

THE HEALTH REFORMER.

Nature's Laws, God's Laws; Obey and Live.

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Clothing.

BY DR. EDWARD SMITH, F. R. S.

THE requisite clothing depends upon the coldness of the weather, and as we live in a very variable climate, the necessary amount varies more than daily.

1. As to the underclothing. Linen next the skin very readily gives a sensation of cold after the body has been heated and has perspired, so that it rather tends to give than to prevent colds. Cotton absorbs a larger quantity of moisture, and is much warmer under the same circumstances, but woolen, while it absorbs less, is the warmest of all. As the skin perspires in hot weather it is not desirable to wear linen next it, and cotton or woolen should be substituted according to the heat of the weather. In cold or cool weather there can be no doubt that woolen is preferable, but in the heat of summer cotton may be substituted. In our climate we are, however, liable to chilly evenings with warm days, and a thin woolen vest is safer than an extra cotton shirt.

Woolen vests for cold weather may be either thick woven Scotch shirts, or made of fine Welsh flannel. Fitting the body is, however, quite as important as closeness of texture, for if they do not fit well the cold air will find ready access underneath. Hence the woven shirt is often a better protector than flannel, but the texture should be close. This is also the case when in any weather much exertion is followed by rest, in which latter state cold may be readily taken. In warm weather a thinner wool, as that of merino, may be substituted, and unless the weather be very hot it is generally the proper clothing.

In this respect, however, persons differ, as they do or do not perspire readily, and as their skins are sensitive; for he who perspires readily requires woolen to prevent cold, whilst a dry and hot skin may be sufficiently protected by calico clothing.

It is much to be regretted that women do not always wear woolen next the skin, whether in summer or winter; and still more so, that there are men who are much exposed to cold, and do not wear it. All persons should wear it from their infancy.

2. As to outer clothing. It is necessary that there should be an outer garment which may be worn or thrown off according to the weather and the sensation of heat. This may be a cloak, coat, or shawl; and provided the trunk be covered, the arms and legs may be covered or uncovered. This should be of woolen, even for women, and even in warm weather.

3. The intermediate clothing. This must depend upon the means of the wearer, mode of life, and season. In cold weather it should no doubt be of wool, whether for women or men; but at other seasons calico and silk may be substituted for women, and perhaps linen for men. The very proper tendency of our day is, however, in favor of wearing woolen fabrics for outdoor wear by both sexes, and at almost all seasons; but in the hot season they are exceedingly light, and of open texture. They are also the most economical, and, as now manufactured, look extremely well. How much better does a good woolen dress look than a dirty and crushed calico, and in the end how much cheaper! Hence, at all seasons, and for every kind of clothing for outdoor wear, woolen is to be preferred.

When silk or very light fabrics are worn by women there should be sufficient underclothing, besides the woolen vest.

Clothing in the house must necessarily differ from that for outdoor at the same season, but the difference should be chiefly in the outer garment.

There are few if any subjects so important in the management of children as clothing, to protect them from changes of temperature; and both for them and for the old it is desirable that it should be such as shall not oppress by heat or starve with cold. Too much

clothing, by causing the skin to perspire freely, makes them more liable to take colds, whilst undue cold lessens vitality. Persons in middle life are more able to resist these as all other influences.

Clothing at night is also worthy of attention. A thick and heavy cotton counterpane weighs down the body without giving much warmth, so that the body is working during sleep, and is less refreshed in the morning. Except the sheets, all coverings of the bed should be of wool, which gives the greatest warmth in proportion to its weight, and the counterpane should be either equal to a blanket, or a blanket should be substituted for it, and a thin light covering like a sheet thrown over it. If there be too much warmth the body is relaxed, the skin made sensitive, and health is impaired. If too little warmth, the body is unnecessarily wasted by loss of heat. The old rule is, however, a good one; viz., to keep the feet warm and the head cool. Hence, the number of blankets to be used must vary with the weather and season.

Young children and old people need more clothing at night than those of middle age, and in winter the most is required, for all ages, at about four to six o'clock in the morning, when the cold is the greatest. The sick demand great consideration in this matter, and usually need more clothing than those who are well.

What kind of night-dress should be worn? Some say a calico covered by a woolen dress, and others calico only. The very young and aged should have the former, and those of middle age the latter; but if there be rheumatism about the shoulders, it is better to wear the former, and to cover the arms. With such a woolen dress fewer blankets will be required.

In traveling, and when making very varying degrees of exertion, it is desirable to carry a Scotch plaid shawl of fine wool, which is both light and warm, and may be used by night or day, and over any part of the body.

Woolen stockings are desirable for persons with cold feet, and are perhaps better than cotton for everybody; and shoes or boots, strong and thick, according to the season and work, should be worn.

Especial care should be taken as to the clothing of infants and very old people in cold weather, for the absence of a sufficient degree of heat often causes death. It need not entirely cover the face of infants, as we sometimes see, for then they could scarcely breathe, and are liable to suffocation; but it is desirable that such young creatures should not breathe extremely cold air. In reference to the aged, great attention should be paid to

the warmth of their extremities, for the circulation being feeble and the production of heat small, the hands and feet may become cold, and exhaustion, leading to death, may result.

Nothing but flannel or some other woolen clothing can be sufficient protection to either of these classes, and much injury results from the absence of it.

King James's Counterblaste to Tobacco.

(Concluded.)

THE second Argument, grounded on a show of reason, is, That this filthie smoake, as well through the heat and strength thereof as by a naturall force and qualitie, is able and fit to purge both the head and stomacke of Rewmes and distillations, as experience teacheth, by the spitting and auoyding fleame immediately after taking of it. But the fallacy of this Argument may easily appeare, by my late preceding description of the Meteors. For euen as the smoakie vapors sucked vp by the Sunne, and staid in the lowest and colde Region of the ayre, are there contracted into cloudes and turned into raine and such other watery Meteors. So this stinking smoake being sucked vp by the Nose, and imprisoned in the colde and moist braines, is by their colde and wett facultie, turned and cast forth againe in watery distillations, and so are you made free and purged of nothing but that wherewith you wilfully burdened your selues; and therefore are you no wiser in taking Tobacco for purging you of distillations, then if for preventing the Cholicke you would take all kinde of windie meates and drinkes, and for preuenting of the Stone you would take all kinde of meates and drinkes that would breede grauell in the kidneyes, and then when you were forced to auoyde much winde out of your stomacke, and much grauell in your Vrine, that you should attribute the thanke thereof to such nourishments as bred those within you, that behoued either to be expelled by the force of Nature, or you to haue burst at the broad side, as the Proverbe is.

How easily the mindes of any people, wherewith God has replenished this world, may be drawn to the foolish affectation of any noueltie, I leaue it to the discreet iudgment of any man that is reasonable.

* * * * *

Thus hauing, as I trust, sufficiently answered the most principall arguments that are vsed in defence of this vile custome, it rests onely to informe you what sinnes and vanities you commit in the filthie abuse

thereof. First, are you not guiltie of sinnefull and shamefull lust? (for lust may bee as well in any of the senses as in feeling) that, although you bee troubled with no disease, but in perfect health, yet can you neither bee merrie at an Ordinarie, nor lasciuious in the Stewes, if you lacke Tobacco to prouoke your appetite to any of those sorts of recreation, lusting after it as the children of Israel did in the wilderness after Quailes. Secondly, it is, as you vse, or rather abuse it, a branche of the sinne of drunkenness, which is the roote of all sinnes; for as the onely delight that drunkards take in Wine is in the strength of the taste and the force of the fume thereof that mounts vp to the braine; for no drunkards loue any weake or sweet drinke; so are not those (I meane the strong heate and the fume) the onely qualities that make Tobacco so delectable to all the louers of it. And as no man likes strong headie drinke the first day (because *nemo repente fit turpissimus*) but by custome is piece and piece allured, while in the ende, a drunkard will haue, as great a thirst to bee drunke as a sober man to quench his thirst with a draught when hee hath need of it. So is not this the very case of all the great takers of Tobacco? which therefore they themselves doe attribute to a bewitching qualitie in it.

Thirdly, is it not the greatest sinne of all, that you, the people of all sortes of this Kingdome, who are created and ordeined by God to bestowe both your persons and goods for the maintenance both of the honour and safetie of your King and Commonwealth, should disable your selues in both? In your persons hauing by this continuall vile custome brought your selues to this shamefull imbecillitie that you are not able to ride or walke the journey of a Iewes Sabbath, but you must haue a reekie cole brought you from the next poore house to kindle your Tobacco with, whereas hee cannot bee thought able for any seruice in the warres that cannot endure oftentimes the want of meate, drinke and sleepe, much more than must hee endure the want of Tobacco. In the times of the many glorious and victorious battailes fought by this Nation, there was no word of Tobacco. But now, if it were time of warres, and that you were to make some sudden *Cavalcado* vpon your enemies, if any of you should seeke leisure to stay behind his fellowe for taking of Tobacco, for my part, I should neuer bee sorie for any euill chance that might befall him. To take a custome in any thing that cannot bee left againe, is most harmfull to the people of any land. *Mollicies* and delicacie were the wracke and overthrow, first of the Persian, and next of the Roman

Empire. And this very custome of taking Tobacco (whereof our present purpose is) is, euen at this day, accounted so effeminate among the Indians themselves, as in the market they will offer no price for a slaue to bee sold, whome they find to bee a great Tobacco taker.

Now how you are by this custome disabled in your goods, let the Gentry of this land beare witnesse, some of them bestowing three, some foure hundred pounds a yeere vpon this precious stinke, which I am sure might bee bestowed vpon many farre better vses. I read, indeede, of a knauish Courtier, who for abusing the fauour of the Emperor Alexander Seureus, his Master, by taking bribes to intercede for sundry persons in his Masters eare, (for whom he neuer once opened his mouth) was iustly choked with smoake, with this doome, *Fumo pereat, qui fumum vendidit*; but of so many smoake-buyers as are at this present in this kingdome I neuer read nor heard.

And for the vanities committed by this filthy custome, is it not both great vanitie and vncleanenesse that, at the table, a place of respect, of cleanlinesse, of modestie, men should not bee ashamed to sit tossing of Tobacco pipes, and puffing of the smoake of Tobacco one to another, making the filthy smoake and stinke thereof to exhale athwart the dishes and infect the ayre, when very often, men that abhorre it are at their repast. Surely smoake becomes a kitchen far better then a Dining chamber, and yet it makes a kitchen also oftentimes in the inward parts of men, soiling and infecting them with an vnctuous and oily kinde of Soote, as hath bene found in some great Tobacco takers, that after their death were opened. And not only meate time, but no other time nor action is exempted from the publike vse of this vnciuill tricke; so as if the wines of Diepe list to contest with this Nation for good maners, their woast maners would in all reason bee found at least not so dishonest (as ours are) in this point. The publike vse whereof, at all times and in all places, hath now so farre preuailed, as diuers men, very sound both in iudgement and complexion, haue bene at last forced to take it also without desire, partly because they were ashamed to seeme singular (like the two Philosophers who were forced to duck themselves in that raine water, and so become fools as well as the rest of the people,) and partly to bee as one that was content to eate Garlicke (which hee did not loue) that hee might not bee troubled with the smell of it in the breath of his fellowes.

And is it not a great vanitie, that a man

cannot heartily welcome his friend now, but straight they must bee in hand with Tobacco? No, it is become, in place of a cure, a point of good fellowship, and hee that will refuse to take a pipe of Tobacco among his fellows, (though by his own election hee would rather feele the sauour of a Sinke) is accounted peeuish and no good company, euen as they doe with tippeling in the colde Easterne Countries. Yea, the Mistresse cannot, in a more manerly kinde, entertaine her seruant then by giuing him out of her faire hand a pipe of Tobacco. But herein is not onely a great vanitie, but a great contempt of Gods good gift, that the sweetnesse of mans breath, beeing a good gift of God, should bee wilfully corrupted by this stinking smoake, wherein, I must confesse, it hath too strong a vertue; and so that which is an ornament of nature, and can neither by any artifice bee at the first acquired, nor once lost, bee recovered againe, shall bee filthily corrupted with an incurable stinke, which vile qualitie is as directly contrarie to that wrong opionion which is holden of the wholesomnesse thereof, as the venime of putrifaction is contrary to the vertue Preserutiue.

Moreover, which is a great iniquitie, and against all humanitie, the husband shall not bee ashamed to reduce thereby his delicate, wholesome, and clean-complexioned wife to that extremitie, that either shee must also corrupt her sweete breath therewith, or else resolute to liue in a perpetuall stinking torment.

Haue you not reason then to bee ashamed, and to forbear this filthie noueltie, so basely grounded, so foolishly received and so grossly mistaken in the right vse thereof? In your abvse thereof, sinning against God, harming your selues both in persons and goods, and raking also thereby the markes and notes of vanitie vpon you; by the custome thereof making your selues to be wondered at by all forraigne ciuill nations, and by all strangers that come among you, to be scorned and contemned. A custome lothsome to the eye, hateful to the Nose, harmefull to the braine, dangerous to the Lungs, and in the blacke, stinking fume thereof, nearest resembling the horrible Stigian smoake of the pit that is bottomeless.

Alcoholic Drinks in England.

THE capital which is invested in the production of alcohol in the British Isles is not less than £170,000,000. Of the enormous addition which would have to be made to this vast sum if the value were given of the capital employed in the production of wine in the

wide stretch of the grape-yielding countries, it is quite impossible to conceive. In the financial year ending in 1874 the duties paid within the British Isles for the various forms of fermented drink were: For foreign spirits £5,329,650; foreign wine, £1,989,855; home-made spirits, £14,639,563; and for malt to be converted into beer, £7,753,657. If to these various sums there be added the further amount which represents the brewers' license, taking the place of the hop duty, and the duty on sugar consumed in brewing, it at once appears that at the present time the public revenue derives yearly a clear £30,000,000 sterling from direct taxes levied on alcoholic drink; and it will be further observed that of this great sum very nearly two-thirds relates to the concentrated form in which the powerful agent is procured by the employment of the still—that is, by the application of science and art to strengthen the spirit beyond the point to which it can possibly be raised by natural fermentation; and very nearly one-half refers to the cheaper form of this concentrated product which is prepared in the home manufacture, and which therefore, it is to be presumed, expresses approximately the consumption of the less wealthy portion of the community. The exact number of the millions of pounds sterling that are swallowed in the form of strong drink in our own islands alone can scarcely be ascertained on account of the diversity of form in which the product is presented for consumption, and on account of the complex relations which connect duty and quantity in the different forms. The amount can only be guessed at under the guidance of such figures as have been named. If, however, one penny in the pound upon taxable incomes be taken to represent, as it is stated it will shortly do, a sum of £2,000,000, then the £30,000,000 paid yearly to the revenue by alcohol is tantamount to an income tax of fifteen pence in the pound upon such incomes, and to an assessment of £31 a year upon an individual income of £500 per annum. The fact which is involved in the figures of these several statements would assuredly be a very surprising one, even if the large sum of money were expended in an article of unproductive but harmless luxury.

As Dr. Richardson suggested in his lectures, a very strong impression would be made upon the public mind if, after some long period in which the boilers of steam engines had been fed with a mixture of spirit and water, it was suddenly discovered that the engines would work quite as well with the water, without the spirit, and that the millions of pounds that had been devoted to the

production of the spirit had all been so much unnecessary waste. But the argument goes very much beyond this in the case of "the millions of engines called men," if it can be shown that there is hurtful as well as wasteful expenditure, and that in a very large proportion of instances the engines would have worked even better without the costly addition of the spirit. In these days of the scientific applications of the doctrines of economy it certainly must remain a matter of some surprise to thoughtful men that in a land of advanced cultivation and intelligence so many millions of good money are continuously applied to the production of a commodity which, in the existing habits of society, may reasonably be held to be pernicious alike to the pockets, to the health, and to the morals of the community.—*Edinburgh Review*.

Exercise.

EXERTION, whether called labor, recreation, or amusement, is essential to health; and as the body was made for labor, work is its natural and honorable duty.

An idle man or woman is a discredit to the race, and unusually liable to fall into disease, whilst an industrious person adds to the wealth of the country, and is more likely to be healthy and happy.

Exertion is useful, inasmuch as it quickens the circulation, deepens and quickens the breathing, promotes perspiration, and stimulates digestion, and thus helps the body to take food, and to get rid of that which is not required. This is so marked, that the breathing is seven times more with fast running than when lying down at rest. The pulse is quicker when sitting than lying, when standing than sitting, when walking than standing, and when running in proportion to the speed. Even moving the hand affects these actions.

The reason why exertion is beneficial by increasing the vital actions is, that the greater the action within the body, the more food is consumed, and the higher the health (if it be natural and there be sufficient food), whilst with sloth there is less vital action, and less health.

There is a restriction, however, as to exertion, for the breathing and pulsation are limited in frequency to a point beyond which life cannot be maintained. This limit varies in different persons, and according to practice and habit, so that one man can do that which is impossible to another. But the greater the exertion, the stronger and larger are the muscles which make it, so that the black-

smith's arm is much larger than that of an idle man. Thus, the more you do, the more you will be able to do.

The best time to make great exertion is about two hours after a meal. It is not a good time before breakfast, although moderate work may then be performed. The body is weakest before breakfast.

After a full meal it is not good to take any violent exercise, but ordinary work may then be properly performed. After the labor of the day, the body becomes tired, and therefore the evening is not the best time for work.

Some persons work all night, but it is not so healthful as working by day. It is easier to work in cool weather than in hot, but in excessively cold weather the limbs are benumbed, and cannot move so readily. In hot weather the most laborious work should be done in the morning and evening, and light work in the middle of the day.

Increase of food is required with much work. If the appetite fail, the body becomes weak; but if it remain good, the body is strengthened. Therefore, in the healthy state, the appetite indicates the quantity of food which is required.

Women are not able to do heavy work like men, because their bones and muscles are not so large, but they do light and delicate work better. Children should not be required to make great exertion, as their bones are not solid at the ends. Old men cannot make so much exertion as the young or the middle-aged, and their bones are more brittle and liable to be broken. An old woman of eighty years of age falling down, is very liable to break her thigh at the hip joint.

Violent or rapid exertion made by children, and also by stout or aged people, often injures, and sometimes causes disease of the heart, when the same taken in the ordinary way would do no harm. Rapidly running up-stairs, or to meet a train, sometimes causes death. Hence, whilst exercise is of the utmost importance to health, it should be taken in a regulated and rational manner, and particularly by those who have passed the period of youth. But disease of the heart even in youth may often be traced to indiscretion in this particular, whether in rowing, running, or jumping.—*Health*.

Christianity and Alcohol.

ALCOHOL is a match for Christianity. The higher civilization, which the gospel has created, would speedily bring the whole race to Christ, if sin and drunkenness did not hinder. These are the most formidable, persistent, subtle, unmanageable powers the gospel has

ever met. What Satan may be able to do in the future, we know not; but alcoholic drinks surpass all he has ever done, in the past, in power to harm. This invention is parent to swarms of degrading sins; fosters the basest imaginable crimes; puts a fatal blight upon all its victims; seizes the choicest minds, blackens them with vice, and buries them in horrors; enters the highest and purest circles, and decoys to ruin so adroitly that the work is finished before one suspects it fairly begun; it consumes the character, peace, substance, and prospects of society, and the sufferers are so deluded that they promptly fight for a free license to be allowed for its ravages. All that is done to educate, elevate, Christianize, the people, by Christians themselves, is only a drop compared to the time, treasure, and labor devoted to this instrument of the prince of evil.

In New York, in 1874, there were 40,777 arrests for drunkenness, or one to every 25 inhabitants; 27,203 men and 13,574 women. There were 8,403 liquor shops in full blast the year round, or one to every 119 men, women, and children of all ages. Allowing three persons, on an average, to be interested in soliciting custom to each of these Satanic churches where protracted meetings are held all the year round, the number of ministers and missionaries employed to entrap and ruin souls would be 25,209. This is below, rather than above, the actual number engaged. Cunning allurements, persistent solicitations, are effectively employed, and the victims pay dearly for the curse. If the average receipts of these places amount to only \$5 a day, the tax upon their customers would be \$15,335,475 a year. Ten dollars a day is nearer their actual receipts, making an aggregate of \$30,670,950. That is more than all the Christians in America pay for Christian purposes, and this vast sum is drawn mainly from the poor who subsist by daily toil. An invention which enables Satan to accomplish such results is fearful to contemplate.

We have in New York 800 churches, and over 8,000 dram shops; 2,000 ministers and missionaries to save, and over 25,000 laboring to destroy. The churches are open once a week, and the ministers respectively preach about 80 minutes in seven days, while the 8,000 churches of alcohol, and 25,000 ministers, run with vigor six days in the week, and six nights every week, and many of them seven, the year round. Consider the capital invested, the men employed, the effort put forth, the zeal and skill engaged, and the terrible havoc effected, and we shall be nearly terrified by the enemy that confronts us.—*Baptist Union.*

Who and What Killed that Young Lady?

BY REV. P. R. RUSSELL.

A FEW months ago a beautiful and interesting young lady died in Vineland, and her precious dust was borne away by tender hands to the old family home in Massachusetts. The family had resided for a few years in one of the growing cities of the West. There she became a member of a Congregational church, and was an attractive and leading singer in a choir. It is the fashion there, as here, for the churches, lodges, and clubs of various kinds to raise funds by catering to the pleasure-loving dispositions of the young and thoughtless. The fairs, festivals, and amusements of the churches were frequent, and she, being a sweet singer, was invited to all, to help in the attractions and music. She enjoyed these gatherings very much, and always had a "good time," eating the nuts, cakes, pies, confectionery, and ice-creams, singing and exchanging friendly greetings with smiling friends, by whom she was much admired. By and by, her health began to give way. Headaches, loss of appetite, and derangement of the stomach would follow these nocturnal frolics; but a little rest and abstinence would soon bring nature around again to a normal condition, and again and again she would return to the festivities of these church carnivals. At last she broke down utterly, and the digestive organs, long abused and outraged by irregularities and indulgencies in rich, concentrated dainties, refused to do their work.

She was dosed by this and that physician, tried this and that nostrum, but with no decided relief. The afflicted family came to Vineland, hoping that a change of climate might work the sovereign cure. Here she continued to languish, and grew more and more emaciated, with a fickle, capricious appetite, that relished nothing but the most concentrated and indigestible dainties. At last, while literally starving on her dying bed, her mind became enlightened as to the follies of the past, and she mourned over it with agonizing remorse. She would say, "Oh! I have lived only for myself and for pleasure. All I seemed to think or care about was to eat ice-creams and other dainties, and attend the amusements, and have a good time. Oh, how could I do so? This has ruined me. Oh, I see it all now, when it is too late!"

She died in great despondency, unable to take any food. Now, who and what killed this interesting and lovely young woman? Evidently the fashionable dissipation inci-

dental to the frequent midnight festivities. These broke down the nervous system, and impaired the energy of the digestive organs. But who is responsible for killing this young lady? Manifestly those who projected and run these frolics. They did not mean to take her life, but they did it. They encouraged and allured her, and thousands of others, while young, and giddy, and ignorant of the laws of health, to spend the hours that nature requires should be spent in bed, in fashionable and frivolous dissipation. Is this the way Christian men and women should treat the young? Is this the way to honor God and do good to man? Is this the scriptural way to raise funds to support divine worship? Is this the way for the churches of Christ to honor and commend their adorable Redeemer? Is it a part, a Heaven-appointed part of divine worship, to blend the service of God and mammon? Shall we teach the young to worship the golden calf, "eat and drink, and rise up to play?"

THE HAIR.—Dr. Benjamin Godfrey has written a book on the "Diseases of the Hair," in which he says that a woman's hair may grow to the length of six feet, and that a young lady of Massachusetts refused a thousand dollars for her cranial covering, which was only one inch short of this measurement. Four hundred hairs of ordinary thickness would cover an inch of space. The blonde belle has about one hundred and forty thousand filaments to comb and brush, while the red-haired damsel has to be satisfied with eighty-eight thousand; the brown-haired damsel may have one hundred and nine thousand; the black-haired but one hundred and two thousand. Few ladies consider that they carry some forty or fifty miles of hair on their head; the fair-haired may have to dress seventy miles of threads of gold every morning. A German experimentalist has proven that a single hair will suspend four ounces without breaking, stretching under the process and contracting again. But the hair thus heavily weighed must be dark brown, for the blonde breaks down under two and a half ounces.

FRESH AIR.—People who shudder at a flesh wound, or a tinge of blood, would confine their children like convicts, and compel them, month after month, to breathe quantities of poison. It would less impair the mental and physical constitution of children, gradually to draw an ounce of blood from their veins during the same length of time, than to send

them to breathe, for six hours a day, the lifeless and poisoned air of some of our school-rooms. Let any man who votes for confining children in a small room, and keeping them on stagnant air, try the experiment of breathing his own breath only four times over; if medical aid be not at hand, the children will never be endangered by his vote afterward.—*Horace Mann.*

WOMAN'S DRESS AND HER DISEASES.—In an address before the Pennsylvania Medical Society, the president, Dr. Atlee, drew attention to the bad effects of the change wrought by absurd fashion in the habits and dress of women. He held, that in proportion as women have departed from simplicity, in that same proportion have their infirmities increased. The confined waist and weighty dress of women were mercilessly ridiculed. Fashionable women were compared to pea-fowls strutting the streets and taking a scavenger-like promenade, gathering filth and exhausting strength. The pernicious effect of the fashionable shoe was explained. Nature intended the heel and sole to be on a level, but fashion raises the heel two inches above this level. Woman is thus walking down hill, and as far as health is concerned may be said to be going down hill all the time. The fashionable woman is a burlesque and caricature on nature.—*The Doctor, London.*

AN old lady, ninety years of age, very wealthy, and full of wit, died recently at Fontainebleau, in France. Her will contained this provision: "I leave to my physician, whose enlightened care and wise prescriptions have made me live so long, all that is contained in the old oaken chest in my boudoir. The key of the chest will be found under the mattress of my bed." The heirs were much disturbed, for they foresaw a material diminution of their share of the property. The fortunate and expectant physician at length arrived. The notary delivered to him the key of the chest. It was opened and found to contain solely all the drugs and potions still intact which the worthy physician had given his patient for twenty years back!

AVERAGE OF LIFE.—The yearly mortality of the globe is 42,403,000 persons. That is at the rate of 115,200 per day, 4,800 per hour, 80 per minute. Among 10,000 persons, one arrives at the age of 100; one in 500 attains the age of 80; one in 100 to the age of 70. In 100 persons, 95 marry.—*Ec.*

LITERARY MISCELLANY?

*Devoted to Natural History, Mental and Moral Culture, Social Science,
and other Interesting Topics.*

A KINDLY DEED.

BY ALICE HAY JENNER.

A kindly deed is a little seed
That groweth all unseen;
And, lo! when none do look thereon,
Anew it springeth green.

A friendly look is a better book
For precept than you'll find
'Mong the sages wise, or the libraries,
With their priceless wealth of mind.

The little dole of a humble soul,
In all sincerity given,
Is like the wings of the heart as it springs,
Singing clear, to the gate of Heaven.

—Sel.

One Life Wasted.

"I HAVE tickets for the concert to-night, Abba," said James Henley, coming into the sitting-room where his wife was running a sewing machine with a busy whirr.

"O, James, how I wish I could go."

The light died away from the husband's face in a second.

"Wish you could go, Abba! Why, of course you will go."

"I can't, James. I must finish these three dresses before Sunday, and it will take every minute."

"Three dresses?"

"For Jennie, Susie, and Lotta. It is Easter Sunday, you know, and all the spring things are ready but these dresses."

"But this is only Wednesday."

"I know, James; but look at the work. There are overskirts to each, and ruffles on all the waists. Jennie's has three flounces."

"I suppose it is useless for me to repeat what I have said so often, Abba, that you are foolish in your choice of work. Little girls do not require the finery you put upon your children."

"But all the children in the congregation are well-dressed, James. You cannot afford to put the sewing out, so I must do it."

"Let the children dress more simply, then. Come, Abba, stop that buzz for once and go to the concert. I think we can all survive the disgrace if the children wear some of the dresses they have, on Sunday. It is so seldom any really good music is within our reach at L——, that I hate to miss hearing it."

"Can't you go?"

"And leave you? I should not enjoy it if I knew you were stitching here. Come."

With a heavy sigh, as if James was exacting a sacrifice, instead of giving her a pleasure, Abba left the room, and went to her own apartment to dress for the concert. While she dressed she was calculating closely the time she must save to make up for her evening of pleasure. By rising an hour earlier and retiring an hour later, she might be able to finish the dainty silks that were to excite the envy of all the mothers of L—— on Sunday. All through the evening, while her husband drank in the sweet sounds in which he delighted, Abba, with her face all polite interest, was thinking of the unfinished work.

"Was it not delightful?" James said, as they walked home in the soft spring moonlight.

"Delightful! I am so glad I went, James. Mrs. Gordon had on her new spring suit, and her dresses all come from New York. The trimming on her basque is quite new style, and I am sure I can put Jennie's on in the same way."

So the talk went on, and the sewing machine whirled for two hours after James slept.

Sunday morning shone clear and cloudless. Mrs. Henley had put the last stitch into Lotta's dress as the clock struck twelve, and she awakened with a pain in her chest and a headache, but a feeling of triumph. Her children would wear their new spring suits, that had cost nothing but the material. Nothing? Mrs. Henley did not estimate the hours spent over the machine, the weariness, the neglect of many little duties.

Very pretty the children looked when they were ready for church. Jennie and Susie, twins ten years of age, were dressed alike in delicate pearl color, trimmed with blue, and hats of the newest shape, with blue ribbons. Lotta wore cerise color, with cerise trimming, for Lotta was a brunette of seven.

The charges at starting for Sunday-school were:—

"Be sure you lift your overskirts when you sit down, do n't lean back upon the streamers of your hats, and walk where you will not soil

your light boots. Don't strain your gloves, and lift your flounces when you kneel down."

"It is such a relief that they are all dressed," said Abba, as the children started, their little parasols jauntily held, and their whole air showing their own appreciation of their new finery.

"Over-dressed, Abba!" was the reply. "Your own dresses are not more elaborate."

"It is the fashion now to cut children's dresses like ladies'. But you ought to be proud of your children, James. Everybody compliments me upon the taste with which I dress them."

"Abba!" Mr. Henley said suddenly, leading his wife to a mirror, "Look at your own face."

"Well!" she said, wondering what he could mean.

"Your cheeks are white as chalk; there is a heavy line under your eyes, and your whole air is that of a woman worked to death."

"James, what nonsense."

"It is not nonsense. I wish it was. Five years ago you had the complexion of a child, as clear and rosy as Susie's. Your eyes then were bright, full of animation. You had young children, a house to keep in order, and just half our present income. Yet you could find leisure then for a daily walk, could read in the evening, or sing for me, could enjoy an occasional evening of social pleasure, or some entertainment. I had a *wife* then."

"James, what do you mean?"

"I mean that in the place of my happy, healthy wife, I have a sickly, overworked seamstress. Those dolls that have just gone out have none of the grace of childhood. They are fast becoming little pieces of vanity, all absorbed in their finery. Their under-clothing would do for signs in an emporium of linen, with the embroidery, ruffle and tucks."

"But I do it all myself, James."

"Exactly. You are stitching your life into the garments of children who would be far happier, healthier, and better in the simple clothing suited to their years."

"You are so old-fashioned James. You would not have your children look like frights!"

"You know as well as I can tell you, that I like to see them neat and clean, but I do not like to see them dressed like fashion-plates, at the expense of your health."

"Oh! I am well enough. I am pale to-day because I sat up late last night. But I must dress for church, or we will be late."

The glad Easter service passed over Mrs. Henley with but little impression. To her chagrin, the little Goodwins, who had all

their dresses direct from New York, had an entirely new style of overskirt, that made Jennie, Susie and Lotta look quite old-fashioned in the eyes of their mother. While the sermon was read, Mrs. Henley was trying to contrive some way of remodeling the obnoxious skirts. All the triumph of the morning in the really beautiful dresses was gone. The Goodwin girls out-dressed the Henley girls.

Summer came, and the long spring days were spent in preparing a sea-side wardrobe for the children, for Mr. Henley, by the advice of his physician, was going to take his wife to the ocean air.

The pain in the side had become very troublesome, and there was a little hacking cough that meant wakeful nights. The pale cheeks were seldom tinged with a healthy color, and the eyes were languid and heavy. People spoke pityingly of Mrs. Henley as "quite an invalid," and her husband mourned over the alteration in his wife.

He insisted upon having a physician who would advise fresh air and exercise. Abba took a daily walk, and then made up for "lost time" by stitching far into the night. For were not the Goodwins, the Wilcoxes, and all the leading fashionables of L—— going to the same hotel where Mr. Henley had taken rooms? and could Jennie, Susie, and Lotta have one inch less ruffling and tucking than they possessed?

Mr. Henley protested in vain. If he sent a seamstress to help his wife, it only gave an excuse for a dress or two more to be made, and he finally gave up the attempt to bring Abba to a more reasonable ambition. He was an affectionate husband, a kind father, liberal in providing for his family, but his salary was not sufficiently large for him to rival the expenditure of the fashionable friends Abba had made. It was entirely vain to tell him that it was in his wife's favor that she could, upon smaller means, dress herself and her children as well as any in L——. He obstinately maintained that his wife's health, her companionship, her interest in his pursuits, in the books he read, her music, and her sweet voice in singing, were far more valuable than twenty-seven flounces upon Jennie's dress, or fifty tucks in Lotta's skirt.

Still he endured as patiently as might be the loss he deplored of Abba's bright interest in what had interested both. He tried to admire the really exquisite specimens of needle work brought for his inspection. He only shrugged his shoulders when his little girls minced along with dainty fine-lady airs, instead of bounding with the freedom of childhood. He bore the steady whir of the

sewing machine in the evening, instead of the voice or the music of his wife.

But when Abba's health began to give way, he exerted his authority, and found he had been silent too long. The love of dress had grown stronger, and the ambition that had taken so deplorable a path could not be put aside. Abba submitted to all James' directions while he was beside her, and worked doubly hard when he was away.

But the summer wardrobes completed, the dainty bathing-dresses trimmed, the Saratoga trunks packed, Abba faithfully promised James to rest during their summer sojourn at the seaside. With a sudden consciousness of growing weakness, there came to her an appreciation of her husband's love and patience that had been numbed. She began to realize that she had let her ambition for dress overshadow her love for her husband, and that she had wronged him in depriving him of the companionship he had prized so highly.

"I will rest while I am gone, and when I come back, James, I will give my evenings to you as I did when we were first married."

That was her parting promise never to be exacted. Only a few days of rest were allowed her, before an acute attack of lung fever prostrated her. James left his business to hurry to the seaside, a nurse was engaged, and medical skill did its utmost. But the constitution, weakened by confinement and overwork, could not resist the disease, and while the summer days were in their full beauty, Mrs. Henley knew she was dying.

It was a bitter thought. Life held so much that was precious; her kind, loving husband, her beautiful children, her happy home—all these must be left.

"A mysterious dispensation of Providence," said Mrs. Goodwin; "such a good mother. And those children are just the age when they most need a mother's care."

But Abba Henley, in the dread hour when she bade farewell to hope, wound her arms about her husband's neck, and sobbed:

"If I had only listened to you, James, I might have been a guide to our children, a companion to you for many years, and when I died have left loving memories instead of a trunk of fine clothing. I have wasted my life."

And James Henley, in his widow's weeds with his three little girls in sombre black beside him, wonders mournfully how many of the mothers of the land are wasting their lives in the same struggle for appearance.—*Seel.*

The Inhumanities of Parents.

A POSITIVELY and graciously courteous manner toward children is a thing so rarely seen in average daily life, the rudenesses which they receive are so innumerable, that it is hard to tell where to begin in setting forth the evil. Children themselves often bring their sharp and unexpected logic to bear on some incident illustrating the difference in this matter of behavior between what is required from them and what is shown to them, as did a little boy I know, whose father said crossly to him one morning, as he came into the breakfast-room, "Will you ever learn to shut the door after you?" and a few seconds later as the child was rather sulkily sitting down in his chair, "And do you mean to bid anybody 'good morning,' or not?" "I don't think you gave me a very nice 'good morning,' any how," replied satirical justice, aged seven. Then of course he was reproved for speaking disrespectfully; and so in the space of three minutes the beautiful opening of the new day, for both parents and children, was jarred and robbed of its fresh harmony by the father's thoughtless rudeness.

Scores of times in a day a child is told in a short, authoritative way, to do or not to do such little things as we ask at the hands of elder people, as favors, graciously, and with deference to their choice. "Would you be so very kind as to close that window?" "May I trouble you for that cricket?" "If you would be as comfortable in this chair as in that, I would like to change places with you." "Oh! excuse me, but your head is between me and the light; could you see as well if you moved a little?" "Would it hinder you too long if you stopped at the store for me? I would be very much obliged to you if you would." "Pray do not let me crowd you," etc. In most people's speech we find, as synonyms for these polite phrases: "Shut that window down, this minute." "Bring me that cricket." "I want that chair; get up. You can sit in this." "Don't you see that you are right in my light? Move along." "I want you to leave off playing and go right down to the store for me." "Don't crowd so. Can't you see that there is not room enough for two people here?" and so on.

On the other hand, let a child ask for anything without saying, "Please," receive anything without saying, "Thank you," sit still in the most comfortable seat without offering to give it up, or press its own preference for a particular book, chair, or apple, to the inconveniencing of an elder, and what an outcry we have: "Such rudeness!" "Such an

ill-mannered child!" "His parents must have neglected him strangely." Not at all: they have been telling him a great many times every day not to do these precise things which you dislike. But they themselves have been all the while doing these very things to him.

Probably most parents, even very kindly ones, would be a little startled at the assertion that a child ought never to be reproved in the presence of others. This is so constant an occurrence that nobody thinks of noticing it, nobody thinks of considering whether it be right and best or not. But it is a great rudeness to a child. I am entirely sure that it ought never to be done. Mortification is a condition as unwholesome as it is uncomfortable. When the wound is inflicted by the hand of a parent, it is all the more certain to rankle and do harm. Let a child see that his mother is so anxious that he should have the approbation and good will of her friends that she will not call their attention to his faults; and that while she never, under any circumstances, allows herself to forget to tell him afterward, alone, if he has behaved improperly, she will spare him the additional pain and mortification of a public reproof; and, while that child will lay these secret reproofs to heart, he will still be happy.

I knew a mother who had the insight to see this and the patience to make it a rule; for it takes far more patience, far more time, than the common method.

She said sometimes to her little boy, after visitors had left the parlor, "Now, dear, I am going to be your little girl, and you are to be my papa. And we will play that a gentleman has just come in to see you, and I will show you exactly how you have been behaving while this lady has been calling to see me."

Here is a dramatic representation at once which that boy does not need to see repeated many times before he is forever cured of interrupting, of pulling his mother's gown, of drumming on the piano, etc.—of the thousand and one things which able-bodied children can do to render social visiting where they are a martyrdom and a penance.

Once I saw the same little boy behave so boisterously and rudely at the dinner table in the presence of guests, that I said to myself, Surely, this time she will have to break her rule, and reprove him openly. I saw several telegraphic signals of rebuke, entreaty and warning from her gentle eyes to his; but nothing did any good. Nature was too much for him; he could not at that minute force himself to be quiet. Presently she said, in a perfectly natural and easy tone, "O Char-

ley, come here a minute; I want to tell you something." Not any one at the table supposed it had anything to do with his bad behavior. She did not intend that they should. As she whispered to him, I alone saw his cheek flush, and that he looked quickly and imploringly into her face; I alone saw that tears were almost in her eyes. But she shook her head, and he went back to his seat with a mournful but very red little face. In a few moments he laid down his knife and fork, and said, "Mamma, will you please to excuse me?" "Certainly, my dear," said she. Nobody but I understood it, or observed that the little fellow had to run very fast to get out of the room without crying. Afterward she told me that she never sent a child from the table in any other way.

When we consider seriously what ought to be the nature of a reproof from a parent to a child, and what is its end, the answer is simple enough. It should be nothing but the superior wisdom and strength, explaining to inexperience and feebleness wherein they have made a mistake, to the end that they may avoid such mistakes in future. If personal annoyance, impatience, antagonism, enter in, the relation is marred and the end endangered. Most sacred and inalienable of all rights is the right of helplessness to protection from the strong, of ignorance to counsel from the wise. If we give our protection and counsel grudgingly, or in a churlish, unkind manner, even to the stranger that is in our gates, we are no Christians, and deserve to be stripped of what little wisdom and strength we have hoarded. But there are no words to say what we are or what we deserve if we do this to the little children whom we have dared, for our own pleasure, to bring into the perils of this life, and whose whole future may be blighted by the mistakes of our careless hands.—*Bits of Talk.*

A True Story.

A YOUNG man and his wife were preparing to attend a Christmas party at the house of a friend some miles distant.

"Henry, my dear husband, don't drink too much at the party to-day. You will promise me, won't you?" she said, putting her hand upon his brow, and raising her eyes to his face with a pleading smile.

"No, Mollie, I will not; you may trust me;" and she wrapped her infant in a soft blanket, and they descended.

The horses were soon prancing over the turf, and a pleasant conversation beguiled the way.

"Now, don't you forget your promise," whispered the young wife, as they passed up the steps.

Poor thing! She was the wife of a man who loved to look upon the wine when red. The party passed pleasantly; the time for departure grew near; the wife descended from the upper chamber to join her husband. A pang shot through her beating heart as she met him, for he was intoxicated; he had broken his promise. Silently they rode homeward, save when the drunken man broke into snatches of a song or unmeaning laughter. But the wife rode on, her babe pressed closely to her grieved heart.

"Give me the baby, Mollie; I can't trust you with him," he said, as they approached the dark and swollen stream.

After some hesitation she resigned her first born—her darling babe, closely wrapped in a great blanket—to his arms. Over the dark waters the noble steeds safely bore them, and when they reached the bank the mother asked for the child. With much care and tenderness he placed the bundle in her arms; but when she clasped it to her breast, no baby was there! It had slipped from the blanket, and the drunken father knew it not. A wild shriek from the mother aroused him, and he looked around him just in time to see the little rosy face rise one moment above the dark waters, then sink forever, and that by his own intemperance. The anguish of the mother and the remorse of the father are better imagined than described.

Evils of Gossip.

I HAVE known a country society which withered away all to nothing under the dry rot of gossip only. Friendships, once as firm as granite, dissolved to jelly, and then run away to water, only because of this; love, that promised a future as enduring as Heaven, and as stable as truth, evaporated into a morning mist that turned to a day's long tears, only because of this; a father and son were set foot to foot with the fiery breath of an anger that would never cool again between them; and a husband and his young wife, each straining at the heated leash which in the beginning had been the golden bondage of a God-blessed love, sat mournfully by the side of the grave where all their love and all their joy lay buried—and all because of this. I have seen faith transformed to mean doubt, joy give place to grim despair, and charity take on itself the features of black malevolence, all because of the spell words of scandal, and the magic mutterings of gossip.

Great crimes work great wrong, and the deeper tragedies of human life spring from the larger passions; but woful and most mournful are the uncatalogued tragedies that issue from gossip and detraction, most mournful the shipwreck often made of noble natures and lovely lives by the bitter winds and dead salt waters of slander. So easy to say, yet so hard to disprove—throwing on the innocent all the burden and the strain of demonstrating their innocence, and punishing them as guilty if unable to pluck out the stings they never see, and to silence words they never hear—gossip and slander are the deadliest and cruelest weapons man has ever forged for his brother's heart.—*All the Year Round.*

"Conceit Kills, and Conceit Cures."

SOME years ago, a young man who had been studying medicine with an excellent physician whom we will call Dr. X., began to think of practising what he had learned on his own account. As he was bidding farewell to his tutor, the old doctor said to him:—

"There is one thing, my young friend, that I have never told you. It is an important secret which but few physicians fully understand."

"What is it?" asked the young doctor, "I want to know everything in medicine worth knowing."

"The secret is so valuable," replied Dr. X., "that I cannot take less than £30 for it."

"Very well," replied the young man, "I agree to pay you that sum when you shall make it known to me."

"This, then, is the secret," said Dr. X., "Conceit kills, and conceit cures."

Dr. O. was somewhat chagrined at what seemed to him something of an imposition; but stifling his indignation, he paid the fee and quietly went his way. Several years passed and Dr. O. during a very successful practice often found occasion to remember the saying. He worked hard, made money, and went abroad for a vacation. After spending some years in France he returned to his native land, where his reputation as "the skillful French doctor" found him plenty of patients and high fees.

In one of his long rides through the country he chanced one day to pass the house of his former instructor, Dr. X. The old gentleman was walking in his garden at a little distance from the house, and did not see his former pupil, who seeing him reined his horse up to the gate, and said in a very decided though low tone to a bright-eyed granddaughter of eighteen who sat knitting on the door

step, "Take that gentleman into the house immediately, and take care of him, if you have any regard for his life. Do you not see how ill he looks? He has every symptom of a serious, and I fear dangerous, illness, and I warn you to obtain medical advice for him without delay or I will not answer for the consequences." So saying he galloped away and was soon out of sight.

The family was soon alarmed, as the young girl communicated what had been said to her mother, and others of the household. They did not like to tell the old doctor what had been said, but telling him he did not look well, they feared he was ill, etc., and persuading him to lie down, he soon began to think he was really ill, and the more he thought of it the worse he felt, until it was at last determined to send at once for the celebrated French doctor of whose wonderful cures they had heard.

The doctor arrived, shook his head in an ominous manner, examined the tongue and pulse, shook his head again, and pronounced it a bad case; but said he would do all he could for him. Dr. O. was so changed in personal appearance that Dr. X. did not recognize his old pupil, who now gave his name a French pronunciation and had altogether a foreign aspect.

Dr. O. ordered first a hot bath for his patient, and then leaving him two or three kinds of medicine to be taken every hour, left him, ordering perfect quiet and rest. Next day he called and pronounced his patient a little better but in a very critical state. Day after day he renewed his attentions and prescriptions, and Dr. X. as well as his family had begun to think this his last illness when one day Dr. O. pronounced his patient decidedly better. He now gained rapidly and was soon quite restored to health.

"Now, Dr. O.," said Dr. X., one morning, "let me express to you the gratitude I feel for your devoted attentions during my illness. I feel that you have saved my life." So saying he handed him a check for £50.

Dr. O. took it and handing back £20 said, "Dr. X., I will take £30, which is just the sum I paid you some years ago for an excellent piece of information which you then gave me; viz., 'Conceit kills, and conceit cures.'" —*Household.*

A Singular Planet.

AT a distance from the earth of which it is utterly impossible to convey any idea, there is another globe; and if the optical and astronomical calculations be correct, the sun which lights and warms that globe (for it has

a particular sun of its own) gives days of different colors. There are green days, red days, blue days, yellow days, corresponding to Sir Isaac Newton's seven prismatic colors. Now, all objects visible on these several days will of course vary according to the particular color. The yellow day, from our experience of this color, must be the most dreary and miserable; for though yellow is all very well in its way, mixed up with other colors, helping, like a thunder-cloud, to enhance the beauty of the distant sky, yet, when everything is yellow, then we discover its peculiar effect on our visual organs. A simple and inexpensive experiment, and one that is often shown, illustrates the effect of a yellow day. Spirits of wine poured on a teaspoonful of common salt in a vial, well shaken, and then put either on a lamp-cotton or tow, and ignited, will burn with a peculiar colored flame, giving out purely yellow rays. This mysterious effect changes the appearance of all earthly objects. Coral lips become of a livid hue; rosy cheeks turn ghastly pale; red cap ribbons become black; in fact, everything appears different from what it does by the white light that we are familiar with; and of all things the human face undergoes the greatest change. Very young children should not be shown this experiment; for though there will be laughing lips and dazzling eyes, yet they are of such an unearthly color that old friends appear with new faces, and a child would scarcely know its own mother.

"CUTTING A DIDO."—This is a phrase older than most people imagine. Do you call to mind the story of Dido, princess of Tyre? Her husband, Acerbas, priest of Hercules, was murdered for his wealth by King Pygmalion, brother to Dido. The widowed princess succeeded so well in hiding her sorrow that she was enabled to escape from Tyre, bearing with her the wealth of her husband, and accompanied by a number of disaffected nobles.

After a variety of adventures, they landed upon the coast of Africa, where Dido bargained with the natives for as much land as she could inclose in a bull's hide. Selecting a large, tough hide, she caused it to be cut into the smallest possible threads, with which she inclosed a large tract of country, on which the city of Carthage began to rise.

The natives were bound by the letter of their bargain, and allowed the cunning queen to have her way; and after that, when any one had played off a sharp trick, they said he had "cut a Dido." That was almost three thousand years ago, and the saying has come down to our day.

DIETETICS.

"Eat ye that which is good." As a man eateth, so is he.

Christmas Dinners.

How many valuable lives have been lost through the agency of "Christmas dinners"! Many fond mothers have sacrificed themselves to an overweening anxiety to provide their families or friends with "something nice to eat." These same unwholesome titbits have often sown the seeds of death among those for whose pleasure they were prepared.

In common parlance, food is said to be "nice," and "rich," when its real condition is of quite a contrary character. Pies and cakes which are compounded of various sweets, spices, grease, and like articles, are "rich" only in the elements which clog the liver, disable the stomach, befoul the blood, and work general mischief in the system. It is in the preparation of these and sundry similar articles, that the great labor in the culinary departments of many households consists. The preparation of good, wholesome, nutritious food in a simple manner, requires but a small outlay of time or labor compared with the demands made in this direction by the murderous refinements of modern cookery.

"Oh! yes; we know this is all true," says one (a good many we fear), "but then the children must have something *good* for Christmas. A little digression once in awhile can do no harm. It is the long continuance of bad habits that works so much mischief."

This is very deceptive logic. It seems very plausible; but it is false, nevertheless. It is not true that an occasional digression from the right does no harm. Does it do no harm for a man to lie, cheat, steal, or kill, occasionally, if he is pious most of the time? Would it do no harm for a man to take a dose of poison once in awhile if he refrained from doing so in general? Would a man suffer no injury if he should plunge his hand into the fire now and then, provided he did not form the habit of doing so? Such logic scarcely needs an answer; and yet let us notice some

of the harms which may come from holiday digressions.

In the first place, it conveys a wrong idea, and fixes a wrong impression, especially in the minds of the young. If hygienic laws are disregarded for the sake of getting something "good" to celebrate an occasion, infantile logic—which is usually remarkably accurate—concludes that nothing good can be obtained in any other way, and, consequently, that everything belonging to a hygienic dietary is bad. The evil thought thus engendered finally resolves itself into a permanent and deeply-rooted prejudice against anything which is hygienic and wholesome, and even against the very name of hygiene.

Again, by the occasional indulgence of the taste for stimulating and unwholesome food, perverted appetites are kept alive, and the relish for plain, simple, unstimulating food is destroyed. It is only by a rigid adherence to a simple diet that the taste is educated to relish food in a natural condition.

Still further, not only the taste, but the whole system is injured by even occasional indulgence. When a person has long discarded irritating condiments from his food, the various tissues become more keenly susceptible to their influence, so that a single departure from dietetic rectitude is more productive of injury than many when the system has been accustomed to the transgression. The first quid of tobacco makes a man terribly sick; when he has become accustomed to its use, a dozen quids do not produce so much disturbance. The first lie a boy tells makes his cheeks tingle and his conscience smite him; the one-hundredth falsehood is uttered without either shame or remorse. Many times, also, the highly-seasoned food customary on holiday occasions stimulates the appetite to very great excess. Overeating on such occasions has often resulted in the death of very useful members of society. According to report, Vice-President Wilson is now almost at the brink of the grave from a simi-

lar cause. A single excessive overloading of the stomach will often occasion a chronic dyspepsia.

Lastly, aside from all the physical injuries which result, there is the additional fact that by even occasional deviation from right we are violating a principle. The mainspring of every person's actions should be a love of right, not alone for the sake of the good which we may gain, or the evil which we may escape by right-doing, but for its own sake, and because that which is right is noble, and pure, and good, and wholesome.

No particular course of action should be adopted unless there is a principle involved in it. Then it should be accepted and adopted on principle. When a principle is once adopted, stick to it, no matter how much denial of selfish appetites it may demand. It is perfectly safe to follow a true principle just as far as it leads.

Condiments.

BY R. F. COTTRELL.

THE distinction between food and condiments is this: Food contains the elements of nutrition, the elements necessary to repair waste and build up the living body; while condiments are nearly, or entirely, destitute of such elements, are used simply for their taste, and are added to food to give it relish, and to stimulate appetite.

Now the use of condiments seems to imply something disparaging to food; as if food is not what it should be of itself, but needs to be improved by human ingenuity and skill to make it fit for the purpose for which it was so evidently designed by an all-wise Creator. Grains, fruits, and nutritious vegetables, cooked in the most simple and healthful manner, are thought to be so insipid, or taste so flat, it is considered necessary, in order to use them for the purpose for which they were made, and for which they are acknowledged to be absolutely necessary, to disguise, and almost abolish their natural taste by the use of such foreign and innutritious substances as salt, vinegar, pepper, spice, cloves, cinnamon, butter, sugar, and the like. Some of these, as salt and vinegar, have no nutritive qualities. This will be admitted by all. And the others, if they are nutritive at all, are of no value; for all of good in them is more than counterbalanced by their evil effects upon the delicate membrane of the stomach and bowels. The spices irritate and inflame; and all that are here named, and more, serve rather to retard than to aid digestion.

The first-named, salt, is probably most generally used of all condiments. It is a mineral substance; and, therefore, cannot build up the body. And as for its taste, I marvel greatly why it should be desired. Try it, my friend, and see if there is any deliciousness in it. I am persuaded that habit *alone* demands its use. The only reason that I can see for its general use is that we have been accustomed to it from infancy. It has been, like lying traditions, handed down from generation to generation, till it is deemed a necessity. To the unpurged appetite, food tastes much better than salt; and the logical consequence is that food tastes better without it than with it.

In my experience I have found it to be so. Being convinced by good and self-evident reasons that it could not build up the system, and that it had no recommendation but its taste; and being convinced also that the taste was not natural, but acquired, I have been educating my taste to do without it; and the result is, there are no flavors added to food which I abominate more. I would rather have white clay, dried and pulverized, mixed with my food than salt. And I believe that no better reason can be given for eating salt than for eating clay, except it is that salt will disguise the taste of such food as tastes bad, and is therefore not fit to be eaten. "How can that which is unsavory be eaten without salt?" I beg not to be forced to eat food so unsavory that it cannot be eaten without salt.

Those who always eat their food highly seasoned with condiments are ignorant of the sweetness and deliciousness of food in its pure, unadulterated state; and they never will know its deliciousness until they have faith enough in the experiment, not only to try it for once, or for a few times, but to continue it long enough to correct a perverted taste and acquire a normal one. But the experiment will more than pay in the increased pleasure of eating, merely, while in health it will pay a hundred fold. Try it, friends. If you will be as persevering in the trial as many are in swallowing the vile and health-destroying nostrums of quacks, you will find to your satisfaction that food is more palatable, as well as more healthful, than condiments, and that you have lost nothing, but gained much by the experiment.

Trichinatus Pork.

To the pig we are indebted for two of the most repulsive and dangerous worms ever introduced into the human system—the *tenia solium*, or tapeworm, and *trichina*. It is to

the latter that we particularly call attention, as the people of this country are frequently in the habit of partaking of cold foreign sausages and uncooked pork relishes, liable to contain this deadly parasite. The *trichina spiralis* seems to have been first observed by Tidemann in the year 1822, but was not described until 1835 by Owen. Between the latter date and 1859 this worm remained very much of a dissecting-room curiosity, and was not regarded as dangerous; but immediately afterward the Prussian doctor Virchow had no less than six patients suffering from trichinatus disease in one year. Fear and interest were at once excited, especially as Zeuker, another Prussian medical man of repute, showed that the migrations of trichinae among human muscles, so far from being harmless, as had hitherto been believed, produced symptoms of the most agonizing kind, inducing death even in the strong and healthy within a few weeks after the sufferer had eaten contaminated pork.

Dr. Philip Frank, on the staff of H. M. Army Medical Department, was the first to remit an account of this terrible disease from Germany. It appeared in the *Medical Times and Gazette* of May 26, 1860, of which the following is a condensed account:—

The girl whose sufferings are detailed, was a servant at a farmhouse where two pigs and an ox had been killed about Christmas of the previous year. She fell ill soon after having eaten some ham and sausages, and complained of extreme lassitude, depression, sleeplessness, loss of appetite, and other symptoms, which earned for the case the name of typhoid fever. Presently her whole muscular system suffered from excruciating pain, especially toward the extremities. Dropsical swelling of the limbs followed, the poor girl perishing miserably on or about the thirtieth day from the commencement of her illness.

A *post mortem* examination revealed myriads of trichinae alive, in all stages of development, in every striated muscle, not even excepting the heart. Hearing of the occurrence, Professor Zeuker visited the farmhouse and obtained some of the ham and sausages which the unfortunate girl had eaten, when he discovered that both were infested with the parasite in the encysted condition. He also learned that soon after the girl became ill, the housekeeper and all the other servants were prostrated, although they ultimately recovered after more or less suffering. The butcher who had officiated was confined to bed for three weeks, troubled with what was said to be rheumatic pains in the limbs, arising, no doubt, from trichinatus infection, the result of the well-known but reprehensi-

ble habit which prevails among German butchers of tasting in a raw condition all meat that they slaughter.

But a more terrible scene was yet to be enacted. In October, 1863, at the little town of Helstadt, in Prussia, on a festive occasion, one hundred and three healthy persons dined together. Before a month had elapsed, twenty had died of trichinatus disease, eighty were in the excruciating agonies of the fearful malady, while the remainder, not yet attacked, lived in continual terror of the fatal worm. Case after case perished lingeringly and horribly, as, although most of the leading physicians of the country were consulted, none were able to cure or even assuage the pangs of the dying. At first it was suspected that the distemper was the result of intentional poisoning, but microscopical investigations of the remains of the feast revealed the cause of all the suffering and death. The damage had been done at the third course of the dinner, consisting of *Röstewurst*, or smoked sausage meat, which, on examination, turned out to have been made from an ill-conditioned pig, and swarmed with encapsuled worms. Attention was once more directed toward the perishing sufferers, small portions of their muscles were excised and subjected to the microscope, when the tissue was also found thronged with trichinae in all stages of development.—*Food Journal*.

John Wesley a Vegetarian.

THE following are a few extracts from the diary of John Wesley:—

"I can hardly believe that I am this day entered into the 68th year of my age! How marvelous are the ways of God! How has he kept me even from a child! From 10 to 13 or 14, I had little but bread to eat, and not great plenty of that. I believe that this was so far from hurting me, that it laid the foundation of lasting health. When I grew up, in consequence of reading Dr. Cheyne, I chose to eat sparingly, and drink water. This was another great means of continuing my health till I was about 27. I then began spitting blood, which continued several years. A warm climate cured this. I was afterward brought to the brink of death by a fever, but it left me healthier than before. Eleven years after, I was in the third stage of a consumption; in three months it pleased God to remove that also. Since that time I have known neither pain nor sickness, and am now healthier than I was forty years ago! This hath God wrought." At the age of 82,

Mr. Wesley observes, "To-day I entered on my 82d year, and found myself just as strong to labor, and as fit for exercise in body and mind, as I was forty years ago!" "Again, I am as strong at 81 as I was at 21, but abundantly more healthy, being a stranger to the headache, toothache, and other bodily disorders which attended me in my youth." Also at the age of 83, he remarks, "I am a wonder to myself; it is now twelve years since I have felt any such sensation as weariness. I am never tired (such is the goodness of God!) either with writing, preaching, or traveling; one natural cause, undoubtedly, is my continual exercise and change of air."

Mr. Wesley was a thorough vegetarian, as other passages in his diary clearly indicate.

Silent Meals.

FROM time immemorial, almost, it has been taught by all writers on health that a hearty laugh is promotive of digestion; hence, people have been exhorted to cultivate sociability at meals, to engage in cheerful conversation and laughter, and by all means to avoid eating in silence. Recently, we are told by a writer who seems desirous of gaining notoriety by making startling statements, that a meal to be well eaten and digested must be taken in silence. He believes in the Bible doctrine, "Whatsoever thy hand findeth to do, do it with thy might," and so would have us devote our whole attention to the matter of eating while engaged in taking food.

No good arguments are offered in support of the doctrine advanced, for the very good reason that none could be given. It remains as true as ever that cheerfulness is an aid to digestion. Cheerful emotions increase the vigor of the circulation and favor the development of nerve force, which are essential to digestion. "Laugh and grow fat" is an ancient adage which is good hygienic doctrine. Of course it is possible to overdo the matter. A person may injure himself by too hearty laughter, or he may choke himself by trying to laugh, or talk, and eat, both at the same instant. Or, a person might occupy so much of his time in talking that he would find no time to eat. An excess of any good thing is injurious. A sullen, sour, silent eater will surely become a dyspeptic in time. Of all family gatherings, the meal should be the

most social, cheerful, and pleasant. No troubles, perplexities, nor unpleasant news should ever be brought to the table.

An Ancient Vegetarian.—Notwithstanding the oft-repeated statement that vegetarianism is unfavorable to longevity, all the facts are decidedly in favor of a contrary opinion. Many of the most remarkable cases of human longevity have occurred among vegetarians, or those who ate meat very rarely. It is also a fact worthy of note that those animals which attain the greatest age are, almost without exception, those which belong to the vegetable-eating classes. The long life of the elephant is proverbial. The following paragraph affords another interesting evidence from the lower animals:—

"There has been a great deal of talk about centennials and centenarians recently, but they have all been thrown into the shade by an individual who recently departed this life in Paris aged 203 years. This aged creature was, however, not a human being, but a goose, belonging to a workman named Payen, who resided at Villeneuve Saint George. It had been in the possession of the family over two centuries, as certain documents in the hands of its present owner conclusively proved. It was called Babette, and knew its name perfectly, always coming when called by it. For three years past it has been in a semi-lethargic condition, but up to that time it had been lively and preserved a good appearance. The Director of the Jardin des Plantes, hearing of the existence of this venerable fowl, caused it be purchased. The fatigues of a journey to Paris were too much for a constitution enfeebled by two centuries of existence, and Babette expired in a few hours after her arrival at her new home. She is to be stuffed and installed with all honors in the museum attached to the gardens."

Didn't Agree with Him.—"What is the matter, sir?" said a surgeon to his patient. "Well, I have eaten some oysters, and I suppose they have disagreed with me." "Have you eaten any thing else?" "Well, no—why, yes, I did, too; that is, I took for my tea a mince-pie, four bottles of ale, and two glasses of gin, and I have eaten the oysters since, and I really believe the oysters were not good for me."

FARM AND HOUSEHOLD

Devoted to Brief Hints for the Management of the Farm and Household.

Mending Tin-Ware.—Every house-keeper can save many dollars by mending her own pans, dippers, and basins. Get an ounce of muriatic acid at the drug store. (Handle it carefully, for it is very corrosive.) Place it in an earthen dish and dissolve in it bits of zinc until effervescence ceases. Replace it in the bottle, and it is ready for use. Buy also a little soft solder, which will cost but a trifle. If a hole in a basin is to be stopped, scrape the inside of the basin just around the hole until it is bright. Dip the end of a little wooden rod in the fluid, and rub it upon the scraped surface. Now place a small bit of solder over the hole, and heat the under surface over a candle flame until the solder melts. In a minute it cools, and the hole is stopped. This soldering fluid is much used by tanners and traveling tinkers.

Washing Vegetables.—Many cooks wash such vegetables as cabbage, greens, spinach, and celery in salt water to free them from dirt and insects. Hot water is much more effective in killing insects, and is far superior for cleansing purposes. Salt water hardens the particles of dirt which may be adhering to the leaf and makes them less soluble. After immersion in hot water, the vegetables should be at once dipped in cold water, and well shaken. This makes them crisp and tender.

Muck as a Fertilizer.—Experienced agriculturists claim that muck is of little utility when used alone, but becomes very valuable when mixed with the products of the stable and barn-yard and allowed to ferment.

Garden Work.—Those who have neglected to do so until now should at once attend to the pruning of currants, raspberries, and blackberries. All the old wood should be cut away, and the new growth should be trimmed back to a proper height. Mulching with leaves or coarse manure pays well in increased crops. All tender plants should be laid down and covered lightly. Cuttings of fruit trees and grape vines should be kept in the cellar in sand for early spring use. It is now a good time to collect all the old rubbish,

squash, melon, and tomato vines, potato tops, etc., and burn it, so that the soil will be ready for spring work.

Horses and Colts.—If the stable is comfortable, no horse should be blanketed at night. Much mischief is done by keeping animals too warm. The coat is greatly thickened as cold weather approaches, and provision is made by nature for the change of season. Good ventilation is absolutely necessary, and a temperature of 40° in the stable is more healthful in winter than 60°. A pound of oil-cake meal at each feed, will help to keep a horse warm and his coat smooth. If his coat is smooth he is in good health. Colts should have plenty of exercise, and a moderate but regular supply of grain. Coarse food given to colts tends to enlarge the digestive organs, and produce a "pot-belly," which destroys their future capability for quick work. —*Am. Agriculturist.*

Warm quarters should be provided for all kinds of stock. Nothing can be gained by keeping animals out in the cold, for they require more food to keep them in health and maintain heat. Animals have nerves and feelings as well as humans.

Winter Flowers.—Hyacinths intended for winter flowering should be placed in the cellar until the roots are well formed. Chrysanthemums will flower if placed in pots indoors. No ornament adds more to the attractiveness of a sitting room than a few house plants. The care required to keep them in excellent condition is very trivial indeed. We advise all who have not already done so to invest a few dimes or dollars in plants. They will repay both principal and interest in a short time.

Plant Lice.—To free plants from lice, or other small insects, syringe thoroughly with a solution composed of a tablespoonful of alcohol, half a teaspoonful of carbolic acid, and a pint of water.

To Cure Warts.—Touch them twice a day with strong acetic acid. If this fails, apply nitric acid, or aqua fortis, in the same way.

Holiday Bill of Fare.

Most people wish to notice the occurrence of national holidays by some little deviation from the ordinary bill of fare. Too many among professed reformers seek to obtain the required variety by resorting to the discarded dishes which they have learned to be unwholesome. This course is both unwise and unnecessary. The following list of recipes would make a dinner which ought to be relished by any one whose tastes are not so thoroughly perverted as to be no longer human:—

Christmas Pudding.—In a deep basin or nappy, place first a layer of rice which has been boiled until nearly done. Add next a layer of equal parts of sliced tart apples, raisins, and dates. The dates and raisins should be chopped. Add another layer of rice, then one of fruit, etc., alternating until the dish is full. Cover, and bake half or three-quarters of an hour. Berries or any other kind of fruit may be used in the same way.

Chestnut Pudding.—Boil, peel, and pound ripe chestnuts, and rub them through a colander. Pare and grate ripe, sub-acid apples. To one part of the chestnuts add two parts of apples, a little lemon juice, and a sufficient quantity of chopped dates, or date sauce, to sweeten. Bake a few minutes.

Pearl Barley.—To four parts of water add one part of pearl barley. Cook in a double boiler, if possible, for two hours. Pour into teacups, and let it cool. Warm slightly before placing upon the table, turn out on a suitable dish, and serve with grape, raspberry, or whortleberry sauce.

Crushed wheat, a very wholesome and delicate article of food, may be cooked and served in the same way. It requires a little less water, and less time in cooking.

Fig Pudding.—Soak a half pound of figs until soft. Scald a quart of graham flour and make it into a stiff dough. Fill full of the soft figs, and bake or steam an hour and a half. Serve with lemon, plum, or pie-plant sauce.

Pumpkin Pie.—Can pumpkin pie be made without eggs or milk? Certainly; and here is the way to do it. Pare, cut, and stew a ripe, sweet pumpkin, using as little water as possible, and preserving all the juice. Rub through a colander or sieve, and add a little graham flour or oatmeal, and a little water, if necessary. Some add an equal quantity of oatmeal which has been well boiled and strained. It should be thicker than when made with milk. Chopped dates may be added for sweetening. A little grated cocoa-

nut is a favorite addition with some. Sprinkle upon a pie-dish fine oatmeal to the depth of an eighth of an inch. Add the pumpkin carefully so as not to disturb the meal, and bake half an hour. It may be made more attractive by ornamenting the top with the meats of hickory or other nuts. Squash pie may be made in the same way.

Tarts.—Make a stiff dough of two cups of graham flour and one of grated cocoanut with cold water, kneading well. Add one cupful of boiled rice. Mix thoroughly and roll thin. Bake in gem pans, watching carefully. Fill with grape or berry sauce just before they are to be eaten.

Oatmeal Crisps.—Take oatmeal pudding and knead into it sufficient graham flour to form a stiff dough. Roll very thin, prick with a fork to prevent blistering, and bake on a grate, leaving them in the oven with the doors open for a few minutes after they are done. If slightly browned, they have a very pleasant nutty flavor.

Stop Such Dangerous Sport!—Dr. Kedzie, of Lansing, contributes to the *Lansing Republican* the following protest against the foolish practice in schools of scattering percussion matches upon the floor:—

“It may be a boy’s ideal of fun to see a scholar jump when a match explodes under his foot, to see the school in a little ferment of excitement, and the teacher annoyed and perplexed. If they will consider the possible consequences of this sport, I think any boy of generous instincts will abandon at once and forever so dangerous a practice.

“A girl’s underclothing is composed of very inflammable materials. If a girl should tread on one of these percussion matches, there is great danger that her clothing would be set on fire, in which case she would be frightfully burned, if not killed! This is not a fancy picture. Some three years ago the Archduchess Sophia, of Austria, was burned to death in this way. She stepped on a match which ignited and set fire to her dress, and she was roasted to death in her own palace, surrounded by her attendants, who in vain endeavored to extinguish the flames.

“A similar fate befell the second wife of the poet Longfellow, in 1861. The laces on her clothing caught fire from carelessly handling a ‘drop-light’ attached to a gas-burner, and she was fatally scorched in the presence of her own helpless children, to their life-long grief and horror.

“Children, don’t practice any sport which may destroy human life!”

THE HEALTH REFORMER

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J. H. KELLOGG, M. D., EDITOR.

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The Hygienic System.

THE "hygienic system," or "health reform," as it is sometimes called, is very little understood outside of the ranks of its adherents. The majority of people believe it to be a "horrid" doctrine which teaches all manner of absurdities, such as "starvation diet," "bran-bread diet," "cold-water cure," and similar notions.

Some people entertain a still more discreditable opinion of it. When President White, of Cornell University, was performing his duties as a member of a committee to examine the health commissioners of New York with reference to their fitness for their office, he asked one of them to define hygienic. "Hi-jin-nicks," said the commissioner, "is a bad smell arising from dirty water"!

All this popular prejudice and misunderstanding is found, by a little examination, to be founded in sheer ignorance of the real teachings of this system. Hygienic doctrines have the support of both science and common sense. Nearly every new discovery in physiology confirms the teachings of this system.

"Water cure," "hydropathy," and "vegetarianism" are epithets which are in no way applicable to the hygienic system. Those terms are justly applied to certain specialists who are not proper representatives of health reformers, or hygienists in general. Like every other great reform it numbers among its professed adherents, extremists, fanatics, enthusiasts, quacks, tyros, and pretenders. These, also, must not be taken as representative hygienists. The public are often unable to discriminate between genuine reformers and pretenders, and the whole system is thus brought into disrepute.

Health reform requires a man to sacrifice

nothing but those things which are of positive injury to him. It takes from him no real pleasure, and deprives him of no real good. It only corrects his bad habits and educates him in good ones. It shows him the depravity of his nature, and restores him to right relations with life. It enables him to appreciate pleasures of which he was formerly unconscious. It cleanses his body, frees his mind, unfetters his soul, and sharpens his senses.

To those to whom this subject is new, we would say, Investigate it candidly and thoroughly; then you will be prepared to judge of its merits. During the year 1876, it will be the object of this journal, as heretofore, to explain and illustrate the great principles of this reform.

"Thou Shalt not Kill."

IN those four words is summed up the whole of man's relation to human life. The concise language of the commandment has a wider signification than most people attach to it. It is a divine injunction intended not only to strike with terror the midnight assassin as he waits for his victim, but to palsy with fear the hand of the cowardly suicide which is raised against his own life. More than this, it falls with equal force upon the fiend who, with deeper plotting, murders his victim by slow degrees, watching, meanwhile, with inhuman delight, the silent ravages of some subtle poison doing the fatal work. It also condemns not only the man who deliberately cuts his throat, or swings himself off into eternity from the end of a rope, but the individual who knowingly and unnecessarily continues to do that which will shorten his life, thus committing suicide by degrees.

The spirit of the precept requires that man should not only refrain from taking the life of his fellows, but that he should do all in his power to save and lengthen life. The man who stood listlessly by and saw a helpless fellow-creature sink beneath the wave or perish in the flames, without offering to save him, would be deemed almost a murderer. It is equally binding upon every intelligent being to care for his own life, and to do everything in his power to lengthen it; for he is not required to love his neighbor *better* than himself.

It is only by careful attention to the laws of life and health that human life can be prolonged. It is evident, then, that "*obedience to the laws of life and health is a moral obligation.*" The man who disregards these laws not only suffers the penalty of physical transgression—sickness, but he must also answer for a moral transgression. Of course, every sin is mitigated by the ignorance of the transgressor; but the acquisition of knowledge sweeps away this subterfuge; and *willing* ignorance is as sinful as *willing* transgression.

The man who drags himself into a drunkard's grave with daily potations of the liquor which he knows is killing him, is no less a suicide than the man who ends his career in a minute with prussic acid.

The foolish young woman who compresses her waist by tight-lacing, when fully warned of the inevitable consequences, is as truly guilty of self-murder as the wretch who extinguishes his life by means of compression of the throat with a tightly drawn noose.

Implicit obedience to all known laws of life and health is the moral duty of every member of the human family.

Poor Living vs. Health.

A CERTAIN Dr. Foote, of Buffalo, flings a "stunner" at the hygienic system under the above heading, in the following style:—

"It is a sorrowful truth, but one now generally recognized by medical men, that the doctrines of Graham—which brought an early death to their propounder—are the seed and source of very much of that fearful tendency to consumption which overspreads New England, and sweeps away, every year, so many of the gentlest spirits of humanity—for it is

the kindly natures whom it chooses for its victims. Pathologists tell us that one of the earliest indications of consumption is a deficiency of the fat globules of the blood, one of its common causes a want of it in the food, or an inability, from dyspepsia, to digest it. They tell us, too, that wool-combers, and whale-men, and all other workers in oil, are remarkably exempt from it. Why not profit by such a lesson? Health and beauty alike demand a generous diet, and few men have any of that imputed sentimentalism which is said to dislike a hearty appetite.

"In our attempts to be intellectual and spiritual, to nurse our minds, and 'scorn the wants of the body'—to use a cant phrase delighted in by fools—we have degenerated to premature old age, to physical and consequent mental debility. Eat of good things, butter your bread on both sides, oil well your salads, laugh and grow fat."

Here we have another good illustration of the way in which men of little renown, and still smaller ability, attempt to rush into notoriety by gouging out the eyes of their superiors. The insignificant little king-bird would scarcely be known but for his impudent behavior toward the proud bird whose image waves on all our national banners. We imagine that little harm can come from an effusion like the above, and yet, lest even a few should be deceived, we will notice it somewhat in detail.

1. It is a glaring falsehood that the doctrines of Dr. Graham brought to him "an early death:" a. Because he did not die early, being nearly sixty at the time of his death; b. Because his life was prolonged many years by the simple regimen which he adopted. When young, his friends did not expect him to reach maturity, even, his constitution was so delicate. He surprised them all by attaining so ripe an age amidst the most arduous labors. Those who know best tell us that trouble of mind arising from domestic infelicity had more to do with shortening his days than any other influence.

2. How generally Dr. Foote's sorry tale is "recognized by medical men" is evidenced by the fact that of the numerous eminent writers upon the subject of consumption, not one of them mentions it. The great causes of consumption in the New England States are confinement in-doors, breathing tainted air, deficient exercise, and an unfavorable cli-

mate. The most numerous victims are among factory operatives and sedentary people. Many recover by a simple change of climate.

3. We are prepared to show that numerous diseases arise from the use of animal fats, and that those who eat them the most freely are the least healthy. We are also prepared to show that the abundant use of fat is no preventive of consumption. Besides, of what possible use could it be for a consumptive to eat fat when unable to digest it, as is the case with nearly all consumptives since dyspepsia is a usual accompaniment of the disease? If wool-combers and whale-men are particularly exempt from lung diseases it is on account of their active employment, rather than the greasy character of their work. Wool-combers are not usually in the habit of masticating the oily products which soil their hands! Neither do whale-men generally imbibe very freely of whale oil.

3. Supposing it to be true that there is a deficiency of fat globules in the blood, what has this to do with the *cause* of consumption? It is a mere result of the disease, not a cause. There is also a deficiency of red blood corpuscles; why not call this the cause of the malady? There is attendant emaciation, why not attribute the origin of the tuberculous deposit to this condition? Consumptives, also, are generally troubled with a persistent cough; why not attribute the origin of the disease to this morbid action? All of these abnormal conditions and actions are simply the results of the disease.

4. "Health and beauty alike demand a generous diet." Certainly they do. We are glad to find one true assertion. Though we do not give it the credit of originality, we heartily agree. We must add a qualification, however; the diet must be pure and wholesome, as well as generous. Indeed, it could not well be generous if impure, for nothing could be more ungenerous than to cram the body with harmful viands and gross impurities. Judging from the last sentence of the extract, Dr. Foote's notion of a generous diet would seem to be summed up in grease, the foul product of the stall and the sty, of grossness and disease. Our idea of a generous diet embraces every really good thing that grows, from the equator to the poles—every

luscious fruit, nourishing grain, and wholesome vegetable known to man. Dr. Graham taught no worse a doctrine than this. He was a useful man, and left behind him noble traces of his work. And yet we do not base our faith on Dr. Graham. We go back to the same fountain of truth from which he drank, and find our solid ground-work in the science of human physiology.

5. Do hygienists "scorn the wants of the body"? Not they. They pay so much attention to the proper feeding, clothing, and cleansing of the body that they are often accused of being quite too material in their views. Hygienists have done more than all others combined to teach the world that the mind is so dependent upon the body that perfect mental health is impossible without a corresponding degree of physical health.

It is evidently true of Dr. Foote, as with most others who denounce the doctrines of health reform so unsparingly, that he either carelessly or maliciously stigmatizes that of the first principles of which he is totally ignorant.

A Good Home Wasted.—Some weeks ago we met a gentleman who has for thirty years been addicted to the use of tobacco. Being naturally of a remarkably robust constitution, he has argued stoutly for many years that it did him no harm. But as he finds himself already growing old when he ought to be in his prime, becoming nervous when his nerves ought to be like iron, he begins to suspect that possibly the poisonous weed may have been working more mischief than he thought. He at least confessed to a little uneasiness over the subject, and was willing to talk of the possibility of abandoning the use of the weed.

As a matter of curiosity, we made a careful estimate of the cost of the worse than useless luxury during the thirty years that he had been addicted to chewing. Reckoning at compound interest, we found that it amounted to more than \$2,500.00, which would buy any man a comfortable home, or give all his children a good education. The sum thus wasted was rather astonishing, and somewhat strengthened the half-formed resolution to reform. We hope he will, and before his constitution is so hopelessly undermined that there can be no relief for him. If he continues chewing at the old rate for ten years longer, his tobacco fund will reach the snug sum of more than \$7,000.00.

PEOPLE'S DEPARTMENT?

Devoted to Brief Discussions of Health Topics, Individual Experiences, and Answers to Correspondents.

Appreciative.—A correspondent who has read the REFORMER two years and followed its teachings, says, "I have become convinced that disease cannot be cured with poisonous drugs, but by nature's remedies only. I think the HEALTH REFORMER is the best health journal in America. I would not do without it for ten times the price."

Says another, "I have received much benefit from perusing its pages, and am confident it is the very best publication of the kind of the age."

Vegetarian Problems.—A California friend who is much pleased with the REFORMER asks the following questions:—

1. If you do not eat meat what will you do with all the animals?

2. Could you substitute anything else for boots and shoes? If so, what?

Answer. We do not eat horses, and yet we find plenty for them to do. Oxen are useful, and cows could also be used for similar purposes, as they are in other countries. Sheep will produce much more wool while alive than after death. Hogs could be allowed to attend to their legitimate business as scavengers. If they should become so numerous as to seriously interfere with human life, they could be used for the manufacture of oil for lubricating purposes.

The killing of animals for their hides is wholly unnecessary, since there are so many substitutes for leather. India rubber, which is now made from the common milk-weed, will answer for many uses. Shoes are now made from paper in some countries, and they are found to be not only light and cheap, but very durable. They can be made wholly impervious to water, and are as warm as leather. In some countries, wooden shoes are quite fashionable, and are pronounced to be very comfortable. They are even worn in some Dutch settlements in this country.

"I Eat Graham."—An ignorant opposer of hygienic notions was one day holding forth very loudly in a village store, saying all sorts of absurd and untruthful things about "bran bread," etc., declaring that these health reformers could always be told by their lean, scrawny, starved look. Just then a fine-looking little boy of about six summers came into the store on an errand for his mother. His plump cheeks, rosy countenance, and beaming eyes, betokened the most perfect health. "There," said the speaker, "that is a healthy boy; you won't see any of those bran-bread urchins look like that. See here, little boy, what makes you so fat?" "I eat graham bread," responded the little fellow, to the great discomfiture of the garrulous ignoramus who was unaware of the fact that the boy was the son of the very health reformers he had been ridiculing. It is needless to say that the remainder of the laughter was at his expense.

Graham Better than Iron.—A new convert to reform writes that after suffering for years with rheumatism and dyspepsia, for which he took huge doses of carbonate of iron, but continued to get worse (of course), he accidentally came across a copy of the REFORMER, by means of which he was led to renounce the iron, and take in its stead wheat-meal porridge. His health began to improve at once. Although very weak before, his strength returned so as to enable him to engage in his occupation of farming.

Poisonous Candy.—A lady correspondent sends us the following account of how her babe was affected by eating colored candy:—

"A lady friend gave her a little piece an inch long. It was colored red. I thought in an instant of what I had read in the HEALTH REFORMER about poisonous candies and expressed my fear of it, but the lady said, 'I guess it is good, I have been eating of it and it did n't hurt me.' So I foolishly allowed her

to have it. The next day, baby worried a great deal. Wondering if it was teething that caused her worryment, I looked into her mouth, and what a sight! The tongue was very red and swollen, and the end was covered with little white pimples. There were also cankers upon the inside of the lip. For several days she was unable to take her usual food. I write this as another note of warning to beware of *pretty poisonous candy*."

Benefits Received.—I have been taking the HEALTH REFORMER for two years and now feel as if I could not keep house without it. I thought health reform was a terrible doctrine when I first heard it, but I must confess that the more I read and study it the more I believe it. I see in my brother-in-law's family a wonderful change for the better, from the adoption of health reform. They now seem to enjoy religion as well as good health.

MRS. M. BARR.

Health reform is one of the greatest aids to practical piety. Yes, the practice of its teachings is piety. Any person can enjoy religion better with a clear brain, a clean skin, and a healthy stomach. Mrs. Barr's experience is like that of all who investigate with candor; the more they see of this reform, the better they understand its principles, the better they like it.

Why he Died.—A doctor, who was arrested because his patient died, has been acquitted on the ground that he did the best he could, *gave all the medicines he knew the name of*. He put in a plea that he never insured a case when he took it. An intelligent jury would find ample grounds for conviction of any man for murder who gave all the poisons he could find to a fellow-being, were he any other than a doctor. Why should the addition of two Latin initials to the name so change their verdict? Certainly there could be no wonder why the patient died.

Doctors' Bills.—A California writer, speaking of medical practice in that country, says that he paid twenty-seven dollars "for three 'ahems?' and a 'lie!'" Hence may be derived a scheme for the reformation of doctors' bills. To charge a shilling or eighteen pence for a draught consisting of rose, holding a neutral salt in solution, value one penny, would be a monstrosity, did we not know that the practitioner's education, knowledge, and abilities are supposed to be dissolved

along with Magnes. Sulph. in the Infus. Rose. But this is merely a supposition. You can't dissolve medical science and skill, either in Infus. Rose, or Mist. Camphæ., or Aqua Pump. Why, then, should not medical practitioners follow out the California notion, and charge for their opinions, as expressed in their interjections? As for instance:—

Humph !.....	2s. 6d.
Ha !.....	1s. 6d.
Oho !.....	3s. 0d.
Indeed !.....	4s. 6d.
Well, well !.....	5s. 0d.

The idea might be extended, so that the scale of fees should rise proportionally with the elongation of the professional utterance, as thus:—

Put out your tongue,	6s. 8d.
Let me feel your pulse, ..	13s. 6d.

But here we forbear, considering that our recommendation to charge—addressed to doctors—must appear to patients rather like the exhortation, "Up, guards, and at them!"
—*London Punch*.

Value of Hygiene.—"As they advance in life, young practitioners will find, like myself, that pharmaceutics do not fulfill all their promises, and they very frequently return to the employment of well-directed hygienic modifications. Such is the history of all reflecting and observant practitioners."—*Prof. Bouchardat*.

Questions and Answers.

Loss of Memory—Heaviness.—G. A., N. Y., says, I should like you to answer in your journal what you would do for loss of memory, and heaviness in the head, with thought and speech not so clear as they ought to be.

Ans. There are several causes which may produce the conditions described, as dyspepsia, nervous debility, exhaustion, loss of sleep, inactive liver, and breathing impure air. Of course these causes must be removed. Attention to all the laws of health is essential. The memory can be greatly improved by cultivation. The cultivation of memory chiefly consists in studying methodically, and taking great pains to impress the mind as deeply as possible by calling into action as many different faculties as may be. A more definite statement of your mode of life, occupation, etc., would enable us to give more definite directions.

Paper Collars—Brown's Troches, etc.—A., Iowa, asks, 1. Will sleeping with paper collars affect the throat? 2. Are Brown's troches good for huskiness of the voice? 3. Are paper bosoms injurious to health when worn? 4. Is going to bed immediately after hard study productive of nightmare?

Ans. 1. Unglazed paper collars are harmless. Those which are glazed usually contain arsenic, and are poisonous. It is a bad plan, however, to sleep with any restriction about the throat, as the venous circulation from the head will be obstructed by so doing. Tight collars are bad at any time. 2. Brown's troches will never cure throat disease. They sometimes seem to palliate the irritation and hoarseness, but they never cure. Do not use them. They never enter the air-passages, as the slightest knowledge of anatomy will show, but pass directly down into the stomach, where they are productive of much mischief. The only thing they can do, is harm. 3. Paper bosoms are not harmful. 4. Going to bed when the mind is unduly excited, no matter what the cause, will often occasion disturbance of sleep. This is especially true after a hearty supper. The mind should always have some pleasant recreation before retiring, if sound sleep would be obtained.

Tetter.—J. Z., Tenn., writes, I have a daughter fourteen years of age. For the last six months she has had the tetter very bad, and the doctor has been treating the case all the while, and has done no good. If you can give me a remedy for it, I will be thankful.

Ans. The disease is probably due to derangement of the stomach and liver. This must be regulated by correct diet, out-of-door exercise, and general attention to the laws of health. If the disease is confined to a small portion of the body, wear the wet bandage upon it constantly, renewing it several times a day. If the whole body is affected, give one or two wet-sheet packs each week, and a rubbing wet sheet every other day. The pack should be continued about an hour, and should be followed by vigorous rubbing. The temperature of packs and baths should be about 95°.

Burns.—J. R., Ind., asks for an explanation of a burn, saying that it is to him a self-evident fact that dead matter cannot act on living, but he would like an explanation of how living matter acts against heat in producing a burn.

Ans. Our space is insufficient in this department to explain the whole subject of vital reaction; perhaps a word will suffice. The

healthy activity of the body demands the maintenance of a certain temperature, 98°, F. If this degree of heat is increased, water is poured out upon the whole surface of the body for the purpose of getting rid of the extra heat. If an extreme degree of heat be applied, water is poured out immediately beneath the cuticle, for the purpose of protection. In this way a portion of the skin is sacrificed for the protection of the rest. The abnormal activity of the tissues to protect themselves sometimes results in their death.

School Physiology.—R. M. C., Iowa: The best work we know of at present is Cutter's, published by J. B. Lippincott & Co., Philadelphia, Pa. Although this is a very good work, it is not free from errors.

M. A. R., Mass., is troubled with intense irritation in the lower part of the right side on coughing or sneezing. Wishes to know the cause.

Ans. The information given is too meager to enable us to even make a good guess at the difficulty. Please state the kind of irritation, the length of time it has been present, and constitutional symptoms, if any are present.

Whooping Cough.—Mrs. J. B. asks for the proper treatment of whooping cough.

Ans. The disease will cease of itself in due time if let alone, the patient being carefully nursed, meanwhile. No remedies will materially shorten its duration. Warm baths, wholesome food, plenty of fresh air, and warm clothing of feet and limbs, are the most important measures. Give no drugs. Emetics are very injurious, exhausting the patient and disordering digestion.

Bronchitis.—J. H., Kansas: Your difficulty is bronchitis. You have not consumption. Hygienic diet and treatment will do wonders for you. You can do something at home with a home prescription, but will do far better at a good institution. Walnuts which are not too strong and oily are wholesome for healthy stomachs. Hickory nuts, almonds, and chestnuts are better.

Abscess of Ear.—Mrs. L. H., Kan., has a babe which is suffering with abscess of the ear; requests a remedy.

Ans. Abscesses in and about the ear have very different points of origin, requiring different treatment accordingly. We would advise you to apply to a good surgeon who can make a careful examination. Give the child no medicine. Keep the parts cleansed with warm water, and promote free discharge.

POPULAR SCIENCE?

In this Department Will Be Noted the Progress of Science, New Discoveries, and Inventions.

Our Daily Supply of Heat.

It has been shown, by the researches of Sir John Herschel and Pouillet, that on the average our earth receives, each day, a supply of heat competent to heat an ocean 260 yards deep over the whole surface of the earth, from the temperature of melting ice to the boiling point. Now, on or about June 30, the supply is about one-thirtieth less, while on or about Dec. 30, the supply is one-thirtieth greater. Accordingly, on June 30, the heat received in a single day would be competent only to raise an ocean $251\frac{1}{3}$ yards deep from the freezing to the boiling point, whereas, on Dec. 30, the heat received from the sun would so heat an ocean $268\frac{2}{3}$ yards deep. The mere excess of heat, therefore, on Dec. 30, as compared with June 30, would suffice to raise an ocean more than 17 yards deep, and covering the whole earth, from the freezing-point to the temperature of boiling water!—*Popular Science Monthly*.

A Breathing Cave.

IN the range of mountains in Western North Carolina known as the Fox Range, is a most singular phenomenon. It is a breathing cave. In the summer months a current of air comes from it so strongly that a person cannot walk against it, while in winter the suction is just as great. The cool air from the mountain in the summer is felt for miles, in a direct line from the mouth of the cave. At times a most unpleasant odor is emitted upon the current, from dead carcasses of animals sucked in and killed by its violence. The loss of cattle and stock in that section in winter is accounted for in this way: They range too near the mouth of the cave, and the current carries them in. At times, when the change from inhalation to exhalation begins, the air is filled with the hair of various animals; not unfrequently bones and whole carcasses are found miles from the place. The air has been known to change materially in temperature during exhalation, from quite cool to unpleasantly hot, withering vegetation within reach, and accompanied by a terrible roaring, gurgling sound, as of a pot boiling. It is unaccounted for by scientific men who have ex-

amined it, though no explorations can take place. It is feared by many that a volcanic eruption may break forth there some time. Such a thing has occurred in places as unexpectedly.—*Sel.*

Subterranean Fishes.

IN boring artesian wells in the Desert of Sahara, very small fishes, resembling the white-bait, not unfrequently occur, which inhabit the waters of the subterranean bed of the desert. They are identical with a species from the waters of Biskra. The male differs from the female in being transversely barred, so that some authors have regarded it as a distinct species. The eyes are well formed, although these fishes live a part of the time in obscurity. It seems that as far back as 1849 the governor of the Oases of Thebes and Gaibe, in Egypt, stated that an artesian well, about 105 feet deep, which he had cleaned out, furnished for his table fishes which probably came from the Nile, as the sand which he had brought up from this artesian well was identical with that of this river.

Singular Discovery.

A REMARKABLE discovery was made on an island in the Mississippi, eight miles below Davenport, Iowa, Aug. 28, by some fishermen. It was a subterranean cave, hewn out of the solid rock, which was covered by a huge rock, and which was reached by stone steps. The floor of this subterranean cavity, which had undoubtedly been made thousands of years ago, was thickly strewn with ashes, the charred remains of bones, and a substance which they took to be dead leaves, first wetted, then pressed together, and resembling in color and solidity the cake from oatmeal. Among the dry ashes they picked up three tusks about the size of boar's teeth, and still lower the boat-hook came in contact with a hard substance which proved to be a skull, brown as polished walnut, perfect in every respect, and of extraordinary size. On further examination almost a complete skeleton was discovered. But the most singular part came to light in the hardened and almost petrified leather straps, bronze buckles, and a

wooden leg which continued the right extremity, that limb having been removed about midway between the hip and the knee. This is a very interesting discovery, proving that a knowledge of bronze was among the learning of the aboriginal Americans, and that mechanical surgery in those days was equal at least to the adaptation of a timber extremity.—*Chicago Tribune*.

Photographs by Lightning.—The leaf-like figures which are so frequently found upon the bodies of men and animals struck by lightning are generally believed to be impressions of the foliage in the vicinity where the accident occurs, made by the lightning in some manner analogous to the process of photography. There are strong reasons, however, in support of the proposition advanced by Mr. Tomlinson, F. R. S., that these figures are not derived from trees at all, but represent the fiery hand of lightning itself, the trunk being traced by the main discharge, while the spray-like branches proceed from the electric feelers first cast out, as it were, to find the line of least resistance. The sensation of cob-webs' being drawn over the face, which has sometimes been felt by sailors just before their ship was struck by lightning, is by him attributed to these sprays of electricity preceding the main discharge. It is nevertheless true that neighboring metallic objects, such as a horseshoe, for example, are frequently impressed with marvelous distinctness upon the body of the person struck.

Brain of Man and Apes.—Prof. Owen is quoted as saying, before the Anthropological society of London, that the brain of man is more complex in its organization than the brain of inferior animals, it is more subject to injury, and more liable to experience the want of perfect development; that instances of idiocy occur among all races of mankind, and that extreme smallness of the skull indicates want of intellect approaching to idiocy. Alluding to the attempts that have been made to find a link of connection between man and apes, he remarked that it was possible that an idiot with an imperfectly developed brain might wander into some cave, and there die, and in two or three years his bones might be covered with mud, or be imbedded in stalagmite, and, when discovered, such a skull might be adduced as affording the long-looked-for link connecting man with the inferior animals. He expresses the opinion that the difference in question is altogether too wide to be bridged over by the skull of any creature yet discovered.

Anæsthetizing during Sleep.—Prof. Dolbean has shown by elaborate experiments upon sleeping persons that about one-third can be made totally insensible by chloroform without awakening them, if the drug is skillfully administered. Most people will be awakened at once by the inhalation of chloroform. Ether could not be used with any degree of success on account of its irritating properties. Bichloride of methylene is said to have been successfully used by burglars for the purpose of stupefying their victims. It acts more rapidly than chloroform.

Iron in Snow.—Dr. Nordenskiöld, a great northern traveler, has discovered that iron is always present in snow. By means of a magnet he was able to extract it in small particles. It is supposed to be of meteoric origin, and is found alike in the snow which falls in temperate latitudes and in the arctic region.

Sudden Fall of Temperature.—The changes of temperature at Denver, Col., are sometimes unpleasantly rapid. In one case the mercury fell 48° in a single hour. In another instance there was a fall of 36° in five minutes. The sudden changes were supposed to be caused by an almost instantaneous fall of large masses of cold air.

Experiments with the Sense of Taste.—Dr. Stone has recently called attention to a curious fact relating to the sense of taste. If a strong solution of nitric acid is drawn upon the tongue through a glass tube, a swallow of water taken immediately afterward will occasion a sweet taste. An electric current passed through the head will produce a metallic taste in the mouth by excitation of the gustatory nerves. The same effect may be produced by placing a piece of zinc and a copper penny upon opposite sides of the tongue.

Mechanical Action of Light.—Prof. Crookes claims to have proved that rays of light can be utilized as a motive agency by means of properly constructed apparatus. The model which he exhibited somewhat resembled a windmill.

Gold in the Ocean.—A chemist has discovered that sea water contains gold in solution. According to careful estimates, the proportion is one grain to a ton of water, or about 400 tons of gold to a cubic mile of sea water.

NEWS AND MISCELLANY?

In this Department Will Be Summarized the Most Important of the Events of the Day.

—The civil war in Spain still continues. In a recent battle both parties claimed the victory.

—Count von Arnim has been sentenced to long imprisonment, and is about to be formally cashiered from the public service.

—The Cuban struggle is still as active as ever with no prospect of a termination until Spain either kills all the natives or frees them.

—The Cheyenne and Osage Indians are becoming very troublesome, and reinforcements are being sent to the agencies of those districts.

—The broken cable of the direct United States line has been grappled by the steamer Farraday, and is probably spliced.

—A letter sent from New York City recently made the entire circuit of the globe in eighty-eight days, a little less than three months.

—The present population of the world, according to the latest statistics, is 1,391,032,000, of which the United States have about 40,000,000.

—About one-sixth of the revenue of the United States is paid by the single State of Illinois, the larger share being for tobacco and whisky.

—The threatened difficulty with Spain concerning the treaty of 1795 has finally passed over without serious disturbance.

—More than ninety lives are reported to have been lost with the steamship Pacific which foundered between Portland, Oregon, and San Francisco, the 4th of Nov.

—The recent floods in England have destroyed many lives, inundated thousands of homes, destroying millions of property, and almost wholly obstructed traffic in some districts by preventing transportation.

—A serious insurrection among the Turks threatens to occasion still greater trouble by reviving the Eastern Question. Sixty Christians were recently murdered in a town near the Dalmatian frontier.

—The recent expulsion of Mrs. Moulton and Deacon West from Plymouth Church has given occasion for a letter from the former in which another investigation of the scandal is demanded. The writer reiterates with emphasis her former charges against Mr. Beecher.

—The epizootic disease has been prevailing quite extensively during the past few weeks. Diseases among cattle are also very prevalent, some being quite unknown before. Hog cholera is destroying thousands of scrofulous scavengers in Illinois.

—Thousands of cattle have been affected with foot-and-mouth disease in England during the last few weeks. Comparatively few animals have died of the distemper, however, as the butchers generally manage to get the start of nature a little in killing them and sending them to market.

—Vice-President Wilson died at Washington, Nov. 22. His funeral services were attended with great pomp. Mr. Wilson was born in 1812, and first came before the public as a stump speaker for the whig party. He was early associated with Sumner and Horace Mann.

—Carruth, the unfortunate editor of the *Vine-land Independent*, has finally died from the effects of the bullet which was lodged in his brain last spring by Landis, the founder of the Vine-land community. About the time of the tragedy a long article from the pen of Mr. Landis appeared in an English magazine describing the wonderful peace and domestic felicity which reigned in his community.

—According to the *London Farmer* the number of cases of cattle disease in England for the quarter ending Oct. 16, was as follows: In Somersetshire, 83,000; in Cheshire, 50,000; in Dorsetshire, 48,000; in Gloucestershire, 44,000; in Oxfordshire, 39,000; in Warwickshire, 33,000; in Norfolk, 31,000; in Cumberland, 23,000. Throughout England and Wales there were for the same time over 500,000 cases. The money damage is estimated at a million dollars.

—Can foot-and-mouth disease be communicated to man? A writer in the *Live Stock Journal* of London says, Yes, and vouches for an instance, though he withholds names. The *Dublin Express* is authority for the statement that the disorder has affected a number of persons in that neighborhood, and that the symptoms are much the same as those that mark its presence in its dumb victims, the mouth being greatly blistered and a similar soreness in the feet.

—Notwithstanding the rigid surveillance of the British government, the murder of sick people still continues in India, although more infrequent than formerly. When a man has outlived his usefulness, he is carried to the river side to die. If he lingers more than a day or two in spite of neglect and rough usage, he is placed in the water and held there until life is extinct. Not long since some noted writers in England attempted to introduce this custom of murdering sick and useless people under the euphonious term of "euthanasia," proposing to produce death by means of chloroform.

LITERARY NOTICES.

The World Is Full of Literature, but Good Reading Is very Scarce.

THE LIFE AND LABORS OF DAVID LIVINGSTONE,
LL. D. Philadelphia: Hubbard Bros.

This is a work of 805 pp., is elegantly bound, and amply illustrated with splendid engravings. As the title implies, it embodies a sketch of the early history of this world-renowned missionary explorer, as well as a full account of his indefatigable efforts to open up to the improving influences of civilization the wilds of Central Africa. The book is one which cannot fail to interest alike the scholar, the scientist, the theologian, and the general reader. It abounds with felicitous descriptions of the many curious and thrilling sights and scenes, and wonderful objects which were met by a diligent observer of nature in a country a large portion of which was previously unknown to Europeans. The compiler of the work, a clergyman, improves every opportunity of pointing a moral from every incident or fact susceptible of such use, giving to the work a decidedly religious cast. It is doubtless, on the whole, the best book on Livingstone and Africa which has yet appeared. It is having a large sale, being sold by subscription. We can heartily commend it to all whose tastes are pleased with novel experiences and thrilling adventures told without romantic coloring.

HEALTH. By Edward Smith, M. D., F. R. S.
New York: D. Appleton & Co.

An excellent little work by one of the most able and scientific writers upon subjects pertaining to health. The work is commendable for its scientific accuracy while at the same time it is quite free from technical words and phrases. Here is what the author says of tobacco: "It is doubtless a delusion to believe that the mind is more fitted for work when soothed by tobacco.

... We are of opinion that it is more fitted to discharge the duties of life when not under the influence of this or any other narcotic." Again, "It may be true that tobacco is smoked with impunity, but it is equally true that the whole tendency of its action is towards disease, and it is impossible to say how much of good it has prevented. When to this is added the nuisance which it creates to many, the waste of money which might have been profitably employed, and which was perhaps needed for education or other modes of advancement in life, or for the help of those nearly related, it can be regarded as little less than a sin." "It contains no nourishment, but, on the contrary, is a powerful poison . . . so powerful that doctors dare not use it."

GOLDEN HYGIENIC RULES FOR THE CURE OF
NERVOUS DEBILITY. By T. F. Hicks, M. D.

A small pamphlet containing much very use-

ful information to young men. So far as we have examined it, we find it quite free from those objectionable features which make most works of this kind productive of far more harm than good. The world is suffering for proper information on subjects of this nature.

MYSTERIES OF THE HEAD AND THE HEART. By
J. Stanley Grimes. Chicago: Keen, Cooke, & Co.


Prof. Grimes was one of the earliest lecturers on the subject of phrenology, beginning his career more than thirty years ago as a traveling phrenologist and mesmerizer. He claims that mesmerism is a psychical phenomenon wholly devoid of any supernatural element. He lays claim to several very important discoveries in mental physiology and phrenology, differing in several particulars from other phrenologists both in the classification and the naming of the different faculties. The general style of the work would be pronounced by many somewhat egotistical. The author evidently believes himself right, and seems to have the opinion that every one who reads his book will be compelled to acknowledge the same. Mr. Grimes indorses the psychical part of spiritualism, but pronounces all the physical manifestations as trickery. His arguments are quite ingenious, but to our mind, not wholly conclusive.

FUNGI: Their Nature and Uses. By M. C.
Cooke, M. A. New York: D. Appleton & Co.

This is indeed a charming volume for all lovers of nature. It is illustrated by more than one hundred engravings, and is gotten up in excellent style throughout. It is one of the latest of the International Scientific Series, published by Appleton, and is fully up to the high standard maintained in all of its predecessors. The author is well known as a close student of nature, abundant proof of painstaking industry being found all through the volume. The book is certainly indispensable to every teacher or student of botany, and cannot fail to be of interest to the intelligent general reader, on account of the many curious and interesting facts which are related concerning a class of vegetation which is usually trodden under foot as too insignificant for notice.

VICK'S FLORAL GUIDE is one of the most elegant catalogues of seeds and bulbs published. It is, in fact, much more than a mere catalogue, containing a great amount of valuable information respecting the proper cultivation of plants, laying out of grounds, etc. It is as useful as elegant. Published at Rochester, N. Y., at 25 cts. a year.

Items for the Month.

 A blue cross by this paragraph signifies that the subscription has expired, and that this number is the last that will be sent till the subscription is renewed. A renewal is earnestly solicited.

The subscriptions of several hundreds of our subscribers expire with this number. They will please recollect that our terms are "\$1.00 a year in advance," and remit at once so as to save us the unpleasant necessity of dropping their names from our list. We are willing to wait on those who are in close circumstances if they will notify us to that effect.

Health Reformer for 1876.

OUR old patrons will observe several changes in the present number which we hope will not be unacceptable to them as well as to new friends whose acquaintance we hope to form during the year 1876. The object of introducing literary, news, and farm and household departments has not been to make the REFORMER any less a health journal, and a pioneer of reform in all that relates to human health, but to make it something more of a family paper. The times are hard, and many feel as though they can hardly afford the luxury of more than one, or at most two, periodicals. They want to find in those two about all that is necessary to know. One is expected to impart a sufficiency of moral and religious instruction, while the other is required to keep the family posted in all other matters.

It cannot be expected, of course, that any of the miscellaneous departments can deal with their several subjects as exhaustively as a journal devoted to each of them as specialties; we shall try to give the most essential features only of each subject, extracting the choicest bits from the great mass of heterogeneous matter which comes under our eye.

We hope to be able to make the new departments so practical that they will be well worth the price of the journal even to a person who is not particularly interested in the subject of health.

An Army of Missionary Canvassers.

THAT canvassing for our health publications is found to be profitable as well as philanthropic is evidenced by the way in which orders are received for canvasser's outfits. We are glad to see such energetic activity on the part of our friends, who are evidently intent on spreading abroad the gospel of health for the enlightenment of their benighted friends and fellow-men.

Thus far we have achieved success, even beyond our fondest hopes. This, we are very willing to grant, has been mostly due to our hundreds of earnest co-workers, who have perse-

vered against all opposition in introducing our publications where they were previously unknown, many times illustrating in their own persons the benefits to be received from living the principles of reform.

And so, with an army of missionary workers at our back, we are confident of future success, and have no thought of suspending, as some of our younger contemporaries are talking of doing.

A few more agents are wanted. Send in orders for outfits. An agent can do little without suitable facilities, and there is no risk to run, for the books received for the \$1.50 sent are more than worth the money. Agents who wish time on books should send references with their orders.

Children's Books.

To supply a long-felt lack among our people, of proper reading for youth and children, we have begun to publish several series of small books, each series adapted to readers of a different age.

We now offer twenty little books, post-paid, for fifty cents. Each will have a pretty colored cover and will contain sixteen pages of the most interesting reading matter, for children from the ages of five to twelve years.

This matter has been carefully selected by Mrs. W. during the past twenty years, and it has been the object that these books should be free from those expressions which are designed to impress young minds with the popular theological fables of the day.

This first series will be particularly appropriate for Christmas and New Years gifts, as well as for prizes and rewards of merit in the Sabbath schools.

We shall have the series complete, neatly put up in packages, in season to reach any part of the United States before the holidays. Order at once. First come; first served.

We repeat the offer: Twenty small books, each different, containing sixteen pages of the best reading matter, for fifty cents.

Address, SIGNS OF THE TIMES, Oakland, California.
JAMES WHITE.

SPECIAL EDITION OF HEALTH ALMANAC.—At the request of friends, we have issued a special edition of the Family Health Almanac. It is printed on the very finest paper in the market, and is covered with an extra-fine cover, which is ornamented with bronze. It is furnished with an eyelet and tape ready for hanging up, and is just the thing for those who wish something ornamental as well as useful. Those who wish to put copies of the almanac into banks, reading rooms, hotels, or other public places, would do well to obtain a few copies for that purpose. Retail price, 15 cts. By the quantity, 10 cts.

ERRATUM.—On page 340 of last number, the word "Trade" was inadvertently substituted for Health in the first heading. A few copies were printed before the error was discovered.

INDEX TO VOL. X.

GENERAL ARTICLES.

	PAGE.
A DEED and a Word.....	3
An Encouraging Rumor.....	8
A Remarkable Case.....	49
Always too Late.....	66
A Little Elbow Room.....	67
Air, Pure Air.....	75
A Cheap Window Ventilator.....	113
Adam Clarke on Tobacco.....	143
A Holocaust to Tobacco.....	167
Apoplexy.....	168
Appearances often Deceptive.....	209
Amateur Nursing.....	295
A Chapter on Manners.....	304
A Vain Delusion.....	329
Anecdote of Dr. Cox.....	335
A Chat about Sleep.....	335
Alcoholic Drinks in England.....	356
A Kindly Deed.....	360
A True Story.....	363
A Singular Planet.....	365
Bible Hygiene.....	1, 33, 65, 97, 161
Bad Advice.....	383
Carbonic Acid & its Fatal Effects.....	79
Cheap Bitters.....	144
Case of Chronic Arsenic Poison.....	170
Criminal Responsibility.....	198
Cleanliness and Care of the Skin.....	234
Cleanliness and Godliness.....	236
Curious Curatives.....	245
Children's Eyes.....	296
Causes of the Degeneracy of the Teeth.....	336
Clothing.....	353
Christianity and Alcohol.....	357
"Conceit Kills and Conceit Cures".....	364
"Cutting a Dido".....	365
Dangers of Pork-Eating Exposed.....	9
Death.....	49
Disinfectants and Deodorizers.....	106
Don't Kiss the Baby.....	138
Dress Reform.....	163, 194
Discussion of the Salt Question.....	172, 202
Diagnosis of a Cold.....	201
"Dressed to Kill".....	302
Don't Worry about Yourself.....	305
Dr. Holmes on Trail Dresses.....	333
Excitement and Short Life.....	143
Eating for Strength.....	197
Excessive Death Rates among Children.....	297
Eat Slowly.....	304
Evidence in Favor of the Curability of Diseases by Nature.....	330
Exercise.....	357
Evils of Gossip.....	364
Foreign Incrustations on the Teeth—Tartar.....	292
Female Education.....	305
Farm and Household.....	270
Good Words.....	208
Genuine Nobility.....	273
Garden Work.....	370
Hygienist Abroad.....	39
Hints toward Reform.....	81, 137, 237
Hands vs. Brains.....	99
Health Reform in Switzerland.....	107
Health of American Girls.....	144
Hygienic Education.....	235
Hydrophobia.....	269
Health and Happiness.....	302
Holding a Council.....	304
Hatching Out a Woman.....	334
Horses and Colts.....	370
Holiday Bill of Fare.....	371
Is the Use of Salt Wholly Injurious.....	131

"I Shall Eat What my Appetite Craves".....	170
Infirmities of Speech.....	225
Influence of the Imagination.....	265
Importance of Bodily Exercise.....	268
Is he Sick?.....	303
King James's Counterblast to Tobacco.....	324, 354
London.....	11
Limit your Wants.....	43
Leprosy in America.....	72
Look Out.....	145
Miscellaneous Paragraphs.....	31
Medical Problems.....	44
Ministers and Cigars.....	48
Medical Practice in 1700.....	166
News and Miscellany.....	350
One Life Wasted.....	360
Physiology and Hygiene.....	35, 67, 100, 129
Physical Culture.....	73
Polite Children.....	144
Power of Appetite.....	232
Physiological Effects of Moderate Drinking.....	260
Regard for the Aged.....	17
Remarkable Health of the Jews.....	241
Smoking "to the Glory of God".....	12
Sunshine.....	12
Society for the Prevention of Cruelty to Women and Children.....	46
Scarlet Fever.....	77
Social Reformers.....	109
Schools and School Children.....	171
Swedish Movements.....	227, 269, 327
Sleep and Beds.....	237
Sunlight and Exercise.....	270
"Sin no More".....	271
Seasonable Fashion Gossip.....	272
"So near Grows Death to Life".....	273
Small Waists and Consumption.....	300
Self-Murder.....	305
Stop Such Dangerous Sport.....	371
The Medical Use of Alcohol.....	8
True Gentlemen.....	7
The Health Reform.....	7
The Blood.....	8
The Confession of a Reformed Smoker.....	13
That Package.....	41
The Better Way and the Best Way.....	43
Treatment of the Drowned.....	69
The Study of Medicine.....	71
Things that Should not Be Read "To the Front".....	100
The Great Foe of the South.....	104
The American School Girl.....	112
Table Manners.....	138
That Spare Room.....	139
Two Minutes' Sermon to Young Ladies.....	176
The Story of Caspar Hauser.....	177
The Physical Effects of Alcohol.....	193
Tea, Coffee and Tobacco.....	228
Tea Drunkards.....	241
The Unconscious Action of the Brain.....	257
The Inhumanities of Parents.....	362
The Skin.....	272
The Causes of Physical Degeneracy.....	289
Thoughts Concerning Wine.....	294
The Bible Wine Question.....	300
The Causes of Dyspepsia.....	321
The Line of Safety.....	326
Temperance and Vegetarianism.....	328
The Game of Life.....	334
The Hair.....	359
Use of Stimulants by Women.....	104
Unnatural Deaths.....	105
U. I. M. E. Conference and Tobacco.....	106
Victims of Opium-Eating.....	140

Verbal Vices.....	176
Ventilation.....	260
We Can Make Home Happy.....	35
Why not Greater Progress.....	46
What to Teach Our Sons.....	273
Who and What Killed that Young Lady.....	358
Winter Flowers.....	370

EDITORIAL.

American Health Association.....	22
A Notable Falsehood.....	23
A Medical Revival.....	50
Aids to Vegetarianism.....	116
Another Evidence of Progress.....	147
A Sermon on Water.....	148
Acute Dysentery.....	276
A Good Home Wasted.....	374
Bathing.....	210
Bogus Health Institutes.....	306
Beef Tea and Extract of Meat.....	339
Cigar-Making Again.....	55
Chicken Pie and Potato Bugs.....	278
Cigar-Box Coffins.....	310
Diphtheria.....	50
Drugs, Dress, and Diet.....	82
Diet vs. Whipping.....	116
Does Alcohol Make Men Work Easier.....	181
Disinfectants and Disinfection.....	242
Domestic Education.....	311
Encouraging Words.....	24
Food and Force.....	114
Fatal Drugging and Professional Fighting.....	275
Hypercritical Hygienists.....	84
Hygienic Dress.....	85
Herb Medicines.....	180
Homeopathy Outdone.....	183
Homeopathy in Michigan University.....	307
Iron Tonics.....	339
Ministers vs. Tobacco.....	52
Mineral Springs.....	274
Michigan Board of Health.....	340
Narcotizing Horses.....	182
Necessity for Specific Rules of Health.....	278
Our Religious Creed.....	182
Parlor Lectures.....	211
Poor Living vs. Health.....	373
Refreshing.....	86
"Regular" Heroic Treatment.....	146
"Regular" Hospital Practice.....	149
Sensible and Suggestive.....	55
Softening of the Brain.....	114
Smoky Science.....	117
Should the Aged Drink Wine?.....	146
The Old Year and the New.....	18
The Hygienic Platform.....	18
The HEALTH REFORMER in Neu-chatel.....	19
Tape-worm in Beef.....	54
Those Loathsome Parasites.....	117
Tobacco Pledge.....	149
Testimony in Favor of Vegetarianism.....	152
The New Treatment of Fever.....	213
The Temperance Cause in Switzerland.....	243
The Use of Alcohol as a Medicine.....	243
The "Tribune" Groggery.....	245
Typhoid Fever.....	308
The Methodists vs. Tobacco.....	340
"Thou Shalt not Kill".....	372
The Hygienic System.....	372
Universal Suffocation.....	19
Ventilation.....	338
Who Are Extremists.....	21
What Is Medicine.....	53
Wonderful Success.....	83
Waste Pipes.....	118
Why Americans Die.....	311

PEOPLE'S DEPARTMENT.

An Acknowledgement.....	87
A Pioneer.....	83
A Word from Indiana.....	121
A Case of Whooping Cough.....	151
Apothecary.....	185
A New Danger.....	215
A Salt Item.....	248
Avoid the Poisons.....	279
Among the Doctors.....	311
A Puzzled Reformer.....	341
Benefits Received.....	312
Conservatism Refined.....	120
Carrying Things too Far.....	216
Circulate the REFORMER.....	247
Cure for Dyspepsia.....	248
Care of the Sick.....	313
Calomel in America.....	342
Col. James Bowie.....	343
Don't Want It.....	89
Death in the "Spare Bed".....	185
Doing Wonders.....	217
Dress Reform in Finland.....	279
Dear REFORMER.....	312
Experience vs. Butter.....	89
Facts Test Theories.....	150
Good, if Lived Out.....	185
Graham Better than Iron.....	375
Hygiene Will not Do for Us.....	153
Hygiene Unpopular.....	216
How Farmers Live.....	217
Hair Dye.....	246
How Fashions Originate.....	312
Is Health Reform Impracticable.....	119
Improper Diet for Man.....	151
Importance of Hygiene.....	342
"I Eat Graham".....	375
Medical Science.....	184
Medical Twaddle.....	280
Not so far Wrong.....	89
Overfed Ministers.....	215
One Hundred Dollars Saved.....	215
Poisonous Candy.....	875
Swedish Movement Cure.....	184
Scarlet Fever.....	246
Salt.....	247
Sponge Baths.....	313
Salt Items.....	342
Scowling.....	343
Too Big a Pill.....	217
THE HEALTH REFORMER.....	246
Testimonies for Reform.....	311
Up-Hill Work.....	312
Vegetarian Problems.....	375
What Children Can Do.....	90
Who Knows?.....	150

DIETETICS.

Adulteration of Sirups and Sugars.....	187
A New Delicacy for Gourmands.....	190
Action of Salt on Trees.....	252
Animal Food.....	284
An Ancient Vegetarian.....	369
Beets—Onions.....	158
Common Salt.....	26, 58
Candy Poisoning.....	220
Crazy for Meat.....	316
Christmas Dinners.....	366
Condiments.....	367
Dirty Food.....	58
Do Fish Eat Salt?.....	315
Effect of Diet.....	126
Eating Horses.....	220
Effects of Paris Green upon Vegetables.....	231
Eating and Sleeping.....	232
Fruit as Food.....	346
Grasshopper Soup.....	284
Humbung Food.....	25
How Flavors and Jellies Are Made.....	50

Hygienic Dishes.....	124
How to Peel Onions without Tears.....	252
How to Keep Apples and Pears.....	315
Hygienic Cookery and Cook Book.....	345
Hygienic Dishes.....	346
Is Proper Food Stimulating.....	92
Interesting Notes.....	190
John Wesley a Vegetarian.....	368
Keeping Lemons and Oranges.....	316
Lead in Potable Waters.....	221
Lungs and Livers.....	347
Oatmeal Pie Crust.....	158
Preserving Fruits & Vegetables.....	250
Physical Strength of the Irish.....	251
Preserving Fresh Grapes.....	315
Recipes.....	219, 252
Recipe for Unfermented Wine.....	347
Silent Meals.....	369
Talking at Table.....	27
Two New Facts for Vegetarians.....	56
Tea and Coffee.....	92, 110, 155, 188
The Date.....	125
The Emperor Julian a Health Reformer.....	126
Trichina.....	187
The Alcoholic Strength of Various Bitters.....	220
To Cook Rice.....	252
The Best Way of Roasting Chestnuts.....	252
The Banana.....	285
To Keep Sweet Potatoes.....	316
Trichinatus Pork.....	367
Unwholesome Food.....	219
Vegetable Food.....	285
What May We Eat.....	25
What Parisians Eat.....	57

SEASONABLE HINTS.

A Hint for Boys.....	28
Air for Infants.....	61
A Cheap Fumigator.....	222
A Lotion for Fetid Feet.....	222
Banking Houses for Winter.....	318
Color of Clothing.....	28
Cheap Bedding.....	61
Condiments for Cattle.....	127
Cleansing Rooms.....	318
Diseases of Artisans.....	253
Detection of Adulterated Oils.....	349
Elastic Varnish for Ladies' Shoes.....	254
Extinguishing Lamps.....	349
Flavoring Extracts.....	28
Glue.....	222
Get Ready for Winter.....	348
Hair Dyes.....	61
Hints to Housekeepers.....	159
How to Avoid Contagion.....	254
How to Remove Rust from Clothing.....	287
How to Keep Lemons.....	349
Indian Treatment of Quacks.....	254
Insect Destroyers.....	348
Look out for Nuisances.....	222
Marking Tools.....	349
Putting Things to Rights.....	253
Poison.....	318
Poisoned by Hats and Stockings.....	348
Preventive of Injury from Frosts.....	349
Recovery from Lightning Stroke.....	349
Sanitarium.....	95
Sanitarium for April.....	127
Suffocation of Babies.....	127
Sanitarium for August.....	253
Scouring Silver.....	287
Sanitary Rules.....	317
Tobacco Poisoning.....	127
To Preserve Fence Posts.....	222
The Danger of Sedatives.....	287
To Kill Moths.....	287
To Test Water.....	318
To Remove Paint Stains.....	318

To Remove Stains.....	318, 349
Whitewashing.....	222
Waterproof Coating for Walls.....	222
What to Do in Case of Accident.....	254

SCIENTIFIC.

Arsenical Colors.....	191
Action of Absinthe and Alcohol.....	222
Amount of a Day's Work.....	350
Artificial Respiration in Asphyxia and in Snake Bite.....	350
Amount of Force Derived by the Earth from the Sun's Heat.....	350
A Breathing Cave.....	378
Brain of Man and Apes.....	379
Cements.....	191
Counting the Blood Corpuscles.....	350
Cement for Wood and Stone.....	350
Economic Value of the Sunflower.....	286
Fungi.....	350
Guano.....	350
Gilding.....	351
How Water is Injured by Organic Matter.....	191
Little Giants.....	350
New Theory of Volcanoes.....	286
Our Daily Supply of Heat.....	378
Poison of Tobacco.....	255
Photographs by Lightning.....	379
Rabies Mephitica.....	191
Singular Discovery.....	378
Subterranean Fishes.....	378
The Prevailing Hour of Death.....	223
The Effect of Emotion.....	223
Toughened Glass.....	255
Vegetation as a Disinfectant.....	223

QUESTIONS AND ANSWERS.

29, 62, 90, 122, 153, 186, 218, 248, 280, 313, 344, 376.

LITERARY NOTICES.

A Message to the Women of the Land.....	95
Baldness: Its Cause and Cure.....	287
Bradford Mills.....	319
Care of the Sick.....	351
Fungi: Their Nature and Uses.....	381
Golden Hygienic Rules for the Cure of Nervous Debility.....	381
Health.....	381
Longevity.....	351
Malt Liquors.....	95
Mysteries of the Head and Heart.....	381
Nature's Secrets.....	287
Our Wasted Resources.....	319
Prohibition Does Prohibit.....	319
Pre-Historic Races of the United States of America.....	319
Preventive Medicine.....	351
Report of the Hygiene of the United States Army.....	223
Report on Trichinosis.....	351
Shall We Use Wine and Beer.....	95
Second Annual Report of the Mich. State Board of Health.....	191
The Sanitary Journal.....	65
The Duty of the Christian Church.....	95
The Woman's Crusade.....	95
The Great Conversers.....	127
The Brook and the Tide Turning.....	191
The World on Wheels.....	319
The Cottage Hearth.....	319
The Sanitarian.....	319
The Life and Labors of David Livingstone, LL. D.....	381

ITEMS FOR THE MONTH.

32, 64, 96, 128, 160, 192, 224, 256, 288, 320, 352, 382.
