

THE HEALTH REFORMER.

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

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Damp Beds.

BY MRS. E. G. WHITE.

WE would suggest to the readers of the REFORMER that their sleeping rooms need extra attention this damp November weather, and especially is this the case with the "spare bedroom," the curtains and blinds of which are too often closely drawn. Protect the lives of the friends who visit you, by giving proper attention to their sleeping apartments. It is some little sacrifice for them to be deprived of their customary room and bed; but, in addition to this, do not let them be haunted with a fear of the damp bed in "that spare room." You cannot be too careful in properly ventilating the room and in seeing that the bed and bedding are perfectly dry.

Many are slow to become intelligent concerning the important matter of properly caring for the bedroom. It is not safe to sleep in a room that is seldom occupied and is not frequently heated, unless the bedding is first exposed to the sun for several hours, or, in case this should be impossible, subjected to artificial heat. Every article composing the bed should be perfectly dried. If these precautions are neglected, health and life itself are endangered.

In our itinerant experience, we have suffered much from being assigned to rooms and beds not in common use, and not properly aired. It was unpleasant to dictate to our hostess concerning the room and bed we were to occupy, and from a fear of being judged notional, or too ready in making work for others, we often ran serious risks. Earlier in life we did not so fully realize the danger lurking in the damp "spare" beds of our friends, and the life of one of our little ones was sacrificed by sleeping in one that had not been previously used for several weeks.

In the State of Maine we were once entertained by kind friends who seemed anxious to do all in their power to make us comforta-

ble; but they did not see the importance of carefully attending to the bed in the "spare chamber." We had labored hard during the day in speaking to the people, and needed a good night's rest. But the room we occupied was cold, the bed was damp, and we became so thoroughly chilled that sleep was impossible. We substituted our large blanket shawl for the damp sheets, and finally put on most of our garments, but we were too cold to sleep, and lay shivering through the entire night.

In the morning courteous inquiry was made as to how we had rested during the night. In reply, we stated that the bed was damp. Our friends expressed profound astonishment at this, and assured us that we must be mistaken; but, upon investigation, we learned that the room and bed had not been used for weeks. The blinds had been closed, excluding the sun and air, and, there being no conveniences for lighting a fire in the room, it had gathered dampness for weeks; and yet it was difficult to convince the good people who entertained us that the room and bed were not just as they should be, and they could hardly account for our painful experience during the night.

At another house we were entertained by friends whom we highly esteemed; but, in their anxiety to treat us with marked respect, we were, as usual, assigned to the "spare room," and the damp "spare" bed. The windows were draped with heavy curtains, and the blinds were tightly closed. The room was elegantly furnished, but as soon as we entered it we were greeted with a moldy smell and a cold, poisonous atmosphere that seemed to chill the blood in our veins.

Upon examining the bed, we found it so damp that we dared not occupy it in that condition. Although it was late, we stated the case to our hospitable friends, and they immediately proceeded to correct the evil as far as possible. A rousing fire was built in the room adjoining ours, and the clothing was removed from the bed and hung before the

fire to dry, and in that position drops of water actually formed upon the sheets. But when at a late hour we retired to rest, it was to occupy a dry bed in *that* "spare room."

We might relate many such incidents in our experience, but these are sufficient for the purpose.

A family whom we highly respect moved from Maine to California, hoping that the mild climate of that State would improve the health of the wife and mother. She was greatly benefited by the change, and seemed in a fair way of recovering her full strength; but, a neighboring family being afflicted with sickness, she went, at the solicitation of her neighbor, to watch with and assist her. Toward morning she went to bed in the "spare room," which, unfortunately, was very damp. As a consequence, she contracted a severe cold which settled upon her lungs. She sank into a rapid decline and soon died, a victim to the damp "spare" bed.

Illy ventilated rooms, from which the sunlight is excluded, and which are undried by fires, are fearfully destructive of life. So much is sacrificed every year through the influence of these damp rooms and beds that we cannot keep silent. We hope to arouse the people so that they will see the necessity of having conveniences for fires in their sleeping rooms, so that during the damp seasons of the year the room may be kept free from dampness and mold and the bedding dry. A little expense in this direction would save large sums in doctors' bills, and a great amount of suffering would be avoided.

We appeal to every reader of the HEALTH REFORMER to open every room in the house to the purifying, rays of the sun and the sweet pure air. Open your shutters and remove your heavy curtains; they are unnecessary. Invite the sun and air as daily guests into your rooms, and you will be repaid in improved health and more cheerful spirits, and your guests will receive your courtesies unattended by the ghostly dread of that damp "spare" bed.

What Shall we Eat?

DR. GRAHAM, in his admirable "Lectures on the Science of Human Life," makes the following remarks in answer to the above query, after a very exhaustive consideration of the advantages of vegetable food as a diet for man:—

"And has it come to this? Is it indeed true that man is under the necessity of making his body a sepulcher for dead carcasses,

in order to keep himself alive, and to preserve his civilization, and the elegant refinements and arts of civic life? I do confess, and deeply regret that truth compels me to acknowledge, that in many portions of the civilized world mankind have become so accustomed to depend on the products of the animal kingdom for their principal articles of diet, that they have greatly neglected to develop and foster the capabilities of their more natural and proper source of aliment, and learned to think that starvation would be the inevitable consequence of an entire abandonment of animal food.

"It is true that at the public tables of our steamboats and hotels, and, in fact, all the fashionable tables in civic life, which almost literally groan beneath the multitudinous dead that lie in state upon them, embalmed and decorated like the bodies of Egyptian potentates prepared for solemn interment, emitting their spicy odors to disguise their natural loathsomeness; it is true that, at one of these tables, loaded, apparently, with every luxury and savory dainty that the market can supply and culinary skill prepare, if one sits down determined to abstain from animal food and the still more pernicious preparations of vegetable substances, he may look in vain throughout the wilderness of viands before him for a single dish of plain and wholesome vegetable food, such as a wise man would willingly and freely partake of. He might order any form of aliment that the products of the animal kingdom can be tortured into, which happens not to be upon the table, and he would probably be promptly and with alacrity supplied; but if he calls for a simple dish of fruits or vegetables, his call will either be utterly neglected, or he will be answered in a surly tone—'We have not got them, sir!'—and he may therefore either make his meal upon a crust of miserable bread, or conclude to fast entirely, and pay his dollar or half-dollar for the refined and ennobling pleasure of seeing his more carnivorous and literally omnivorous fellow-creatures glut themselves, much after the same manner of the giant Polyphemus when he feasted on the quivering bodies of the Greeks which he had dashed to pieces in his wrath, excited by the fierceness of his appetite for flesh.

"But is there a necessity for such a state of things? Must it be so, that we must either deny ourselves every enjoyment of the table, or consent to become associated in our dietetic habits and character with the hyena and the wolf and other beasts of prey? and with the vulture and the owl and bat, and other harpies of the winged kind? Nature

shudders and recoils, and answers, 'No!' in the deepest tones of loathing and abhorrence, and points us to our beautiful mother earth, and asks us to contemplate her all-bountiful bosom, and the still greater capabilities of her soil, which, in the depths of our putrescent sensuality, we have too long and too ungratefully neglected and despised. What! talk of starving, in the face of Heaven, when our benevolent Creator has spread for us so bountiful a table in the vegetable kingdom, of fruits and seeds and roots and other esculent substances innumerable, and which may be cultivated and multiplied in quantity and variety without bounds? Why did not our first parents famish in Eden, when they kept the garden and fed on fruit? Why have not the myriads of the human race who, from the earliest periods of the world even to the present hour, have subsisted on vegetable food, famished and left their portions of the earth depopulated? Indeed we do abuse our own nature and our God when we suppose there is not in the products of the vegetable kingdom and in the capabilities of the soil a full supply of nourishment for man, and such as is best adapted to sustain the highest physiological and psychological interests of his nature, and to afford him the purest and richest and most wholesome enjoyments of sense.

"In regard to the preparations of vegetable food, when considered with reference to the very highest capabilities of human nature, it is unquestionably true that, in the climate most natural to man, his physiological interests would be best sustained by those vegetable products which require no culinary change or cooking. But as man migrates and becomes acclimated in different portions of the earth, where he finds it necessary to subsist on different vegetable or other substances, it is possible that he may also find it necessary to prepare some of those substances by fire or otherwise, in order to render them most compatible with his organization and his physiological properties and powers and interests.

"It is a general physiological law of organized bodies, to which there is no exception, that all artificial means to effect that which the living body has natural faculties and powers to accomplish, always and inevitably impair and tend to destroy the physiological powers designed to perform the function or to produce the effect.

"Every artificial means substituted for the natural and proper use of the teeth in mastication inevitably injures those organs and always tends to destroy their power to perform the function for which they were intended. And thus, every artificial means employed

for the regulation of the temperature of the body always and inevitably diminishes the natural power of the body to regulate its own temperature. If our feet are cold, for instance, and we by walking, dancing, or other exercise of the lower limbs, increase in a natural and healthy manner the calorific function of the feet, and thus restore them to a comfortable temperature, we invigorate all the physiological powers of the parts, compatibly with the general physiological interests of the body; but if, instead of this, we warm our feet by a fire, we necessarily weaken all the physiological powers of the parts, and consequently diminish the calorific function of the feet, or their natural power to generate animal heat and regulate their own temperature, and thereby render them more liable to suffer from cold. All this is true of every other member and part of the system, and also accurately illustrates the effects of all other artificial means on the physiological powers of the body.

"It may therefore be laid down as a general law, that all processes of cooking, or artificial preparations of food by fire, are, in themselves, considered with reference to the very highest and best condition of human nature, in some degree detrimental to the physiological and psychological interests of man. Yet inasmuch as man may be so situated as to be under the necessity of subsisting on substances which are less wholesome in their natural state than when properly prepared by fire, therefore in such cases the evil of the artificial preparation by the process of cooking would be less than that which it would prevent, and consequently it would be a *necessary* evil, and in effect a relative good.

"If man were to subsist wholly on alimentary substances in their natural state, or without any artificial preparation by cooking, then he would be obliged to use his teeth freely in masticating his food, and by so doing not only preserve his teeth from decay and keep them in sound health, but at the same time and by the same means he would thoroughly mix his food with the solvent fluids of his mouth, and thus prepare it both for swallowing and for the action of the stomach; and by the same means also he would be made to swallow his food slowly, as the welfare of the stomach, and of the whole system, requires he should.

"Again, if man were to subsist wholly on uncooked food, he would never suffer from the improper temperature of his aliment. Hot substances taken into the mouth serve more directly and powerfully to destroy the teeth than any other cause which acts immediately upon them; and hot food and drink

received into the stomach always in some degree debilitate that organ, and through it every other organ and portion of the whole system, diminishing, as an ultimate result, the vital power of every part, impairing every function, and increasing the susceptibility of the whole body to the action of disturbing causes, and predisposing it to disease of every form. Moreover, the use of hot food and drink always and inevitably diminishes gustatory power and enjoyment. On this point the most egregious error of opinion prevails, wherever fire is employed in the preparation of human aliment. It is universally believed that a high temperature of food gives it a greater relish, but the contrary is true. Heat acts on the gustatory nerve like other stimulants, always diminishing the power of that organ to perceive and appreciate the delicate qualities of alimentary substances; and hence they who never receive anything into the mouth warmer than the blood, always—other things being equal—have the nicest gustatory perception, and the richest and most varied gustatory enjoyment of their food. This every one may demonstrate for himself by a fair experiment of three months' entire abstinence from hot food and drink and other hot substances. By a general abstinence from these things, also, diseases of the throat, lungs, and indeed of every part of the body, would be far less numerous and frequent than at present. In short, many and great benefits would result, without the sacrifice of a single good or real comfort, or the production of a single evil, from the total and universal abandonment of hot food and drinks; and however complicated and pernicious the artificial preparations of our aliment may in other respects be, there certainly is no necessity for its being received into the mouth and swallowed when it is hot, or even warm.

“God has unquestionably provided a great and rich variety of substances for man's nourishment and enjoyment; but it is equally certain that he did not design that man should partake of all this variety at a single meal, nor in a single day nor season; but from meal to meal, from day to day, and from season to season, varying his enjoyment in strictest consistency with the great laws of his nature. And hence all artificial combinations of alimentary substances, and particularly of a heterogeneous kind, and yet more especially the concentrated forms, must be more or less pernicious to the alimentary organs, and, through them, to the whole system.

“Finally, if man subsisted wholly on uncooked food, the undepraved integrity of his

appetite, his thorough mastication and slow swallowing, and his simple meal, would greatly serve to prevent his *overeating*, and thus save him from the mischievous effects of one of the most destructive causes operating in civic life. For excessive alimentation is indubitably the cause of more disease and premature death in civilized man than anything else which affects his existence; and there is no other possible way by which the evil can be removed, consistent with the highest physiological interests of the human constitution, than by a stern simplicity of diet commenced in childhood and rigidly adhered to through life.”

Popular Credulity.

BY DR. W. J. FAIRFIELD.

It is a recognized fact with physicians that there is a certain class of patients that are very difficult to cure because they are not disposed to do anything for themselves but give themselves into the hands of the physician without a thought that anything more is required of them than that they should swallow the medicine as the physician prescribes; and, strange to observe, they seem wholly indifferent as to the quantity or the bitterness of the medicine prescribed. They seem to think that drugs are all-powerful to cure, and the physician who tries to enlighten them is immediately stigmatized as one who does not understand his business.

Common sense, they almost wholly discard; for they will not hear of being treated with hygienic measures, which seem to them so easy and simple to apply.

People who are so unwise and unreasonable as to utterly ignore the simple remedies of nature, and rely upon drugs to cure them, must suffer the attending results; and fortunate they are, indeed, if they get well in spite of the medicine. How often it is otherwise, the complaint being extended and complicated until it terminates in death, or, almost equally bad, a chronic incurable disease, all the result of the pernicious effect of the drugs employed! How different is the result when nature is allowed to take her course! How simple and harmless are the remedies which she employs! With pure air, plenty of sunlight, pure water, and wholesome food at her command, health follows almost of necessity.

Prof. Huxley says, in speaking of hygiene, “All who have watched the progress of the healing art in recent times will note that among the most enlightened practitioners there has been a steadily diminishing confi-

dence in medication and an increasing reliance upon the sanitary influence of nature. It is notorious that in proportion to people's ignorance of their own constitutions and the true causes of disease, is their credulous confidence in pills, potions, and quackish absurdities; and while their ignorance continues, there will of course be plenty of doctors who will pander to it."

There is a great chance for health reformers to work; a wide field is open for all. So little do people investigate matters pertaining to their health and physical well-being, leaving it all in the hands of physicians, they have almost come to regard it intruding on the doctor's rights to attempt a general diffusion of medical knowledge among the people at large.

It should be impressed upon the minds of all, both rich and poor, high and low, that it is their imperative duty to know the laws of health and the nature and causes of disease, to that extent, at least, that they will not be at the mercy of the many quacks that infest the country.

Nothing is a better indication of the ignorance of the people on these matters than the many patent quack nostrums which fill the country, heralded throughout the land in glaring print as positive cures for all the ills that are common or uncommon to mankind.

Let the people be taught hygiene. Let it be instilled into the minds of the youth and children, and mark the result. Then such advertisements will fail to induce people to believe in the quackish absurdities and patent medicines that are an abomination to the land.

Friends of health reform need to be more active and vigilant, and to persevere, struggling with patience to enlighten the minds of the people on these great and important truths.

The Use of Narcotics.

For the following article, which appeared not long since in the *Food Journal*, an English periodical, we are indebted to C. B. Barber Esq., of London, England, who recently furnished to this journal a sketch of the English Vegetarian Society, of which he is a member:—

"One of the most remarkable phenomena which claims the attention of the physiologist is the action of stimulants on the brain. To what extent stimulants are used, see as follows:—

"Coffee leaves, in the form of infusion, are

taken by 2,000,000 of human beings. Paraguay tea is consumed by 10,000,000; *coca* by as many. Betel is chewed by 100,000,000. Chicory, either pure or mixed with coffee, is used by 40,000,000; *cacao*, either as chocolate or in some other form, by 50,000,000; while 300,000,000 eat or smoke hashish, and 400,000,000 use opium. Chinese tea is drunk by 500,000,000; coffee, by 100,000,000. Nearly all known peoples of the earth are addicted to the use of tobacco, chiefly in the form of smoking, otherwise, by snuffing or chewing.

"In the present article, the action of *coca* will be considered as described by travelers in South America. The descriptions given by Pöppig and Weddell are not inviting for the use of that Peruvian herb. They describe the *coquero* [*coca*-chewer] as a sickly, tottering being, with hollow eyes, pale lips and gums, black marks at the corners of the mouth, and greenish and stumpy teeth,—a somewhat counterpart to the inveterate drunkard and hideous tobacco-chewer of our own regions. Dr. Mantegazza, in his prize essay, says it excites the venous system, it causes delirium, hallucinations, and finally congestion of the brain.

"An inveterate *coca*-chewer, says Van Tschudi, is known at the first glance. His unsteady gait, his yellow-colored skin, his dim and sunken eyes, encircled by a yellow-purple rim, his quivering lips, and his general apathy, all bear evidence of the baneful effects of the *coca* leaf. Such an individual is treated as the opium-eater is treated in Java and the East in general.

"Intemperance is an evil which springs from the love of self-indulgence; and the means for its gratification are, in some form or other, everywhere to be found. Van Bibra looks upon the chewing Indian as upon an adder—quick to the touch, and resenting with demoniacal hatred an interruption to his feast and his dreams. Intoxicated, sometimes, for several weeks, the debauchee hides in the deepest forest. There, stretched upon the ground, he indulges, unmindful of flood, storm, or wild beast, fascinated, as Bibra has it, by one of his components. 'Whoso,' he says, 'has experienced the effect of narcotics, knows how long one is able to take stock of one's state while under their influence. It seems as if there were two individuals present, the one experiencing the effect of stupefaction, the other conscious of that state in the one.'"

A PHYSICIAN writes, asking the renewal of a note, and says, "We are in a horrible crisis; there is not a sick man in the district."

Hygiene among the Ancients.

BY DR. W. B. SPRAGUE.

It seems to be a popular idea that hygienic principles are modern innovations, and that we are warranted in indulging ourselves in luxuries because our ancestors have done so, and have prospered. But I think that any one who will take the trouble to investigate facts relating to the subject, will find that in all cases where a nation has made great progress, either mentally, morally, or physically, much care has been taken to induce and preserve the best possible condition of health. It is with a view to present some facts on this point that this article is undertaken.

I shall only refer to secular history for evidence, as all are already more or less familiar with Bible history, and will mention Cyrus, as he is among the first of whose early life and education we have any definite account.

The father of Cyrus was king of Persia, and his mother was daughter of the king of Media, and sister to Cyaxares, or Darius, who afterward reigned conjointly with Cyrus on the Medo-Persian throne. It is said of Cyrus that "he was beautiful in his person and still more lovely for the qualities of his mind; was of a very sweet disposition, and full of good nature and humanity." This is accounted for in the fact "that he was brought up according to the laws and customs of the Persians, which were very excellent in those days with respect to education." With respect to these, I quote as follows, from Rollin, italicizing significant portions:—

"The public good, the common benefit of the nation, was the only principle and end of all their laws. The education of children was looked upon as the most important duty, and the most essential part of government; it was not left to the care of fathers and mothers, whose blind affection and fondness often render them incapable of that office, but the State took it upon themselves. Boys were all brought up in common, after one uniform manner, where everything was regulated, the place and length of their exercises, *the times of eating, the quality of their meat and drink, and their different kinds of punishment. The only food allowed either the children or young men was bread, cresses, and water; for their design was to accustom them early to temperance and sobriety; besides, they considered that a plain frugal diet, without a mixture of sauces or ragouts, would strengthen the body, and lay such a foundation of health as would enable them to undergo the hardships and fatigue of war to a good old age.*"

At twelve years of age, Cyrus went with his mother to visit his grandfather, king of Media. Here he found pride, luxury, and magnificence reigning universally, for the customs of the Medes were very different from those of the Persians; but he was content to adhere to the customs in which he had been brought up. "He charmed his grandfather with his sprightliness and wit, and gained the favor of all by his noble and engaging behavior." Desirous to induce him to remain in Media, his grandfather made him a sumptuous feast, "providing a profusion of everything that was nice and delicate." Cyrus was indifferent to all this, and, perceiving that his grandfather's surprise was excited thereby, remarked, "The Persians, instead of going such a roundabout way to appease their hunger, have a much shorter to the same end; a little bread and cresses with them answer the same purpose."

Cyrus and his nation did not endure this self-denial and discipline without a purpose. They were greatly oppressed by the Babylonians who then ruled the world, and hoped by this means to become superior to them mentally and physically, and throw off the yoke of bondage. This was shown by the speech which Cyrus made to his army when at last he was equipped to go against their oppressors. "Do you know," says he, "the nature of the enemy you have to deal with? They are soft, effeminate, enervated men, *already half conquered by their own luxury and voluptuousness*; men not able to bear either hunger or thirst; equally incapable of enduring the toil of war, or the sight of danger; whereas you, that are inured from your infancy to a sober and hard way of living, to you, I say, hunger and thirst are but the sauce, and the only sauce to your meals; fatigues are your pleasures, dangers your delights, and the love of your country and of glory your only passion." And their object was accomplished; for it was but a few years before the great Babylonian kingdom was entirely subjected to the Persians. True, the dominion was shared by the Medes, and Darius was nominally at the head of the whole government; but it was only by the magnanimity of Cyrus, for he could have dethroned Darius at any time, if he had chosen so to do; and it was long before he could convince that king, who perceived the true condition of affairs, that he had no such disposition.

Many are the instances of self-denial and continence which Rollin relates of Cyrus, and equally numerous are the beautiful traits of character he delineates, the result of this self-culture and discipline. That his ambition was not the highest, detracts nothing from

the argument; for the same earnestness and determination turned in another direction would have accomplished equally great results, as was afterward proved by the Grecians.

Horace Mann on Tobacco.—Did you ever see a moth fly into a candle and burn its wings off? You say, "I have, and a foolish creature he was, too." But why do you call the moth foolish? Did he mean to burn off his wings? "Oh! no," you say; "but he saw how bright the candle was, and he had no more brains than to think it would *feel* as pretty as it *looked*." Ay, that was the mistake, was it? The bright candle was a temptation to him, and he only did what people who have a thousand times more brains do,—he fell into temptation.

I wish to call your attention to one of the lowest and poorest of tempters. It is called Tobacco. Tobacco is a poison, virulent and fatal. It is not poisonous to man only, but it will kill an ox or a horse.

I said that tobacco is a poison. In one of the reports of Dr. Woodward, the late excellent superintendent of the Massachusetts Hospital for the Insane at Worcester, when speaking of tobacco as one of the causes of insanity, he quotes the opinions of a large number of the most eminent medical men, who pronounce the same opinion. When first taken into the system, it produces nausea, vomiting, and a deadly sickness; and puts all the organs into a perfect agony of effort to expel the invader. The heart beats to arms. The stomach cascades. The lungs pant. The eyes overflow with rheumy tears, the mouth with saliva, the nostrils with mucus, and the skin with offensive perspiration. Every organ is put on tenfold duty that the enemy may be driven out.

Tobacco is highly injurious to the brain. Those who indulge in its use, indeed, sometimes pretend that tobacco does not injure the brain; but this must be in the sense of the anecdote told of the old woman, who asked her physician if snuff ever injured folks' brains. "Oh! no, madam," said he, "for folks who have any brains don't take it."

Even if the use of tobacco were decent, its costliness would render the indulgence criminal. For the single item of cigars there is more money spent in these United States, every year, than for the education of the children in all its common schools. Yes; all the common schools in our whole Union do not equal in expense what is puffed away to pollute God's atmosphere, every year of our lives, whilst two millions of children are

growing up in brutish ignorance around us. Now, is he a Christian man, who is not willing to forego this dirty gratification in order to double the educational privileges of the youth of his country?

Alcoholic Medication.—No. 2.

DOES A CHANGE OF NAME CHANGE PROPERTIES?

HERE we are met with the argument that alcohol, though a poison to the well, is still a good remedy for the sick. This paradoxical statement is explained by the assumption that the conditions of the system in disease are so different from those present in health that the relations of the vital organs to alcohol are totally changed.

If this assumption is true, then teetotalism is a terrible delusion; for where can a drunkard be found whose system is not in a state of disease? If it is true, then what a curse to the world temperance reformers have been! How many reformed sots have been deprived of the "medicine" which was "curing" them! But is it true? Let us see.

Does a simple change of location from the whisky barrel to the druggist's shelf change its properties? Will a change of name make it wholesome? Will it make a negro white to call him a Caucasian? Certainly not. Alcohol is a poison because it cannot be used in the body for any useful purpose, and because it produces serious disturbances in the vital processes. It is unfriendly to the tissues, and incompatible with them. When a man is sick, are not his tissues essentially the same in character as when he is well? Are not his muscles still composed of muscular tissue? his nerves of nerve tissue? his bones of osseous tissue? Certainly. Then, since the composition of alcohol always remains the same, there can be no change in its relations to the tissues.

DOES ALCOHOL SUPPLY FORCE?

Many years ago, Prof. Liebig announced the theory that alcohol was "respiratory food." By the term respiratory food he meant that it underwent combustion in the body and thus produced heat and developed force. All the moderate drinkers and toppers rejoiced at this supposed discovery, and consoled themselves with the idea that taking a whisky punch was only a pleasant way of eating; and that a man when "gloriously drunk," was merely developing a tremendous amount of force. But scientists ascertained, after a time, that Prof. Liebig, to use the language of Prof. Davy, F. R. S., "adduced no physiological evidence in support of his assertion."

Prof. Liebig observed that his neighbors and his countrymen loved beer, wine, and brandy; he loved the beverages himself. He observed also that nearly every nation employed some kind of alcoholic drink. The very natural conclusion in his mind was, alcohol is used in the body for some good purpose; and his theory was merely an attempt to explain such a use.

If Liebig's theory were true, then alcohol would disappear in the body, and only its ashes, the products of its combustion, would appear. Unfortunately for the theory, MM. Lallemand, Perrin, and Duroy, three French chemists, by careful experiments proved that, when taken into the body, alcohol *passed out again unchanged*. Hence it was not burned; and hence it did not produce either heat or force. Dr. Edward Smith, F. R. S., repeated their experiments and confirmed their results. The fact that alcohol is unchanged in the body was still further confirmed by the observation that none of the products of the combustion of alcohol, its ashes, were to be found in the blood or the excretions.

The inevitable conclusion from these experiments is that alcohol does not contribute to the production of either heat or force.

Says Dr. E. Smith, M. D., F. R. S., "Its direct action is to lessen nervous force."

"Is 'vital force' augmented by it, or not? All the facts seem to answer in the negative."—*British Medical Journal*.

Says Dr. T. K. Chambers, "Alcohol is primarily and essentially a lessener of the power of the nervous system."

"As their general action is quickly to reduce animal heat, I cannot see how they can supply animal force. I see clearly how they reduce animal power, and can show a reason for using them to stop physical pain; but that they give strength, that they supply material for the construction of fine tissue, or throw force into tissues supplied by other material, *must be an error as solemn as it is wide-spread*." "To resort for force to alcohol is to my mind equivalent to the act of searching for the sun in subterranean gloom until all is night."—DR. W. B. RICHARDSON.

IS ALCOHOL USEFUL AS A STIMULANT?

If by a stimulant we are to understand something which imparts force to the body when weakened by disease, then it is evident that alcohol can be of no service in this direction; for, as already shown, it is incapable of supplying force, undergoing no change in the body. All force arises from changes in matter. The forces manifested by the living system are the result of vital changes occurring in its tissues.

If by a stimulant is meant something which

excites nervous action, which calls out the manifestation of force, then alcohol is certainly a stimulant. And it is in this sense only that it is a stimulant. The lash is a stimulant to a tired horse. It does not increase his force or make him any less tired. It only compels him to use a little more of his already depleted strength. A goad, a spur, a red-hot iron, would have the same effect. So with alcohol. It arouses the vital instincts by its presence in contact with some of the tissues, and in obedience to the law of self-preservation, the vital organs are excited to increased action for the purpose of expelling the poison. This increased activity is what is called stimulation. Can it benefit a person already weak with overlabor? Says Dr. Edmunds, "A stimulant is that which gets strength out of a man." Such a process could not be very beneficial to a person already debilitated.

But a weary man *feels* better after taking wine; why is that the case? Alcohol diminishes sensibility, as chloroform does. It is a narcotic. The weary man feels better after taking wine because he does not know that he is weary, that his tissues need repair. If he continues to labor, he continues to wear out his tissues, and increases the necessity for rest, even though he may not know it. When the narcotizing influence of the alcohol is removed, he will be made painfully conscious of the fact by a degree of prostration far greater than he would have suffered if he had taken no alcohol.

So with the sick. If a man is debilitated by disease, by a long-continued fever, for example, his system is weary with the task of expelling impurities from the body. Now if alcohol is administered, it is expelled as the other impurities have been. It renders the exhausted organs no aid; it imparts no force; it simply imposes an additional task. Such aid is surely not desirable. Who would think of relieving an overburdened horse by adding another burden to his load? No sensible man, certainly. If fever patients recover after taking great quantities of wine and brandy, it is *in spite* of the alcohol, and not by the aid of it; for it has been proved in hundreds of instances that fever patients do far better without brandy than with it.

Twenty years ago, when a man had fever, he was vomited, purged, bled, and salivated, under the notion that he had too much vitality—too much lire—some of which must be got out of him. The plan of abstracting vitality was so successful that thousands of fever patients were killed who might have lived half a century if they had been so fortunate as to have had only an old woman for a doctor, or a harmless homeopathist.

In later times there has been a most remarkable revolution in the treatment of fevers. Calomel, emetics, purgatives, and the lancet are no longer employed in treating fevers. Instead of depleting their patients, or robbing them of their vitality by the barbarous methods of olden times, "regular" physicians have adopted the theory that in fever the patient has too little vitality, and so they attempt to increase his vital force by potations of brandy, wine, and other alcoholic liquors.

Of course, this practice is founded upon the theory that alcohol supplies force; but we have already proved that alcohol does not supply force to the body, but that it exhausts, abstracts, and paralyzes. This, then, cannot be the proper agent to employ when an addition of force is required.

Says Dr. James Edmunds, of England, "I believe, in cases of sickness, the last thing you want is to disguise the symptoms, to merely fool the patient, that if alcohol were a stimulant, that is not the sort of thing you would want to give to a man when exhausted from fever. . . . If your patient is exhausted by any serious disease, surely it would be the most rational thing to let him rest quietly, to save his strength, and in every possible way to take care to give him such food as will be easily absorbed through the digestive apparatus, and keep the ebbing life in the man."

If brandy, or alcohol in any form, is ever admissible, it is only when its poisonous effects as an irritant may be desirable, just as a dash of cold water, the application of a hot poker to the spine, or of ammonia to the nostrils, may each under some possible circumstances be serviceable in arousing the vital energies from a sudden collapse, and thus preventing death.

ALCOHOL PREVENTS WASTE.

So said Prof. Liebig, who supposed that alcohol might serve as a substitute for the tissues in maintaining the combustion necessary to produce heat. But Prof. Liebig was mistaken. Dr. Smith, of England, proved that alcoholic drinks increase waste. It is useless, then, to give alcohol to the sick for the purpose of preventing the wasting of the body, for it will only accelerate the undesirable process.

WILL ALCOHOL PREVENT CONSUMPTION?

The notion has lately become prevalent that alcohol will, in some mysterious manner, check the ravages of that dread disease, consumption. It might almost be said that in our large cities, in the practice of regular physi-

cians, few consumptives die sober, so fashionable has this remedy become.

The evidences upon which the utility of the drug in this disease is based are quite too inconclusive to amount to anything like demonstration. In those cases in which recovery has taken place under the use of alcohol, the improvement can be attributed to other far more probable causes than alcohol, as improvement in sanitary or hygienic surroundings or habits.

But the most conclusive evidence against the curative virtues of alcohol in this disease is found in the fact pointed out by Dr. W. B. Richardson, of London, that *alcohol is itself a CAUSE of consumption*. There is no evidence that spirit-drinkers are as a class less subject to consumption than abstainers, while it is certain that their mortality is much greater; and one form of disease of the lungs pointed out by Dr. Richardson is found only in those who are addicted to the use of liquor.

An Idol of Christian Lands.—Tobacco, to the amount of \$250,000,000, is used in this country annually. This is about seven dollars to each person, or thirty for each man.

The half-dozen cigars which most smokers use a day contain six or seven grains—enough, if concentrated and absorbed, to kill three men; and a pound of tobacco, according to its quality, contains from one-quarter to one and a quarter ounces.

Is it strange, then, that smokers and chewers have a thousand ailments? that German physicians attribute one-half of the deaths among the young men of that country to tobacco? that the French Polytechnic Institute had to prohibit its use on account of its effects on the mind? that men grow dyspeptic, hypochondriac, insane, delirious, from its use? One of the direct effects of tobacco is to weaken the heart. Note the multitude of "sudden deaths," and see how many are smokers and chewers. In a small country town, seven of these "mysterious providences" occurred within the circuit of a mile, all directly traceable to tobacco; and any physician, on a few moments' reflection, can match this fact by his own observation. And then, such powerful acids produce intense irritation and thirst—thirst which water does not quench. Hence a resort to cider and beer. The more this thirst is fed, the more insatiate it becomes, and more fiery drink is needed.

Out of seven hundred convicts examined at the New York state-prison, six hundred were confined for crimes committed under the influence of liquor, and five hundred said they had been led to drink by tobacco-using.—*Sel.*

LITERARY MISCELLANY

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

EVENING THOUGHTS.

BY MARY L. CLOUGH.

Written impromptu on hearing the song, "Leaf by Leaf the
Roses Fall."

Slowly and still the twilight shades are stealing,
Gently the busy night-birds sing and call,
Softly from out the purple distance pealing,
Sweet tones are telling how the roses fall.

Voices so apt in Nature's silent teaching,
They hold the spirit in a mystic thrall,
Waking within the heart an ardent reaching
For the cool bank whereon the "roses fall."

"Leaf after leaf" they say the rose is falling,
"Drop after drop" they sing the springs run dry,
But, like an angel's voice, their tones are calling,
Fountain and flower shall freshen by and by.

Once more the rose, now stripped, and sere, and trodden,
Shall flaunt her fragrant petals to the sun;
And where the cool, green shadows reach and broaden,
Gleaming and clear the dancing springs shall run.

So, in this life, when all our hopes are shattered,
And the worn spirit faint and sick has grown,
When the false friends, whose lips had smiled and flattered,
Have left us broken-hearted and alone,

Sweet Faith shall point us to inviting mountains,
Whereon the springs of love are never dry,
Where flowers are blushing by immortal fountains,
In the eternal gardens of the sky.

Glances at the Exhibition.

PAPER NUMBER TWO.

IN these days when the Ottoman Empire is the cynosure of all eyes, we drop very naturally into Turkey from the broad central aisle of the Main Exhibition Building. Here we are at once transported to the land of Moslem rule, where the Sultan of yesterday is the dishonored fugitive of to-day, that is, if he has the good fortune to escape assassination. Here we find the most polite and accommodating attendants that we have yet met, ready to give information and to point out interesting objects, affable, courteous, with nothing oriental about them, saving a very marked accent and a red fez. Really, Christian nations might do well to emulate the Turk, in many respects. There is a gorgeousness about their exhibit in keeping with the nation which it represents.

There are whole corridors lined with glass cases where the gaudy robes of the Orient are

displayed, flashing with gold and silver embroidery, mingled with beautiful designs in silken needlework. There are rich silk sabbatiches, heavy with embroidery, and girdles that might confine the royal robe of Abdul Hamid himself. One lady's costume consists of trousers and jacket in sky-blue silk, over-shot with needlework in red and gold, also tiny slippers of pink satin, gold-embroidered and dainty enough for the queen of the harem. But perhaps the most characteristic things are the prayer-carpets, about four feet long by three in width. They are of various colors and are richly ornamented, and glittering with tinsel. They bring to the mind a picture of the Eastern merchant squatting behind his wares in a crib a little bigger than a packing-case, driving bargains with a true oriental disregard for honesty, but, at the appointed time, punctually whipping out his prayer-carpet and performing his devotions in full view of all beholders.

Then there are embroidered handkerchiefs and gold-embroidered napkins, pictures in themselves of artistic design and faultless execution. There are a great variety of articles manufactured from the olive-wood of Jerusalem; carved brackets, crosses, cigar-cases, cuff-buttons, and a hundred other knick-knacks, highly polished and pretty in themselves, but with a smack of Palestine about them, and suggestions of the sorrowful Man of Calvary, that holds one gazing at these bits of wood and dreaming of the hills of Judea. While the chattering throng sweeps by unnoticed, the dazzle and glitter of the present melt into the sacred history of the past, and one walks with Jesus on the Mount of Olives more than eighteen hundred years ago.

A large collection of weapons of war have a decided national cast; there are wicked looking halberds, spears with highly ornamented shafts, and long sabres with curiously wrought hilts. One beautiful rifle is gold-mounted and inlaid with mother-of-pearl in fanciful design. Light of weight and with long glittering barrel, it might well be the pride and glory of some Osmanli "Davy Crockett."

Among the antiquities are ancient brass breastplates, and a helmet having a pair of horns, in which suggestive head-gear the ancient Turks might have masqueraded as the

ideal Satan. Here are also full suits of chain armor, which of themselves must have been a serious burden, aside from the heavy implements of war. I fancy those modern warriors riding against the Servian hosts would do little fighting weighed down with such a rig. A large collection of old coins is a study in itself, as the circulating medium of a people marks them in the scale of civilization and social advancement, and checks off the various epochs of their history. In one case are 5000 coins 2600 years old; they are of gold, silver, copper, lead, and stone, and in shape, round, three-cornered, oblong, and square. Some of them bear quaint devices, nearly obliterated, by fingers that have been dust for two thousand years. There is a great quantity of glass jars, the contents of which represent many of the agricultural products; rice, millet, wheat, lentils, white sorghum, dolique and kuchene seed, madder root, gall-nuts, dates, almonds, olives, and a hundred other things that form the exports of that far land. And so, looking and speculating, we drop out of Turkey, bright with the garish splendor of semi-barbarism, out of the light and color, the warmth and glow of the Orient, into—Russia. And here the first things we notice are the rich and costly furs, among which are several entire costumes of sable and stone, and a mosaic carpet of 3000 pieces of various kinds of fur.

NEW ZEALAND.

The exhibits of New Zealand are very interesting. One prominent object is the skeleton of a moa bird, which species is now supposed to be extinct. This colossal skeleton stands eleven feet high, and must have been a formidable looking object when clothed with flesh and life. The gold export of New Zealand, from 1862 to 1875, inclusive, takes the form of a gilded pyramid 23 feet high, containing 497 cubic feet, and representing 246 tons of 24 carat gold, worth \$151,271, 293. While contemplating this gigantic monument of auriferous production, we were suddenly aroused by a lady timidly asking one of our party if "that was really all pure gold." Evidently she was "doing the exhibition" with national enthusiasm; but it is doubtful whether the benefit derived from the "Great Centennial Educator," as our newspapers put it, would pay expenses in her case. Among the curious toys we noticed a little gold cannon one-half inch long, mounted upon a tiny carriage. Under a magnifying glass its mechanism appears to be perfect, and we were assured it had been repeatedly fired. This miniature gun is the work of a boy twelve years old.

PLASTER GROUPS.

The modeling in plaster attracts considerable attention. Some beautiful groups of painted statuary are found here and there. In the Norwegian quarters are two representative figures, male and female, dressed in national costumes. The pose is so natural, and the countenances wear so living an expression, that at first you start back in astonishment to find, in the midst of the fashionable crowd, a pair of flesh-complexioned Scandinavians, smiling at you in the simple, honest manner of the race.

In the Swedish exhibit is a family group, gathered about a dead child, lying stark and stiff in its cradle. The various attitudes and expressions of grief, from the mother's yearning abandonment of woe to the tearful sorrow of the gray-haired grandsire, together with the dead baby's pinched face, struck with the blue pallor of death, make a dumb show that goes to the heart of the observer. The solemn hush that falls upon those who linger for a moment by this group, and the occasional involuntary tear brushed from the eyes of the beholder, commend the work more than words could do. In the same department is a Laplander with his sledge and reindeer. Wrapped in furs to his eyes, with the lines drawn tightly in his gloved hands, and the reindeer apparently at full speed, you can imagine him driving down the wind, with the frost cutting like a knife, and the cold, level light of the Northern sun gleaming across the unbroken snow-fields. From Paris there are figures of the Virgin and Child, having all the usual lack of expression. Then there is St. Patrick, and St. Peter with his keys, and many other canonized worthies of the Mother Church, all more or less uninteresting, and wanting in character.

MUMMIES.

But the mummies are the great attraction; and, by the way, how naturally everybody hangs over a bundle of bones, bound in mahogany-colored parchment, with nothing human looking about it but the tufts of disheveled hair that adorn the head. Whether it is from scientific reasons, or a poetical tendency to moralize over a relic of the past once possessed of life and intelligence, or that horrible natural delight in anything shocking, the mummies always have plenty of company. Peru leads off with a well-preserved specimen 4000 years old, and, for that matter, nobody would dispute that it is 10,000 years old, so far as personal appearance is concerned. It is hard to believe that this shriveled, grinning fragment of a past age, once walked the earth in the strength and

vigor of manhood, ate, slept, lived, and loved, even as we do now. In that dim Past, as remote from us as the stars in heaven, men bought and sold, and carried on the little business of life as assiduously as if they were other than a single stratum in the Ages, their pursuits and triumphs, and the purposes that shaped their destinies to be forgotten with the history of a by-gone world.

And here is a baby mummy no bigger than a doll, with infinitesimal features and limbs, and the brown seared look of a bud plucked from some dead summer when the world was young. Did a proud mother dandle this creature on her knee, press warm kisses on those shriveled lips, and rain hot tears upon the little face, when the eyes that inhabited those empty sockets answered back her smile no more? With what care the little form was prepared, and how sacredly it was resigned to the embalmers! And all this was done that he might have a respectable body in the next world, and not to make provision for America's Centennial. There are mummies from Egypt and Arabia and Mexico and from almost every other quarter of the globe. All the world, apparently, were embalming themselves at one time for the special delight of the antiquaries of this generation.

THE ART GALLERY.

Tired of mummies and the vain speculations they engender, we drift out with the ebbing tide, down the broad promenade into Memorial Hall, that grand triumph of the Exhibition. We anchor in Italy and there remain, forgetful of flying time or the duty of a Centennial sight-seer. After the glare and glitter, the buzz and variety of the Main Building, there could be no greater relief to the tired eyes and giddy brain than to stand among the cool white statuary in the Italian department of the Art Annex. Most of the sculpture worth seeing is here. There are fine copies of the old masters, and modern studies to which the sculptor's chisel has given all but the breath of life.

And first of all is a Magdalene, by Pietro Bernasconi of Milan, that holds us wrapt in mute contemplation of a subject to which the genius of the artist has given new interest. The figure is represented as sitting, and the attitude, and the poise of the head, express an utter abandonment to remorseful retrospection. The head and face are purely Grecian, with features clear cut, and delicately rounded into classic loveliness. The droop of the eye-lids, and a faint suggestion of lines on the forehead and about the drooping, sensitive mouth, stamp the face with a sweet mournfulness that scarcely needs the pres-

ence of the single tear that lies upon the cheek. The drapery is very fine, falling about the form in graceful folds that heighten the effect of, rather than conceal, the perfect symmetry of its proportions.

Two companion pieces by another Milanese, Raimondo Pereda, are very pretty and interesting. The first is "Delight" and represents a child, six or seven years old, holding a bird with both chubby hands. His face ripples over with delight in his possession, and with love for the little feathered prisoner which he is tightly squeezing in his hands. He wears a single garment that reveals his chubby, dimpled limbs, and beautifully rounded shoulders in all the charming grace of babyhood.

In direct contrast to this is "A Child's Grief." The same little individual is the subject, but, oh, how changed! He is a perfect exponent of childish grief and disappointment. He is apparently sobbing as if his heart would break, his face wearing the usual expression incident to that state of infantile wretchedness, yet preserving its individuality as indicated in "Delight." In his hand he holds the cause of all this sorrow in the shape of a dead bird, the legs and head of which drop pitifully from the chubby hand that holds it. Poor baby! he had been overfond, and in his delight had squeezed his pet to death. The triumph of the companion pieces is mainly in the accuracy with which the identity is preserved in two studies that represent such contrasting emotions.

There is a very interesting statue of Benjamin Franklin as a typo correcting his proof, and a comical little piece called "The Effects of Cold Water." This represents a little girl who has just received a sudden, unexpected dash of water, and the cowering attitude and shivering expression is very natural, while the half-amused and altogether startled look indicates that "it was all done in fun." There are many copies of the Venus de Medici, with all the old familiar nicks and mutilated limbs, but with that calm sweet face that coldly smiles down on all attempts to rival her almost divine beauty.

MOSAIC WORK.

A great deal of Florentine mosaic work is displayed in Annex, Gallery No. 1. All the articles are manufactured of small pieces of natural stone, inlaid in black marble, porphyry, or other stones. Some of the pictures can hardly be distinguished from the most exquisite oil-paintings. The portrait of President Lincoln is exhibited in this collection, and is the work of Tito Francolini, of Florence. The mosaic tables are very beautiful.

The most costly of these is the "Table of Science," about four feet by two and one-half in dimensions, and of the finest black marble polished to the highest degree, and inlaid with colored gems, stones, and mother-of-pearl in an intricate design emblematical of the various arts and sciences. This design is composed of several thousand pieces. Literature, sculpture, painting, and the various sciences are all represented by the usual emblems, and the books, statuary, writing materials, scientific apparatus, etc., are all as perfectly executed as if by the brush of an artist. In the scroll of music that forms a part of the picture, every infinitesimal note and character is formed of separate stones. In the whole design, the blending of colors, and the delicate shadings and tints are wonderfully true and beautiful. A prominent feature in this work is a monster emerald, which does not, however, add to its artistic beauty. The price of this table is \$10,000. There are several others of quite as fine a degree of workmanship, and varying in prices from \$6,000 to \$1,500.

PICTURES.

It is fashionable to closely criticize pictures, or, this being impossible, to survey the work under inspection with knitted brow, and an expression of general disapprobation. In fact, it is not *au fait* to be pleased with anything in that line which has not been thoroughly recommended by professional critics or sold to some millionaire probably for the sole purpose of filling a vacant niche in the grand drawing-room of his mansion. One loses caste by going into ecstasies over a piece that has occupied a humble corner in the Academy of Art, been sneered at by the critics and made an inglorious target for all their high-sounding, technical phrases.

It is specially fashionable to declare that the collections of pictures in Memorial Hall do not reflect credit upon the standard of art in the countries which they represent. This is in a great measure due to the newspaper critics who seek to establish a reputation for universal knowledge by finding fault with everything. But when we remember that there is no standard of art except that which is established by works of acknowledged genius, and no test save that of comparison with such works, we are better prepared to take a rational view of this Picture Gallery of the world.

In the first place, the pictures are hung well as regards the light, but some of the corridors are too narrow to give that pleasing distance from which one likes to look at a large painting. In the French collection we

find a large picture by A. F. Clément of Paris; it is called "The Death of Julius Cæsar" and is a work of remarkable genius. The great conqueror is falling beneath the weapons of his assailants, and the look of mortal agony upon his face is mingled with an expression of surprise and mournful reproach, as he recognizes the face of the treacherous Brutus, who cowers beneath his accusing eyes. Some of the assassins are flying from the scene in terror at the deed they have done, and their faces are fine studies, expressing various degrees of remorse and horror. All the while Pompey's pillar is running blood, and, at its base, the bronze wolf is suckling the infant brothers—the twin founders of Rome.

In Germany is a picture that holds the eye with a weird fascination. It is "Faust and Marguerite (Prison Scene)" by A. Dretrich, Dresden. In the deep shadow of the dungeon, Faust is seen in a despairing attitude of grief and remorse. All the light there is in the picture streams from an embrasure in the wall upon the dying Marguerite in the foreground, baptizing the calm, white face and clasped hands of the kneeling figure. In the dense gloom of the background, Mephistopheles exults over his triumph with an expression of fiendish delight. The utter absence of accessories in the scene, and the lack of color, is the very triumph of art, in fastening the attention only upon the figures that hold the spirit of the piece.

In this way we might go through the different galleries and corridors, lingering over rare creations of modern art that compare favorably with works executed by the old masters, which we find scattered here and there.

There are many curiosities in the Art Department that are chiefly noticeable for the difficulty with which they must have been produced, and the mechanical skill and exactitude of the producer. For instance, there is in the second-story corridor a frame composed of 15,000 pieces of wood, constructed without nail, screw, or glue. This curious piece of workmanship is exhibited by Cliver and Elway, of Altoona, Pa. There is also an inlaid show-case composed of 120,000 pieces of wood, from Lange and Bro's, St. Louis, and many other things of a similar character.

And now, having consumed all the time at our disposal, and being reminded that we have barely time to catch the train, we find that we have done what most Americans are guilty of doing, slipped through the United States with hardly a passing glance at the work of our own artists. Verily, "a prophet is not without honor save in his own country and among his own people." M. L. C.

Home Adornment.

BY MRS. ELLEN G. WHITE.

MANY are unhappy in their home life, because they are trying so hard to keep up appearances. They expend largely of means, and labor unremittingly to gain the praise of their associates—those who really care nothing for them or their prosperity. One article after another is considered indispensable to the household appointments, until many expensive additions are made that, while giving a momentary satisfaction to the eye, do not increase the comfort of the family one whit. At the same time, all these things have taxed the strength and patience, and consumed valuable time which might be expended in the service of the Lord.

The precious grace of God is made secondary to matters of no real importance, and while collecting material for enjoyment, they lose the capacity for happiness. They find that their possessions fail to give the satisfaction they had hoped to derive from them. This endless round of labor, and unceasing anxiety to embellish the home for visitors and strangers to admire, never pays for the time and means thus expended. It is hanging about the neck a yoke of bondage grievous to be borne.

In many households, there are four walls and costly furniture, velvet carpets and plate-glass mirrors; and this place is wrongly named Home. That sacred word does not belong to the glittering mansion, where the joys of domestic life are unknown. There are spacious parlors, closed from the sweet sunshine and the life-giving air, for fear those choicest gifts of Heaven might tarnish the furniture and fade the carpets. Sunless and damp, these rooms are unlighted and unheated save when visitors are to be entertained. *Then* the doors are thrown open, and the treasures, too precious for the use and comfort of the family, are devoted to unsympathizing acquaintances.

These rooms are altogether too fine for every-day use, and above all, the children must be strictly excluded from their precincts, for fear of soiling the furniture or curtains. In fact, the children are the last thought of in such a home. They are utterly neglected by the mother, whose whole time is devoted to keeping up appearances. Their minds are untrained, they acquire bad habits, and become restless and dissatisfied. Finding no pleasure in their own homes, but only uncomfortable restrictions, they choose to break away from the household as soon as possible. It does not require expensive fur-

niture and costly tapestry to make children contented and happy in their homes; but it is necessary that the parents give them tender love and careful attention. It is for the parents to take the lead in habits of simplicity, drawing their children from the artificial to the natural life, and binding them to their hearts by the silken cords of affection. Gentle manners, cheerful conversation and loving words, will make home more attractive than any ornaments that can be bought or sold.

There are but few true fathers and mothers in this age of the world, and this is on account of the artificial lives we lead more than from any other cause. We should not be so anxious for external appearances, but labor more for practical comfort throughout every room in the house. Less parade in the parlor, and more time devoted to the training of the children, and to the preparation of simple, wholesome food, and to the general economy and comfort of the household, would make happy hearts and pleasant faces in the home. We should live less for the outside world, and more for the members of our own family circle. There should be less display of superficial politeness and affectation toward strangers and visitors, and more of the courtesy that springs from genuine love and sympathy toward the dear ones of our own firesides.

The very best part of the house, and the most comfortable furniture, should be for the use of the family, for the comfort of those who really live in the house. Such a home would be most attractive to that class of friends who really care for us, whom we could benefit, and by whom we could be benefited. But those guests who are attracted to us by the prospect of sumptuous dinners, and an extravagant luxury of style, are not the ones whose companionship will improve our minds or hearts. We have no moral right to lavish time and bounty upon such visitors, while our precious God-given children are suffering gross neglect.

But it is so flattering to the pride of some persons to exhibit a certain style of living for the benefit of occasional guests that they are willing to sacrifice the daily peace and comfort of life for this empty gratification. The gorgeously embellished mansions, costly furniture and carpets, the toil in serving up dishes for epicurean appetites, the extravagant entertainments which swallow up thousands of dollars, and pompous equipages more for show than comfort, bring no peaceful contentment, because they have no connection with the real joys of life.

As these extravagances fail to satisfy their possessors, they blindly seek to remedy the

failure by adding new luxuries, with greater dissatisfaction, and an increase of care and anxiety as a result. Decorations of dress and of houses do not make happy people; but the lowliest dwelling may be beautified, and the poorest family be made rich, by the possession of meekness, kindness, and love. Pleasant voices, gentle manners, and sincere affection that finds expression in all the actions, make even a hovel the happiest of homes, upon which the Creator looks with approbation, unto which angels are attracted, the inmates of which, though they have not "that outward adorning of plaiting the hair, and of wearing of gold, or of putting on of apparel," have that which is far better, "the ornament of a meek and quiet spirit, which is in the sight of God of great price."

The New Scriptures.

[THE ingenious satirical parody which we give below appeared from an English writer two or three years ago, under the title of "The New Scriptures according to Tyndall, Huxley, Spencer, and Darwin." Although in several particulars it does not fairly represent the evolutionary hypothesis, yet it was evidently written by one quite familiar with the nomenclature of science. The greater one's familiarity with the terminology of evolutionary theories, the greater will be the appreciation of the satire.—ED.]

1. Primarily the Unknowable moved upon cosmos and evolved protoplasm.
2. And protoplasm was inorganic and undifferentiated, containing all things in potential energy; and a spirit of evolution moved upon the fluid mass.
3. And the Unknowable said, Let atoms attract; and their contact begat light, heat, and electricity.
4. And the Unconditioned differentiated the atoms, each after its kind; and their combinations begat rock, air, and water.
5. And there went out a spirit of evolution from the Unconditioned, and working in protoplasm, by accretion and absorption produced the organic cell.
6. And cell by nutrition evolved primordial germ, and germ developed protogene; and protogene begat coozon, and coozon begat monad, and monad begat animalcule.
7. And animalcule begat ephemera; then began creeping things to multiply on the face of the earth.
8. And earthy atom in vegetable proto-

plasm begat the molecule, and thence came all grass and every herb in the earth.

9. And animalcules in the water evolved fins, tails, claws, and scales; and in the air, wings and beaks; and on the land they sprouted such organs as were necessary as played upon by the environment.

10. And by accretion and absorption came the radiata and mollusca, and mollusca begat articulata, and articulata begat vertebrata.

11. Now these are the generation of the higher vertebrata, in the cosmic period that the Unknowable evolved the bipedal mammalia.

12. And every man of the earth, while he was yet a monkey, and the horse while he was a hipparion, and the hipparion before he was an oredon.

13. Out of the ascidian came the amphibian and begat the pentadactyle; and the pentadactyle by inheritance and selection produced the hylobate, from which are the simiadae in all their tribes.

14. And out of the simiadae the lemur prevailed above his fellows and produced the platyrhine monkey.

15. And the platyrhine begat the catarrhine, and the catarrhine monkey begat the anthropoid ape, and the ape begat the longimanous orang, and the orang begat the chimpanzee, and the chimpanzee evolved the what-is-it.

16. And the what-is-it went into the land of Nod and took him a wife of the longimanous gibbons.

17. And in process of the cosmic period were born unto them and their children the anthropomorphic primordial types.

18. The homunculus, the prognathus, the troglodyte, the antochthon, the terragen—these are the generations of primeval man.

19. And primeval man was naked and not ashamed, but lived in quadrumanous innocence, and struggled mightily to harmonize with the environment.

20. And by inheritance and natural selection did he progress from the stable and homogeneous to the complex and heterogeneous—for the weakest died and the strongest grew and multiplied.

21. And man grew a thumb for that he had need of it, and developed capacities for prey.

22. For, behold, the swiftest men caught the most animals, and the swiftest animals got away from the most men; wherefore the slow animals were eaten and the slow men starved to death.

23. And as types were differentiated, the weaker types continually disappeared.

24. And the earth was filled with violence;

for man strove with man and tribe with tribe, whereby they killed off the weak and foolish, and secured the survival of the fittest.

Healthful Mental Culture.

In the advancing knowledge of physiology it has been discovered that all mental culture should be based upon the brain—that education should be pursued in harmony with the laws of life and health, and that, where these are violated, the advantages of the former afford poor compensation. Formerly no attention, or scarcely any, was paid by school boards and teachers, in the matter of education, to the condition of the body or the development of the brain, and even at the present day very little is paid them, compared with what should be given to those great physical laws which underlie all mental culture. The lives of a multitude of children and youth are sacrificed every year in this Commonwealth by violating the laws of physiology and hygiene, through mistaken or wrong methods of mental training; besides the constitution and health of a multitude of others are thus impaired or broken down for life. Nowhere else in society is a radical reform needed more than in our educational systems. Inasmuch as the laws of the body lie at the foundation of all proper culture, they should receive the first consideration. But, in educating the boy or girl, from the age of five to fifteen, how little attention is given to the growth and physical changes which necessarily occur at this most important period of life! The age of the child should be considered; the place of schooling, the hours of confinement and recreation, the number and kinds of studies, together with the modes of teaching, should all harmonize with physical laws—especially those of the brain.

The system or mode of treating, in education, all children as though their *organizations were precisely alike*, is based upon a false and unnatural theory. Great injury, in a variety of ways, results from this wrong treatment; in fact, injuries are thus inflicted upon the sensitive organizations and susceptible minds of young children, from which they never recover. That many of our most independent and clear-headed educators themselves express so much dissatisfaction with the working and results of our schools, affords evidence that something is wrong in the present system. As we contemplate the great improvements made in education for the last thirty or forty years, and are surprised that educators were content to tolerate the state of things then existing, so will the next gen-

eration, when still greater and more radical changes shall have been introduced, look back with astonishment at this generation, and wonder that it was so well satisfied with its own methods. When our educators become thoroughly convinced that physical development as a part of education is an absolute necessity—that a strict observance of the laws of physiology and hygiene is indispensable to the highest mental culture—then we shall have vital and radical changes in our educational system; then the brain will not be cultivated so much at the expense of the body, neither will the nervous temperament be so unduly developed in proportion to other parts of the system, now so often bringing on a train of neuralgic diseases which cannot easily be cured, and exposing the individual to the keenest and most intense suffering which all the advantages of mental culture fail, not unfrequently, to compensate.

The more this whole subject is investigated, the more reason we shall find for making allowances or some distinction in scholastic discipline with reference to the differences in organization of children, and for adapting the hours of confinement and recreation, the ventilation and temperature of school-rooms, the number and kinds of studies, the modes of teaching, etc., to the laws of the physical system. But another and still more important change must take place. Some time—may that time be not far distant!—there will be a correct and established system of *mental science*, based upon physiological laws; and, until this era arrives, the modes and methods of education must remain incomplete and unsatisfactory. The principles of this science, in the very nature of things, must rest upon a correct knowledge of the laws and functions of the brain; and, until these are correctly understood and reduced to a general system, all education must be more or less *partial, imperfect, and empirical*. While the old theories of metaphysicians are very generally discarded, they still have practically a powerful influence in directing and shaping our educational systems and institutions. In the selection and arrangement of studies very little attention is paid to the peculiar nature or operations of the various faculties of the mind, or the distinct laws that govern their development and uses. For illustration, instead of educating, drawing out, and training, all the mental faculties in their natural order and in harmony, each in proportion to its nature or importance, the memory is almost the only faculty appealed to in every stage of education; and this is so crammed and so stuffed that frequently but little of the knowledge obtained can be used advantageously. In-

stead of developing the observing faculties by "object teaching," appealing to the senses of sight and hearing, those two great avenues of knowledge, or giving much instruction orally, we require the scholar to spend most of his time in studying and poring over books, mere books. The mind is treated as a kind of general receptacle into which knowledge almost indiscriminately must be poured, yes, forced, without making that knowledge one's own, or creating that self-reliance which is indispensable to its proper use. In this way the brain does not work so naturally or healthily as it ought, and a vast amount of time, labor, and expense, is wasted—nay, worse than wasted. From this forced and unnatural process there often result not only a want of harmony and complete development of all parts of the brain, but an excessive development of the nervous temperament, and not unfrequently an irritability and morbidness which are hard to bear and difficult to overcome. And not unfrequently it ends in a permanent disease of the brain, or confinement in a lunatic asylum.—*Nathan Allen, M. D., LL. D.*

The Camel.

THE following felicitous description of this clumsy beast is from a work entitled, "Mummies and Moslems," by Charles Dudley Warner:—

"And now heaves in sight the unchanged quintessence of Orientalism—there is our first camel, a camel in use, in his native setting, and not in a menagerie. There is a line of them, loaded with building-stones, wearily shambling along. The long bended neck apes humility, but the supercilious nose in the air expresses perfect contempt for all modern life. The contrast of this haughty 'stuck-up-iveness' (it is necessary to coin this word to express the camel's ancient conceit) with the royal ugliness of the brute, is awe-inspiring and amusing. No human royal family dare be uglier than the camel. He is a mass of bones, faded tufts, humps, lumps, splay-joints, and callosities. His tail is a ridiculous whip, and a failure as an ornament or a fly-brush. His feet are simply big sponges. For skin covering, he has patches of old buffalo robes, faded and with the hair worn off. His voice is more disagreeable than his appearance. With a reputation for patience, he is snappish and vindictive. His endurance is overrated—that is to say he dies like a sheep on an expedition of any length, if he is not well fed. His gait moves every muscle like an ague. And yet this ungainly

creature carries his head in the air, and regards the world out of his great brown eyes with disdain. The Sphinx is not more placid. He reminds me, I don't know why, of a pyramid. He has a resemblance to a palm-tree. It is impossible to make an Egyptian picture without him. What a Hapsburg lip he has! Ancient, royal! The very poise of his head says plainly, 'I have come out of the dim past, before history was; the deluge did not touch me; I saw Menes come and go; I helped Shoofoo build the great pyramid; I knew Egypt when it hadn't an obelisk nor a temple; I watched the slow building of the pyramid at Sakkara. Did I not transport the fathers of your race across the desert? There are three of us: the date-palm, the pyramid, and myself. Everything else is modern. Go to!'"

It Is not Safe.—All men ought to have found out by this time that it is never safe, either for a public functionary or a private individual, to do wrong. It is never safe to indulge in swindling, cheating, or bribe-taking. It is never safe to practice corruption—any kind or degree of it. It is never safe to indulge in falsehood—any sort of it. It is never safe to do anything which would bring shame to the doer by being revealed. One may fancy his misdeeds can't be found out, or have been covered up, or can be so covered; or they can be denied or explained away so the people will be deceived about them; but yet it remains true that there can be no safety for the wrong-doer, and no security against his exposure. Though this looks hard to some people, it is, nevertheless, in accordance with the fixed and irreversible moral law of things and of being. The only safety for a man, or for a woman, is in refraining from wrong and doing right.—*American Manufacturer.*

Adversity.—It takes a touch of adversity to show whether a man is a man at all, just as it needs the touch of frost to bring out the glories of the trees. Even on a dark day in October, how royally the woods flame out! Under what glorious banners they march to meet the winter! What unmatched splendors, rich as sunset skies, tender as the rainbow, shine out over the whole earth! Those splendors are the treasures that the trees were silently laying up when the summer's sun flooded them all day long. And shall a man, in his time of prosperity, lay up no store of sunshine in his inner self, whereby, when darker days come on, he shall be luminous with courage and good cheer?

DIETETICS.

"Eat ye that which is Good." As a Man Eateth, so is he.

Thanksgiving Dinners.

As the time approaches for the annual day of national thanksgiving, the younger members of most families begin to indulge pleasant anticipations of a grand "thanksgiving dinner" with a roast turkey for the central object and a profusion of pies, cakes, nuts, sweetmeats, and other toothsome eatables, hygienic and unhygienic—mostly the latter, for the question of hygiene seldom comes into the account in these holiday feasts.

At the risk of calling down upon our head an avalanche of indignant protests from the little ones who may not appreciate our generous motives, we cannot refrain from reminding our readers of the great injury which commonly results from these abuses of the digestive organs. The food provided on these occasions being usually very "rich," there is an almost irresistible tendency to eat too much. Thanksgiving dinners have sent to the cold grave many a gay participant in the mirth and good cheer of these social occasions. Overeating seems to be quite the fashion at such times, and it seems to be considered as a matter of course that one should be somewhat indisposed the next day, just as a man expects to feel bad for a day or two after a spree. It will not be at all improper to characterize these festive occasions as "sprees," for indulgence of the appetite is really a species of intemperance.

Even those who are usually quite correct in their dietary often allow themselves to deviate from their usual mode of living on holiday occasions, thinking, doubtless, that as it is "only for this once," no harm can result. Such are laboring under a serious mistake. These holiday digressions are more harmful under such circumstances than in ordinary cases for several reasons.

1. Those who are accustomed to the use of animal food and highly seasoned articles of diet are less injured by a single indulgence

than those who usually abstain from the use of such articles.

2. A relish for simple food can be maintained only by abstaining entirely from the use of food of a contrary character. Occasional indulgence keeps old appetites alive and the taste perverted, and renders simple food unpalatable. Total abstinence is as necessary in dietetic reforms as in any other branch of temperance reform.

3. The influence is bad. Children expect something unusually "good" on these special occasions. If food of an objectionable nature is provided, the natural conclusion in their minds will be that this hurtful food is really good, especially as it pleases the taste, while the plainer fare provided for them on other days is of an inferior character. Thus they will form a strong prejudice in favor of hurtful articles of diet.

The influence upon unbelieving friends will be anything but salutary. If they see that hygienists draw upon the very dietary which they condemn when they want to get something really "nice" and "good," they will certainly conclude that the diet condemned is not so very objectionable after all.

The influence upon parents themselves is demoralizing. In order for an individual to maintain his allegiance to any principle, no matter what its character, he must cultivate and carefully foster his own respect for the same. There is nothing more disastrous for an individual than for him to learn that it is possible for him to deviate from what he knows to be right even in the smallest particular. This is just as true of matters pertaining to hygiene as of what are usually termed moral considerations.

We have no objections to "thanksgiving dinners," or "holiday dinners," or dinners upon any other special occasions. We are decidedly in favor of such social seasons; our only concern is about the character of the dinners. Let us have an abundance of

good cheer. No one has a better right to be thankful than a hygienist, and of all others a hygienist certainly ought to be the last to desecrate a day which should be sacred with memories of Heaven's munificence, by violating well-known precepts planted in man's nature for the purpose of securing to him the greatest possible degree of happiness.

The Diet Cure for Intemperance.

A FEW months ago, reference was made to the successful efforts of Mr. Napier, of England, in curing intemperance by the aid of a vegetarian diet. The following is a portion of an address recently delivered by the same gentleman at a public meeting in London; we quote from the *Dietetic Reformer* :—

"I was induced to make the experiments on the cure of intemperance by a vegetarian diet, related in my former paper, as much, perhaps, by noticing the effect of alcoholic liquors on myself as by the passage I there quoted from Liebig. As a very young child, by the advice of our medical man, I remembered taking beer in small quantities, and wine occasionally, without any unpleasant effect. But on my adopting a vegetarian diet at thirteen, I acquired the utmost repugnance to brandy, which had hitherto been an article of daily use—to wines, beer, and all alcoholic stimulants. I regarded the smallest quantity of them as abominable both to taste and smell.

"I was induced to make the change to a vegetarian diet by my extreme ill health, to which the flesh and alcoholic dietary had partly contributed; and thereupon I gradually improved, though it was years before I could call myself healthy. I followed the vegetarian diet for about six years, until the time when, traveling in France, I found it difficult to obtain vegetarian dinners, and so I returned to a mixed diet. In 1858, on returning from France, I once more returned to the vegetarian diet, abstaining also from butter, milk, and eggs. The flesh diet had induced in me a terrible dysentery; but this the vegetarian diet entirely cured in a few days. I became stouter and stronger than I had ever been before, and was able—mark this effect of the vegetarian diet—for the first time in my life to endure protracted mental labor. I followed this for two years with great benefit, when association with omnivorous friends induced a return to the mixed diet, although in the sum-

mer, when fruit and vegetables were plentiful, I still abstained from flesh, and lived on fruits and bread.

"I have throughout my life avoided tea and coffee, and latterly—within the past twelve months—having returned to my old vegetarian dietary, I have acquired an astonishing increase of muscular vigor, and am much less susceptible of cold than when on flesh diet. I can now dispense entirely with wine and all alcoholic liquor without the smallest inconvenience. If, however, I return to the flesh diet for a week, I at once want a few glasses of claret daily, which, with the vegetarian diet, are but an unwholesome irritant.

"To the list of the twenty-seven individuals whom I was the means of curing, given in my former paper, I may add a twenty-eighth, that of a Dissenting minister, who fancied he required half a gallon of the best pale ale daily. His dinner consisted of half a pound of rump-steak; his breakfast of eggs and bacon, with the smallest allowance of bread. He took a small amount of bread, butter, and tea in the evening, and took his beer four times a day. About once a week he doubled his allowance, and, as he phrased it, 'had a spree;' but, with an amount of prudence worthy of a better cause, was never drunk on Sunday.

"Reading a report of my 'Vegetarian Cure for Intemperance,' he came up to London and had an interview with me. He was then disabled from work by what appeared to me to be a breaking-up of his constitution. He was disfigured by eruptions developed by the fiery alcohol he had consumed. He thought he had a tumor internally. He would pass the night in agony from pains in his side and back, and he was never without a cold.

"He had with him a young and judicious brother with whom I talked privately. I advised him to undertake a pedestrian tour round Cornwall, his native county. Last March I heard that his brother and he had made a four months' tour in the winter, and had subsisted on the vegetarian diet; that the brother was cured of his eruptions, of his intemperance, and of his pains at night, and that he was prepared to recommend vegetarianism to others.

"The Vegetarian Society was good enough to publish an extract from a letter from Dr. Turner, of New York, in which he relates how he had been the means of rescuing a thousand intemperate persons by inducing them to adopt the vegetarian diet."

It is better to eat moderately without regard to quality than to overeat of the best food.

THE
HEALTH REFORMER

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

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The Cure for Hard Times.

For the last two or three years the complaint of hard times has been incessant and almost universal. All sorts of remedies have been proposed. One hopes to find relief in a return to the general use of gold and silver money. Another declares that the retention of paper currency is the only hope for any improvement in finances. The economist maintains that extravagance is the fundamental cause of hard times, and enumerates a long list of useless expenditures which are impoverishing the rich and making the poverty stricken still poorer. Foolish extravagance in dress, in diet, in social entertainments, and numerous other wasteful practices, are clearly pointed out and condemned. So far, so good; but, strangely enough, our economical reformers never so much as mention the greatest extravagance of all—the fearful waste of human life and health. Compared with this, all other extravagances sink into insignificance, as a moment's glance at the cost of unnecessary disease and premature death will show.

Prof. Bennett, of the University of Edinburgh, stated in a public lecture that "it is an ascertained fact that 100,000 persons annually perish," in Great Britain alone, from causes which are *easily preventable*. The annual death rate in this country varies from twelve, in very healthy communities, to twenty or more in unhealthy ones, in every one thousand persons. Taking the lower rate for the average throughout the country, we have an aggregate of 480,000 deaths, annually, among the 40,000,000 inhabitants of this country. A comparison of the average longevity with the proper limit of human life, proves conclusively that these individuals

died, upon an average, twenty years before they need to have ended their earthly career had they properly regarded the laws of health. This would make an average of twenty years of active, useful life wasted for each individual, or an aggregate of about 10,000,000 years of productive labor. Allowing that each individual would have earned at least two hundred dollars a year more than he actually consumed in supporting his existence, we find that the loss of productive labor from premature death annually amounts to about \$2,000,000,000.

But this is by no means the full extent of the expense of sickness and death. Dr. Playfair, an eminent English sanitarian, has ascertained by a careful study of statistics, that for every person who dies, twenty-eight persons are sick. According to this rule, we have, annually, nearly 1,400,000 cases of sickness. Allowing \$100, a low estimate, as the loss for each person in time, the cost of medicines, and nursing, we have an additional waste of \$140,000,000.

Still further, there are, in this country, fifty thousand physicians who are supported by the miseries of the people. The unnecessary expense incurred for medical attendance could not be less than \$60,000,000.

The items mentioned do not include the whole amount of the waste arising from improvidence in the direction of health, nor even the greater share of them. They entirely ignore the inconvenience, unhappiness, and mental suffering arising from this cause. But these cannot be estimated in dollars and cents, and so must be left out of the account even though they greatly exceed in importance all pecuniary considerations. Adding together the several estimates made, we have, as the annual loss resulting from unnecessary sick-

ness and death, the enormous sum of \$2,200,000,000.

This amount would liquidate the national debt in two years. It is more than three times the cost of all the food annually consumed in this country, and four times the cost of all the clothing and home comforts. The reckless disregard of the laws of hygiene annually incurs a loss to the country more than doubly sufficient to comfortably feed and clothe every man, woman, and child in the United States, as shown by comparison with government statistics.

These facts are incontrovertible. No sophistry nor explanation can obscure their significance. Is it not evident, then, that the sovereign remedy for hard times is reformation on the subject of health? The amount saved by such attention to the laws of health as would prevent unnecessary sickness and death would annually amount to more than all the agricultural productions of this vast country. If a general conflagration should sweep over the whole country once in three years, destroying all the annual products of manufacture and agriculture, the actual pecuniary loss would be less than that occasioned during the three years by the foes of life and health which the perverted appetites and habits of the people invite into their households.

Yes; *the* remedy for hard times is hygienic reform. Other reforms may palliate the evil temporarily; but so long as people will recklessly squander the most precious of their resources, health, they must expect to suffer. We do not anticipate that any very large proportion of the American people can be induced to adopt the proposed remedy, and so we expect to be compelled to listen to the same complaint in the future as in the past. People in general will continue to demand some measure "to make the times easier." Every one who has the disposition to do so, can make the times easy for himself by the adoption of the remedy pointed out. Try it, friends, and show to the world another of the benefits of hygiene.

Feast of the Ichthyophagi.

It is not a rare event to meet individuals who delight in heaping upon the simple diet-

ary of vegetarians all sorts of opprobrious epithets, adopting this mode of attack for want of argument. Although such addle-headed individuals are growing less and less with the lapse of years, through the wider dissemination of hygienic principles, yet, as before remarked, it is not an uncommon thing to meet with persons who cannot find words in the English vocabulary sufficiently emphatic to express their disgust for the "bran bread," oatmeal, and wholesome fruits which constitute so considerable portion of the diet of a hygienist. The fish culturists who were recently assembled at Philadelphia, indulged in a fish dinner, the bill of fare of which included fifty-eight different kinds of fish. Here is a list of some of the more remarkable of the delicacies served up on this piscatorial occasion:—

"Under the head of *hors d'œuvres froids*, (the *menu*, by the way, is organized with the utmost elaboration) we find Norwegian pluck fish, Portuguese conger eel, and Spanish conger eel with tomatoes, Turkish botargoes or mullet roes, Japanese shake or dried salmon, cray-fish from the Cape of Good Hope, French tunny fish, Chinese white and black shark fins, Alaskan oolachans, Portuguese sword fish and squid, Russian caviar, Chinese dried fish maws, and, most astonishing of all, 'desiccated octopus eggs.' Noted scientists are honored by having their names applied to the various sauces. Thus we have *filet of English soles à la* Buckland, sheep's heads, Agassiz sauce, aspic of eels *à la* Huxley, and *bisque* of lobster, Seth Green style. It was a memorable feast, and taxed the culinary skill of the cooks at the Centennial to the utmost. One particular dish seems to have puzzled even the most ingenious *chefs*, and that was kanten (Japanese seaweed) *à la* Sekizawa Akekio. The aid of the Japanese cook in the employ of the Japanese Commission was at last invoked, and he proved equal to its toothsome preparation."

No one thinks of expressing any disgust at this ostentatious display of viands, many of which were far more fit to constitute the diet of a hyena than to enter a human stomach. No one stigmatizes the carnivorous propensities of the feasters. Nevertheless, we would invite those who sneer at hygiene and a vegetarian diet to consider the contrast between such a feast and a simple, palatable, and nutritious meal of fruits and grains, the preparation of which did not involve the taking of

life or the shedding of blood. One ministered to the gratification of an abnormal appetite; the other satisfies a natural, undepraved taste. One savors of bloodshed and suffering, of gluttony and dyspepsia; the other has no taint of cruelty, and promises health, temperance, and longevity. Which is better?

Faith and Works.—Dr. Acton relates the following anecdote:—

“The inhabitants of a provincial city demanded of Lord Palmerston that the angel of pestilence should be stayed by a day of national prayer and fasting. ‘I will fast with you and pray with you,’ was the statesman’s answer, ‘but let us also drain, scrub, wash, and be clean.’”

Every day we meet people who are wondering why Providence allows them to suffer so much, and complain bitterly of their afflictions, never once thinking that their own voluntary acts are the chief causes of their maladies.

Still another important fact which is overlooked is forcibly suggested by the response of Lord Palmerston. People forget that they have the most important part to act in securing their own recovery from the painful consequences of transgression. Nothing could be more absurd than for a person to ask Providence to do for him what he can do for himself; yet there are thousands of people who daily pray for health and strength while they are continually squandering their vital forces by indiscretions in diet—overeating, eating between meals, or at improper hours—by inattention to ventilation and cleanliness, and by disregarding other of the laws of health. The same God that made man morally responsible, also made him amenable to physical laws; and having given him reason and knowledge, he leaves him to work out his own physical salvation by obedience to the laws implanted in his nature.

Vegetarian Diet a Cure for Apoplexy.—An eminent medical writer in the *American Practitioner* calls attention to the fact that a vegetable diet is an excellent preventive of apoplexy, quoting the following facts from the history of Dr. Adam Ferguson as related by Sir Thomas Watson:—

“The doctor experienced several attacks of temporary blindness before he had an attack of palsy, and he did not take these hints as readily as he should have done. He was a man of full habit, at one time corpulent and very ruddy; though by no means intemperate, he lived freely. I say he did not attend to these admonitions, and at length, in the sixtieth year of his age, he suffered a decided shock of paralysis. He recovered, however, and from that period, under the advice of his friend, Dr. Black, he became a strict Pythagorean in his diet, eating nothing but vegetables, and drinking nothing but water or milk. He got rid of his paralytic symptoms, became even robust and muscular for a man of his time of life, and died in full possession of his mental faculties at the advanced age of ninety-three, upward of thirty years after his attack.”

The doctor explains this remarkable case by the very reasonable supposition that the use of animal food induces a condition of the blood which favors degeneration of the delicate arteries of the brain. They gradually become weakened by disease until they are too fragile to resist the force of the heart’s action and are ruptured. Apoplexy, with paralysis, is the result.

The doctor’s logic is excellent, and hereafter we have a right to expect that one of the elements in the preventive treatment of apoplexy will be a vegetarian diet. We have seen a number of persons recover from very grave apoplectic attacks, and nearly or quite overcome a liability to recurrence of the difficulty, by the adoption of a diet of fruits, grains, and vegetables.

Sleep.—It is an indisputable fact that vegetarians can endure deprivation of sleep much more easily than persons addicted to the use of animal food; nevertheless, health reformers as well as others may profitably peruse the following paragraph:—

“It is very common for people to pride themselves upon the small amount of sleep with which they can get along. It is nothing worth bragging about. Some persons, to be sure, can get along with far less than others, but there should be no stint upon the system. The man or woman who sleeps well and takes plenty of it can do the most during wakeful hours. The system requires ample rest for recuperation, and quiet undisturbed sleep is the best means of repair.”

PEOPLE'S DEPARTMENT

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

Among the People.

WHEN we were down in the State of Delaware a few weeks ago, our kind-hearted landlady was very apprehensive that we would starve on account of our abstinence from animal food. As day after day passed, however, without any serious evidences of immediate danger of such an accident, her fears gradually lessened, though she could not understand how we could endure hard work on such trifles as graham bread, oatmeal gruel, and fruits. One morning the good lady called upon us for a prescription for "biliousness," from which she was suffering, being subject to similar "attacks" at frequent intervals. We of course suggested a reform in diet as being the proper means by which to remove the cause of the difficulty, recommending a dietary somewhat similar to our own, whereupon a little dialogue arose.

"Is it really true, doctor, that pork, butter, pepper, spice, preserves, and such like, will make one bilious?"

"Certainly; and the principal reason why people are more bilious in the spring than at other times is because they eat more of those harmful articles in the winter than at other seasons."

"But how do they make one bilious?"

"By overworking the liver. It is the business of that organ to remove from the blood certain poisonous products called biliary elements. Fats, alkalies, and most of the articles used as condiments, are also removed from the circulation, chiefly by the same organ. Now, if you give the liver too much work to do, if you require it to spend nearly its whole strength in getting out of the body injurious substances that you have put into it, such as grease, soda, saleratus, pepper, salt, etc., then it will be unable to keep the blood free from impurities. The poisonous biliary elements will accumulate in the system, and the patient becomes 'bilious.'"

"Well, doctor, very likely that is all true; but do n't you ever get 'bilious'?"

"No, indeed! One has no right to be 'bilious' when he understands the cause of that condition. We would as soon think of being a thief as of being 'bilious.'"

"But do n't you ever get up in the morning with a bad taste in your mouth and your stomach out of order, and no appetite for breakfast?"

"Oh no; we always have a keen relish for our simple fare. One hardly knows what a good appetite is until he becomes a hygienist."

"Well, I could n't eat a bit of breakfast, and have a terrible headache and a dreadful taste in my mouth. I guess I'll have to try your way. I wish you would tell me where you get your oatmeal."

"With pleasure. It is the best brand made, and is manufactured by Mr. F. Schumacher, of Akron, Ohio."

Before we left, our host and hostess had both made quite a little progress in improving their dietary.

While looking over some ancient medical works in a book store in Philadelphia, last summer, we were led by the proprietor into a conversation about medical matters. The gentleman was a very intelligent and well-informed man, and was evidently in the habit of thinking for himself, and trusting very little to authority unless well supported by logic. He stated that he had for some years been suffering from a nervous disease which seemed to affect principally the spinal cord. As the disease progressed, he observed a growing weakness of the lower limbs, and had become very apprehensive of complete paralysis. He had applied to numerous physicians, and had taken all sorts of drugs, but with the uniform result of no improvement. A few weeks previously he was under the care of one of the most eminent physicians in the city, taking phosphorus and other

drugs supposed to be especially beneficial to the nerves. In spite of the most assiduous care, he was rapidly growing worse. Becoming skeptical concerning the propriety of such treatment, he discontinued it, throwing away his medicine and dismissing his physician. His symptoms began to improve at once. From a condition of almost entire helplessness, he had improved so much as to be able to attend to his business, and was then contemplating a visit to a neighboring health institution. With a few words of commendation of his plans, we left him, after making a few purchases.

Intelligent people everywhere are getting their eyes open to the real nature of disease and proper methods of treatment. Skepticism concerning the efficacy of drugs is spreading widely. Let the light shine. People only need to investigate to be convinced.

Beginning Right.—A gentleman writes from Georgia, "I have received two numbers of the HEALTH REFORMER, and am very much pleased with it. I find it one of the most interesting journals I have ever read, and now send one dollar, the subscription price. I also send twenty-five cents for 'Healthful Cookery.'"

This gentleman will doubtless make a thorough reformer. He saw the REFORMER—probably through the kindness of some friend—read its pages, became convinced of the truth of the principles advocated, and now he is preparing to at once make a practical trial of what he has learned. He wants to begin intelligently, and so he sends for a copy of "Healthful Cookery" as a hand-book of diet. This is the way to succeed. Too many fail in their attempts to make an improvement in their diet from want of practical information concerning such details as how to make graham pudding, oatmeal porridge, gems, pie-crust without lard or butter; how to make the change of diet in such a way as to avoid unpleasant effects, and a score of similar items.

Perfectly Delighted.—A lady in one of the Eastern States who has just formed the acquaintance of this journal, expresses herself as follows:—

"I am going to like the HEALTH REFORMER. Am perfectly delighted with it. It expresses my own mind almost perfectly. I never, from a child, ate meat, and do not know the taste of it. When a child, I felt, instinctively, that flesh-eating was awful. The idea of an intelligent being devouring the flesh of another sentient being is gross; and I realized it so fully that my parents could neither hire nor persuade me to eat it. I think that I am enjoying better health today in consequence of my abstinence. I think the practice of flesh-eating is morally and intellectually degrading, and a great source of disease. I have left off using tea and coffee, and do not use either milk or butter, though I have formerly used these articles in small quantities. I find I am better for doing without them."

The Health Reformer.—A new subscriber to the REFORMER lately told me that this paper had been quite a help to his wife, who was living out the principles herein advocated to a considerable extent. It is certainly a great favor to know how to strengthen our hold upon life, which is but a loose and unsafe grasp at the very best. Like a man who hangs over a precipice by only a rope, we hang suspended over the grave by a very brittle thread; and brittle as is this thread, shall we, by our unhealthy appetites, gnaw off the very threads which hold us from falling into the grave? And yet so infatuated are we that we often do this. The fatal drug, opium, or the pest, tobacco, is chewed by millions; and other evil habits are eating away the cords which hold us. Every day, some are dropping into the grave, just because they are ignorant of, or ignore, the principles of health.

The HEALTH REFORMER is doing a good work in enlightening the masses; yet how little compared with what might be done with a still more extended circulation.

JOS. CLARKE.

Questions and Answers.

Position during Sleep.—R. J. M., N. B., asks, "Is there anything settled or known regarding the comparative healthfulness of different positions of the body during sleep?"

Ans. Yes; the best for most people is a horizontal position, with the body slightly inclined upon one side. Unless there

is food in the stomach, it makes no particular difference upon which side a person sleeps. If food has been taken a short time before retiring, it is best to sleep upon the right side, as this position will favor the process of digestion, the lower opening of the stomach being upon the right side. Few people sleep well upon the back. It is a very unhealthful practice to sleep upon the face. It is very important that right habits of sleeping should be formed in childhood, as these, like other early habits, usually remain through life.

Yellow Fever.—J. A. K. asks: 1. Will yellow fever affect hygienists? 2. Does it yield to our treatment as readily as small-pox?

Ans. 1. Hygienists are not proof against yellow fever nor any other disease which is communicated by means of infectious or contagious matter; yet a person whose habits are approximately correct will be much less liable to contract the disease, on exposure to the exciting cause, than one whose habits are less in accordance with the requirements of health. The same is true of all other diseases of this class. 2. Yellow fever can be treated by hygienic measures with as good a degree of success as attends the treatment of small-pox, provided the patient can be removed from the infected locality. During the prevalence of yellow fever in a Southern city, two years ago, the comparative merits of hygienic and drug treatment were well tested. Patients treated hygienically all recovered, while a large proportion of the cases treated otherwise terminated fatally.

Graham and Corn Bread—Two Meals—Milk, Butter, and Sirup.—R. E. S., Ga., asks: 1. Which is the most healthful, graham or corn bread? 2. Does the practice of eating two meals a day, of proper food, enlarge or strengthen the stomach or digestive organs? 3. Which is the most injurious as an article of food,—milk, butter, or sirup?

Ans. Graham and corn bread are both perfectly healthful articles of diet if properly made. Graham bread is rather more nutritious to the muscular and nervous tissues, and is thought to be less difficult to digest than corn bread. Corn contains more oil or fatty matter than wheat, and hence is by some preferred as an article of diet for winter use. Most people will find their digestive organs greatly strengthened by the adoption of the practice of eating but two meals in a day,

though three meals are perhaps better for some under particular circumstances. Whether the stomach becomes enlarged or not by the adoption of a proper diet depends upon its condition. If it has been contracted in consequence of the use of a concentrated diet, it will be expanded by a more bulky diet. It is not a good plan, however, to engorge the stomach with food with the aim of distending it; this will produce dyspepsia. 3. Milk is a nutritious article of diet, and, under some circumstances, is the best of food. It will support life in the absence of all other aliments. Butter and sirup—or any other form of sugar—will not support life when taken alone. Their use is objectionable for several reasons. When used in excess, perhaps there is little room for choice between them. It is better to do without both. A model hygienic diet excludes all three of the articles mentioned, and many persons have derived great benefit by discarding these articles from their dietary. Such a course is not, however, to be recommended under all circumstances.

Animal Food.—W. H. M., Mich., says: I should like to know whether all kinds of flesh—beef, mutton, fowl, fish, etc.—wild or domestic, are unfit for food.

Ans. Animal food is not the natural food of man, hence it is not the *best* food; for the best food must be that which was designed for him by the Creator. You will find the arguments on this question briefly set forth in a pamphlet for sale at this Office, "Proper Diet for Man." Though not the *best* food, flesh is still an aliment, and may under some circumstances be, temporarily, better than any other food attainable. Nevertheless, there is such an abundance of nutritious grains and vegetables that the circumstances which make meat a necessity are few indeed. Those who have been long accustomed to the use of animal food should discontinue it by degrees if they find any great inconvenience in attempting to relinquish it.

A. P. B.: Your difficulty is probably of a nervous character. When suffering, take a warm half pack with a woolen sheet twice a week, and wear the abdominal wet girdle nights.

Mrs. H. E. S.: The case of your daughter is quite a grave one; we are unable to prescribe for her with any prospect of success without a personal examination. She ought to be placed at once under the care of a good physician.

FARM AND HOUSEHOLD?

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

Kitchen Economy.—The most useful expenditure any man indulges in is that which gives him blood, bone and muscle, and brain power; which keeps him in sound physical health, buoyant, active, vigilant, and energetic; and by a parity of reasoning it follows that the poorest economy is that which begins in the kitchen. Yet, putting the two together and acknowledging their truth, it by no means follows that an extravagant kitchen is conducive to health, or that man's physical condition is to be measured by the amount of money he spends on his table.

There are other things that go toward the making of good blood besides thirteen courses with soup at one end and pastry at the other; and if the statistics were on hand they would show a prepondering weight in favor of the poor against the rich.

The bad cooking of this country has been the theme of many a pen, but it requires no great skill to cook a joint and a potato, and we will put the man who has nothing more against the man with the thirteen courses, with a certainty of carrying off any sanitary prize that may be offered.

Our dyspeptics are found among the rich—not the poor—among those who live freely and work with brain more than with hands, who stay long at the table and tempt precarious appetites with choice viands and delicate tidbits, who heat their stomachs with wine, and chill them suddenly with ices, and whose nervous energies are on a perpetual rack.—*Seb.*

The Back Sides of Houses.—Take the prettiest and best-kept villages of New England, and we doubt if a tenth part of even the most pretentious mansions and the most ornate cottages will bear examination in the rear. Instead of being nicely finished in all their domestic details and conveniences, and kept snug and trig, with trim grass-plot, with all the avenues and garden approaches well gravelled, clean swept, and free of refuse, and everything wholesome and orderly, there is apt to be a look of general untidiness, as if all the rubbish of years had been dumped therein.

Not unfrequently a railroad runs its tracks in such a manner as to expose the rear of plenty of houses to the eye of the traveller, whose sense of neatness is offended by the sight of the back yards lumbered up with every conceivable variety of second-hand,

damaged, and invalidated article known to domestic use, from a horse cart disabled by broken thills and wrecked wheels, to the ghost of the baby carriage which survives two generations of children; interspersed with smashed crockery, rusty and condemned tin-ware, old boots, sardine boxes, disabled junk bottles, hoop skirts which have outlived all usefulness if they had any, chips, burdock, mullein, ashes, half-burned lumps of wasted coal, and all imaginable litter, trash, debris, and dirt. On the other hand, nothing is prettier than a cottage which is thoroughly well kept in rear as well as its more public portions. It seems inevitably redolent of a purer, sweeter, happier domestic life than one with heaps of festering rubbish crowding hard upon it.—*Rural New Yorker.*

Dangerous Kerosene Oil.—A large share of the fires which occur, result from the use of an inferior quality of kerosene oil. Oil which is not properly refined, becomes, under favorable circumstances, a more dangerous explosive than gunpowder. It is a good plan to test oil before using it, and here is a good way in which to do it: Place a basin of water upon the stove, or in any other convenient position, where it will be gradually heated. Float in the basin, a saucer, or other vessel containing a little of the oil to be tested. Place beside the saucer, in the water, a good thermometer, and note the temperature. When the thermometer indicates a temperature of about 90°, light a match or taper and hold it near the oil. If there is a slight flash when the flame approaches the oil, reject it. It is extremely dangerous. If there is none, wait until the temperature rises to 100°, and try again. Continue to test it in this way, as the heat increases. If it flashes at a lower temperature than 140°, it is unsafe for use.—*Health Almanac.*

How to Make a Scrap Book.—Take a strongly bound book, a ledger is best (perhaps, like myself, you can procure one from some male friend who has done using it), and find by examining the back how the leaves are grouped (I know not how to express myself better), then from the middle of each group cut half the number of leaves in it, being careful to take only those leaves

which join each other at the back ; this will prevent the leaves coming loose as they are so apt to do if taken out otherwise. The leaves should be cut off about a quarter of an inch from the back, which will leave the book full and strong at the back, and not loose and seemingly poorly bound, as it will be if the leaves are torn or pulled out.

For pasting in the articles, use a moderately thin paste made of flour and water, well cooked, and free from lumps. Apply it when cold, with a brush. I have used an old shaving brush, but find a flat paint brush much better.

The articles should be cut short enough to allow a neat margin on the page, and cut before pasting, being particular to allow for any stretch of the paper ; and the paste must be applied to your pieces, and not the leaves

of the book. After placing the articles in proper position, smooth them out with a cloth, and when partly dry, say the next day, lay a cloth over the pages and iron them smooth. This ironing adds much to the looks of the work, which if well done can hardly be told from one printed so.—*Household.*

Red Wash for Houses.—The following is said to be employed on the fine brick residences in Chicago, and has been thoroughly tested : Venetian red and Paris brown in proportions to make the desired color, mixed with a sufficient quantity of water to make a heavy wash. Lay on the walls a heavy coat of this, and then to prevent its washing off, apply a wash composed of one part muriatic acid to three parts water.

POPULAR SCIENCE?

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

Is the Earth Solid?—For many years after the science of geology began to receive attention, it was thought to be necessary to regard the interior of the earth as a molten fluid mass in order to explain the phenomena of volcanoes and earthquakes. More recent scientific investigations have developed other means of explaining these phenomena and their results in a manner perfectly satisfactory. At the same time there are several insuperable objections to the fluid hypothesis. For instance, a French mathematician has calculated the weight of several of the great mountain ranges and finds that the strength of the crust would be entirely insufficient to bear the strain.

Another most conclusive proof of a solid center is the phenomena of tides. As is known to every one, the tides are due to the attraction of the sun and the moon. If the center of the earth were fluid, this would not be the case. Instead of displacing the water of the ocean to preserve the equilibrium, it would be established by changes in the fluid center of the globe. At least this would be the case unless the shell were more rigid than steel, as it is not.

Origin of Meteorites.—The origin of these bodies is as yet a matter of speculation. They enter our atmosphere, however, with a velocity so great (often exceeding twenty miles per second) as to make it certain that they do not come from any terrestrial source, or even from the moon. And for the same reason, they cannot well be, as some have thought, "the minute outriders of the great family of the asteroids," for then the velocity with which they would reach us would be only the difference between their velocity and ours. It seems impossible to avoid the conclusion that their orbits must be unplanetary, not approximately circular, but very eccentric, like those of comets and the ordinary shooting stars. It may be, as Mr. Proctor has suggested, that some of them, the siderites especially, have been ejected from our own or some other sun, by some of those tremendous outbursts of solar energy which we occasionally observe with our spectroscopes ; or they may have originated, as Moigno argues, in the cracking to pieces of some old and used-up world.

At present, all we know is that they come to us from the outer darkness of interstellar space. As Humboldt has said : "They present to us the solitary instance of a material connection with something which is foreign to our planet. We are astonished at being able to touch weight, and chemically decom-

pose metallic and earthly masses which belong to the outer world—to celestial space—and to find in them the elements of our native earth, making it probable, as the great Newton conjectured, that the materials which belong to our group of cosmical bodies are, for the most part, the same."—*Boston Journal of Chemistry*.

Color of the Red Sea.—In a communication to the Bombay Geographical Society, the author confirms the opinion hitherto expressed by scientific observers that the color of the Red Sea is due to large portions being covered with patches, from a few yards to some miles square, composed of microscopic vegetables, or animalculæ, particularly abundant in spring, and which dye the water an intense blood red; when not affected, however, by these organic beings, the deep waters are intensely blue, and the shoal waters, shades of green. Contrary to the usual belief, the water of this sea is not remarkably salt, the saline matter being only about 41 grains in 1,000. The evaporation is equal to eight feet annually, while not more than one inch of rain, or rain-water, is added in the same time; for although there are heavy rains on the shore, they are sucked up by the parched sand. The result of such enormous evaporation is, according to this author, to produce a constant descent of heavy salt water to the bottom of the sea, and when this heavy fluid rises to the level of the Mocha barrier, it falls over in an outward current, and is replaced by an upper inflowing current—in this manner the whole of the water being changed once a year.—*Sel.*

Very Minute Animals.—When Lieutenant Berryman was sounding the Atlantic, preparatory to laying the ocean cable, the quill at the end of the sounding-line brought up mud, which, upon being dried, became a powder so fine that on rubbing it between the thumb and finger it disappeared in the crevices of the skin. On placing this dust under the microscope, it was discovered to consist of millions of shells, each of which had a living animal.

Telegraphing Speech.—One of the greatest curiosities at the Exhibition is an electrical apparatus by means of which articulate sounds may be transmitted, or reproduced at a distance. The words are spoken in front of a tense membrane which is connected with the distal end of the wire, and are rendered with great distinctness by a curious little apparatus at the other. If improvements in this direction should continue to progress at the

present rate for a few years, it may become possible to converse orally from the most remote portions of the globe.

Indian Mounds.—Some wonderful Indian mounds have been discovered on a high bluff near the Iowa River. The mounds contain the remains of floors which are circular in form and made of the trunks of trees imbedded in baked clay and covered with earth. Just underneath the earth covering, there are found human bones, copper axes with handles of polished horn and petrified wood, stone hammers, flint knives, and images of animals accurately carved and polished, made of a hard reddish stone.

News and Miscellany.

—The insurrection in Mexico is nearly at an end.

—Twelve students have been expelled from the Naval Academy at Annapolis for hazing.

—It is stated that in Japan as large a proportion of the children attend school as in England.

—A small company of Waldenses have recently formed a church in Missouri. They first settled in South America.

—A petition for the suppression of the liquor traffic, signed by 22,000 women, has been presented to the parliament of Ontario, Canada.

—Moody and Sankey still continue their effort in Chicago, and, according to reports, with their usual success.

—The country is alive with campaign speeches. To a disinterested looker-on it appears as though the chief business of most of the stump orators in the field was personal abuse and vituperation.

—Winter is beginning early this year. Oct. 15, several inches of snow fell in Canada and New England. The thermometer stood at 11° in Minnesota.

—There are more newspapers published in the United States than in all of the rest of the world. The present number is more than eight thousand.

—The cholera has been raging for several months among the Mohammedans in Damascus and its vicinity. More than 12,000 persons have died in the last three months.

—Mormon immigrants have for several months been arriving at Castle Garden, New York, at the rate of more than 5,000 a year. They are new converts gathered from various parts of Europe.

—The locusts are making extensive depredations upon young wheat fields in Kansas. Tens of thousands of acres have been destroyed. Some fields have been replanted, but it is now too late to insure a crop.

—Preparations are being made in England for the celebration of the three-hundredth anniversary of the birth of Harvey, the discoverer of the circulation of the blood. He was born April 1st, 1578.

—Religious intolerance is still so great in Spain that the missionary societies operating there have found it necessary to appeal to other European powers to use their influence to secure greater religious liberty.

—Turkey has at last very reluctantly consented to the six weeks' armistice demanded by Russia. The latter nation is evidently master of the situation at present. All of the great nations of Europe are making preparations for the contingency of an Eastern war.

—Slade, the notorious medium who has for many years been practicing his spiritualistic jugglery in London, was recently exposed by the noted Dr. Lankaster, who has prosecuted him for fraud. Dr. Wm. Carpenter and several other eminent scientists were associated with Dr. Lankaster in his investigations.

—The Quakers have about 20,000 Indians under their care. They report that the savages are making very commendable progress in the arts of civilization, and express strong hopes that they may be Christianized if persevering efforts are continued.

—An explosion of three steam boilers recently occurred in a nail factory at Pittsburgh, with terrific effect. The great building was lifted bodily from the ground, the roof being blown fifty feet into the air. Of the 150 persons in the factory at the time, nearly half were either killed or very seriously wounded.

—From the failure of crops in Bombay, owing to drouth, six million people are threatened with starvation. The rivers are drying up and cattle are dying, not a blade of grass being visible for miles, in some sections. The government is taking measures to afford relief to the suffering.

—Russia is considered to be a Christian nation, most of her subjects being members of the Greek Church; but the spirit of intolerance manifested by the government is so great that the American missionaries now in Turkey prefer Turkish to Russian rule, and are very apprehensive of trouble should the Russians gain the ascendancy.

—The trial of Sullivan for the murder of Hanford in Chicago has ended in a disagreement of the jury. Eleven jurymen were for acquittal, one for conviction of manslaughter. The prisoner was liberated on bail, and will probably have a new trial at the next term of court.

—The Cubans are rejoicing over their recent success in the capture of a Spanish stronghold. They secured large stores of arms and ammunition. After sacking the place, they sent word to the Spanish authorities to come and take care of their dead and wounded, and retired. The prospects of liberty for Cuba are brightening daily.

—Within a week or two after this number reaches our subscribers, the great Exhibition will be closed. The admission is universal that it has been a grand success. The only adverse opinion we have seen was expressed by a correspondent of the New York *Evening Post*, who was evidently a chronic growler and confessed that he had not been inside of the gates.

—Arrangements have been made to allow the Main Exhibition Building to remain standing, with the condition that it shall be used only for the purposes of an exhibition for the pleasure and instruction of the public. Such restrictions are put upon the financial management of the enterprise that there will be no opportunity for speculation or extortion.

—Reports from Gen. Crook announce that he has surrounded and captured two large bands of Indians, under command of Red Cloud and Red Leaf. This is the first important victory gained thus far in the present campaign against the Indians. The two bands captured were engaged in forwarding supplies from the agencies to other hostile bands. Their arms and ponies were taken away from them.

—Some efforts are being made by a few capitalists to secure the permanent continuance of a considerable portion of the Exhibition. Some foreign countries have signified their willingness to allow their exhibits to remain. Visitors are no longer required, as at first, to present at the gate a fifty-cent note for each. On certain days, the admission fee is reduced to twenty-five cents, when the attendance is greatly increased.

—It is reported that there is a possibility that the Mormon question will soon be settled by natural agencies if it is not disposed of by the government. The inhabitants of Salt Lake City are in a state of considerable trepidation lest they shall be suddenly inundated by a briny flood from Salt Lake. As is well known, this body of water has no outlet. The loss by evaporation is entirely insufficient to balance the constant inflow. The lake has already encroached some twenty-five miles upon the surrounding country, and now threatens to empty its bitter waters into the fertile valley where the Mormons have established themselves.

—A few years ago, the city of Paris adopted for the disposal of its sewage the plan of conducting the drainage from its sewers to a large plain in the vicinity of the city where it was spread over the land by irrigation, with the expectation that the soil would be greatly improved for farming purposes. The plan seems to have proved a failure, however, for the floods of filth which daily sweep down from the city have so supersaturated the soil that a noisome slime oozes into the cellars and contaminates the water of the wells in the district to such an extent that the inhabitants have been compelled to make an urgent request to the city authorities to cease sending down upon them the daily avalanches of the elements of disease which threaten to render the whole district a charnel house.

Items for the Month.

PROGRESS.—It was a dark day for the HEALTH REFORMER and the Battle Creek Health Institute, six years since, when neither had the services of thoroughly educated medical men. But we decided to make the best of what we had until ardent and talented young men could be fully educated to edit our beloved health journal, write tracts and books, and be masters of the true healing art at the head of our Health Institute. God has blessed the effort thus far, and we look forward with faith and hope to no distant day to witness its completion.

It was a bright day for the REFORMER when J. H. Kellogg, M. D., came home with well-earned honors from Bellevue Medical College, to take the editorial charge of the journal, in full faith of the health reformation. His ability as an editor and medical writer has won the admiration of the friends of the cause, and has brought up the REFORMER to its present high position and excellence, while all other journals of the kind in our country are either dying or dead.

The volume for 1877 will be one of great interest. Sketches of the lives and the experiences in health reform of leading reformers will be given, with their portraits. Already Dr. Kellogg has fair promises from Mrs. White, whose pen walks into practical life, Miss M. L. C., of "Glances at the Exhibition," and the writer, with slices of Bible Hygiene, for the columns of the REFORMER. And we are happy to call attention to the notice of the Health Institute on last page of cover, where it will be seen that an able and full force makes up the medical fraternity of the Battle Creek Health Institute. Joyfully we subscribe ourself,

An old friend of the cause seeing better days.

JAMES WHITE.

Profitable Work for Canvassers.

THE publishers of the HEALTH REFORMER will furnish for one thousand competent persons employment which will be at once pleasant, profitable and useful. The universal, complaint of hard times, while discouraging to the sale of books and publications of a general character, is a special inducement for the circulation of works such as we publish and offer for sale. If a man complains of hard times, it will not be difficult to demonstrate to him that the best economy he can practice is to invest a few dollars in works which will enable him to save a large share, if not the whole, of his annual doctor's bills, as

well as the still greater expense in loss of time and of vital stamina through sickness.

In view of this fact, we see no reason why the present should not be a most favorable season for the sale of hygienic works. People have no money to spare for pictures, story books, and useless toys. The unexpected continuance of close times has called the attention to the subject of economy; and if they can be made to understand the real practical utility of health publications, they will readily invest even though times are hard and money scarce.

Subscribers will observe that the present volume will conclude with one more number. Those whose subscription ends with the year should renew at once so that they may not lose a single number. An early renewal will also oblige us very much, as it will obviate the necessity of removing names from our lists and replacing them.

Our readers will join with us in rejoicing at the prospect of so much able assistance, as promised by Eld. White in another paragraph. Six years ago the Elder found the REFORMER laboring under the greatest embarrassment, and with gloomy prospects. The change in its circumstances has been chiefly due to his able management. We are doing no one any injustice when we say that Eld. and Mrs. White have done more to secure the practical adoption of consistent health principles than any other two persons in America. We shall be grateful for their assistance.

The readers of this journal will be pleased to find in "Glances at the Exhibition" a continuance of the lively description of the Centennial Exhibition begun in the September number by the same writer, Miss Mary L. Clough. We are very glad to relinquish the task of picturing for our readers the great show, to a pen so much more competent to do the subject justice; and if we get an occasional second "glance" at some of the many objects of interest, the subject will be none the less interesting, for the picture will be drawn in colors so much more glowing as to make it virtually new.

AGENT'S OUTFIT.—A complete outfit for agents, consisting of circulars, printed envelopes, subscription blanks, agent's certificate, blank subscription receipts, and a specimen copy of each of the following works: Family Health Almanac, Uses of Water, Alcoholic Poison, Healthful Cookery, Evils of Fashionable Dress, Proper

Diet for Man, a full assortment of health and temperance tracts, and ten specimen copies of the HEALTH REFORMER, will be sent, post-paid, for the sum of \$1.50.

Those who wish can have their names printed upon their circulars by inclosing 25 cts. additional.

Every one who thinks of canvassing should send for an outfit at once. All can do something, and now is a splendid time to work, before cold weather begins.

Special Terms to Agents who will devote their time to the business of canvassing, will be sent on application.

LIBERAL TERMS are offered to all reliable and competent persons who will engage in the work of canvassing for the HEALTH REFORMER, and selling the Family Health Almanac, Uses of Water, Alcoholic Poison, Healthful Cookery, and other health works published at this Office.

Any one who wishes to act as agent for our publications, should send at once for an AGENT'S OUTFIT.

Gift Any person who will send us the names of three new subscribers, with \$1.00 for each, will receive the REFORMER for one year free. Old subscribers will find this an easy way of paying their subscription.

Gift Mr. Ralph E. Hoyt, one of our contributors, is again in the lecture field, presenting many wholesome truths in his characteristic and humorous style. We had the pleasure of meeting Mr. Hoyt at Philadelphia a few weeks since, and cordially wish him a successful season.

USES OF WATER IN HEALTH AND DISEASE.

THIS WORK COMPRISES

A Sketch of the History of Bathing, an Explanation of the Properties and Effects of Water, and a Description of All the Different Varieties of Baths.

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The following books, published at this Office, will be furnished by mail, post-paid, at the prices given. By the quantity, they will be delivered at the express or R. R. freight offices at one-third discount, for cash. SPECIAL TERMS TO AGENTS.

Hygienic Family Physician. "A complete guide for the preservation of health and the treatment of disease without the use of medicine." Bound in cloth, 500 pp. Price, \$1.00.

The Bath: Its Use and Application. A full description of the various baths employed in the hygienic treatment of disease. Pamphlet. Price, 15 cts.

Proper Diet for Man. A concise summary of the principal evidences which prove that the natural and proper food for man consists of fruits, grains, and vegetables. Pamphlet. Price, 15 cents.

The Evils of Fashionable Dress, and how to dress healthfully. Price, 10 cents.

Alcoholic Poison, as a beverage and as a medicine. An exposure of the fallacies of alcoholic medication, moderate drinking, and of the pretended Biblical support of the use of wine. 20 cts.

Health and Diseases of Woman. By R. T. TRALL, M. D. Price, 15 cts.

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