your diet, dress, and I *hope* in your labors, leads, the battle would soon be won, and health and happiness gradually grow to be the rule—not as now, the exception.

In this fashion-crazed age, when so many men and women get so little time for reading, culture, or rest, and so much for dissipation, low, gross habits, worse than useless display for silly ornamentation, and health-destroying methods of preparing mixed dishes, to ruin the stomach and through it the temper, morals, happiness, and usefulness, of their lives, what a revolution we should witness. How much more purity, principle, and goodness, as well as wisdom, would bless the world than now.

May you, through your obedience to God's laws, and trust in him, be enabled ever to accept his blessings, dwell near him, and long live to teach others the simplicity of his requirements, is the earnest desire of one who reads the REFORMER.

MRS. M. BRYANT BURDICK.

FREEPORT, ILL.

MR. EDITOR: In reading the March number of your most valuable journal, my gratitude for the good you are doing forces me to give some sign of acknowledgment. Since I have commenced reading your entertaining and instructive articles on the preservation of health and the treatment of diseases, my desire is on the increase, to know whether you are properly encouraged: Whether your welcome monthly messenger—angel visitor I should say—has liberal financial aid, and whether it receives the kind words that grateful hearts would give, could your readers all see the way.

I know that money is the machinery, the power, but a warm, encouraging word is seemingly as essential as any lubricator that was ever used on the wheels of the strongest locomotive.

Your words to correspondents are alone worth their weight in gold, and would give a hundred remunerations for the cost of a volume of the HEALTH REFORMER even if there should be nothing more found upon its pages. But when the various other items, the well selected articles, and the teachings of Dr. R. T. Trall, coming seemingly from the throne of hygiene, are considered, no man is capable of making an estimate of your most excellent paper and your laudable work.

Yours very truly,

DAVID PARSONS.

It is said that the biographies of the great and good show that no one of them had a fashionable mother.

## Doctors' Bills.

It is quite common for physicians who have accumulated wealth to allow the accounts of their patients to run on for a long period; especially those of their personal friends, who are in rather close circumstances.

Mr. —, a farmer in one of the Atlantic States, in fair circumstances, but having much sickness in his family, allowed his account with his family physician to run on, year after year, not heeding the expense, nor supposing it serious in its outcome; but, on his departure for the West, after disposing of his farm, he called on his friend, the "family doctor," to settle his account; and found to his consternation, that it took about half his farm to make all square.

I presume there are many similar instances, in which the "doctor bill" has engulfed whole estates, and left the poor pill-eaters not only poor, but penniless.

By heeding the laws of life, as laid down in the pages of the HEALTH REFORMER, and as taught at the Health Institute, the reader is not only cured of diseases, but posted as to the causes of disease, and the remedy. The hygienic physician is not the one to book up a man's farm, but the principles he advocates, run in the path of health, happiness, and prosperity.

JOS. CLARKE.

## Children at Table.

WE believe in children. We believe they have rights all men and women are bound to respect. Among these rights is the right to learn table manners at table. Whenever the circumstances of the parents will permit them to invite a guest, they can lay an extra plate. Your children should be introduced to your guests. Preparatory to this, or to be always ready, each child should be accustomed always to keep itself tidy. Soap and water, combs and brushes, for faces, hands, and heads, cost little. Every child and person on the premises, if honorably dealt with, will have them, and a place for them; also, a tooth-brush, and be required to use them, failing to do so, banished from the table until the rule is complied with. Clean aprons naturally follow. Table napkins are quite as necessary, that garments and table-cloths may not be unnecessarily soiled. Really, when you consider the work of washing and ironing an extra table-cloth, and learn that napkins used at every meal will save one cloth a week, you will be likely to take the napkins. By rings or letters they can be marked. A divided tray-basket or box can easily be arranged, that knives and napkins may be carried in the same hand. Clothes may be patched, or very mean and poor, but these provocations to politeness will have a salutary effect.

Whoever sits at the head of the table should as carefully consult and serve the smallest child

(not an infant) as they would a stranger. "If you please," and "thank you," and "no, I thank you," sound just as respectful from little children as they do from strangers. Carefully accustom your children to all these little things, and you will never have reason to be ashamed of them away from home or at home.

## CONVERSATION

At table should be cheerful—light rather than calculated to awaken discussion or thought. It may require self-control, but it is wise to let care and perplexing topics be ignored, never introduced at table. You would feel outraged if a serpent were served you in place of a piquant sauce. Forgetful of this, many a sarcasm is allowed to spring into table conversation, sharper toothed than a real serpent. Against the serpent, every person would make common defense. Let us be as careful to banish from table-talk everything that is unpleasant. To this end, the more frequent the presence of genial guests, the better for your children—may we add, for yourselves, wearied fathers and mothers?

Please take the testimony of one who has been a guest in thousands of families—the plainest food, pleasantly served and seasoned with good will, is more acceptable to a guest than costly viands where these are lacking.—*Sel.*

TRICHINA ONCE MORE—TWO DEATHS FROM THE DISEASE.—Trichina has probably created as much dread as any rumor of disease that has lately obtained credence. Now, instead of far-off rumors, we come to home facts.

George Mechlin came to this city from Iliion, and obtained board with Charles Pomerina, No. 34 Saratoga Street, six weeks ago. He, together with William Deisenholt, Charles Pomerina and his wife, was taken ill. They suffered from vomiting and diarrhea. Deisenholt died in a few days, as was supposed, from inflammation of the bowels. Mechlin lingered on, going to Iliion for a time, returning, and finally being taken to St. Elizabeth's Hospital, four or five days ago. The doctor thought him to be suffering from typhoid fever. But finally they suspected the presence of *trichinosis*. Mechlin died at the hospital Sunday morning. Dr. Hutchinon obtained a portion of the muscles from his thighs and shoulders, and on Monday made a microscopic examination of them. They were found to be swarming with *trichina spiralis*, which were wriggling about the flesh. They resemble the smallest kind of a tape-worm in appearance. The creatures seemed sleepy in their movements, as if half torpid. Charles Pomerina and his wife are still living. The husband is still suffering, limbs swollen, and every indication of the presence of the disease. But the wife is recovering.

About a week before, the family had eaten new sausages, procured at a West Utica market. The butcher said that the sausages had been

made of animals purchased for sound. Physicians were invited to make a microscopic examination of all the meat in possession of the butcher, and the latter agreed to destroy all diseased meat in his possession. Prevention is better than cure. Abstain from eating pork, and you are free from trichina.—*Utica Herald*.

We find the foregoing statements in another paper, which closes the account of these horrors by saying:—"The moral of this terrible story is this: No pork should be eaten *before it is thoroughly cooked*." Now the moral of this moral is: If you fry the little "varmints" till they can't wiggle, you may devour them with safety. This is quite equal to the advice an old lady gave to a boy to boil wormy chestnuts. Because, said she, "*biled worms don't never hurt nobody*."

J. R. T.

### To Make a Fashionable Woman.

TAKE 99 pounds of flesh and bones—but chiefly bones—wash clean, bore holes in the ears and cut off the toes; bend the back to conform to the Grecian Bend, the Boston Dip, the Kangaroo Droop, the Saratoga Slope, or the Bullfrog Break, as the taste inclines; then add three yards of ruffles and 75 yards of edging, 18 yards of dimity, one pair of silk or cotton hose with patent hip attachments, one pair of false calves, six yards of flannel, embroidered, one pair bal-moral boots with heels three inches high, four pounds whalebone in strips, 1,760 yards of steel wire, three-quarters of a mile of tape, 10 pounds of raw cotton or two wire hemispheres, one wire basket to hold a bushel, four copies of the *New York Herald* (triple sheet), 150 yards of silk or other dress goods, 500 yards point lace, 1,400 yards fringe and other trimmings, 12 gross buttons, one box pearl powder, one saucer carmine and an old hare's foot, one bushel of false hair frizzled and fretted *à la maniaque*, one bundle Japanese switches, with rats, mice, and other varmints; one peck of hairpins, one lace handkerchief nine inches square, with patent holder. Perfume with attar of roses, or sprinkled with nine drops of the "Blessed Baby" or "West End." Stuff the head with fashionable novels, ball tickets, play bills, and wedding cards, some scandal, a great deal of lost time and a very little sage; add half a grain of common sense, three scruples of religion and a modicum of modesty. Season with vanity, affectation, and folly. Garnish with ear rings, breast-pins, chains, bracelets, feathers and flowers to suit the taste. Pearls and diamonds may be thrown in if you have them. If not, paste and pinchbeck from the dollar store will do.

Whirl all around a fashionable circle and stew by gas-light for six hours. Great care should be

taken that the thing is not overdone. If it does not rise sufficiently, add more copies of the *Herald*. This dish is highly ornamental and will do to put at the head of your table on grand occasions, but it is not suitable for every-day use at home, being very expensive and indigestible. It sometimes gives men the heartburn and causes them to break, and is certain death to children.

If you have not the ingredients at hand, you can buy the article ready made in any of our large cities—if you have money enough.—*Detroit Post*.

### Return of Spring.

THE time of the singing of birds has again come round, and the voice of the turtle is heard in the land. The word of the Lord cannot fail, and the revolution of the seasons is thus unvarying. Nature is sure to awaken at the appointed and expected time, from her torpor of months. Nakedness gives place to robes of grace and beauty, and sterility seemingly beyond hope, vanishes at the breath of the teeming spring, evoking on all sides countless forms of life. The face of the earth so long rigid, impassive, and to appearance lifeless, is swiftly undergoing its great periodic change. The hand of God is renewing it, and a few weeks will complete the stupendous transformation.

The magnitude and grandeur of this periodic renewal, words are impotent to describe. We are so familiar with the spectacle that we become well-nigh insensible to the immensity of these wondrous processes of nature. There is profit, however, in studying the silent and gradual developments which are going on at this season, all proclaiming the divine wisdom, power, and beneficence. We may begin our survey with a little strip of soil, a garden or field of a few yards in area, and watch therein the operations of nature.

First of all, that commonest of earth's products, the grass, appears affected by a strange influence. It begins to lose its seared and withered appearance. It shoots forth from the soil that heaven's sun and showers are warming and softening. It dons its rich green robe, and grows on in obedience to a law which man can no more resist than he has power to ordain. Then the bright flowers peep timidly from their beds. They woo the soft rains and mild breezes, and genial sunshine, till, drawn forward by these strengthening influences, they expand their beauties to the eye, and shed delicious fragrance on the sense. Then the trees, which for months, as the snow fell and the keen winds swept through their naked branches, gave no signs of life, acknowledge the voice, "Awake thou that sleepest, and arise from the dead." The buds swell, blossoms appear, and a rich foliage takes the place of nakedness, while the birds nestle among the branches, making them vocal with their songs. Then we turn up the mellow soil with the spade,

and deposit seeds therein, hoping that our labor will be rewarded by-and-by with fruits after their kind. Nor are we disappointed. The seed dies, but lives again; and from the place where we buried it, a new form of life arises. Nature does her work well, and in process of time, the tender herb becomes food for man, who should mingle thanks with rejoicings while sharing the fruits of the divine prodigality.

All this change has been wrought in one little spot of ground, and for the benefit possibly of a single family. If this were all that God did, it would be a stupendous thing, for all the families of earth, with their combined forces, could not make one blade of grass grow, or open a single flower, or cause a leaf or plant to start. But the All-Powerful and Good works not on so small a scale as this. What he does for the garden he does for the whole face of the ground. Far and wide the same life-giving energy is at work. Fields and valleys never so broad are covered with their carpet of green. All trees of the wood and forest, the tangled thicket, the dwarf growth which shoots from the mountains' brow, put on their beautiful garments in obedience to the same inevitable mandate. The furrows and the ridges, in due time, are seen to smile with corn for one man as well as for another, and whenever the ground is made ready and the seed cast into it, nature is ready to perform her part and lavish her abundance on the unjust and just, the evil and the good.

In this resurrection of nature, there is beauty in infinite forms to please the eye and cheer the heart. The love of the beautiful in man is ministered to by all the wonderful array of natural objects appearing on the face of the earth, fresh and fair under the influence of the new-born spring, as if first from the hand of the Creator.

But if the beauty of the wide panorama is everywhere conspicuous, order, which is Heaven's first law, is not less striking and wonderful. The voice that put an end to chaos in the beginning has made the reign of order fixed and stable ever since. Nature, throughout her vast realms, ever owns the sovereign fiat of her Maker and Lord, and from the loftiest mountain that lifts its head thousands of feet above the sea, down to the little pebble washed by the ocean surge, from the ocean itself to the smallest rill which helps to fill it, all is subordinated to law. Order in the universe of God is paramount and perpetual. Even the convulsions of nature, the tornado, the earthquake, the volcano, so destructive often, and seemingly anomalous, are no encroachments on order, tend in fact to preserve and keep it unimpaired. The earth is relieved by the discharge, the explosion, the occasional rocking to and fro; and when the shock is past, nature resumes her wonted serenity, and holds on her accustomed course. The harmonious working of the Heaven-devised machinery we see all around us, especially in the changes of

the seasons. The falling and the springing, the winter's frost and ice and snows, and the spring's and summer's vegetation and fruits, are as certainly looked for in their proper order as the morning is looked for after the shades of night. In every department of nature the same majestic regularity is preserved. It is not a casual thing. It is no series of chance effects. It points to a controlling power as vast as it is absolute, to a wisdom as matchless as unsearchable, and to a goodness as wonderful as it is exhaustless.

But man cannot live on order alone, nor on beauty alone. The sights and odors of Paradise itself could not assuage the pangs of hunger. He who decks nature so gloriously at this balmy season, does not leave those who are ravished with its charm to subsist on these, or fall a prey to want. The useful is linked to the beautiful. We have plenty to make us relish more the objects which delight the eye. We see plenty in fact, in the very beauty which so enchants us. The soft green which carpets the fields will change its color and form by-and-by, and then the scythe and sickle will do their work, and then is the barn well filled with food for man and beast. The various blossoms soon fall, and a more substantial and useful beauty will adorn the trees, fruits after their kind inviting the hand to gather them.

Thus over much of the realm of nature, beauty is the handmaid of utility—the fair and the useful are joined, according to that law of harmony before referred to. "Thou blestest the springing thereof," is the psalmist's expression—not by furnishing sights of varied loveliness to look upon simply, but by aiding the toiling hand and sweating brow, by sending propitious seasons to yield bread that strengtheneth man's heart. His blessing makes the earth what it is, redeems it from barrenness, and gives it, whatever character it possesses, as a pleasant dwelling-place for man. To him should deepest gratitude be given, and devotest homage paid, not only for the special mercies and benefits which each returning spring affords, but for those with which every day and every hour are laden. The sentiment, "Every day will I bless Thee, and I will praise thy name forever and ever," is one that should find a warm response in every heart, and a practical exemplification in every life.—*Interior.*

CHEMISTS assure us that lager beer is of the nature of swill. The internal revenue reports show that forty-two thousand barrels of "saloon washings," or the slops that accumulate in drinking saloons, are redistilled yearly, in Cincinnati, for the benefit of the lovers of strong drink. This is valued at twenty dollars a barrel, and yields an average of two and a half gallons of spirits to a barrel. Tipplers notice.—*Christian Almanac.*

### Care of Children.

DR. GINLEY—*Dear Sir*: To your question "Who will care for the children?" I answer, Everybody cares for the children. Some take care to bring them into the world with bodies feeble from the physical and *incompatible constitutions* of their parents; others, with the elements of disease, as scrofula, cancer, consumption, and various cutaneous affections. The only care of many is to bring them into the world; that of others is to ruin them physically, mentally, and morally, after they arrive in it.

*Physically*—They are improperly nursed by diseased mothers. They are clothed with unsuitable raiment, improperly distributed, unseasonably and unequally applied. They are fed with improper articles of food, in improper quantities, and at irregular intervals. They are unnaturally exercised in various ways. They are doctored with poisons instead of medicines.

*Mentally*—They are prevented from studying things, properties, acts, &c., and compelled to study letters, words, and sentences, and memorize what they do not understand; to regard external possessions and changeable fashions in their use as more important than the proper cultivation of their physical and mental powers, and to consider the possession of wealth as more important than the right use of it; in short, to cultivate their faculties unequally—some, too much; others too little; thus rendering them incapable of arriving at just conclusions on any subject.

*Morally*—They are carefully taught that "the end justifies the means"—that is, to make money and be fashionable is more important than to make it honestly and put it to a proper use; that selfishness is better than benevolence, and that a temper arbitrary and domineering is better than one condescending, gentle, and amiable. All this is done by setting to them bad examples and allowing them to "have their own way."

A. CURTIS, M. D.

Cincinnati, O.

### Writing for Newspapers.

SOME people estimate the ability of a newspaper and the talent of its editor by the quantity of original matter which it contains. The *Literary Journal* truthfully says: "It is comparatively an easy task for a frothy writer to pour out daily columns of words—words upon any and all subjects. His ideas may flow in one weak, washy everlasting flood, and his command of language may enable him to string them together like bunches of onions, and yet his paper may be a meager and poor concern. Indeed, the mere writing part of editing a paper is but a small part of the work. The care, the time employed in selecting, is far more important, and the tact of a good editor is far better shown by his selections than anything else; and that we all know

is half the battle. But, as we have said, an editor ought to be estimated and his labors understood and appreciated by the general conduct of his paper, its tone, its temper, its uniform, consistent course, its aims, its manliness, its dignity, and its propriety. To preserve these as they should be preserved is enough to occupy fully the time and attention of any man. If to this be added the general supervision of the newspaper establishment, which most editors have to encounter, the wonder is how they can find time to write at all."

### A Raid by Mr. Bergh's Officers on the Long Island Cow Sheds.

THURSDAY, a squad of officers belonging to the Society for the Prevention of Cruelty to Animals, made a raid on the depots at Flatbush and East New York, which supply a vast quantity of so-called pure country milk, to Brooklyn. The sheds of William Tammany in East New York were first inspected, and found to contain twenty-six cows. The stalls were small, with hardly any ventilation; the floors were covered with filth, and the stench was terrible. The cows had been fed on sour swill.

The next place visited was the shed of John Henry. In it were twenty cows huddled together. He refused admittance, and threatened the officers with violence if they attempted an entrance. An insight, however, was obtained by means of a small aperture, but the officers were unable to thoroughly examine the cows, owing to the darkness and the stench which was emitted from the stalls. The stables of F. Master-son, on Flatbush Avenue, were next visited, and found in the same deplorable condition. There were nine cows. Their food was swill and spoiled fish. John Talbot in Franklin Street had eleven cows confined in a small shanty, knee-deep in mud, and in an otherwise unfit condition.

Several other sheds in the same neighborhood were overhauled and found in an equally shocking state. Strong efforts will be made to compel these vendors of impure milk to thoroughly cleanse and purify the sheds. It is said that some of them will be indicted by the Grand Jury now in session.—*New York Sun*.

A JOKE.—"A prominent physician in Madison Avenue, New York, was somewhat annoyed recently, to observe tacked to his office door, the other morning, a tin sign (evidently transferred by some jester from a barber shop), which read: 'Gentlemen Wishing Dying Done Should Apply Within.'"



## To Correspondents.

H. G., Springfield :

Your disease is goiter, with strong tendency to consumption. You also have dyspepsia and a torpid liver. Taking cold at the time of the menstrual period may have been an exciting cause, or at least may have augmented the difficulty; but the real cause lies further back. Your only hope of recovery is in giving up all sedentary employment and seeking recreation and employment in the sunshine and pure air. Adopt a healthful style of dress, in which the greatest freedom will be given to all the muscles, and warmth to the extremities. Your diet must be very simple, yet nutritious. Eat only twice a day, at regular intervals, say 7 A. M., and at 1 or 2 P. M. Retire early. Study but little, and that in the forenoon. On Monday, at 11 A. M., take a sitz bath at 90° 15 minutes, 85° 5 minutes, and on Thursday, a dripping sheet. Every third week, in place of dripping sheet, take a pack one hour long at 95°; once in two weeks, a fomentation over liver and stomach fifteen minutes. Frequently, on going to bed, take foot bath. Apply cool compresses to the neck, to be worn an hour or two. Occasionally, use hot compresses a few minutes, then apply cold ones. Go to bed one or two hours after each bath.

C. L. K., of East Richford, Vt., writes :

My mother has been in the habit of eating coal for a great number of years. She will eat as much as a pint in a day, and thinks she cannot live without it. She has not a tooth in her head. Is sixty-four years old, and very feeble. At times, her fingers look as though they were dead half the length of them; that is, the blood all leaves them, and she has the headache a great deal. What I wish to know is this: Is coal detrimental to health? and if so, in what way? Please let me know through the REFORMER.

*Ans.* It hardly seems consistent to believe that any person's stomach will become so morbid as to crave such things as charcoal, chalk, clay, &c. Yet so it is; and the more it is gratified, the worse it becomes. Such foreign substances become a great tax to the system in expelling them, the tendency of which is to break down the vitality of the digestive organs. No wonder, in this case, that the patient's fingers appear dead, as the blood is drawn to the digestive organs to repair the draft upon them in expelling such abnormal substances as coal. Many persons become hopeless dyspeptics by using such things. We say to all who value their stomachs to treat them with a little respect, and not make them sepulchers for all noxious things.

R. M. J., Bourbon, Ind. :

Worms in the body are scavengers, living on offal, and cannot live unless the offal is pro-

duced. By correcting the diet, less offal will be produced, and they can be removed easier. The hygienic agency to destroy them is to live for awhile on dry, hard food, that which can be masticated thoroughly, as hard graham biscuit, and apples. It is not sacrificing hygienic principles to take something to kill them, the same as you would poison to kill scabies. The best remedy we are acquainted with, and would recommend, is Kellogg's Vegetable Worm Tea, sold at the druggists. Directions for taking on the paper it is put up in.

E. F., Fenton :

1. Your child has been a dyspeptic from birth, with diseased liver. Her sore throat is a consequence of the above conditions. You should clothe her limbs warmly. Let her clothing be suspended from the shoulders. Let her run out doors, and have her sleeping room well-ventilated. Give her two meals a day, and see that she eats slowly. Have her retire at 8 P. M., and also let her become accustomed to a nap an hour or two before dinner. Her diet must be strictly hygienic. Once per week give her a sitz bath, at 90° 7 minutes, 85° 5 minutes; foot bath at same time, and one general bath per week. Once in two weeks give a pack for 40 minutes, or even an hour; sponge bath or dripping sheet after. She may take foot baths frequently, on going to bed. Once in two weeks give her a fomentation over liver and stomach ten or fifteen minutes, followed by a cool compress, to be worn during the time she takes her nap. On the week that she takes the pack or fomentation, the sitz bath may be omitted.

2. Dr. Trall's Hydropathic Encyclopedia. Price, \$4.00, postage 40 cts.

M. C. A., New Hartford, N. Y., says :

DEAR REFORMER: Please state how you would treat the small-pox.

*Ans.* See March number of REFORMER, present volume.

PHYSICIANS, HEALTH INSTITUTE.

NOT long since, a dyspeptic was beguiled by an advertisement to send to a New York individual a dollar, for which sum a cure for dyspepsia was promised. He received a printed slip with these words: "Stop drinking, and hoe in the garden." The man was angry at first, then laughed, and finally stopped drinking, and hoed in the garden. In a short time he was as well as ever.

HURRIED work is generally ill-done. The powers of human endurance have their limit, and inordinate exertion leads to reaction. Healthy life is regular in labor and repose. A man who has spasms to-day, so that two men must hold him, may have palsy next week, so that four men must carry him. Thus over-action results in inaction.

## The Health Reformer.

Battle Creek, Mich., May, 1872.

### The Health Reform Institute.

THE managers of the Health Reform Institute, located at Battle Creek, Michigan, have had in view the comfort, happiness, and the speedy recovery of patients, in the selection of grounds, the erection of buildings, the furnishing of rooms, and the introduction and use of all those means that will bring the suffering invalid to health and happiness. And they will spare neither expense nor labor to introduce into this Institution all those facilities and means of real value in relieving the sick, that can be found in any and all the health institutions in our country. And here we wish to call the attention of the public to the following particulars:—

1. This Institute is situated in the most healthful and delightful part of our proverbially neat and enterprising city. The grounds are high, so that a few hours' sunshine after a storm, in the absence of snow, always makes the walks and roads, in and about the grounds, as dry as in midsummer. This is very important to all those invalids who are able to move out in the open air, in the light of the sun.

2. The grounds are ample, containing about fifteen acres, a large portion of them covered with shade, ornamental, and fruit, trees. Directly in front of the main buildings, on Washington Street, is a hickory and oak grove, ten rods in width from the street to the buildings, and thirty rods in length on the street.

3. This grove is fitted up with croquet grounds, and facilities for gymnastic exercises are being introduced. It also affords the most beautiful shade in summer, frequently occupied for dining and lecture rooms when the weather is pleasant.

4. The Board of Directors have, during the last two years, added, by purchase, building, repairs, refitting, &c., more than one half to the facilities of rooming and treating patients, so that they have good accommodations for not less than one hundred patients in their own buildings, with means at their command of providing for half as many more.

5. Rooms are large, well ventilated, and pleasant. We believe them to be better furnished than at any other large institution of the like in our country.

6. The rooms and facilities for baths have been increased, and from personal knowledge of the baths given at this institution, and those of several others, we do not hesitate to state our firm convictions that at no other institution of the kind in our country has the bathing system reached that perfection as at the Health Reform Institute at Battle Creek. Baths, at this Institute, are given with a faithfulness and care for the best good of the patient, such as we have not witnessed at any other place.

7. Movement Cure. At this Institute is a well-furnished room for giving the various movements, which have proved so beneficial in restoring a certain class of invalids to health. While in this remedy the operator finds labor, the patient finds the operation soothing, resting, and delightful, and a means of rapid recovery. Especial attention is given to this very important branch.

8. Lift Cure. There is also in use at this Institute a lifting machine from which patients can receive all that benefit that can be derived from any other. This is an important accession to the facilities of this Institution.

9. Hot Air Bath. This is very important in cases of rheumatism and diseases of a like nature.

10. The Sun Bath. There are four rooms prepared expressly for the taking of sun baths. These are on the south side of the rear part of the main building, and are easy of access, being entered from the second floor. The pure rays of the sun are let into these rooms by means of large windows in the roof directly above. These baths, properly managed, the rays of the glorious sun coming directly upon the person, covered with linen, or otherwise, as the patient can endure, are a most efficient remedy for those pale, puny, in-doors creatures who have been shut away from the light and the warming, healing influence of the bright orb of day.

11. It is not the policy of the conductors of the Health Reform Institute to keep the patients long on expense; but rather to cure them as soon as possible and send them home well to advertise for them, and send their feeble friends to the Institute to receive the benefits in which they rejoice.

12. Last, but not least, are the plain, practical lectures given almost daily by the physi-

cians of the Institute, the great object of which is to teach patients how to get well, and how to keep well after they have recovered.

One great object of the managers of this Institute is to secure a high-toned and healthy, moral and religious influence, entirely free from the loose tendencies which characterize some popular institutions of the kind in our country. The physicians and helpers at this Institution aim to be true Christian gentlemen and ladies; and while they would manifest to patients and visitors of other religious belief that liberality in denominational tenets which they would ask themselves, at the same time they feel it their duty to urge upon all who profess to be the followers of our Lord Jesus Christ, that they manifest the spirit of true Christianity.

The spring season is opening beautifully, and is just the time for sick people to employ those means necessary to the recovery of health.

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### The Health Reformer.

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THE REFORMER makes its monthly visits to 6,000 families. It is doing a good and great work. It is leading thousands from fashionable, soul-and-body-destroying habits of life, to those conducive to health, and a holier, happier life. Its earnest, practical teachings take hold of the minds of sober, sensible men and women. And they adopt them with an interest in the subject of reform, and a uniformity, far exceeding our most sanguine expectations.

When we took hold of this subject, eight years since, it was then an experiment. Now it is a demonstration. And there are thousands of the readers of the REFORMER, whose experiences in the subject of the reform do not date back as far as our own, who are holding on their way, and growing stronger and stronger, and more ardent in the good cause. With these there is not the least idea or temptation to go back to former habits of life.

Having dismissed the doctors and their miserable drugs, and, with their dismissal, having also parted with numerous sicknesses, aches, and pains, so that they are now in the enjoyment of increasing health, it would be insanity for them to turn back to former habits. And now the HEALTH REFORMER comes in to thousands of families to take the place of doctors and their drugs. Yes, it has verily come to this, that the

doctor's bill of thousands of families who read the REFORMER is just one dollar a year, and twelve cents for postage. God bless the REFORMER, and speed it on its way to bless tens of thousands of families.

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### Small Fruits.

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WE have found much pleasure, as well as good profits, the past ten years, in the cultivation of small fruits. And we cheerfully recommend this delightful business, at least sufficient for abundant family consumption, to all hygienists. We here call attention to the following important particulars:—

1. Small fruits can be produced from the plants and roots in a year or two in abundance. Not so with the larger fruits. While the apple, peach, and pear trees are slowly growing and getting ready to bear, from five to ten crops of delicious small fruits can be harvested. Every hygienic farmer should have not less than half an acre of the raspberry and the strawberry alone. These can be dried and canned, and so the farmer's table can be furnished with healthful and delicious fruit the year round. And the expense will not be a tithe of that almost eternal round of pork and grease, common to the tables of most farmers.

2. Small fruits can be raised East, West, North, and South. Their cultivation is especially important in the North-west, where the apple, peach, and pear, are not a success. One acre of Michigan soil, capable of producing fifteen or twenty bushels of wheat, will produce, if properly managed, one hundred bushels of the raspberry and strawberry. The prairies of the North-west may not produce the strawberry quite as well as the soil of Michigan. But the raspberry will grow better there than here.

3. There is no time to lose in this matter. Each spring that is permitted to pass by without making a beginning in the matter of small fruits, postpones the whole affair just one year. Those who cannot commence largely, for want of means to purchase a full stock of plants and roots for half an acre, can set the first spring a few hundreds, or even dozens, and during the first year they can propagate from them plants and roots in abundance for themselves and their neighbors. In the spring of 1870, we forwarded 125 Doolittle Raspberry sets to George Leigh-

ton, Otsego, Mich. The following spring, he gathered from these about 2,000 fine sets.

4. Those who engage in the cultivation of small fruits should be thorough in the business. We recommend that they obtain the little work, entitled, *How to Cultivate and How to Can Small Fruits*, and then follow it attentively every step from the preparation of the soil to the securing of the precious fruit.

### Moral Duty of Preserving Health.

#### NUMBER THREE.

THE question to be considered in examining the sanitary regulations of the Bible is this: Were they arbitrary? or were they founded in the nature of things? If they were merely arbitrary, they were no more than a temporary test of obedience, as any positive duty. But if they were founded in the nature of things, they must be of perpetual obligation. I copy an order found in Deut. 23:12-14:

"Thou shalt have a place also without the camp whither thou shalt go forth abroad: and thou shalt have a paddle upon thy weapon; and when thou sittest down [*Hob.*] thou shalt dig therewith, and shalt turn back and cover that which cometh from thee. For the Lord thy God walketh in the midst of thy camp, to deliver thee, and to give up thine enemies before thee; therefore shall thy camp be holy: that he see no unclean thing in thee, and turn away from thee."

In examining this order we shall notice its *necessity* and its *fitness*.

The necessity for some regulation of this kind ever has existed and ever must exist. A tainted, corrupted atmosphere is one of the greatest causes of disease, especially of those diseases of an epidemic or pestilential nature. When the condition of cess-pools, and depositories of filth, in our cities and villages, and even around many country dwellings, is considered, we cannot wonder that disease is prevalent, or that new and unheard-of diseases are constantly developed. It is almost impossible for a person having any sense of decency, to go around some houses. In the cities, we may pass through the most beautiful streets, by the most elegant fronts, and on going into the back yards frequently find a most poisonous atmosphere by reason of the collection of filth on some part of the premises.

Masses of filth, especially bodies of animals decaying, or human excrements, in the open air, breed many kinds of pestiferous insects, and give poison to their stings and bites. And this is but a glance at the necessity for the regulation.

Many, who are driven by circumstances to recognize the necessity of some regulation of this kind, do not consider the fitness of, or the reason for, this special requirement; and so they

resort to some other method, such as throwing lime, ashes, or other substance, to act as a deodorizer, into their outhouses. But these are miserable failures. Lime is the usual resort, and the very worst of all. It frees the ammonia, letting it pass rapidly into the atmosphere, causing a very unpleasant sensation in the throat and lungs. This is really injurious. And it is usually thrown upon a mass of filth, so that its action and injurious effects continue. Ashes are less objectionable than lime, but only because they do not act so rapidly. These substances, by freeing the ammonia, or decomposing the excrementitious matter, destroy it as a fertilizer, and waste that which should be returned to the earth.

The only article fit to use for such purpose is *dry earth*. But, to make it effectual, it is necessary to understand how to use it. If dry, fine earth, or dust, be sprinkled on a mass of filth, it will at once be perceived that it acts as a perfect deodorizer. But it is more than this: it is an *absorbent*. It does not decompose the excrement, and destroy its fertilizing powers, but it incorporates with itself and holds its properties as a manure. But it will readily be seen that if dry earth be thrown upon a large mass of filth it will only act directly upon that part with which it comes in contact. Therefore one of two things *must* be observed to make it effectual: the excrement must never be suffered to collect in large quantities; or, if by any means it is so collected, it must be thoroughly mixed with the earth, that the earth may come in contact with every part of it.

The regulation of Deut. 23, is designed to prevent accumulations, and this is the correct plan. And so it will be seen that the order to bury in the earth is the only true method of preventing poisonous exhalations. It has true philosophy for its basis. It is founded in nature, and is, therefore, as obligatory now as it was then. In the country and in villages where every house has its piece of garden ground, there is no manner of excuse for the prevailing filthiness. In cities, the true remedy is found in "earth-closets."

There are certain other provisions in nature and providence for preserving the purity of the atmosphere. One is its motion, or the wind, over which, fortunately, man has no control. Another is found in scavengers, as the swine, buzzard, etc. But man, instead of letting hogs act as scavengers, breed them in large numbers; then fatten them in pens, and cause them to produce more filth than would exist were they not permitted on the premises; often loading the atmosphere with a stench positively beyond endurance. And then, as if nature and decency were not already sufficiently outraged, they take this mass of vermin and scrofula from these pens of horrible filth, and put it upon their tables for their families to eat!

Were the regulations of Scripture rigidly enforced, the amount of filth that would be banished from the face of the earth would be beyond computation or comprehension. And beside removing the greatest cause of disease, especially of those of a pestilential nature, it would add millions yearly to the material wealth of the world, by adding to the producing power of the earth in returning to it so great a quantity of fertilizing matter, that is now wasted and turned into a blighting curse.

We have now examined one side of this subject, viz.: its natural or material side, and find reason to consider it of perpetual obligation. But this conclusion is greatly strengthened by viewing it in another light, viz.: as exhibiting *God's abhorrence of filthiness*. He who said, "I am the Lord, I change not," said he would turn away from them if he found uncleanness in their midst. Has the Lord changed? Or has he forgotten his abhorrence of uncleanness and filthiness? Are not the filthy counted with the unjust in the final day? Rev. 22:11. And does not a gospel teacher command us to cleanse ourselves from all filthiness of the flesh? 2 Cor. 7:1. Surely we have here an unchangeable fact concerning the character of the Lord; and inasmuch as the precept embraces the only true method of preventing filthy accumulations, why is not the precept as unchangeable as the fact?

I once visited a camp-meeting in New England. It was a large meeting. Many thousands were there daily, and on the last Sunday it was estimated that from fifteen thousand to twenty thousand were on the ground. No sanitary regulations were made: no regard was had even for decency. An open lot, grown up with very small oaks and other brush-wood was the place of resort. No one, apparently, ever thought of the Lord's order in Deut. 23. That portion of ground became unfit to walk upon, and not only that, but, as the days were warm, it was no small task to walk to the leeward of it even at the distance of one-eighth of a mile. When I remembered what the Lord said, "Therefore shall thy camp be holy, that he see no unclean thing in thee, and turn away from thee," *I could not believe the Lord was in that camp!* Is this uncharitable? If charity leads us to doubt or deny the word of God, one of them must be useless and wrong. Unless the Lord is greatly changed, he certainly was not in that camp!

It is, undeniably, a shame, a sin against God and humanity, for any one to leave excrements uncovered upon the ground, at any time or in any place.

In these remarks I would not be understood that earth must necessarily be dry when mixed with excrements. But to act as an immediate and effectual deodorizer it should be dry; and it will also absorb more and more readily than

damp earth. Therefore it is better to use it dry as the desired end is more easily accomplished thereby.  
J. H. WAGGONER.

### Fashion vs. Health.

THE health of the American people is perhaps beyond all others in becoming more and more enfeebled. The great demand for pills, powders, bitters, syrups, and quack medicines generally, with quack doctors, is abundant proof of this. And, in fact, it would be next to a miracle to find a person who enjoys sound health.

Fashion is a cruel tyrant and has made slaves of the human family. Health, happiness, and all earthly enjoyment with the hope of future bliss, are sacrificed at the shrine of fashion. It has become true to a very great extent that if a habit or style is fashionable, it is an evidence that it is destructive to health. Heating the back portion of the brain with wads of hair, and those bunches of clothing on the back, tight lacing, exposed limbs of children, are all fashionable, but sure forerunners of disease and death. If nature should furnish a child with a fashionable heel an inch and a half or two inches higher than the *ball* of the foot, a surgeon would be called to amputate it, that they might apply a fashionable shoe and ruin the health. Either nature has made a great mistake in giving a wide foot with low heels, or fashion is all wrong in obliging the poor ladies to wear such high-heeled, narrow shoes that there is but little elasticity to the foot, and a healthy circulation is destroyed, to say nothing of the bunions, enlarged joints, and all sorts of agonies in the feet which must be endured simply because fashion requires it.

Did the religion of the Bible require such sacrifices of health and bring such constant physical suffering, we might complain of it. But when the reverse is the case, there must be a great affinity between human nature and suffering to prefer this slow torture inflicted by fashion, rather than to live and dress hygienically, and enjoy the blessing of health.

I clip the following from a Chicago paper:

"It is wonderful what an amount of slow torture the people endure for mere fancy or fashion. A lady went to an oculist the other day, and began to state her case. He looked at her, and said, 'Go home and loosen your dresses, and take off that load from the hips. Let me see your foot. Cut off those heels, and have toes wide enough to let the muscles act. When you give your eyes a chance, if they do not get well, I will look at them.'"

This was treating her eyes. First remove the cause, and the effect would cease. The bodies are abused; and when nature is thus treated, it is manifested in the weakest part, perhaps in the head in the form of catarrh, perhaps in the lungs or throat. Disease is only a remedial ef-

fort of nature to rid itself from obstructions, which have come in consequence of wrong habits. Hence, when any part of the body cries out for pain, a change is called for. It is therefore the height of folly to ever expect permanent relief without a change of habit. On the temple of Delphos was written, "Know thyself." Knowledge is power, and we might add, It is health and happiness to him that seeks it. "The secret of life, *real life*, is the highest intelligence combined with self-government."

S. N. HASKELL.

#### Health Hints for Every-Day Life.—No. 4.

##### PROPER AMUSEMENTS.

THE Chicago *Sun* says: "Can't the young men of Chicago and other places find anything better to do this season than playing base ball? It strikes us that there are various fields of enterprise in which able-bodied men can find employment that will be more honorable to themselves and more useful to the world than balling around the country for the edification of indolent people who are willing to sit on the fences and bet on the games. This view of the case may not be the most popular one, but it is the most sensible, and we know it."

The *Sun* propounds a most pertinent question. Would that we might hear a response in the affirmative from every individual addressed. Truly, it seems to me that when recreation is needed, something of a higher nature might be more beneficial to both body and mind. I have known young men, during some seasons when the base-ball mania raged, to expend as much vitality in playing this game as would be necessary to cultivate a 40-acre farm during the same length of time; but I looked in vain for the good results of this kind of exercise. Time is not given us for selfish gratification or unprofitable amusement, but for mental, moral, and *physical* culture, and for the great ends worthy of intelligent and rational beings.

Everybody should take ample time for rest and recreation; but very many, especially young people, make such time an opportunity for dissipation and recklessness. I knew a young lady to attend a ball where she engaged in dancing to such excess that she could not step for several weeks without experiencing pain in her limbs and feet. This may be an extreme case; but there is no benefit to be derived from this kind of amusement. Excess in this is as injurious to the physical system as excess in either mental or physical labor. Here is a broad channel through which the young are constantly rushing on to ruin. The plea is frequently made, I have worked hard, or have studied faithfully, and now it is no more than right that I should have some enjoyment. True; but the right object is not secured, unless they seek for such diversion as

shall prove elevating to the mind, as well as invigorating to the body. Let me illustrate:

Not many years ago, there was a mammoth "show" coming to town, and of course everybody must go—young and old. I heard parents say, My children have set their hearts on going, and it would not be right to disappoint them. There were ten or twelve boys and girls with whom I was associated, who were absent from their parents and guardians, and so came to me for permission to go. This I had anticipated, and told them that as that was the only day for some time on which we could all have a holiday, I had planned an excursion to a beautiful lake a few miles out of town. Instead of being disappointed, as I thought they might be, all were delighted with the prospect.

The time arrived, and a happier day we had never spent. The scenery was delightful; the air pure and invigorating; merry birds were our companions; many varieties of flowers dotted the hills and valleys in every direction; row boats upon the lake awaited us; in fact, there was nothing lacking to make our happiness complete. We had a whole day in which to commune with nature and draw nearer to nature's God. As the day closed, we each felt that we were a day's march nearer the kingdom of Heaven.

When we were returning to our homes, we met large companies of those who had been to the "show." Some were so drunk as to need help to get along; others were just merry enough to peal forth, to the top of their voices, low, cider-cellar lyrics; others—well, the scene was too revolting to bear description; but as the fumes of tobacco and bad whisky greeted our olfactories, expressions of gratitude came from the lips of my young friends that they had chosen the wiser part. They returned next day to their employment better prepared for life's duties, while nearly all those who had satisfied their curiosity by mingling in the vile crowd, breathing the impure air, etc., were rewarded by sickness of longer or shorter duration.

Parents, do not leave your children to choose for themselves what their recreations shall be, nor who shall be their associates. Though to lead them along gently, step by step, in the path of rectitude, may require skill, perseverance, and energy on your part, you will be helping them to form such characters as shall prove a blessing, not only to yourselves, but to all around them, and they will be better prepared to fit themselves as jewels for the heavenly casket.

JENNIE R. TREMBLEY.

HOME CONVERSATION.—Children hunger perpetually for new ideas. They will learn with pleasure from the lips of parents what they deem it drudgery to study in books; and even if they have the misfortune to be deprived of many edu-

cational advantages, they will grow up intelligent if they enjoy in childhood the privilege of listening daily to the conversation of intelligent people. We sometimes see parents who are the life of every company which they enter, dull, silent, and uninteresting, at home among their children. If they have not mental activity and mental stores sufficiently for both, let them first use what they have for their own household. A silent house is a dull place for young people, a place from which they will escape if they can. How much useful information, on the other hand, is often given in pleasant family conversation, and what unconscious but excellent mental training in lively social argument. Cultivate to the utmost all the graces of home conversation.

### Simon's Wife's Mother.

A COUNTRYMAN was in New York on an August Sunday, and crossed the Brooklyn ferry in the morning, for the purpose of hearing Beecher. But, lo! the Plymouth pulpit was occupied by a stranger, who delivered a tedious, common-place sermon from the text: "And behold Simon's wife's mother lay sick of a fever." Mr. Beecher was away taking his vacation.

In the afternoon the man sought to console himself for his morning's disappointment by listening to E. H. Chapin. He was shown to a front seat by the sexton of E. H. Chapin's church, and in due time was horrified to see the minister of the morning appear in the pulpit. The poor victim heard, for the second time, the sermon from the text: "And behold Simon's wife's mother lay sick of a fever," and went out of the sacred place very much discouraged. Mr. Chapin was taking his summer vacation.

In the evening, the man, thinking to redeem in a measure the defects of the day, accepted a choice sitting in the Reformed Dutch church, for the sake of hearing the genial, eloquent, and scholarly Bethune. But his heart quite broke when the evil spirit that had possessed him all day got up and gave out the hymn. And when the text was announced, "And behold Simon's wife's mother lay sick of a fever," the party who knew all about the subject, rushed wildly from the overdose, and ran to his hotel. Dr. Bethune was taking his summer vacation.

The next morning the man took the first train for home, and stepping into the car there was his ministerial friend of the day before, with his sermon under his arm. The New York bells were ringing a fire alarm, and says the minister to his lay brother, "Friend, do you know what those bells are tolling for?" Says the countryman, looking hard at the sermon, "I don't know; but I should n't wonder if Simon's wife's mother was dead. I heard three times yesterday that she was down with a fever."—*Schoolcraft Dispatch.*

### To Flesh-Eaters.

If the flesh-eating portion of our population could or would take time to visit some of the slaughter-houses, cattle-yards, hog-pens, carts, and commission-houses, and be permitted to see some of the beef, mutton, lamb, veal, pork, etc., we think their appetites would take a decided turn in favor of hygienic living, and the result would be, fewer cases of scrofula and other diseases. I am acquainted with a man in the provision business who is a regular attendant upon the markets. His trade is such as requires first quality of meats, and I have known him to search over several thousand pounds of beef before being able to select that which he thought was free from disease. Notwithstanding his carefulness, he bought a quarter of beef a few weeks since, in which, after being cut up ready for curing, he discovered a sore which would weigh about three or four pounds—a perfect mass of corruption. That quarter of beef, then, was a total loss? Not a bit of it! for I saw him corn the most of it, and have every reason to believe that it was all sold for first quality of beef.

I have seen veal brought to market apparently not more than two or three days old. The question may be asked, Who would buy such filth? I answer, Unprincipled men who keep the lower order of restaurants buy it and feed it to their unsuspecting boarders, who undoubtedly smack their lips over it, and pronounce it a tender piece of veal.

Several years since, a man in this city took a calf which had been buried in the filth of a barn-yard, not having had life. It was skinned, and its flesh, if flesh it could be called, made up into bologna sausage.

I was conversing with an employe in one of our large pork-packing establishments a few days since, and he informed me that he frequently, while cutting up pork, run his knife through sores and matured substances which is closely trimmed and the remains offered to the consumer (a choice dish!). I have seen beef liver which appeared to be in a sound and healthy condition, after being nearly all sold, perhaps eaten by twenty or thirty different persons, cut through a hard, gritty substance out of which gushed a stream of matter. Such filth is sold and eaten daily and hourly in our large cities.

I have been on the island where the dead horses of this city are taken, and have seen a large herd of swine feeding upon the putrefied flesh. At the proper time, the beloved swine is killed, and soon finds its way upon the table of the most delicate in the land. Surely, what God has cursed man loves best.

M. WOOD.

Boston.

### How Babies Are Treated.

I DOUBT if any animal in the world could live very long and tolerate the treatment to which the loving mother and the careful nurse subjects the baby. If babies were not the toughest of all things, the human race would be extinct in a single generation. Imagine a strong man or woman put over the road traveled by a baby, in a "well fixed" family. The nurse places around his body snugly, so as to prevent the expansion of his chest, a few thicknesses of flannel, which will also serve to keep the ribs from flying away from the body, to which strips are attached several yards of cloth, extending so far beneath the feet as to entirely prevent the motion of the extremities. Now, he can scarcely breathe, and to enjoy the luxury of kicking, at such a moment, is out of the question.

The dressing is finished, substantially, by putting over the whole a very nice, warm pair of arm-holes, well secured to a few more yards of cambric, and all extending two or three times the length of the body, beyond the feet, where there is nothing to be kept warm. The arms, neck, and chest, find no protection whatever except from the comfortable holes already mentioned; but the toilet is completed, and the nurse stands ready with a spoon and a dish of milk, or panada, a paper of magnesia, a bottle of castor-oil, and a full supply of Mrs. Winslow's Magic Soother. Nature, I have observed, made calculations for birds, fishes, brutes, and all such *important beings*, but forgot babies. But fortunately the nurse, with her cap-border standing at an angle of ninety degrees, knows exactly what to do, and at once begins to stuff the child as deliberately as though she was making sausage for a hotel. She is delighted to see the new boy swallow, and that it *must* do, or choke; for its mouth is full, the problem being swallow or die. After a while, of course, it gets brim full, and begins to run over at the mouth, in a stream. The nurse sees it, and is as expert with her spoon as the Spaniard with his lasso, for she will catch the end of the stream going a three minute gate, double it up, and tuck it back into the mouth as quick as a flash.

Now, the stuffing over, the packing begins; and the poor thing, filled as full as a tick, begins to cry from the agony of distention. Well, it must be trotted now, the faster and the harder the better. It weeps more; it must be rolled. It is in agony; she puts it upon its stomach, doubles the trotting gait, and keeps time on its back, sometimes with one hand, oftener with both, reminding one of the double strokes in churning. The effects of this operation are soon manifested, for the sufferer vomits, and the nurse exclaims, "No wonder; for the stomach is sour, and the milk has curdled." Of course it has, for it has been churned long enough! Well, she corrects the acidity with magnesia, makes it

drunk with the soother, and now, all sensation gone, she is master of the situation. So she stuffs and packs the infant once more, and lays it away for a few hours to be aroused for a nice little dose of castor-oil, which it seems to enjoy very much indeed, for the nurse gently holds fast to its proboscis to keep it from the spoon, so eager is the child to get at it.

So, day after day, the poor thing is stuffed, crammed, and packed, trotted, rolled, and rocked, made drunk, doctored and physicked. Generally they die, as is seen by the small graves. Now and then, one lives. But if they were not exceedingly tough, the mothers and nurses would make a clean sweep of the nurseries.—*The Bistoury*.

### Evils of Tobacco.

WE cheerfully give place to the following letter and extract from one of the most eminent and progressive medical minds in Mississippi. For a number of years we have witnessed with pain and regret the awful havoc of the bodies, brains, and morals, of mankind, produced by the use of tobacco, coffee, and various articles of diet, which are generally to be found upon the tables of both the rich and the poor. Statistics prove beyond successful contradiction the melancholy fact that the great mass of man and womankind of the present day, regardless of the injury to themselves and their posterity, think more of gratifying a perverted appetite for food and pleasure than of obeying the laws of nature, whereby they may secure good, healthy bodies, bright minds, and pure morals.

Because of the non-observance of nature's laws generally, but more particularly in regard to eating, drinking, breathing, exercising, and dressing, the physical, mental, and moral condition of the greater portion of the present, and also of the growing generation, is a subject, the serious contemplation of which brings tears of commiseration to the eyes of philanthropists, philosophers, and all who thoroughly appreciate goodness and greatness in man.

COL. GEO. SOULE: *My Dear Sir*—Having for a number of years read your articles of warning against the vices of the day, particularly those of fashion and diet, and knowing your desire to be of service to mankind, I therefore offer the following condensed article on the evils of tobacco, taken from the *Lanes of Life*:

This weed is the deadliest poison known, which human beings habitually use. Its effects on the human system are varied, and deleterious in proportion to the organs affected. The derangements which the habitual use of tobacco produces, are as follows:

1. Headache over the eyes.
2. Nervous headache without sickness.
3. Nervous headache with sickness of the stomach.



4. Deafness.
5. Partial blindness, or amaurosis.
6. Running at the eyes.
7. Cancer on the lip.
8. Consumption, preceded for years by a cough.
9. Asthma.
10. Dyspepsia.
11. Palpitation of the heart.
12. Paralysis of the upper part of the body.
13. Neuralgia, especially of the face, head, and neck.
14. Swelling of the gums, and rotting of the teeth.
15. Enfeeblement of the lymphatics.
16. Enlargement of the glands of the face and neck, making the chewer thick about the cheeks and lips.
17. Lethargy.
18. Morbid appetite for spirituous liquors.
19. Morbid appetite for food, especially highly seasoned food.
20. Indistinct taste.
21. Indistinct smell.
22. Imperfect sense of touch.
23. Obtuseness of the moral sense.
24. Uncleanliness of person.
25. Stertorous, or snoring sleep.
26. A sense of deadness and of great debility, on first waking from sleep, until one has had a chew, or a smoke.
27. Confirmed and incurable disease, and premature death.

For the encouragement of those who may unfortunately be addicted to the use of tobacco, did time and space permit, I might give several cases of persons who have permanently disenfranchised themselves from the habit, and the benefits resulting therefrom. One or two if you please: Mr. A. T., a worthy citizen of this county, relinquished the habit about twelve months since, after using the weed for fifty years. Hon. H. G. J. gave up the habit twenty-five years ago, after using the article forty-three years; now in his eighty-ninth year, in good health, and able to read and write without glasses, attributable, as he believes, to the general improvement of his health consequent on leaving off the use of tobacco. Permit me to say in conclusion that in a practice of thirty-six years as a physician, I have never known a single case of a person giving up the habit, without their being benefited. In fact, in many chronic forms of the disease, the relinquishing of the habit seems to be a *sine qua non*, to the recovery of the patient.—S. ALEXANDER, M. D., in *Soule's Commercial Journal*.

A HUMBLE man is like a good tree—the more full of fruit the branches are, the lower they bend themselves.

SELF-MADE men are very apt to worship their maker.

### Sleep Enough.

It is not an idle fancy that moderns do not sleep enough. It is perhaps right to shoot soldiers, who are hired for that purpose, for sleeping at their posts. It disciplines them; but it might be better to relieve guard oftener and send them to bed. Yet civilians generally ought to be lectured for sleeping too little. All the passages in school books should be stricken out, and there should be verses promising a moderate competence as the reward of sleeping enough and coming out of sleep by degrees. In old times perhaps it did not matter so much, when the world was less busy, and there was less strain upon the faculties during the waking hours. But every one can see now that the world is red hot with money-getting, and vast enterprises, and politics, and ritualism, and all sorts of rights, patent and some that are not so patent, and a feverish literature; and, in order to bear the wear and carry the load of it, a man needs to sleep more hours than he did when he only rose to eat and drink, and hunt the wild boar; and slay a few of his neighbors before an early dinner.

But we do not sleep as much as the former generations did, who had less to do. We are becoming more and more wakeful; so that we cannot sleep soundly in the season we give to rest. It is a nervous wakefulness, however, and not the full vigor of all the powers which should result from proper rest of the system. No one can be at his best in any hour unless he has given as many hours to solid sleep as his system requires. The demands of business and the exactions of society keep most of us out of bed unmercifully, and in time we get jadedly used to the unnatural life, and take credit to ourselves that we can do with the fewest hours of sleep. It is a great mistake. There have been great men who were able to accomplish a great amount of work with little sleep; but we may be sure that, if we want to be great men, we shall reach the goal soonest by being good sleepers. That was an honorable epitaph on the Dutchman's tombstone: "He was a goot sleeper." It will not be said of many of this nervous, excited generation.

It is well, however, to plead for the children. Let it be understood that it is no merit in a child to pop out of bed instantly upon the stroke of the bell, like a surprised and obfuscated jack-in-the-box. Give everybody time to wake up decently and in order. And let all the people say, Blessed is the medical man who preaches the gospel of "morning naps."—*Sel.*

It is n't the easiest thing in the world to put a blister on a hedgehog's back; but we ought not to say it is impossible.

A TERSE writer says that Nature likes to let the best of us find out, from time to time, that, after all, we do not know much.

## MRS. WHITE'S DEPARTMENT.

### SPRING.

The spring, the beautiful spring has come,  
With its fairy buds and flowers;  
With its singing birds, its skies of blue,  
And its gently falling showers.

The spring, the beautiful spring has come,  
With its carpet fresh and green;  
With its graceful vines, and tendrils fair,  
And its soft and silvery sheen.

The spring, the beautiful spring has come,  
With its pure and balmy breath;  
With its leaflets scattered o'er tree and shrub,  
Proclaiming old winter's death.

The spring, the beautiful spring has come,  
With its sunshine bright and warm,  
With its streams unfettered, its gurgling rills,  
And its breezes full of balm.

The spring, the beautiful spring has come,  
The morning of the year;  
'Tis Nature's resurrection day,  
And those who list may hear

"The music of the spheres" poured forth  
In winning tones and sweet,  
Which tell that the old year's night hath passed,  
And the new-born day we greet.

Come forth, one and all, come forth  
To welcome beauteous spring!  
For every offering at her shrine  
Will health and pleasure bring.

—*Herald of Health.*

### The Reform Dress.

WE are aware that as we speak and write upon the subject of woman's dress we have to stem the current of custom.

It is manifest that most women do not think and act in reference to dress from reason and reflection. They accept, without questioning, that which society and fashion imposes upon them. Few have the moral courage to wear a dress in opposition to fashion, although it be modest and healthful. Christian women, with thoughtless indifference, encourage by their example dress that is not only extravagant, but destructive to health and life itself. They yield principle, sacrifice health, and bow in submission to the decree of fickle fashion, as though it were a crime to assert their independence in dressing physiologically. Practical, independent, reasoning minds are greatly needed to lead out in the work of dress reform. Women of Christian fortitude and becoming independence are wanted to stimulate others to break away from the slavery and oppression of fashion.

Health cannot be enjoyed where there is not an equal circulation of the blood; therefore, the clothing should be so arranged upon the body that the blood will not be obstructed in its course from the heart and lungs to the extremities. But what is there in the reform dress which would shock the modesty of the most delicate and sensitive mind. We advocate that the limbs of women should not be exposed, but sensibly, neatly, and comfortably, clad. Is this immodest? Many say they have no objections to the length of the dress, but they could never put on the pants.

They do not blush to witness the exposure of the almost naked limbs. But the limbs thoroughly dressed with warm pants shock their modesty. Such opposition to the pants, which are positively modest, and which protect the limbs from exposure and chilliness, should be supported by sensible reason. Many say, Oh! the pants look so singular! Everybody stares, and women nudge one another, and look so comical, and some laugh outright. Weighty reasons, these! It is not among the possibilities to get up anything so deforming and uncomfortable as the hump fashion places on the backs of women. This, and the looped, puffed, and ruffled over-skirts are devoid of taste and beauty. But these things are tolerated because they are fashionable. How could these slaves of such hideous fashions reasonably laugh at any manner of dress they should behold? Our work shall be, by the grace of God, to preserve simplicity of dress, and stand with moral independence in defiance of fashions that have no regard for natural beauty or physical law. *Home and Health* well says:—

"Although I have never wished to be eccentric, or wear what is absolutely tabooed, I have been able in my retirement to be more compact in my dress, less beflooned and befurbelowed, less heeled and less trained, than those whom Fashion (Circe as she is) thoroughly intoxicates.

"Purposing to visit a friend in New York, I was advised by Mrs. Modish (a friend just returned from Europe) to have a costume made according to custom, and obligingly directed by her to a new dressmaker, Mrs. Trim, who had just opened an establishment in our village. I was obliged to delay going for a fortnight, as the innumerable ruffles required so much time. When the bill was sent, my heart died within me, for, in order to discharge it, I was obliged to spend nearly all my quarterly allowance and deny myself the pleasure I had anticipated of buying presents in New York for my brothers and sisters. The Sunday before I left home, I put on my new dress and went to church. Having always appeared in a simple costume, I must have presented a ridiculous appearance, for the boys of the place used me as a whet-stone to sharpen their wits upon. As we neared the

school-house, they rushed out from Sunday-school, one calling out, 'Humpty Dumpty;' another, 'tag, rag, and bobtail.' One asked if I had escaped from the menagerie, where dromedaries and zebras were exhibited; and Tom Smith sang in a low voice, for fear of his teacher, the 'Cam[pe]lls are coming,' with a world of mischief in his eye.

"When I returned, my cousin asked why I chose a quiet Sunday for being in a bustle; what animal was most accustomed to bearing paniers, and why I should go on a *bender*. Grandmamma did not even smile at his vulgarity, but said gravely, 'My dear Silicia, Why should women follow expensive, absurd, and unwholesome customs? A dress takes twice as much material and more than twice the time to make now as when I was young. The small, high heels cramp the movement, injure the carriage of the person, and often deform the feet. The bend given to the body by the extreme fullness of the skirt behind is very ungraceful. There is no beauty in the present style, and leaving aside the awkwardness of the design, one would suppose the shackling of the limbs and the oppressive heaviness of the dress, on so delicate a part of the body as the spine, would deter women from such fatuity.' Grandma is rather Johnsonian. She took from her writing desk a paper, saying, 'While you have been listening to a sermon, from which I was deprived by indisposition, I have been writing one which was, my dear, suggested by your appearance.' This I will not subscribe, for I was very much mortified, particularly when she rang the bell for Betty, and told her to sweep up the dust. 'Look at your train, Silicia; you have brought more dirt into the house than I have seen for months.' I retired to shake my skirts, ease my feet, and make myself comfortable. My old dress seemed by comparison quite charming. When I came down to dinner, my dear old relative looked at my swollen eyes with compassion, and said, 'Do not be unhappy, my dear—you are not to blame for wishing to be in fashion, but I think you will acknowledge the inconvenience of going to extremes,' then taking out her purse (which was much more welcome than her sermon), she gave me the amount of the dress, and advised me to leave it for the French maid of my cousin in New York, when I had finished my visit. I gave her a hearty kiss, and told her I should write a short account of my adventure and leave it with her to put in shape for your magazine. Please oblige by publishing this.

Your friend and reader,

SILICIA MARSH.

P. S.—Finding this not sent on my return, I will add that my dress was not thought at all fashionable in New York, and compared so ill with my cousin's French dresses that I was ashamed to offer it to her maid. I heard while there the Ex-Empress, and the man milliner,

Worth, continually quoted. Would Pope now say,

"Worth makes the man"?

In order to maintain equal circulation, there should be an equal distribution of clothing, which will bring equal warmth to all parts of the body. The limbs that are the farthest from the vital organs, should be more thoroughly protected with warm coverings. The extremities should be carefully guarded from cold and chilliness by an additional amount of clothing. It is impossible for women to have, habitually, chilled limbs and cold feet, without some of the internal organs being congested. There is usually worn over the chest, where is the greatest amount of heat, from six to eight thicknesses. Over the lower part of the waist there is, in addition to the many coverings, bands and plaits which induce heat. Over the hips and back, fashion has introduced paniers and overskirts puffed and arranged in every conceivable shape to destroy the graceful beauty of woman's form, and to all these is added the sash, while the lower limbs are only furnished with one or two thicknesses of light material. The feet are frequently covered with cotten stockings and cloth shoes.

With the present style of woman's dress, it is impossible to preserve an equal circulation of the blood. The limbs being left nearly naked, the cold contracts the minute blood-vessels, and the life-current is chilled back from its natural channel, while the many extra coverings over the chest and back, and lower part of the body, induce the blood to these parts, and the animal heat, thus retained, weakens and debilitates these delicate organs and congestion and inflammation is the result.

We recommend to our sisters a reform dress that is in accordance with the laws of health, and which is becoming. This dress is from nine to ten inches from the floor, and when neatly and properly fitted is modest and becoming. We inquire, Why should not women clothe their limbs as thoroughly as men do theirs? Health and comfort are objects of sufficient importance to make a trial to gain. Artificial decorations can never take the place of the natural beauty health imparts.

In order for women to be protected against the sudden changes of our variable climate, the feet and limbs must be equally clothed as other portions of the body. The arms and hands being near the heart will better take care of themselves, for they are not in as much danger as the lower limbs. The feet and limbs need especial care. With many, they have been so long neglected that the blood-vessels have not been filled, and because the circulation has been so feeble they have contracted and cannot contain the due proportion of blood nature designed they should, therefore they are always chilly.

The limbs should be clothed with pants, always cut after an approved pattern, made

tapering to meet the instep of the shoe. Custom and fashion will have their false standard of modesty, and will feign to blush and appear horrified to see women's limbs sensibly and healthfully dressed. We wish to have a sensible reason, if it can be given, for this blind opposition to the reform dress. Sneers, ridicule, and contempt, with some may be such convincing arguments that after they have adopted the modest and healthful short dress, when they meet opposition in this form, will retire from the ranks of dress reform, and no more advocate it, or have the courage to wear the reform dress. Sneers should be taken by sensible health reformers, who move from principle, for what they are worth. Ridicule and contempt cannot make one hair white or black. We want reason and intellect to take the field, and the will to be subjected to the control of enlightened conscience. We design to be true to God and to the right. If there are sensible and strong reasons which can be produced against the reform dress, we have yet to meet them. We are open to conviction. Until we see better arguments than, "Oh! it looks so to see women with pants!" "What will people say!" "I would die before I would wear them!" we shall continue to wear the reform dress.

We do not adopt this style of dress to be odd, that we may attract notice. We do not differ from the common style of fashionable dress for any such object. We choose to agree with others in theory and in practice, if we can do so, and at the same time be in harmony with the law of God, and with the laws of our being. We believe it wrong to differ from others, unless it be necessary to differ in order to be right. In bearing the cross of adopting the reform dress, we are led by a sense of duty. And although it may appear objectionable to those who are governed by fashion, we claim that it is the most convenient, the most truly modest, and the most healthful style of dress worn by woman.

We have counted the cost of appearing singular in the eyes of those who feel compelled to bow to fashion. And we decide that in the end it will pay to try to do right, though for the present we may appear odd in the eyes of those who will sacrifice convenience, comfort, and health, at the altar of fashion.

It is not conducive to health to have many coverings over the abdomen and small of the back, while the extremities are left almost destitute of clothing. Reason teaches that the parts of the body which have the most clothing will have the greatest amount of heat. At every pulsation of the heart, the blood should be propelled to the extremities quickly and easily in order to have health. We plead for the warm, lined pants in winter, that the blood may be induced to the extremities, that they may not by scanty clothing be robbed of their due proportion of blood. The current of human life is

struggling to go its accustomed rounds and should not be hindered in its circuit through the body by the imperfect manner in which women clothe their limbs. We cannot see wherein the reform dress we recommend is unbecoming. True, it is not fashionable. But what of that? Fashions do not always come from Heaven. Neither do they always come from the pure, the virtuous, and the good.

It would indeed be a wonderful thing, if fashion would invent anything as modest, simple, and sensible, as the reform dress which is in harmony with physical law. Some say we do not think it is modest to expose the feet and the limbs as they must be exposed in wearing the short dress. This is the very thing we seek to guard against in adopting the reform dress. It is true that this style of dress exposes the feet. And why should woman be ashamed of her well-clad feet any more than men are of theirs? It is of no use for her to try to conceal the fact that she has feet. This was a settled fact long before the use of trailing skirts.

We cannot, if we would, conceal the fact that women have feet and limbs that were made for use. But in regard to the exposure, this is on the other side of the question. We have traveled extensively the past twenty-five years, and have been eye-witnesses to many indecent exposures of the limbs. But the most common exposure is seen upon the streets in light snow, or wet and mud. Both hands are required to elevate the dress, that it may clear the wet and filth. It is a common thing to see the dress raised one-half of a yard, exposing an almost unclad ankle to the sight of gentlemen, but no one seems to blush at this immodest exposure. No one's sensitive modesty seems shocked for the reason that this is customary. It is fashion, and for this reason it is endured. No outcry of immodesty is heard, although it is so in the fullest sense.

But does the popular style of woman's dress always hide her feet from the public gaze? See that lady passing over the muddy street, holding her skirts nearly twice as far from the ground as ours, exposing, not only her feet, but her nearly-naked limbs. Similar exposures are frequent as she ascends and descends the stairs, as she is helped into, and out of, carriages. These exposures are disagreeable, if not shameful; and a style of dress which makes their frequent occurrence almost certain, we must regard as a poor safeguard of modesty and virtue. But we did not design an exposure of this false modesty in relation to woman's feet, but simply a defense of the style of dress which we regard, in every way, truly modest.

No arguments are needed to prove that our style of dress is most convenient in the kitchen. In passing up and down stairs, the hands are not needed to hold up the skirts of our dresses.

Being of a convenient length, they take care of themselves, while our hands are better employed.

We can go out into the untrodden snow, or after a fall of rain, and, if our feet and limbs are entirely protected, all is dry and comfortable. We have no fears of taking cold as we trip along, unburdened by trailing skirts, in our morning walks. We can, in spring and summer, walk and work among our flowers without fear of injury from the dews of early morning. And then, the lower portions of our skirts, not having been used as a mop, are dry, and clean, and comfortable, not compelling us to wash and clean them, which is not always convenient when other important matters demand time and attention.

In getting into, and out of, carriages, in passing old trunks, boxes, and other ragged furniture, and in walking over old, broken sidewalks, where nails have worked up an inch or two above the surface of the plank, our dresses are not exposed to a thousand accidents and rents to which the trailing dresses are fated. To us, this is a matter of great convenience.

Our skirts are few and light, not taxing our strength with the burden of many and longer ones. Our limbs being properly clothed, we need comparatively few skirts; and these are suspended from the shoulders. Our dresses are fitted to sit easily, obstructing neither the circulation of the blood, nor natural, free, and full respiration. Our skirts being neither numerous nor fashionably long, do not impede the means of locomotion, but leave us to move about with ease and activity. All these things are necessary to health.

Our limbs and feet are suitably protected from cold and damp, to secure the circulation of the blood to them, with all its blessings. We can take exercise in the open air, in the dews of morning or evening, or after the falling storm of snow or rain, without fears of taking cold. Morning exercise, in walking in the free, invigorating air of heaven, or cultivating flowers, small fruits, and vegetables, is necessary to a healthful circulation of the blood. It is the surest safeguard against colds, coughs, congestions of the brain and lungs, inflammation of the liver, the kidneys, and the lungs, and a hundred other diseases. +

If those ladies who are failing in health, suffering in consequence of these diseases, would lay off their fashionable robes, clothe themselves suitably for the enjoyment of such exercise, and move out carefully at first, as they can endure it, and increase the amount of exercise in the open air, as it gives them strength to endure, and dismiss their doctors and drugs, most of them might recover health, to bless the world with their example and the work of their hands. And if they would dress their daughters properly, they might live to enjoy health, and to bless others.

F. G. W.

#### MAY FLOWERS.

WHERE clinging mosses creep,  
Where winter berries peep,  
From earth's brown bosom,  
Oft, 'neath half-melting snow,  
The timid garlands grow,  
Daintiest blossom.

All vain their hiding here,  
Curtailed by leaflets sere  
From mortals' knowing,  
For odors sweet betray  
Haunt of each blushing spray;  
Incense on breath of May,  
To Heaven going.

—Sel.

#### The Follies of Fashion—A Full-Dress, Juvenile Party.

THE frivolity of the fair sex is the leading topic of the day. It is the theme of strong-minded women, and the pet hobby of weak-minded men. Everywhere you hear it discussed and wondered at. The fact is apparent, but the cause is obscure. It is argued that never since the world began was there so much culture, so much intellectual brilliancy, displayed among our noted women as at the present time. Why, then, in the midst of such intelligence, is there such a large number of vain and foolish women? To this query we offer the following reply: Much of the affectation and shallowness attributed to "our girls of the period" is due to the unwise management of vain mothers, who in haste to display the charms and accomplishments of their children, bring them out in society almost in their infancy.

Among the recent holiday parties given to children, we describe one which is not exaggerated, and which is a fair specimen of hundreds. This entertainment occurred in one of the most fashionable streets in Brooklyn, and at the residence of one of the wealthiest men. The mother is one of the most cultured women who graces our land, and is, in the main, a common-sense, practical woman. But she has gone fashion-mad—a prevalent epidemic. It was a full-dress party. The hours appointed were from eight to eleven, P. M. About one hundred guests were present, who were received by their young hostess (a miss of ten years) with as much ease and self-possession as a matron could assume.

The dresses consisted of white, pink, yellow, and blue silk, elaborately trimmed and decked with spangles. The little misses had their hair dressed in the latest style, frizzed, puffed, powdered, and adorned with flowers. White kid gloves were generally worn. Only one thing was lacking in the miniature representation of an adult party, viz.: enameled faces. Powder, however, was freely used. One little girl (if she could be recognized as such) particularly engaged attention. She was apparently ten years of age. In addition to the powdered hair and dazzling costume, she sported, with true appreciation, a pair of diamond earrings, a gold chain and locket

studded with diamonds. Upon each arm was a bracelet of elaborate workmanship, which she held up for display, exclaiming as she did so, to her admirers: "There's no sham about these; they're the real things;" which her auditors were quite willing to believe. If the above seems incredible, what will the following be? A little girl of seven summers was arrayed in a rose-colored silk, \$7 per yard; point applique flowers, a galaxy of diamonds, and other expensive jewelry. A gold belt, the buckle of which was studded with diamonds; a band of gold encircled the head, and from a pendant on the forehead sparkled a solitaire of great value. Her mother was heard to exclaim exultingly that the price of *her* child's outfit for that evening was \$5,000. Another mother, jealous of the sensation caused by such display, remarked that "upon the next occasion mine shall be dressed in tea-rose silk, which is by all means less common than pink, as my child's complexion is such that she can wear anything." If the children at the tender age of seven and ten represent the follies of fashion, what will they require at twenty-five?

Music, dancing and charades, occupied the evening. The supper was all that could be desired by the greatest epicure.

The party broke up about midnight. The adieus were spoken with sufficient grace and ceremony to satisfy the most ardent devotee of modern etiquette.

"Here endeth the first lesson," and the stepping stone to bankruptcy.—*N. Y. Standard.*

### The Common Sense of It.

A SCHOOL-GIRL'S PLEA FOR SHORT DRESSES.

NOT long since, being the happy recipient of that "blessing in disguise"—a new dress, the feminine portion of our household was doomed to the trying ordeal essential to the making thereof; and it was that trial which has led me to this expedient with the sanguine hope that the wave of reform may receive an added impulse by my vehement protest. Such peering into magazines, and "interviewing" dress-makers, and such unbearable measurings and tryings-on, would have been the death of us had we not been early taught the art of submission; but thanks to *that, we lived*—lived until, at an hour when my long-tried forbearance was just ready to fail entirely, an officious neighbor (Mrs. Grundy-like) called; after inspecting every identical part, from the braid on the skirt to the band at the throat, she informed us that it was "very well done, but shockingly short," and then added the baneful inquiry, "Why in the world did n't you allow it to *trail* a very little?"

Trails be condemned! That last feather broke the camel's back; and my subsequent lecture upon the glories of short dresses, the follies and vanities of corsets and trails, and the wickedness in general of a meddler, effectually silenced the

poor lady and put an end to her advice. The dear creature has never said "trail" to me since.

Alack and alas! however, that such things are allowed to exist. Why cannot a good thing in fashion be retained—made a standing institution, which we may or may not follow for the ensuing year, as it may suit our individual fancy? Not but what short skirts have their discrepancies; they may sometimes be ungraceful, inappropriate and unladylike; but think of their superiority in *ever so many* situations—will it not overbalance the evil?

Imagine the inability of a young lady, returning from school on a rainy day, carrying books and basket, and it may be with a refractory veil to keep in check—imagine, I say, the inability of such a beleaguered person to manage all these and hold up the ample drapery which used to be indispensable! Think of the majesty of promenading the Broadway of our little town on a fine afternoon with an ample cloud of dust following one at an unpleasant distance, and then having to come to an abrupt standstill to disengage one's trail from dry-goods boxes, sidewalk spikes, &c., every few yards! Imagine the fun of hunting hens' nests in the old barn at grandma's—climb that queer ladder and jumping from the big beam, in a long dress! Think of reaching the grapes on that wild vine in the pasture from the top-most rail of the high fence, and of running up stairs in a hurry and both arms full, with a dozen yards of alpaca clinging to your flying feet! Shades of Bloomer! Why, it destroys half the fun of living, come to reach the gist of the matter.

If we must needs don, with our womanhood, a bushel of dignity and an acre of cloth, let us bunch it up in some way or other, and do away with the misery of a *trail*. Kind fashion, have pity! Let our garments be measured by the rule of common sense, and may justice hold the tape and mercy the scissors when long skirts are once more put upon us!—*Sel.*

DISCONTENT.—Some people are never content with their lot, let what will happen. Clouds and darkness are over their heads alike, whether it rain or shine. To them, every incident is an accident or a calamity. Even when they have their own way, they like it no better than your way, and, indeed, consider their most voluntary acts as matters of compulsion. We saw a striking illustration the other day of the infirmity we speak of, in the conduct of a little child about three years old. He was crying because his mother had shut the parlor door. "Poor thing," said a neighbor, compassionately, "you have shut the child out." "It's all the same to him," said the mother; "he would cry if I called him in and then shut the door. It's a peculiarity of that boy, that if he is left rather suddenly on either side of a door, he considers himself shut out, and rebels accordingly." There are older children who take the same view of things.

## Reform in Dress.

THE reformation in dress, inaugurated by the Princess Royal of Prussia, has been taken up in England, and an association, called "The Guild of Plain Dress," has been formed. The object of this association, to use their own language, is "to promote modesty of dress, to do away with extravagance, and establish neatness and sobriety suitable to Christian women." Many of the most influential and wealthy women of the realm are identified with this movement.

We hope the spirit of reform will extend to our own fair land. French women are making a desperate effort just now to regain the dictatorship of fashion, and decree, as in times past, just what women shall wear. But Prussia understands too well the secret of the weakness and fall of her once powerful rival, to admit *the rule and ruin of fashion*. And now that England is turning away from these follies, and the doors of nearly all other nations are being closed against them, we may expect the whole tide of her vanities to be turned upon us.

By the right hand of our power, *under God*, we have conquered all of our national enemies and proclaimed independence. Shall we now bow in quiet submission to a petty tyranny that lays a heavy hand upon our purses, our domestic comforts, our health, our *modesty*, and makes our souls to shrivel and shrink under its blighting touch? Shall we not rather break the bands, and cast off the heavier yoke and stand *upright* in the dignity of our Christian womanhood? Let the work of reform begin in the church—begin with you, dear reader, if you have not already laid aside the vanities of fashion.

The *Christian Union* justly says: "There was a time when good taste demanded the use of the plainest clothes in the sanctuary; when the wealthiest were distinguished for their conspicuous absence of personal adornment, and sartorial display was a mark of vulgarity, at such times and places. But now-a-days, in the congregation, on the Sabbath, rich and poor alike seem on a desperate strain, the one to make some faint approximation to the other, in point of extravagant display, the other to demonstrate to the one the utter hopelessness of the attempt. It would almost appear as if whatever might be thought of the propriety of a modest garb in other places, the proper costume for the house of God, where, theoretically, we all go to be reminded of our common origin and destiny, were an agglomeration of all the jewelry, and all the chignons, and all the paniers, and all the feathers and furbelows in one's wardrobe. The wearer is to carry all this piled agony to the sanctuary as into a fair—as if her errand were not so much to praise as to be appraised—and there employ the sacred time in envious comparison of her own mountain of millinery with the Himalayan triumphs of her neighbor.

Shall we ever get back to the standards of good taste and unobtrusive piety in this? Will not all good Christian people—especially those whose wealth and refinement make them the proper and only efficient leaders in such a reform—will not the pulpit of every sect, unite in the effort to effect this?—*The Christian Woman*.

WAIT.—Wait, husband, before you wonder audibly why your wife do n't get along with the household responsibilities as well as your mother did. She is doing her best; and no woman can endure that best to be slighted. Remember the long, weary nights she sat up with the little babe that died; remember the love and care she bestowed upon you when you had that long fit of illness. Do you think she is made of cast-iron? Wait—wait in silence and forbearance, and the light will come back to her eyes—the old light of the old days.

Wait, wife, before you speak reproachfully to your husband when he comes late, weary, and "out of sorts." He has worked hard for you all day—perhaps into the night. He has wrestled hand in hand with care, selfishness, greed, and all the demons that follow in the train of money-making. Let home be another atmosphere entirely. Let him feel that there is no other place in the world where he can find peace, quiet, and perfect love.

THE New York correspondent of the *Chicago Tribune* writes: "A young lady of society, whose parents are neighbors of mine, is now lying at the point of death from the effects of an over-dose of arsenic, which she was in the habit of taking for the purpose of beautifying her complexion. She learned the delightful practice from her mother, who is also a "society" lady. Here is a good subject for a sermon, or a moral lecture, or a phillipic against woman's tyrant—fashion—but what's the use? We might all preach and pray till our voices cracked again, and not a wife, a sister, a mother, or mother-in-law, would give us heed; but, on the contrary, would post to Mrs. Grundy to learn the latest idiotic behest of the fickle goddess.

"If my young lady friend should die, and the coroner should summon a jury of fashionable women to 'sit on her,' the verdict would be: 'Poor dear, she died striving to fulfill the destiny of woman—to look beautiful—and of such is the kingdom of Heaven. Blessed are they who die in the fashion.'"

A MAN who has no enemies ought to have very faithful friends, and one who has no such friends ought not to think it a calamity that he has enemies to be his effectual monitors.

A BLUSH is the sign which nature hangs out to show where chastity and honor dwell.

## Items for the Month.

ALL articles sent to the REFORMER for publication must be accompanied by the real name of the writer. We do not return rejected manuscript.

READ carefully the article in this number, "The Health Reform Institute," and put it in the hands of some invalid friend.

### Exchanges.

WE have a large list of exchanges, religious and secular, which from time to time give kindly notices of the REFORMER, and its work. This month we are only able to reciprocate such courtesies with the following:—

The *Pacific Journal of Health*, edited and published by Mrs. Carrie F. Young, M. D., San Francisco, Cal., is one of the best health journals in the country. It is well edited and neatly printed. Some of the best writers contribute to its columns. Published monthly at \$1.50 per annum.

The *Household*, a domestic journal, published monthly at Brattleboro, Vt. Terms \$1.00 per year. It is not only a drawing-room companion, but contains much good instruction for the gardener and florist. It should be in every family.

The *Sun*, published at Chicago, Ill., by H. L. Goodall, is a lively little sheet, issued daily and weekly. Devotion to the principles of health is a marked feature of this paper. May this *Sun* continue to shine till its bright rays shall enliven many a dwelling in the land.

THE *Athol Transcript* says of the HEALTH REFORMER:

We admire the bold, fearless, and outspoken manner of this journal. It is refreshing to read it. The continual and unceasing war which it continually wages against drugs and drug medication, is tending to develop the popular mind in the right direction. It is doing a good work, and may it live long and prosper.

COPYRIGHT SECURED.—"Another new and wonderful discovery," in the shape of a patent medicine, has been left upon our desk. We are expected to puff it. Of course we know nothing about it, but are told that Tom, Dick, and Harry, have been made whole by surrounding the same. And we have been shown the "nice notices" given by other respectable papers, and of course we must say a nice word too, because advertising pays. We will just say this: We believe it and ninety-nine one-hundredths of all the patent and other medicines are worse than useless. If the manufacturers, dealers, and vendors,

did not think there was money in it in the way of "profits," they would possibly be in better business. At any rate, our readers are advised to study the laws of life, and spend their money for a sensible health journal, like the *Pacific Journal of Health*, the *HEALTH REFORMER*, or the *Laws of Life*.—*California Agriculturist*.

### Plants, Roots, and Vines.

WE have a fine lot of these on hand, which we offer in the following lots, at extremely low prices:—

Forward the cash with your orders, and we will immediately ship 200 Doolittle, 25 Philadelphia Red Raspberry, 200 Wilson, and 100 Agriculturist Strawberry, Plants, and 4 Concord Grapes, for \$5.00.

Or, 350 Doolittle, 50 Miami, and 25 Philadelphia Raspberry, 500 Wilson, 100 Agriculturist, and 4 Delaware, and 6 Concord Grapes, for \$10.00.

Address, W. C. WHITE, *Battle Creek, Mich.*

CHICAGO IN LUCK.—The *Chicago Sun* humorously says: Chicago is in luck. Somebody has discovered a "mineral spring," only nine miles from the city, on somebody's farm. Somebody else has taken a sample to some chemist, who has analyzed it and declared that it possesses "medicinal" properties. It now only remains for another somebody to buy the ground out of which the spring bubbles, build a stone wall around it, erect a mammoth hotel, and advertise the institution far and near, as the great "Saratoga of the West." There will be found plenty of simpletons who will rush to the spot and spend time and money in the vain hope of securing that priceless boon which can be had only through strict obedience to the laws of nature—good health. Hundreds of invalids will go farther and pay more for nasty "mineral water" than for the pure, refreshing, health-promoting fluid of our northern lakes—especially if the mineral stuff is only obtainable at some fashionable "watering place."

Pure water always possesses "medicinal properties," and is one of nature's most potent agencies for restoring diseased humanity to health. It is good to bathe in and good to drink—better than whisky, wine, or beer—it is "the beverage prepared by God himself, to refresh and invigorate his creatures and beautify his footstool." But to leave lakes and rivers full of pure water, and run off after springs which happen to be adulterated with some kind of mineral substances, is as foolish as it is fashionable.

DR. L. CHESELEY, of Nottingham, N. H., and his wife, are said to have been poisoned by some postage stamps which were sent to them from New York, recently, in a letter requesting an immediate answer.

A WORD TO WRITERS.—That writer does the most who gives his readers the most knowledge and takes from them the least time.