

THE HEALTH REFORMER.

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

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Life Sketches.

ELDER JOSEPH BATES.

LIFE sketches of great and good men are given to the world for the benefit of generations that follow them. Human life is more or less an experiment to all who enter upon it. Hence the frequent remark that we need to live one life to learn how to live.

This maxim in all its unqualified strength of expression may be a correct statement of the cases of the self-confiding and incautious. But it need not be wholly true of those who have good and wise parents to honor, and who

have proper respect for all prudent and good people who have made life a success. To those who take along with them the lamp for their feet, found in the experiences of those who have fought the good fight, and have finished their course with joy, life is not altogether an experiment. The general outlines of life, to say the least, are patterned by these

from those who have by the grace of God made themselves good, and noble, and truly great in choosing and defending the right.

Reflecting young men and young women may take on a stock of practical education before they leave parental care and instruction which will be invaluable to them in future life. This they may do to a considerable

extent by careful observation. But in reading the lives of worthy people, they may in their minds and hearts live good lives in advance, and thus be fortified to reject the evil and to choose the good that lie all along the path of human life.

Second to our Lord Jesus Christ, Noah, Job, and Daniel are held up before us by the sacred writers as patterns worthy

of imitation. The brief sketches of the faith, patience, firmness, and moral excellence of these and other holy men of God found in the pages of sacred history have been, and still are, of immense value to all those who would walk worthy of the Christian name. They were men subject to like passions as we are. And were some of them at certain un-



fortunate periods of life overcome of evil? Erring men of our time may bless that record also which states how they overcame evil, and fully redeemed past errors, so that becoming doubly victorious they shine brightest on the sacred page.

In his epistle to the Hebrews, Paul gives a list of heroes of faith. In his eleventh chapter he mentions Abel, Enoch, Noah, Abraham, Isaac, Jacob, Joseph, Moses, and the prophets, who through faith subdued kingdoms, wrought righteousness, obtained promises, and stopped the mouths of lions. The apostle calls up this cloud of witnesses to God's faithfulness to his trusting servants as patterns for the Christian church, as may be seen by the use he makes of them in the first verse of the chapter which follows:—

“Wherefore, seeing we also are compassed about with so great a cloud of witnesses, let us lay aside every weight, and the sin which doth so easily beset us, and let us run with patience the race that is set before us.” Heb. 12:1.

The life of Elder Joseph Bates was crowded with unselfish motives and noble actions. He finished his course with joy, and triumphantly laid his armor by in the eightieth year of his age. That which makes his early history intensely interesting to his personal friends is the fact that he became a devoted follower of Christ, and a thorough practical reformer, and ripened into glorious manhood a true Christian gentleman, while exposed to the evils of sea-faring life, from the cabin-boy of 1807, to the wealthy retiring master of 1828, a period of twenty-one years.

Beauty and fragrance are expected of the rose, planted in the dry and well-cultivated soil, and tenderly reared under the watchful eye of the lover of the beautiful. But we pass over the expected glory of the rose to admire the living green, the pure white, and delicate tint of the water-lily whose root reaches way down into the cold filth of the bottom of the obscure lake. And we revere that Power which causes this queen of flowers, uncultivated and obscure, to appropriate to itself all valuable qualities from its chilling surroundings, and to reject the evil.

So, to apply the figure, we reasonably expect excellence of character in those who are guarded against corrupting influences, and

whose surroundings are the most favorable to healthy mental and moral development. In our hearts, pressing upon our lips, are blessings for all such. But he who, in the absence of all apparent good, and in the perpetual presence of all that is uncultivated and vile, with no visible hand to guard and to guide, becomes pure and wise, and devotes his life to the service of God, and the good of humanity, a Christian philanthropist, is a miracle of God's love and power, the wonder of the age.

Elder Joseph Bates was born July 8, 1792. The following brief statement of his parentage and boyhood are taken from sketches of his life written by himself in 1864. “My honored father and his forefathers were for many years residents in the town of Wareham, Plymouth County, State of Massachusetts. My mother was the daughter of Mr. Barnabas Nye, of the town of Sandwich, Barnstable County, both towns but a few hours' ride from the noted landing-place of the Pilgrim Fathers.

“My father was a volunteer in the Revolutionary War, and continued in the service of his country during its seven years' struggle. When Gen. Lafayette revisited the United States, in 1825, among the many who were pressing to shake hands with him at his reception rooms in the city of Boston was my father. As he approached, the general recognized him, and grasped his hand, saying, ‘How do you do, my old friend, Captain Bates?’ ‘Do you remember him?’ was asked. His answer was something like the following: ‘Certainly; he was under my immediate command in the American army.’

“After the war, my father married and settled in Rochester, an adjoining town, in Plymouth County, where I was born. In the early part of 1793 we moved to New Bedford, some seven miles distant, where my father entered into commercial business.

“During the war with England, in 1812, the town of New Bedford was divided, and the eastern part was called Fairhaven. This was ever afterward my place of residence until I moved my family to Michigan, in May, 1858.

“In my school-boy days my most ardent desire was to become a sailor. I used to think how gratified I should be if I could only get

on board a ship that was going on a voyage of discovery round the world. I wanted to see how it looked on the opposite side. Whenever I thought of asking my father's consent to let me go to sea, my courage failed me for fear he would say, No. When I would endeavor to unburden my mind to my mother she would try to dissuade me, and recommend some other occupation, till at last I was permitted to go a short trip with my uncle to Boston, to cure me; but this had the opposite effect. My parents then complied with my wishes.

"A new ship called the *Fanny*, of New Bedford, was about to sail for Europe; the commander, Elias Terry, agreed with my father to take me on the voyage as cabin-boy. In June, 1807, we sailed from New Bedford to take our cargo on board at New York City, for London, England."

In his autobiography, we follow young Bates in his perilous experience upon the seas with increasing interest, and recognize in him a firm and undaunted spirit to act up to his convictions of right, and also the hand of Providence in wonderful deliverances from danger and from death. At one time he dared, under trying circumstances, to reject the bribe offered to induce him to take a false oath, and by testifying to the truth saved the forefingers and thumb of his right hand, with which he wrote during his long life in advocacy and defense of the noblest reforms of the age. He says:—

"While we were congratulating ourselves respecting our narrow escape from shipwreck, two suspicious-looking vessels were endeavoring to cut us off from the shore. Their cannon balls soon began to fall around us, and it became advisable for us to round to and let them come aboard. They proved to be two Danish privateers, who captured and took us to Copenhagen, where ship and cargo were finally condemned, in accordance with Bonaparte's decrees, because of our intercourse with the English.

"In the course of a few weeks we were all called to the court-house to give testimony respecting our voyage. Previous to this, our supercargo and part owner had promised us a handsome reward if we would testify that our voyage was direct from New York to Copenhagen, and that we had no intercourse with the

English. To this proposition we were not all agreed. We were finally examined separately, my turn coming first. I suppose they first called me into court because I was the only youth among the sailors. One of the three judges asked me in English if I understood the nature of an oath. After answering in the affirmative, he bade me look at a box near by, about 15 inches long, and 8 high, and said, 'That box contains a machine to cut off the two forefingers and thumb of every one who swears falsely here. Now,' said he, 'hold up your two forefingers and thumb on your right hand.' In this manner I was sworn to tell the truth, and regardless of any consideration, I testified to the facts concerning our voyage. Afterward, when we were permitted to go aboard, it was clear enough that the 'little box' had brought out the truthful testimony from all; viz., that we had been wrecked by running against an island of ice fourteen days from New York; refitted in Ireland, after which we joined the British convoy, and were captured by the privateers. After this, some of our crew, as they were returning from a walk where they had been viewing the prison, said that some of the prisoners thrust their hands through the gratings, to show them that they had lost the two forefingers and thumb of their right hand. They were a crew of Dutchmen, who were likewise taken, and had sworn falsely. We now felt thankful for another narrow escape by telling the truth."

The first object of this sketch is to present Elder Bates to the reader as a true reformer. We therefore pass over perils and shipwrecks, captures and imprisonments by sea and on land, scenes of great sufferings and providential escapes for the first eight years of his sailor life up to the time he joins the home circle in June, 1815. Speaking of this time he says:—

"My father had been told by those who thought they knew, that if ever I did return home I would be like other drunken man-o'-war sailors. Our meeting quite overcame him. At length he recovered and asked me if I had injured my constitution. 'No, father,' I replied, 'I became disgusted with the intemperate habits of the people I was associated with. I have no particular desire for

strong drink.' This much relieved his mind at the time."

In 1821 he became master of a vessel, and sailed on a voyage to South America. He had not only charge of the ship, but the cargo was also confided to him for sales and returns. Of his convictions of total abstinence from ardent spirits at this time he says :—

"While on our passage home, I was seriously convicted in regard to an egregious error which I had committed in allowing myself, as I had done for more than a year, to drink ardent spirits, after I had practiced entire abstinence because I had become disgusted with its debasing and demoralizing effects, and was well satisfied that drinking men were daily ruining themselves, and moving with rapid strides to drunkards' graves. Although I had taken measures to secure myself from the drunkard's path by not allowing myself in any case whatever to drink but one glass of ardent spirits per day, which I most strictly adhered to, yet the strong desire for that one glass, when coming to the dinner hour, the usual time for it, was stronger than my appetite for food, and I became alarmed for myself. While reflecting about this matter, I solemnly resolved that I would never drink another glass of ardent spirits while I lived. It is now about forty-six years since that important era in the history of my life, and I have no knowledge of ever violating that vow, only in using it for medicinal purposes. This circumstance gave a new spring to my whole being, and made me feel like a free man. Still it was considered genteel to drink wine in company."

The mind of the youthful master is evidently guarded from corrupting influences, and deeply impressed by a high and holy Power. In the pride and ambition of his position, his associations are such as to make it almost impossible for him to keep his solemn pledge, yet he does not waver, and fall back. No, the true spirit of reform has taken hold of him and he moves out still further. On the passage from Buenos Ayres to Lima, Peru, in 1822, he gained another victory, of which he speaks as follows :—

"As I had resolved on my previous voyage never more to use ardent spirits only for medicinal purposes, so now I also resolved that I would never drink another glass of wine.

In this work of reform I found myself entirely alone, and exposed to the jeering remarks of those with whom I afterward became associated, especially when I declined drinking with them. Yet after all their comments, that it was not improper or dangerous to drink moderately, etc., they were constrained to admit that my course was perfectly safe!"

Several months after his resolution to leave wine also, while in Peru, our hero was severely tested. His statement which follows shows that instead of wavering and yielding to the pressure of associates, he took another firm step in reform.

"Mr. Swinegar, our Peruvian merchant, gave a large dinner-party to the captains and supercargoes of the American vessels, and a number of the officers of the American squadron, Feb. 22, in honor of Gen. Washington's birthday. As I was the only person at the table that had decided not to drink wine or strong drink because of its intoxicating qualities, Mr. S. stated to some of his friends with him at the table that he would influence me to drink wine with him. He filled his glass and challenged me to drink a glass of wine with him. I responded by filling my glass with water! He refused to drink unless I filled mine with wine. I said, 'Mr. Swinegar, I cannot do so, for I have fully decided never to drink wine.' By this time the company were all looking at us. Mr. S. still waited for me to fill my glass with wine. Several urged me to comply with his request. One of the lieutenants of the squadron, some distance down the table, said, 'Bates, surely you will not object to taking a glass of wine with Mr. Swinegar.' I replied that I could not do it. I felt embarrassed and sorry that such a cheerful company should be so intent on my drinking a glass of wine as almost to forget the good dinner that was before them. Mr. S., seeing that I would not be prevailed on to drink wine, pressed me no further.

"At that time my deep convictions with respect to smoking cigars enabled me to decide also that from that evening I would never smoke another cigar, or smoke tobacco in any way. This victory raised my feelings and elevated my mind above the fog of tobacco-smoke, which had to a considerable extent beclouded my mind, and freed me from an

idol which I had learned to worship among sailors."

At this point in the remarkable history of a true reformer we take leave of the reader for the month of January with the promise to return with the February number.

J. W.

Radicalism.

BY W. T. CURRIE, A. M., M. D.

I WAS much amazed, one day, by hearing a conversation between two persons who met in a country store. They were both much excited about some political matters under discussion. In the midst of the conversation, one of them said with great emphasis, "Radicalism must be put down!" I have often thought of that remark, and from my inmost soul I am led to exclaim, as often as I think of it, "Woe be to the world when radicalism is put down."

What is radicalism? and what is it to be a radical? The English word radical is derived from the Latin word *radix*, meaning root. A radical, then, is a root man, or a man who deals with root, or radical principles—the origin of things. He goes to the source of all things, or tries to do so, and thus treats *results* by dealing with *causes*.

If this be true, there is certainly nothing in the word itself to give us cause for alarm. If we wish for good trees and valuable fruit, we must be sure that the roots from which they grow are of choice selection. The roots of a thorn-tree will produce a tree bearing thorns. So with all trees and plants: the tree and the fruit grow naturally from the root. As in the physical, so, too, it is in the moral and spiritual world.

Now there are two methods of dealing with all kinds of trees, shrubs, and plants which are not what we wish. One way is to trim them up, or cut them down; the other method is to dig them up by the roots, and extirpate them, root and branch, planting others in their places. There are also two methods of dealing with all political, moral, social, or religious questions. One method is to try to improve upon things as they are; the other method is to go to the roots, or germs, from which all political, social, moral, or spiritual life springs, and treat results by dealing with their causes. The one who pursues this latter course, we may properly call a radical, or root man, and this method of dealing is radicalism.

Why, then, should radicalism be put down?

Is it not always best to go at the roots when we wish to destroy a noxious growth?

This is what those of us are doing whom the world calls radicals. We see certain evils in the world, and we think those evils spring from certain causes which we can discover. These causes we call the roots of the evils we seek to cure. So we aim our blows and unite all our efforts to extirpate the evils, by destroying the roots from which they spring.

Shall we be "put down"? No, never! We admit that we are radicals. Yes, and radicalism is what the world needs.

We will not, and cannot, and ought not to be put down. Health reformers, commonly hygienists, are radicals. Let us not be ashamed of the name. People have too long tried to trim up the present system of cooking, and eating, and drinking, and clothing, and of social life; but the evils are unabated. Witness the awful prevalence of intoxication. Rum is still triumphant. Witness the terrible ravages of disease, notwithstanding the vast army of physicians who should be able to defeat the monster and save the people. Witness again the decline of the American population from causes which we scarcely dare to mention in print. Shall we be content to cut off a few branches, while these pestiferous roots are suffered to grow in the sunlight? No, never! Let us glory in being radicals, and dig and toil to drag these roots from the ground, and burn them to ashes. This work is radical, and woe be to the world when radicals shall become extinct.

But discretion is needed in radicalism; for when a habit of digging up roots is once formed, it needs curbing. Because one root is bad, all are not necessarily so. Conservatives always fear radicals, and justly; for in their intemperate zeal many of them destroy, or attempt to destroy, root and branch, many things in our political, social, and religious organizations which are the sources of infinite good to the human family.

Radicals are a mighty power for good or ill. Hence we should all be extremely careful that we aim our blows at what are in reality the roots of evil, knowing that to destroy good, is equally wrong with guarding and protecting the evil.

"KILLED by kindness," is a phrase which has just been luridly illustrated by statistics in England. Who would have believed, save upon the authority of the great Dr. Lankester, the London coroner, that not less than 3,000 tender infants are annually smothered to death by their mothers who fall asleep in bed while nursing their pledges? Unfortun-

nately, mothers involuntarily kill their children in a great many other ways—by absurd indulgence in diet, by foolish exposure in dressing, and through utter ignorance of the laws of the human system. The only wonder is that the race, or at least the so-called civilized portion of it, was not long ago utterly exterminated. Babies are called tender—it strikes us that they are remarkably tough.

Floss-Silk as an Agency for Cleansing the Teeth.

BY D. C. HAWKHURST.

You tell me that you would give hundreds of dollars if by that you could save your teeth. Ah! you would give so much to save your mouth from falling in pieces, would you? You think it would spoil your beauty and your breath to have your teeth breaking down under the progress of decay. And break your *health*, also, I should say.

But if you are truly sincere in what you say, I will give you a few hints that will be invaluable to you. Let us take the subject of cleaning the teeth to pieces, and see what it is composed of. Let us study each element in detail. If you will do thoroughly what I am about to suggest, you may save your teeth for scores of years.

The order in which the various agencies for cleansing the teeth should be used is as follows:—

1. Rinsing with water.
2. Brushing with powder.
3. Use of silk.
4. Rinsing with water.

The whole time occupied, if the teeth are to be thoroughly cleansed, is not likely to be less than *several minutes*. Most people make the great mistake of condensing an operation of many minutes into one of about three seconds. It will be useless to clean the teeth thus; for the inaccessible places and hidden surfaces will remain as foul as ever; while you will go on enjoying a false security, and the decay will go on making work for your dentist. *Take plenty of time, therefore.*

1. Rinsing at first will carry away the coarser impurities. Particles of food may have lodged in the interstices, or even between the cheeks and the teeth. And there is generally a little stringy mucus about the mouth which is a very poor material to brush the teeth in and should be removed before the brush is introduced. It will generally detach itself and float out free from the teeth and mucous membrane into a mouthful of water held in the mouth for a half-minute or longer.

2. Brushing should now follow, for the purpose of removing the finer impurities and half slimy matters that cannot be rinsed away. A minute film of almost invisible matter forms on most teeth that can be detected when the finger nail is shoved from the edge of the gum upward or downward. This film cannot be brushed away from the four sides and the ends of thirty-two teeth in a half-minute; especially will you see this when you reflect that sixty of these surfaces are rendered partially inaccessible by the nearness and often by the crowding of the teeth. And yet, however difficult, this matter should be brushed away and the surfaces polished by friction.

You will say that you cannot get the brush quite through between the teeth; that you can carry its bristles far into the interstices between them, but at the points of actual contact, your teeth seem wedged together and cannot be forced apart by so slight a thing as the bristles of your brush sufficiently to admit of the whole of the contact surfaces being cleansed. This is so. There will generally be a single point, the point of contact, which even your brush will not cleanse. And it is exactly at this point that a cavity is likely, after a while, to make its appearance. And it comes at this point precisely because no cleansing has reached the enamel surface. The brush and powder may be used to polish the inside of the arch, the ends of the teeth, the outside surfaces, and much of the spaces between them; but it fails at the point of actual contact.

Nor will the tooth-pick serve you here. It is true the tooth-pick will go between your teeth up near the gum when the space is broad; but it will not pass the point of contact. *Silk* is the only thing that will do that.

3. Floss-silk is now prepared without being much twisted, especially for use in cleansing the teeth. After the brushing has been thoroughly performed, silk may be passed by a gentle sawing motion between each pair of teeth. And it will reach and cleanse this point of contact, which the brush will not reach. Nor is it useful on any other surfaces except this which has remained untouched by the brush. It will be plain, therefore, that the brush and silk are supplementary. The silk completes what the brush has begun.

4. Rinsing is the last measure to be employed, as it is the first. It should follow the use of the silk, to wash away atoms that may still remain; and this last rinsing should be thorough. It will at least continue one or two minutes, and on special occasions, five.

The above measures should be employed at least once each day in the order and with the

degree of thoroughness above indicated. And, for various reasons, the time chosen should be that just previous to retiring. The teeth may be less thoroughly cleansed, for instance with brush and water alone, after each of the meals of the day; but there should be *one thorough cleansing* like the above.

Is the above method too *thorough*, too *difficult*, and too *time-consuming*? Well, to save the teeth is, in one respect, like going through college. It requires understanding and patient effort. With these it can be done. Without them you will lose your teeth, like all the rest.

Will you, then, make this effort? Will you save your freshness and your beauty? or shall I see you by and by with *your* mouth also in ruins?

Did he Mean Anything?

BY D. M. CANRIGHT.

WE have been taught to believe that every act of our Saviour had a meaning, that he did not do anything by a mere happen-so; and this is very evident from a careful study of his life. Every act was done with forethought and with a design.

One fact stands prominent in all his ministry. He was very careful not to destroy or waste anything needlessly. On both those remarkable occasions where he fed several thousand miraculously with a few loaves and fishes, at the conclusion of the meal he gave special directions that all the fragments should be taken up, that nothing should be lost.

He was very careful to be just in everything, even to a penny's worth, and he directed others to do so. And yet there was one act in his life that seems to be the reverse of this. To this we wish to call the reader's attention. At one time he met a man possessed with devils. It was a very bad case; there was a legion of devils. Out of compassion to the man, he commanded the devils to come out of him. When they besought him not to send them into torment, he commanded them to go into a herd of swine which was feeding near by.

These swine were the property of some man, because they were being carefully fed and watched by their owners, for so it says. See Mark 5:1-14. There were about two thousand of them. This was an immense herd. A large amount of money was invested in them. If they were worth anywhere near what they are now, they must have been valued at eight or ten thousand dollars, perhaps more. But now notice the significant fact

that the Son of God commanded the devils to go into these swine, and the swine immediately rushed into the sea and all perished. Certainly, Christ knew beforehand what would be the consequences. He knew that those hogs would perish, but nevertheless this was what he did.

Was not that a terrible thing, to destroy two thousand hogs, several thousand dollars' worth of property? But this is the only case in all the history of Christ where he ever destroyed so much as a little lamb or a turtle-dove. He himself said that not even a sparrow falls to the ground without his Father's notice; but here, by the direct command of Christ himself, two thousand swine were destroyed. Their carcasses were not even saved for soap-grease! What millions of trichinae must have perished on that occasion! What barrels of solid scrofula went to the bottom of the sea! We will not positively affirm it, but it certainly does look very much as though Christ did this on purpose to show his abhorrence of the swine, and to teach their owners that they ought not to deal in such questionable property.

In the old law, his Father had said, "Ye shall not eat of their flesh, nor touch their dead carcass." Deut. 14:8. Yes; the swine was unclean. They were neither to eat of it, nor to touch its dead carcass. In direct violation of this commandment, these men were feeding, rearing, and dealing in these swine. This action of Christ seems plainly to correspond in the New Testament with the teachings of the Father in the Old concerning this unclean, abominable creature.

In Isa. 66:17, in harmony with the action of Christ with reference to the swine, and the scripture before quoted, is a text to the point. "They that sanctify themselves, and purify themselves in the gardens, behind one tree in the midst, eating *swine's flesh*, and the abomination, and the mouse, *shall be consumed together*, saith the Lord." Here we see the company among whom these users of swine's flesh are reckoned; and their end is declared, that together they shall be consumed.

Christ referred to it on one other occasion, in the parable of the prodigal son. After this young prodigal had spent all his substance with harlots and in riotous living, he is found following the most degrading of all occupations, that of tending the swine. Thus not one word of good can be found in the whole Bible concerning the dirty scavenger. It seems as though Christians ought to learn something by this, and leave that creature where God placed him, to wallow in the mud, and devour rotten and decaying refuse from the face of the earth.

Is Hygienic Treatment Beneficial for Consumptives?

THERE seems to be a prevalent notion that, however excellent health institutions may be for dyspeptics, rheumatics, hypochondriacs, and worn-out students, they are not the places for persons affected with lung diseases, especially tuberculosis. No doubt this wide-spread opinion, like nearly all popular beliefs, has some apparent foundation in fact. It cannot be disputed that many consumptive patients have been greatly injured by the old-fashioned, "heroic" hydropathic practice. In this disease, the vital forces are greatly weakened by the impairment of the lungs. The vitalizing influence of oxygen is in part cut off. Hence, the patient is entirely unfitted for any severe course of treatment.

Hydropathic treatment may be so administered as to be very expensive to the vital economy. A patient may be depleted by water appliances as well as by blood-letting or purgation. All water treatment requires the expenditure, on the part of the system, of a greater or lesser degree of vital force, according to the character of the application. The same is of course true of all other kinds of treatment, and of drug treatment in a very eminent degree. Hence, the judicious physician will, in treating consumptives, avoid the use of any debilitating measures.

The majority of people suppose that "water-cure" is the sum total of hygienic practice. And, no doubt, there are many institutions in which water is almost the sole remedy employed; but hygienic treatment includes a great deal more than the simple use of water. Various kinds of exercise, as Swedish movements and calisthenics, are important remedial measures which may be successfully employed in cases which would be greatly injured by the free use of water. Electricity is another remedial agent which for potency is unsurpassed by any therapeutic measure. Remedies of this class are especially adapted to the treatment of consumptives. Exercise expands and develops the portions of the lungs not yet injured by disease, and so encourages the repair of the diseased portions. Electricity is, without question, the most powerful tonic known. It exercises deep parts which cannot be reached in any other way, and exerts a remarkably invigorating influence upon the nervous system.

Remedies of this kind are just what consumptives need. And they are constantly employed in all well-equipped health institutions. The dietary is another important element in the hygienic treatment of consump-

tion which shows its adaptability to this class of diseases. Almost all consumptives are also dyspeptics. If they are not such at first, they are sure to become so after a few weeks of the usual treatment with tonics, expectorants, and cod-liver oil. The system, already debilitated by organic disease, suffers additional injury by reason of the imperfect elaboration of the food, so that the blood becomes deteriorated. Hence the necessity for a wholesome, nutritious, easily assimilable diet.

It would seem that nothing could be more absurd than the common practice of using cod-liver oil in cases of lung disease. If any kind of fat must be taken, why not employ at least a variety which possesses the advantage of being free from noxious properties, rather than a nauseating extract of the diseased and putrescent livers of cod-fish?

All medical authors of eminence substantially agree that hygienic treatment is the only treatment which offers any real hope in consumption; and the records of hygienic institutions will show a percentage of cures of this disease far greater than that which any other method can present.

To any one who is suffering from disease of the lungs, no matter how slight the affection may at present be, the following advice is safe: Go at once to some good health institution and learn to live hygienically. Then, if your case demands a change of climate, your medical adviser will tell you so, and you can seek a more favorable clime with a knowledge of how to make your circumstances as favorable as possible for recovery.

Protect the Children from Cold.

THE following article from an English medical journal is well deserving of careful perusal; and the practical adoption of its excellent suggestions will save many households from suffering and bereavement:—

"The old and young, whose health and existence depend very much if not entirely upon others, are the chief sufferers at this period of the year. It is important, therefore, that those who have the care of either young or old should consider their responsibilities, and endeavor to carry out judiciously such precautions as may oppose the dangers of our winter season. The English mother has a love of hardy children, and thinks fresh air, or even the atmosphere of London streets, is of vital importance to their health. The idea of having no fire in the bedroom is another of her favorite maxims; and amongst the wealthier classes the luxury of seeing the arms, neck, and legs of those just beginning

to walk seems to be peculiarly delightful. We certainly do not desire to see the system of swaddling introduced into England which prevails in France, nor that our young ones should, like those of Northern Europe, resemble little round bundles of clothes more than anything else. But we seriously think that many lives are sacrificed to ignorance and erroneous ideas. Amongst the poor, the scantiness of children's clothing is quite remarkable. Winter and summer are not distinguished by any change of dress; short sleeves, bare necks and legs, are not the exception, they are the rule; cotton or thin stuffs are not changed for woolen or flannel, and so on in all other respects; beyond a shawl or some such addition, there is very little difference between their clothing in summer and winter. And yet this system is not the result of carelessness. It has become a custom, and one that has many supporters. There is no doubt that, if used to test the character of the child, very much as we see a boy holding up a terrier by its tail or its ear, to show its pluck by its silence, it has certain advantages.

It does not occur to most people that the air inside their houses, if they are properly ventilated, is as pure as the air outside. We should say that no child too young to walk or run should be taken out when the external temperature is below 50° ; that the rooms in which they live and sleep should never be below 58° ; and the day room should be three or four degrees warmer. The practice of wheeling children about in perambulators, sitting or reclining in one position without exercise, is particularly harmful. We would earnestly appeal to mothers to put aside all feelings of vanity, or what is sometimes mis-called natural pride, and cover the arms, neck, and legs of their children as a simple sanitary precaution. High frocks, long sleeves, and warm stockings should be worn out of doors; hats which cover the head, and boots which keep the feet as dry and warm as possible. On coming in from our streets, nearly always damp, both boots and stockings should be changed; and if the feet be cold, a warm foot bath should be used for a few minutes. The exquisite pain of chilblains could be saved to many children by this use of hot water for hands and feet. We see that flannel has yielded to merino, chiefly on account of the greater convenience of ready-made under-clothing; but there is nothing equal to flannel in the property of preserving warmth. There is one important point which is the question of the day with mother and nurse, and that is the morning bath. Let the room be well warmed before the child is taken out of bed, and let those who think a cold bath an abso-

lute necessity, remember that on a summer morning their children enjoy it; and if they keep the temperature of the water the same all the year round, that is, about 55° or 60° , they may obtain all the benefit possible. Let them think how unreasonable it is to take water not much above freezing point, and attack the nervous system, already depressed, by a shock which is followed by a reaction which requires the whole morning to recover from. We have no hesitation in recommending a warm bath early in the day, followed by a simple douche of cold water, as far preferable to the cold bath; or a warm bath at night for the sake of cleanliness, and none at all in the morning. It may be taken as a rule that, in the case of children, sudden changes of temperature are dangerous, and that 58° or 60° may be taken as the safe average temperature in which they should be constantly kept.

Spurgeon on Church Ventilation.—Mr. Spurgeon is a great preacher, and in most respects a very sensible man, notwithstanding his devotion to his cigar. He once made the following remarks on ventilation, in a public address:—

“To all sextons and chapel-keepers I would give this wrinkle: Open your windows often. I often preach in country chapels where people get packed like herrings in a barrel, and I have tried to get the windows opened, but they would n't, for they never had been opened. I went into one of these places once, and it was so close and hot that I asked every gentleman near a window to smash a pane or two. There was soon a very grand smash, but then the beautiful fresh air streamed in. I paid the bill afterward like an honest man; but it was much better to do that than to bear the cruelty of preaching in such an atmosphere, or forcing people to listen when they are disposed to sleep.”

—“Eccentricity,” it has been said, “is sometimes found connected with genius, but it does not live with true wisdom; hence, men of the first order of intellect have never betrayed it, and hence, also, men of secondary talents drop it as they grow wiser, and are satisfied to found their consequence on real and solid excellency, not on peculiarity and extravagance.”

—“Men,” said Bacon, “till a matter be done, wonder that it can be done; and, as soon as it is done, wonder again that it was no sooner done.”

LITERARY MISCELLANY?

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

"HEALTH IS WEALTH."

A CLEAR, bright eye
That can pierce the sky
With the strength of an eagle's vision,
And a steady brain
That can bear the strain
And shock of the world's collision ;

A well-knit frame,
With a ruddy flame
Aglow, and the pulses leaping
With the measured time
Of a dulcet rhyme,
Their beautiful record keeping ;

A rounded cheek,
Where the roses speak
Of a soil that is rich for thriving,
And a chest so grand
That the lungs expand
Exultant, without the striving ;

A breath like morn,
When the crimson dawn
Is fresh in its dewy sweetness ;
A manner bright,
And a spirit light,
With joy at its full completeness,—

O, give me these,
Nature's harmonies,
And keep all your golden treasures ;
For what is wealth
To the boon of health
And its sweet attendant pleasures !

Proper Dress.

BY MRS. E. G. WHITE.

AT this season of the year, particular attention should be given to the best manner of dressing ourselves and our children to secure physical health. This is necessary in obedience to the exhortation of the apostle to present to God our bodies holy and acceptable in his sight. "I beseech you therefore, brethren, by the mercies of God, that ye present your bodies a living sacrifice, holy, acceptable unto God, which is your reasonable service. And be not conformed to this world ; but be ye transformed by the renewing of your mind, that ye may prove what is that good, and acceptable, and perfect will of God."

It is not possible to render to God acceptable service while we are suffering under disease. Children need the daily lesson that life and health are not to be trifled with.

These are blessings not to be abused. The mind should not be dwarfed to meet the common standard. We should strive to fulfill our mission according to the will of God, in blessing others and glorifying his name. Our Redeemer has bought us with a dear price. "What! know ye not that your body is the temple of the Holy Ghost which is in you, which ye have of God, and ye are not your own? For ye are bought with a price: therefore glorify God in your body, and in your spirit, which are God's."

In order to fulfill the claims that God has upon us, we should study his will more earnestly, and the approval of the world less. Many professed Christians are so absorbed in their efforts to gratify their children by dressing them in a manner to keep pace with fashion, that they have but little time or thought to devote to the inward adorning, or to the matter of dressing in a manner to meet the approval of God.

Christian parents have grave responsibilities resting upon them in training their children. They should impress them with a high sense of their obligations to God, and the bearing that their dressing and eating will have upon their lives. A careful consideration would reveal to parents the fact that much of the fatigue and labor, under which they are wearing and growing old, are not burdens that God has bound upon them, but which they have brought upon themselves by doing the very things the word of God has told them not to do. "Whose adorning, let it not be that outward adorning of plaiting the hair, and of wearing of gold, or of putting on of apparel; but let it be the hidden man of the heart, in that which is not corruptible, even the ornament of a meek and quiet spirit, which is in the sight of God of great price."

But few parents are educating their children by precept and example to form lovely characters and secure the inner beauty, the meekness and lowliness of Christ.

Many lives have been sacrificed in conforming to the demands of fashion. And few sense the fearful responsibility this incurs. When hoops were in fashion, we were pained to listen to the arguments of many professed Christian women for the necessity of wearing them for the health. They could walk better

and work better. Little girls were seen imitating their mothers in fastening upon their little forms something to distend their dresses like hoops. The mothers argued their healthfulness, why should not they wear them? Children conformed to this fashion. The hoops distended the skirts that they could not fall naturally about the form and give warmth to the body. The extremities were chilled. Thousands of innocent victims were sacrificed to the hoop fashion.

True dress reform regulates every article of dress worn upon the person. In order to equalize the circulation of the blood, the clothing should be equally distributed upon the person, that equal warmth may be preserved in all parts of the body. The limbs, being remote from the vital organs, should have special attention. The extremities should be guarded from cold and chilliness by a bountiful amount of clothing. It is impossible for women or children to have health when their limbs and feet are habitually cold. If there is too little blood in the limbs, there will be a superabundance of blood in other portions of the body. There are usually worn over the chest, where there is naturally the greatest amount of heat, from four to six coverings. Over the lower part of the waist there are, in addition to these coverings, bands, plaits, overskirts lapped and puffed. All these extra coverings induce heat. The lower limbs are only furnished with two thicknesses of light material, while the feet are covered with thin flannel stockings, and cloth shoes. With the present style of woman's dress it is impossible to preserve an equal circulation of the blood. The limbs being insufficiently clad, the blood is not induced to the extremities. Our Creator has formed the limbs with large veins and vessels to contain a large proportion of blood, that the limbs may be sufficiently nourished and proportionately warm with other portions of the body. But fashion robs the limbs of coverings, and the life current is chilled from its natural channel and thrown back upon its internal organs. The many coverings over the chest and lungs induce the blood to these parts, and the animal heat thus retained weakens and debilitates these delicate organs, causing congestion and inflammation. The head, lungs, heart, liver, and kidneys have too much blood, while the limbs have not enough for warmth and proper development. The result is, the blood-vessels in the limbs contract because they are not filled and cannot contain the due proportion of blood which nature designed they should, and they are always chilly. Because this chilliness is habitual, it is not noticed by children who are thus unhealthfully dressed.

These children, who are disciplined to conform to fashion, are not well proportioned. Their slender, fleshless limbs testify to the abuse they have suffered. Fashion has robbed their limbs of their natural plumpness.

The limbs of our children should be thoroughly and sensibly clad with as many coverings as other portions of the body. First should be the long under-drawers reaching to the ankle. Next the warm flannel stocking reaching to the knee, fastened by elastics to the waist. Over these should be the warmly lined pants made tapering, or gathered in a band at the bottom, and fastened about the ankle. Warm boots with thick soles should cover the feet. The limbs and feet of little girls should be as warmly and thoroughly clad as those of the boys, that they may exercise in the open air without running the risk of taking cold.

I would appeal to parents to devote less time to ornamenting their children's clothing, which only fosters in them a spirit of vanity, and to so instruct them that they may secure good constitutions. And then they can dismiss doctors with their drugs, and see their children enjoy good health, sound morals, and standing independent for a sensible, healthful dress in defiance of the fashions of our times.

Up James' Peak.

MISS MARY L. CLOUGH.

WE were summering in Colorado, that land of smiling plains and frowning mountains, eternal snow-fields and Italian skies. We had experienced all the dangers and delights of a tourist in that Alpine region; we had scrambled up Pike's Peak to the peril of life and limb and the total destruction of boots and clothing; we had "packed" across the Snowy Range against a driving snow-storm in the middle of August, and eaten fresh strawberries the next day in the Beulah of Middle Park; we had scalded in the hot mineral springs, those mysterious safety-valves of sulphurous, subterraneous fires; we had caught trout in Grand River, and shot antelope and grouse in the valleys; hammer in hand we had hunted agates and jasper among the hills, slept in the open air, and eaten camp-fare weeks at a time without taking a cold or feeling a twinge of dyspepsia. Drinking in the cool mountain air, and feeling its tonic in the blood, we pityingly thought of our friends broiling in the "States" with the mercury above the nineties.

It was somewhere among the first days of July that we made a party of seven for the ascent of James' Peak, one of the prettiest

spurs of the Rocky Mountains, and distant only twenty miles north-west from Central City, the county-seat of Gilpin Co., and the principal mining town of Colorado. We were four ladies and three gentlemen, mostly citizens of Central City, representative Coloradoans, enthusiastic over their picturesque scenery, delighting to camp out and tramp over the parks and hills through every summer vacation. We had an early breakfast at the Cannon House, then the "crack hotel" of the place, and the gentlemanly proprietor presented us with a well-filled lunch-basket as he bade us good-bye.

We had a stout spring-wagon, and a saddle-horse apiece; and it was a merry cavalcade that dashed along the streets and out of town that cool, breezy summer morning. The sky was clear, the air fragrant with the pungent breath of the piny woods, the road was tolerably good for a part of the way, and in gay spirits we wound around the base of the mountains, through the depths of the forests, over streams, rocks, and highland meadows, ever ascending, winding up and on among the evergreen hills.

At noon we halted in an upland glade above timber line. A few stunted trees were immediately below, and before us was a large snow-bank white and cool against the brilliant green turf that carpeted the ground on every side. Below, a little to the left, a meadow-like sink between the hills led down from the upper heights, a ribbon of emerald upon the gray landscape. It was traversed by a brook that purred and sobbed on among the rushes, working its intricate way among great stretches of snow that lay like huge white blankets spread out upon the greensward. Above us lay the barren wastes of mountain, shutting out any more distant view of the Snowy Range except here and there, where, along some dip of the near hills, the gray, haggard head of a far-away peak loomed clear and cold against the soft blue sky. Upon our right and below us stretched gloomy forests of pine and fir, league upon league of wilderness.

We banqueted regally, sitting upon shawls and rugs under the glorious summer sunshine, while our giant refrigerator, the snow-bank, cooled the air to an invigorating temperature. Lunch time passed merrily; one's appetite is keen and one's spirits high in these mountain picnics. While the horses were finishing their dinners, the gentlemen amused themselves by shooting at marks in default of other game, and the ladies were deep in the mysteries of the floral world, discovering rare, beautiful blossoms surpassing in delicacy of color and texture the flowers of lesser altitudes. The

hare-bell and the blue-eyed gentian seemed to have stolen the tint of the Alpine skies. On one side, the little plateau where we were seated dropped abruptly a distance of forty or fifty feet, and at the bottom bubbled a spring of clear water. The gentlemen patiently scrambled, slid, and climbed down and up this almost perpendicular bank for water, only a pint at a time in a long-handled dipper which we had borrowed at the last house on the road, for people always forget the essentials on these trips.

As soon as the horses were rested, we saddled up, and, leaving the wagon, renewed the ascent on horseback. From this point the road was a mere track, steep, rough, and impassable for wagons. Nothing can be more sublimely lonely than these illimitable upward stretches of mountain. Above the forests, below the rocks and crags, they present a singularly isolated appearance. The ground was covered with a low, crisp moss, dotted with starry flowers of red, white, and blue, mostly of the cactus species. Occasionally, along the lower part of the slope, we encountered clumps of gnarled, knotty firs, growing very low, only a few feet from the ground, twisted and woven together until they formed a flat, roof-like surface, leaving quite an arbor beneath, for they grew in circles, as if the storms of many years had driven them together for protection, and they were locked in each other's arms, defying wind and weather. Mountaineers frequently spread their blankets on their tops and sleep there, pronouncing it as comfortable as an elastic mattress. Here and there a little dwarfed tree stood alone, lifting its sturdy head to the height of four or five feet, and stooping toward the south, with all its foliage on one side, and its northern half blighted and dead as if swept by a sirocco.

Everything bore the mark of tempest, every twig was bent in the same direction, everything blighted on the northern side. I shuddered to think of the wintry blasts that had caused this desolation. How the dreadful tempest had swept down from the snow-banks and ice-fields upon this withered slope, torn and wrested these crooked, dauntless trees, and bent their surly heads to the ground, beaten them with hail, sleet, and tornado, and ruthlessly trampled them under the feet of the storm! Ah, woe to any living thing on these heights then, for there would be no mercy. This is not man's province, but the realm of the hurricane, and let him beware who trusts himself here in uncanny weather.

Our trail now ran over a steep, smooth hill, then across a long slope and down into a

meadow formed by the water from the melting snows above permeating the ground in every direction. After crossing this sloppy tract, through the snow and bog, we were at the foot of the rocks, before us a steep, sharp peak, one of several that loomed in solid granite grandeur before us. Although the ascent so far had been comparatively easy, our horses were white with foam and panting with distended nostrils, for the altitude was so great that the atmosphere was extremely rare and the least exertion was fatiguing. We now dismounted, leaving our horses to crop the stunted moss and grass while we proceeded on foot over the uncertain stones that lay piled one upon another, exactly as New England farmers used to heap the rocks in their potato fields when I was a child. Even here, where there seemed nothing but bare, unfriendly rocks, the little brave, bright flowers peeped saucily from every cleft and fissure. We were obliged to rest frequently and take breath, while the perspiration streamed from every pore.

About an hour's sharp climbing gained us the summit. Although the side we climbed was easy of ascent, and not remarkably steep, when we stood upon the narrow, level line that formed the top of the mountain, we looked immediately down upon a perpendicular wall of rock that descended, unbroken, for hundreds of feet, then was interrupted by yawning, underreaching chasms, fearfully jagged and terrible, then shelves of rock and a leap of several thousand feet into a beautiful valley; for right beneath our feet stretched out Middle Park, with its winding, wooded streams, its gemmy lakes, its grassy hills and smooth, level plateaus, clumps of evergreen trees, groves of quivering aspens, mile upon mile of unceasing beauty and variety; never the same, but always smooth, rolling, lovely, as if planned and planted ages ago by some gentleman-giant, where he might ride, hunt, fish, and hawk at his own sweet will with always plenty of room for the display of his skill and prowess.

Almost within a stone's throw of us, across a deep gorge at the left, rose another mighty peak, the solid, barren rock seamed and scarred as if relentless Nature, avenging her agony, had vented her spleen upon it, chopping and tearing its surface, and splitting stupendous slices from top to bottom of its rugged sides. It is something terrible to stand upon one of these pinnacles of rock and mark the devastation and desolation the angry elements have made, how in their mad frolics they have stirred the world into a fiery volcanic chaos that rolled and tumbled its sulphurous billows in feverish unrest till they

petrified into these hoary-headed mountains. There we stood, helpless waifs upon the backbone of the continent, idly speculating upon these mighty mysteries, with no sequel to the riddle of Nature, while these mute, granite giants stood all about us in dumb, stony silence, when they might tell so much of hideous riot and change in the long-ago. But ah! if they should speak how rudely they might shatter our cherished theories of creation, and the pet hobbies of famous geologists.

Let them rest in peace with Nature's secrets locked in their bosoms, giving us scope to dream, and speculate, and wonder. May be in the valley there palms rustled and gorgeous-plumaged birds floated in the soft voluptuous air, tropical fruits and flowers made the air heavy with fragrance, and the tinkling waves of a Summer sea washed the rosy shells on the white beach. Even now, the "Park," with its charmed and gorgeous summer, laughs up intoxicatingly in the face of the eternal winter that reigns above and all around its Eden.

It was a grand prospect that met our eyes. Snow-slashed and storm-beaten, tier upon tier of Snowy Range rose and retreated far as the eye could reach, on all sides but the east. We could plainly see Gray's Peak, Lincoln's Peak, Long's Peak, and a dozen others of equal notoriety. Crowding off toward the glowing west loomed peaks and spurs, white with snow or gray with rock, till, far in the distance, they were like piles of cumuli in a summer sky. On the east, over and over the ranges of evergreen hills, the plains spread out far and wide, level and blue, like a vast, immeasurable sea. With the aid of a powerful field glass we could distinguish Denver, the queen city of the Plains, crouched beside the broad Platte River, sixty miles away.

Standing on an overhanging cliff, I dislodged a large rock, and sent it whirling down the precipice. With crashing force it struck upon a granite shelf a hundred feet below, then, bounding off with a report like the discharge of a rifle, it leaped across a chasm that gashed the mountain to its base, rattled down the ragged wall, dislodging other rocks and carrying with it a shower of stones, dust, and gravel, banging, crashing, raising a thousand echoes, with the roar of a small battery, and an accompanying cloud of flying sods and matter, it fell, shattered into hundreds of pieces, into the peaceful valley, and was buried in the depths of a little green lake thousands of feet below; but for full five minutes afterward rocks and stones were rattling down the mountain-side. We amused ourselves in this way for some time. There is a great fascina-

tion for most people in rolling stones down a mountain.

All over the summit grew beautiful little flowers of a delicate turquoise blue or pale rose and yellow. James' Peak is 13,200 feet above sea-level, and from its summit one gets a finer and more extended view than from many of the Rocky Mountain peaks that are much higher. From its being so easy of ascent and so near to the mining towns of Black Hawk, Central, and Nevada, which every tourist visits as an imperious duty, it has become a popular thing to climb James' Peak.

The sun was getting low and the breeze cool as we turned and retraced our steps down the mountain. The thawing snow, with numerous springs, made a net-work of tiny crystal streams all over the mountain-side. Now and then we slaked our thirst at some little rocky, moss-encircled reservoir of cool, clear water. In due time we reached the horses, mounted, and began the tramp back over the chilly meadow, among the hills, the storm-riven firs, across the stream, and to camp at last, found the wagon all right, sat down to a cold collation, very acceptable after our long march, and, just as the glorious sunset dyed with crimson and gold the snowy summits of the distant range, we set out for town in good earnest. We had daylight for the worst of the road, and then the round summer moon lighted us on our way. We reached Central City at 10 o'clock, and, tired, sleepy, and lame, laid ourselves down to rest upon welcome beds. It had been a day never to be forgotten in after life.

My Mule.

I OWN a mule. It is the first mule I ever had, and will be the last one. My mind is my mule.

I suppose many other people have mules of the same kind. I notice that in every phrenological picture-chart of the human head the mule has the top place among the hieroglyphics.

A mule, according to the prevalent opinion, does not regulate his movements strictly according to the will of his owner. The mule's business hours do not always correspond to those of his driver, and some inconvenience is often occasioned thereby to both parties. I think Mark Twain slanders the mule, and yet we must allow that the mule is troublesome at times.

Sometimes when I am most anxious that my mule shall go, he deliberately stands still. I try to spur him forward, but he refuses to budge. I have seen men in the pulpit and on the rostrum very much in the plight of

the driver of a rebellious mule. They stormed, they hammered, but they could not get under way. I would rather be the gazing-stock on Broadway, hammering and clubbing a stubborn mule, than to stand before an audience in a vain attempt to force my mind into action when it does n't want to go. I have tried it.

I have tried patting and coaxing, and I have tried jerking and spurring. Now I make a desperate effort. I summon all my strength; I determine that my mind shall go. It does move as though it would go. It makes a few wild plunges, and away I go on a flight of imagination that I think must give me a fair start. I begin an ambitious sentence. Forward I am carried with a rush. I am going—going. I am not just sure where I am going—I add one word after another, and suddenly—the mule stops. But down come whip and spur, and with a bound I am off into another bold, emphatic sentence—yip—yip—

“Now it goes, now it goes,—
Now it stands still.”

The mule *has* stopped, and I get off very ungracefully.

My mule is troublesome in another way. He gets started, goes like a whirlwind or tempest, and refuses to stop at my bidding.

Bed-time comes. I go to bed. I want to sleep. *Whoa! whoa!*—but on the mule goes, and I can't get off. I shift from side to side. I determinedly resolve to think about nothing. I lie very still, I almost stop breathing, but it does not stop the thinking. I might as well try to stop the circulation of the blood, by a mandate of the will. I am astride the mule, and the mule is going on the jump.

I pull back with all my might, but it avails nothing. Through the city, through the country, here and there and everywhere I am carried, in spite of my protesting that I don't want to go, till the mule is exhausted—I was exhausted long ago—and down he tumbles, and I drop into uneasy slumber in the scary dreamland just where the mule stops with me.

Again, mules are often seen, especially in pictures, with their heels at an angle of elevation which intimates that it is best to keep at a respectful distance. In other words, mules sometimes kick. This is the case, especially, when people take unbecoming liberties with their heels. My mental mule has heels, and it is difficult sometimes to keep them from flying in the faces of people that tempt them.

When some self-conceited creature, with

an air of self-importance that is almost unbearable, solemnly and majestically begs leave to inform you that you are seriously mistaken in some unimportant little opinion which you have ventured to half express, thus rapping your mule provokingly over the heels, does he not kick instinctively?

I would not blame my mule for letting the heels fly up on such an occasion, if he would then resume his gravity and maintain his just equilibrium until another such provocation should be offered; but he always assumes an offensive attitude, and gets ready to kick whenever the aforesaid individual comes near.

In this, I think, he shows a bad spirit—a characteristic, unforgiving, mule spirit. And yet I would take this occasion to suggest respectfully to some people that they are not required to rap the heels of every mule that they see. There is no evidence of lack of good breeding, nor of want of mental capacity, nor of meager information, in not disagreeing with every remark that any one may make in your presence. It is altogether proper not to contradict every assertion which your companion may casually make in conversation with you.

Again, my mule runs away sometimes without knowing just where he is going.

Dick's mule got scared at an old stump at the roadside one day, and dashed away into the woods. (N. B.—There were no fences along the road.) It was an unpleasant excursion for Dick—over old logs, in dangerous proximity to huge trees, dodging under branches—until the mule was brought to a stand-still in a dense thicket of brush and briars. Dick was consoled with the thought, however, that it was a mule that did it, and so he calmly took his bearings and proceeded to extricate himself and the mule, and get back to the safe road from which he had been carried.

My mule does in a like manner sometimes. Occasionally I find myself going at a dizzy rate of speed, away from my life's highway—away from the plain road along which I have been traveling peacefully and pleasantly—away from the long-tried and cherished truths that have been the sign-boards of my life's journey—out of the woods of doubt and uncertainty—out and away I know not whither, until I am brought to a halt in a dense thicket through which I cannot go and from which I have to back out. Well, my mule does it, and there is some consolation in that thought, as I hunt the way back to the old road. My mule got scared at something he did not quite understand, and so he struck off on

what turned out to be no road at all. That is all.

Thus I have learned to distinguish between myself and my mule, though we always go together.—*Theodore Crowl.*

A Noble Revenge.—The coffin was a plain one,—a poor, miserable, pine coffin. No flowers on its top; no lining of satin for the pale brow; no smooth ribbons about the coarse shroud. The brown hair was laid decently back, but there was no crimped cap with its neat tie beneath the chin. The sufferer from cruel poverty smiled in her sleep—she had found bread, rest, and health.

"I want to see my mother," sobbed a poor little child, as the undertaker screwed down the top.

"You can't; get out of the way; why do n't somebody take the brat?"

"Only let me see her one minute," cried the helpless orphan, clutching the side of the box; and, as he gazed into the rough face, agonized tears streamed down the cheek on which a childish bloom never lingered. Oh! it was painful to hear him cry, "Only let me see my mother—only once!"

Quickly and brutally the hard-hearted monster struck the boy away so that he reeled with the blow. For a moment the boy stopped, panting with grief and rage, his blue eyes distended, his lips sprung apart, a fire glittering through his tears, as he raised his puny arm, and with a most unchildish voice, cried, "When I am a man, I will pay you for this."

There was a coffin and a heap of earth between the mother and the poor, forsaken child. A monument much stronger than granite was built in his boy-heart to the memory of the heartless deed.

* * * * *

The court-house was crowded to suffocation.

"Does any one appear as this man's counsel?" asked the judge.

There was a silence when he had finished, until, with lips tightly pressed together, a look of strange intelligence blended with haughty reserve upon his handsome features, a young man stepped forward with a firm tread and kindly eyes to plead for the erring and friendless. He was a stranger, but from his first sentence there was silence. The splendor of his genius entranced—convinced. The man who could not find a friend was acquitted.

"May God bless you, sir—I cannot."

"I want no thanks," replied the stranger.

"I—I believe you are unknown to me."

"Man! I will refresh your memory."

Twenty years ago you struck a broken-hearted boy away from his mother's coffin. I was that boy."

The man turned livid.

"Have you rescued me to take my life?"

"No, I have a sweeter revenge. I have saved the life of a man whose brutal deed has rankled in my breast for twenty years. Go, and remember the tears of a friendless child."

The man bowed his head in shame, and went from the presence of magnanimity as grand to him as it was incomprehensible.

Hurry and Haste.—"Never do anything in a hurry," is the advice given to attorneys and solicitors by Mr. Warren. "No one in a hurry can possibly *have his wits about him*; and remember that in the law there is ever an opponent watching to find you off your guard. You may occasionally be in haste, but you need never be in a hurry; take care—resolve—never to be so. Remember always that others' interests are occupying your attention, and suffer by your inadvertence—by that negligence which generally occasions hurry. A man of first-rate business talents—one who always looks so calm and tranquil that it makes one's self feel cool on a hot summer day to look at him—once told me he had never been in a hurry but once, and that was for an entire fortnight, at the commencement of his career. It nearly killed him; he spoiled everything he touched; he was always breathless, and harassed, and miserable; but it did him good for life: he resolved never again to be in a hurry—and never was, no, not once, that he could remember, during twenty-five years' practice! Observe, I speak of being hurried and flustered—not of being in haste, for that is often inevitable; but then is always seen the superiority and inferiority of different men. You may indeed almost define hurry as the condition to which an inferior man is reduced by haste. I one day observed, in a committee of the House of Commons, sitting on a railway bill, the chief secretary of the company, during several hours, while great interests were in jeopardy, preserve a truly admirable coolness, tranquility, and temper, conferring on him immense advantages. His suggestions to counsel were masterly, and exquisitely well timed; and by the close of the day he had triumphed. 'How is it that one never sees you in a hurry?' said I, as we were pacing the long corridor, on our way from the committee room. 'Because it's so expensive,' he replied, with a significant smile. I shall never forget that observation, and don't you."

Good Humor.

PERHAPS if the parents and teachers knew how the children sometimes speak of them it would have a salutary effect upon their tempers. Unfortunately, however, they do not see themselves as others see them; and they comfortably suppose that though they are irritable and petulant, the children are still loving and respectful. It is a great mistake. The love of children is only to be gained in the same way as that of other people. We must win their esteem by merit, kindness, and courtesy, or it will not be ours at all. There was once an ill-tempered man who failed to understand this. He was often irritable and impatient, scolding and punishing his children, sometimes, at least, when they felt that they did not deserve it, and yet he expected the same love from them that other fathers who were reasonable and uniformly kind secured. One day he happened to hear his little boy speaking out of the fullness of his heart.

"I wish we could change fathers," he said. "Your father is so jolly, he always seems ready to play with you or do anything to make you happy."

"Of course, all fathers do that," said the other boy. "Does n't yours?"

"No; indeed he does not. My father is nearly always tired, and has the headache. So mother says, but I believe it is only his ill-humor. He comes home with a frown on his face, and then we scarcely dare call our noses our own. He thrashes us, too, sometimes, and nobody likes that."

"But you deserve it, I suppose; and if you do, the least thing he has a right to expect of you is that you should take your thrashing in a manly way."

"But I do not always deserve what I get, and neither do others. Only this morning he punished me for telling a lie."

"Served you right, too."

"So it would have done if I had told the lie; but I did not."

"It was a mistake, then?"

"Yes; it was a mistake; but it was such a one as our father often makes. I think he ought to take the trouble to learn the truth before he proceeds to punish us. When I am a man I will try to be less unjust and ill-tempered than he."

The father who thus heard his duty pointed out to him by his son, felt exceedingly grieved and uncomfortable. He did not know that he had been unreasonable and unjust, though, as the boy had said, he had taken very little trouble to ascertain the truth. He had never doubted but that he had the esteem and

love of his children ; for they were always respectful and obedient to him, and he supposed that the moving power was love. He discovered now that he had been mistaken, and that they were only docile because they were afraid to be otherwise, and that there was really very little true affection in their hearts for him. And when he asked himself how this was, the reason was not difficult to find. He was not a drunkard, who neglected to provide for his children. He was a Christian man, industrious, painstaking, and thoughtful. He took care that they were always well dressed, and that they attended a good school, where they would be fitted for their future work. He did not neglect their religious education, nor fail to secure proper advantages for them in all respects. Indeed, the more he thought of it the more he convinced himself that he was almost a model father. The only thing that was wrong about him was that he was often in an ill-humor. He saw, however, how this one thing interfered with his influence, and he resolved to conquer it if he could, that he might have the esteem and love of his children. And he did that which he aimed to do, by simply keeping a smile on his face instead of a frown, and letting his voice speak in cheery tones instead of perpetually grumbling and finding fault.

Rapid Printing.—When some sixty years ago Koenig constructed the first cylinder press and enabled the London *Times* to announce to the world the first grand step in rapid printing, the transition from two hundred an hour on the old hand presses to a thousand an hour by steam was heralded forth as the greatest achievement of that time. Thirty years later, Hoe constructed the "Planitium," with its many cylinders, and hundreds of our readers can readily recall the furore it created in the printing community when this press was perfected so as to produce from five to ten thousand sheets printed on one side per hour. The demand for still faster presses for the increasing editions of the great daily papers, brought out in rapid succession the Bullock, Walter, and others, with capacity for turning off six to eight thousand perfected sheets per hour, and yet the *Tribunes*, *Heralds*, *Suns*, etc., need presses still more convenient and rapid. It has remained, then, for the Centennial year to supply this want—Andrew Campbell has invented what must be conceded the fastest rotary printing and folding machine in the world. This press is capable of printing TWENTY THOUSAND eight-page or FORTY THOUSAND four-page papers per hour, delivering them

either flat or folded at the will of the operator ; this is at the rate of six hundred and sixty a minute, or ELEVEN PAPERS EVERY SECOND. It would appear as if this was the limit of fast printing on cylinders, and that hereafter if anything faster is produced it must be by some method as yet unknown.—*Electrotyper.*

Proof-Readers.—So long as authors the most accomplished are liable to err, so long as compositors the most careful make occasional mistakes, so long as dictionaries authorize various spellings, just so long must there be individuals trained and training to detect errors, to rectify mistakes, overrule dictionaries, and conserve the English language. The experienced proof-reader speaks *ex cathedra*, and submits to no council his claim to infallibility ; he lays down rules, but never descends to give reasons. In all other callings and professions, humility is a virtue ; in proof-reading, it is little less than a sin.—*Drew's Pens and Types.*

Chinese Anatomy.—The Chinese entertain very curious notions respecting the structure of the human body. Dr. Kerr, a former resident of China, has published a copy of an anatomical diagram, the original of which was issued by the Imperial College at Peking. This remarkable production represents the windpipe as passing through the lungs and communicating with the heart. The spleen is pictured as resting upon the upper portion of the stomach, and the heart as sending out three tubes, one each to the liver, the spleen, and the kidneys.

THE German is a language that is termed "agglutinating." An example of its tendency in this direction is afforded in the title of a document once issued by the Town Council of Vienna :—

"Kanalaraumungskostenrepartitionsmodusregierungscommission."

which, translated, means "A Commission for Regulating the Method of Apportioning the Expenses of Dredging the Canal."

—To be free from desire, is *money* ; to be free from the rage of perpetually buying something new, is a certain revenue ; to be content with what we possess, constitutes the greatest and most certain of riches.—*Cicero.*

To be happy is not the purpose of our being, but to deserve happiness.

DIETETICS.

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

Death in the Milk-Pail.

WE quote the following from the *New York Times* :—

" ' A Manchester dispatch says nearly one hundred persons have been poisoned at Eagly, near Bolton, by drinking impure milk. Some of the cases are serious and may result fatally.' "

" Milk and cream are remarkably apt to become the depositaries of fever germs, and thus become the vehicle of scattering disorders. The well-known case of the recent outbreak of scarlatina among the guests who, not many weeks since, attended a fashionable dinner-party in London, is now attributed to the presence of disease-impregnated cream. It was at first thought that the table linen had been contaminated, but investigation proved that supposition to be a fallacious one. Further inquiry traced it to the cream that had been used, one of the maids who had been engaged in the preparation of it at the dairy from which it came having been recently the subject of scarlatina.

" It is usually supposed that a scarlatina patient becomes convalescent in from two to three weeks, and under favorable conditions this is probably the case. But though on the high road to recovery, he is still endowed with the fatal power of communicating the disease he has been suffering from to others by means, chiefly, of the portions of skin that peel off from various parts of the body during the process of what is called desquamation. Cases are known where the fever germs have got into the milk through cows being milked by scarlatina convalescents, when the fine particles of peeled skin are supposed to have fallen into the milk, thus polluting it with infection-breeding atoms.

" In the course of a recent paper read before one of the many sanitary societies in London, special attention was drawn to the imperceptible emanations that are given off by the lungs and pores of scarlatina convalescents ; and, according to the expressed opinion, these are more seriously contagious than the decomposed cuticle that comes away during the process of desquamation. Taking this opinion into account, we can understand how liable milk and cream are to be the recipients of these contagious emanations. Any milk

exposed in open bowls, in the vicinity of a scarlatina convalescent, will be continually absorbing these emanations, and where it is the belief that all contagion has left convalescents in two or three weeks, and these are permitted to assist in, or look after a dairy, the danger must be very seriously increased. The course of such and similar diseases often presents conditions which have the appearance of freaks. Fever has been known to break out without any apparent cause in a house, cross the street a few doors down, and then recross a little further off. Possibly, the phenomenon might be traced to the course of the milk-carts, if the contents had been affected in the way pointed out."

The Object of Cookery.—A scientific consideration of man's natural dietetic character leads to the conclusion that if he lived upon such foods as were originally designed for his use, there would be no necessity for the art of cookery ; for the fruits, nuts, and soft grains which compose the natural diet of man are provided by nature in a condition ready to be acted upon by the organs of digestion. But civilization and other modifying influences have made it desirable that man should employ other vegetable productions, which require artificial preparation to render them digestible. Thus, cooking enables man to employ as food a great variety of vegetable products which he could not use in their natural state.

The student of natural philosophy will find the study of the effects of cooking upon various vegetable products a very interesting subject. One of the effects of cooking is to dissolve the adhesive substance which holds together the fibers of all vegetable products, thus making the food more easy of mastication, and enabling the various digestive juices to penetrate and act upon all portions of it. The starch granules of corn, wheat, rye, and other grains, with those of the potato, the turnip, and other vegetables, are very difficult of digestion in a raw state. The digestive fluids act upon them slowly and only with great difficulty, owing to their insolubility. When subjected to heat, these granules swell very greatly in size, and rupture when they become easily soluble. This effect of heat is familiarly illustrated in the parching

of corn, the effect upon the whole kernel being due to a similar effect upon each individual granule. The indigestibility of raw fruits is mainly due to unruptured starch granules which they contain; hence, they are improved by cooking.

To be of service, cooking must be done well. Cookery which renders food more indigestible than it would be if taken in a natural state, is, of course, no improvement. Hence the impropriety of mixing with the food, in cooking, substances of an injurious character in the shape of condiments.

Grains, especially, need long cooking, to insure complete rupture of the starch granules, as well as to soften the outer portion of the grain so as to render it digestible. Some kinds of grain, as corn meal, require much longer cooking than others. Oatmeal is greatly improved by long cooking.

Two Meals a Day.—According to Hippocrates, a very noted Grecian physician who lived a few centuries before Christ, the Grecians of that age ate but one meal a day. He advised, however, that two meals should be eaten, as by so doing there would be less liability to overeating. Thus it is evident that the "two-meal system," as the custom of eating two meals a day is called, is not by any means a modern innovation, but has the sanction of antiquity. It is also a fact worthy of mention in this connection, that the ancient Grecians were among the most hardy, energetic, and courageous, as well as learned, of all the nations of whom we have any historical record. Their feats of physical prowess astonish the world; and their rank as thinkers was in no way inferior to that of any people who have ever lived.

The advantages of two meals instead of three are very numerous; and there are no substantial objections to the practice in any but a few exceptional cases. This is a favorable season of the year in which to begin the omission of the third meal. The change may be made at once, or gradually. Perhaps the latter plan is the better one for most persons. If breakfast is taken at 7½ or 8 A. M., and dinner at 2 P. M., the supper will not be missed, or very little at most, especially if the individual retires early.

Of course there are cases in which three meals a day, if the supper be light and early, are preferable to a less number, and for such two meals are not recommended.

It would have been infinitely better for human stomachs if the ancient custom of eating but twice in a day had been maintained. There are a great many other directions as well in which modern practices are no im-

provement over ancient ones, and which call for reform by a return to the customs of our predecessors.

Disagreeable Tenants in Food.—The efforts of science are disclosing so many sources of danger in our food that to an extremely nervous person there seems to be no safety from certain varieties of plague except in starving to death. Trichinæ in pork have caused many Gentiles to become Jewish in their antipathy to this article of diet, even ham having no temptation for them. Sausages have long been regarded with suspicion. Lovers of rare beefsteak don't like to be reminded that the *taenia inermis* is a parasite of the ox which makes itself perfectly at home in the gastric regions of the human tribe. And now a Frenchman, Dr. Normand, of the French naval service, has found a new terror. He calls it the *anguillula stercoralis*. It is about a quarter of a millimeter in length, but so lean as to be invisible to the naked eye. It is believed to be the cause of the terrible disease known as Cochinchina diarrhea, which has caused great havoc among the French troops in the East.—*Boston Journal*.

A New Process of Making Bread.—M. Cecil, a French engineer, has invented a new process of preparing the materials for making bread, which has received the approval of the minister of war, and will hereafter be adopted in the French army. By this process an increased percentage of the nutritive properties of grain is retained, so that by avoiding the usual grinding and wetting, the grain that would make one hundred and fifteen pounds of bread in the ordinary way will make what is equivalent to one hundred and forty pounds. The new process is described as follows: The unground grain is first steeped in water, after which it is placed in revolving cylinders, by which it is deprived of the outer husk, which contains but four or five per cent. of nutriment. The grains are then softened by forming them into a thin sponge, and kept for a space of six to eight hours at a temperature of seventy-seven degrees Fahrenheit. They are then crushed under and made into dough as usual.—*Ex.*

Water-melon Sugar.—A company has been formed in California for the manufacture of sugar from the juice of water-melons. The process is said to be far more simple, and cheaper, than making sugar from beets. An excellent sirup is also made from water-melon juice. The seeds yield a sweet oil, and the residue of the sugar manufactory is used as food for cattle.

THE HEALTH REFORMER

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

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Bible Hygiene.

WEBSTER defines hygiene to be "that department of medical science which treats of the preservation of health; a system of principles or rules designed for the promotion of health."

We wish it distinctly understood on the very start that we have never regarded the Bible in the light of a treatise on the subject of hygiene. We freely admit that the Sacred Writers have said comparatively little upon the best methods of living in order to secure good health. They were thoroughly imbued with the grand theme of eternal redemption through Christ, and this was the principal burden of their writings. Neither have we at any time entertained the idea that there could be found in all the Holy Scriptures, from first to last, a complete system of hygiene. The most we have claimed is that the Bible does contain some of the clearest and most emphatic statements in harmony with scientific expositions of the laws of life and health, and that no text can be found in that Book opposed to the restrictions of the hygienic system as presented by Dr. Graham and all well-balanced health reformers since he wrote. But the Sacred Writers have by no means been silent upon the subject of health. Those who will carefully search both the Old and the New Testament will find very much more of what we call Bible hygiene than they had supposed existed between the two lids of the Book of God.

We do claim that the Holy Scriptures recognize health as one of the choicest blessings of our beneficent Creator. The unqualified statement of the beloved John is that "God is love." And in love he created man, and endowed him with physical and mental power. This was for the glory of the Creator, and for the happiness of the creature,

man. God is the author of life, health, and true happiness. His gracious provisions are for the best good of man in the present life, as well as in the immortal future; and it is his will that we should have a good hold on both worlds. "Godliness," says the apostle, "is profitable unto all things, having promise of the life that now is, and of that which is to come." 1 Tim. 4:8.

The learned and godly Paul, in the figure of the athletes of his day, teaches that temperance is conducive to physical activity and power; and in the application of the figure to himself, that Christian temperance is also necessary in order to obtain the crown of immortal glory. "Know ye not that they which run in a race run all, but one receiveth the prize? So run that ye may obtain. And every man that striveth for the mastery is temperate in all things. Now they do it to obtain a corruptible crown; but we an incorruptible. I therefore so run, not as uncertainly; so fight I, not as one that beateth the air. But I keep under my body, and bring it into subjection; lest that by any means, when I have preached to others, I myself should be a castaway." 1 Cor. 9:24-27.

No one of the first apostles of Christ could have clearer views and a keener sense of the importance of spiritual things, than John. And no one of them could be further removed from the things of time and sense than this beloved disciple. During his discipleship his affections seemed to be set upon his Divine Master, and in later years his warm heart was enveloped in the love of God. We might suppose him to be the very last of the twelve who would step down from the heights of spiritual enjoyment to even mention the importance of health. But hear him: "Beloved, I wish above all things that thou mayest prosper and be in health, even as thy soul prospereth." 3 John, verse 2.

The Author of the Bible is not only the God of wisdom, justice, and power, but of love and light. And in the pure light of his countenance there is joy, peace, true happiness, and health. The psalmist, suffering under physical and mental depression, turns to the true Source of help in these triumphant words: "Why art thou cast down, O my soul? And why art thou disquieted within me? Hope thou in God; for I shall yet praise him, who is the health of my countenance, and my God."

The unconditional promises to Israel are very gracious, insuring to them even the great blessing of health. "If thou wilt diligently hearken to the voice of the Lord thy God, and wilt do that which is right in his sight, and wilt give ear to his commandments, and keep all his statutes, I will put none of these diseases upon thee which I have brought upon the Egyptians; for I am the Lord that healeth thee." Ex. 15 : 26. And again, the Lord says to Israel, "Ye shall serve the Lord your God, and he shall bless thy bread, and thy water, and I will take sickness away from the midst of thee." Ex. 23 : 25.

Moses rehearses in the ears of Israel facts in their history in fulfillment of God's gracious promises: "Thy raiment waxed not old upon thee, neither did thy foot swell these forty years." Deut. 8 : 4. And David records that "He brought them forth also with silver and gold; and there was not one feeble person among their tribes." Ps. 105 : 37. He also breaks forth in joyful praise to the bountiful Giver of all good, and does not forget to mention the great blessing of health. "Bless the Lord, O my soul, and forget not all his benefits; who forgiveth all thine iniquities, who healeth all thy diseases." Ps. 103 : 2, 3.

The great heart of our adorable Redeemer was ever moved by human suffering. And prominent among his many acts of mercy and love were the manifestations of his power in healing the sick. As he is entering upon his public ministry, he repeats the prophetic words concerning the work of his mission in these words:—

"The Spirit of the Lord is upon me, because he hath anointed me to preach the gospel to the poor; he hath sent me to heal the broken-hearted, to preach deliverance to the

captives, and recovering of sight to the blind, to set at liberty them that are bruised." Luke 4 : 18. The religion of the Bible proposes to do the very things which the Author of true Christianity did teach and do. God, by his prophet, calls attention to the very work to be done, and among the promises to the happy workers is that of health.

"Is not this the fast that I have chosen? to loose the bands of wickedness, to undo the heavy burdens, and to let the oppressed go free, and that ye break every yoke? Is it not to deal thy bread to the hungry, and that thou bring the poor that are cast out to thy house? when thou seest the naked that thou cover him; and that thou hide not thyself from thine own flesh? Then shall thy light break forth as the morning, and thine health shall spring forth speedily; and thy righteousness shall go before thee; the glory of the Lord shall be thy rereward." Isa. 58 : 6-8.

The sanctification of the Bible is nothing short of the sanctification of the entire man. The religion of the Bible respects the body, as well as the mind and spirit. Paul, in his earnest labors and prayers for the church, uses these emphatic words: "And the very God of peace sanctify you wholly; and I pray God your whole spirit and soul and body be preserved blameless unto the coming of our Lord Jesus Christ." 1 Thess. 5 : 23. We never could see the harmony of the divine word with the idea of the sanctification of the inner man, and the pollution of the outer man with tea, coffee, tobacco, swine's flesh, and the broth of abominable things, so that the two-fold being is breathing forth hallelujahs to the Lamb from the inner man, while tobacco spittle or smoke is poured out from the mouth of the outer man.

The religion of the Bible respects the body, as well as the mind and spirit. It accepts of nothing short of the purity of all there is of man. "For ye are the temple of the living God; as God hath said, I will dwell in them, and walk in them; and I will be their God, and they shall be my people. Wherefore come out from among them, and be ye separate, saith the Lord, and touch not the unclean thing; and I will receive you, and will be a father unto you, and ye shall be my sons and daughters, saith the Lord Almighty." Having therefore these promises, dearly be-

loved, let us cleanse ourselves from all filthiness of the flesh and spirit, perfecting holiness in the fear of God." 2 Cor. 6:16-18; 7:1.

Would we be members of the Royal Family, and heirs to the inheritance of the saints in light, then we must cleanse ourselves from all filthiness of the flesh, as well as of the spirit. And the like sentiment is expressed by the same apostle, in a similar manner, to the Hebrews, where the value of the bath is introduced in connection with the virtues of prayer, faith, and the blood of sprinkling. "Let us draw near with a true heart in full assurance of faith, having our hearts sprinkled from an evil conscience, and our bodies washed with pure water." Heb. 10:22. Paul here honors the body.

And to the Corinthians he appeals: "What! know ye not that your body is the temple of the Holy Ghost which is in you, which ye have of God, and ye are not your own? For ye are bought with a price; therefore glorify God in your body, and in your spirit, which are God's." 1 Cor. 6:19, 20. Again, the apostle makes a most fearful appeal to Christians who dare defile their bodies. Hear him: "Know ye not that ye are the temple of God, and that the Spirit of God dwelleth in you? If any man defile the temple of God, him shall God destroy; for the temple of God is holy, which temple ye are." 1 Cor. 3:16, 17.

God is love. True religion, which pertains to the sanctification of the whole man, spirit, and soul, and body, and has to do with the things of both earth and Heaven, is personified in the Proverbs under the figure of Wisdom. "Happy is the man that findeth wisdom, and the man that getteth understanding. For the merchandise of it is better than the merchandise of silver, and the gain thereof than fine gold. She is more precious than rubies; and all the things thou canst desire are not to be compared unto her. Length of days is in her right hand; and in her left hand riches and honor. Her ways are ways of pleasantness, and all her paths are peace." Prov. 3:13-17. And with this agree the words of the apostle Peter: "For he that will love life, and see good days, let him refrain his tongue from evil, and his lips that they speak

no guile. Let him eschew evil, and do good. Let him seek peace, and ensue it." 1 Pet. 3:10, 11.

J. W.

The New Volume.

WITH the present number, the HEALTH REFORMER enters upon its twelfth volume. At no previous period of its existence have its prospects appeared more encouraging. While thousands of other journals have succumbed to the "hard times," the REFORMER has held on the even tenor of its way, unaffected by financial embarrassment, and now enters upon a new year with a larger number of friends and patrons than ever before, and with a corps of able contributors which promises for the journal an increasing degree of prosperity and interest.

The greater share of the exceptional success which has attended the REFORMER has been due to the liberal support which it has received from the friends of hygiene, who have nobly seconded the efforts of the publishers of the journal in securing for it an extensive circulation. This hearty co-operation is thoroughly appreciated by those who have the immediate oversight of the journal, and they will endeavor by unremitting labor and painstaking to make the REFORMER worthy of a continuance of the same confidence and patronage which have contributed to its success in the past.

Ruminating Bipeds.

THERE is a certain large class of herbivorous quadrupeds which chew the cud. The cud consists of a morsel of food which has been once swallowed and then regurgitated to undergo a second mastication. This process of chewing a cud is known as rumination. It is the special prerogative and characteristic of animals which possess a peculiar and complicated digestive apparatus like that of the cow and sheep; nevertheless, we occasionally find an animal of the genus homo, belonging to the biped species, who has by some means acquired this curious practice. From morning till night, almost without interruption, the jaws are kept in motion, and not infrequently each movement of the jaws is accom-

panied by a clucking or smacking sound of a character indescribably disagreeable, but not unfamiliar to any one who has ever happened to enjoy (!) the society of an inveterate "chewer."

Cud-chewing in the biped differs materially from the analogous process in quadrupeds in one important particular. In the latter, the act is a physiological function, and its performance is essential to the healthy maintenance of the individual. In the former, the act is quite the reverse. It is unnatural, unnecessary, unwholesome, and unmannerly; an injury to the individual himself, and a nuisance to those who are obliged to associate with him. Nothing could be much more annoying to a sensitive person than the constant clucking of one of these ruminators.

The composition of the cud which is so industriously masticated to no purpose, differs almost as widely as the chewers themselves. One rolls beneath his tongue a bit of India rubber. Another ruminates on spruce or tamarack gum, or some compound of resin and bees-wax. Now and then we meet one who chews paper wads, slate pencils, pins, and odds and ends of all sorts. Others appear to derive infinite satisfaction from the mastication of bitter roots, cloves, cinnamon, cardamoms, and other noxious substances, chief among which is tobacco.

So far as the act of chewing, itself, is concerned, it makes little difference what is the nature of the substance chewed, the injury resulting therefrom being about the same whatever the character of the "cud," and being principally due to loss of saliva and to weakening of the salivary glands. The saliva is a very valuable and essential digestive fluid, and its loss or impairment will necessarily involve injury to the digestive function. This result is not averted, as many imagine it may be, by swallowing the saliva instead of expectorating it; for it is absorbed into the blood, becoming a part of that fluid, and can only become saliva again by being newly secreted. The constant action of the jaws keeps the salivary glands unnaturally active, allowing them little rest. As a natural consequence, their product, the saliva, deteriorates in quality. Since there are certain elements of the food which particularly require the action of the saliva for their digestion, as

farinaceous and saccharine elements, it follows that any deterioration in the salivary secretion will inevitably result in indigestion. There can be no doubt that many dyspeptics have become such through the habit of chewing gum.

This article was prompted by the inquiry of a correspondent, "Is it harmful to chew gum?" If any of the readers of the REFORMER are addicted to the practice, we hope they will reform at once, for the sake of their individual health, if from no other consideration. The habit is one which is intrinsically bad, having nothing whatever to recommend it; and it will be instinctively shunned by every admirer of good breeding.

Cheating Nature.—Thousands of people are daily violating laws of nature with which they are perfectly familiar, under the delusion that they will in some way succeed in escaping the penalty which is attached to all natural laws. We are very prone to consider ourselves entirely different from everybody else, and to suppose that we may commit with impunity the same infringements upon nature's laws for which we see our neighbors suffering severe penalties.

The sooner we learn that we are wonderfully like the rest of the human family in all essential particulars, and that we are amenable to the same laws which govern mankind in general, the better it will be for us. We may for a long time transgress the laws of health with apparent impunity; but retribution will ultimately come, and unmitigated by the delay.

An Old Vegetarian.—There is located at Sept Fouds, in France, a Trappist monastery, the inmates of which practice a system of asceticism quite similar to that which characterized the Pythagoreans among the ancient Greeks, and the Essenes, a Jewish sect which flourished a few centuries later. Like the ancient orders mentioned, the Trappists are vegetarians, and of the strictest type, eating neither flesh, fish, nor eggs. One of their number who had lived in this manner for sixty-eight years, recently died at the advanced age of ninety years, having entered the monastery at the age of twenty-two. The

monks of this order are noted for their longevity, notwithstanding the unfavorable influence of their sedentary and monotonous mode of life; and it is not unfair to attribute their great age to the favorable influence of an unstimulating diet.

Homeopathic Physic.—A homeopathic doctor of Cairo, Ill., writes the homeopathic journal of Chicago that he has suffered for twelve years with neuralgia, the result of falling from a horse, saying, "I have used *Acconite* low, *Ars.* high and low, *Arnica* high and low, *Bry.* high and low, *Merc. Viv.*

and *Bin-iod.* low, *Kali-hid.* low, and *Canth.* high and low, and nothing but counter irritation and rest ever gave me any relief. Will any of my professional brethren suggest a remedy?"

The Pacific Med. and Surg. Journal, a periodical of the "regular" school, suggests the following remedy on the principle of *similia similibus*: "Take a strong bottle filled with water and let it fall from a horse as nearly as possible in the way you yourself fell. Take one drop of the water thus medicated, potentize it low, and smell it. If that should not cure you, try it *high*."

PEOPLE'S DEPARTMENT?

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

Hygiene vs. Drugs.

THERE are no truths the utility of which is more easily demonstrated than that of the principles of hygiene as applied to the treatment of the sick; and yet the people are very slow to believe. Custom binds people with iron bands. To get out of those ruts in which society has run for years, is a herculean task. To die without the aid of the regular M. D. is as unpardonable as for a Roman Catholic to die without a priest.

A child is sick. It is the idol of the family. The mother's untiring care and watchful eye are over it night and day. No pains are spared to secure its recovery; and yet its life is placed, unreservedly, in the hands of a physician, who is not always a man of principle. The child may protest with kicks and screams against swallowing the drugs prescribed; but the doctor's word is law and must be obeyed. Dose after dose is given; nature fails, and the child dies. The faithful mother has followed the prescriptions minutely. She would sooner have cut off her right hand than have failed in the smallest particular. Notwithstanding, she did not have the most distant idea of the deadly nature of the poison she was administering to her child. She has done what she could. The minister says—and the mother tries to believe it—that God took the child for her good. But nature rebels at such a conclusion. Finally, faith triumphs, the flesh submits, and the case is thus disposed of.

Not long since, in a quiet country village in the Peninsular State, a lady had a child very sick with spinal meningitis. The family physician carefully prepared his medicine, and the mother faithfully administered it. The child became no better, but rather grew worse. Three times was its spine blistered. The limbs below the small of the back were completely paralyzed. The doctor pronounced the case hopeless. Still the child lingered, day after day, a terrible sufferer. Neighbors came in to weep with the afflicted mother. The screams and moans of the little sufferer could be heard several rods from the house. It was a sad house, and a sorrowful sight.

Just at this juncture, a friend called who had seen the effects of hygienic treatment. He advised the mother to get the "Family Physician," and try the treatment there recommended. After being repeatedly urged, she laid it before the physician. He laughed very scornfully, saying, "Think you that a little water will do any good after I have exhausted my medical skill? Nonsense!" He had examined the most learned medical authors, and of course he knew. But the mother became interested to try it. The doctor reluctantly consented, as the "child could not live any way." The treatment was very simple—applications to the spine of cloths wrung out of hot and cold water alternately. The first application of cold after the hot application, brought instant relief. The child commenced to mend from that

very hour, and in a few days was about the house. At the present time, the only effect noticeable is a slight difficulty in walking, which is doubtless owing more to the medicine and the scars of those terrible blisters than to the disease itself. The fatted calf was not killed, but there was great rejoicing. When success began to follow the water treatment, the physician did not discourage it. And when the child really got well without his medicine, what does the reader anticipate the doctor said? He was so accustomed to taking the credit when his patients lived, that he tried to make that woman believe that he prescribed the treatment.

There are thousands that die annually whose lives might have been saved had those who were interested in the case understood and adopted the hygienic method of treatment. An understanding of the general principles of health, the uses of water, and how to apply it, is a duty that we not only owe to ourselves, our families, and our friends, but to society generally, and to God, the Author of those laws which govern our being.

S. N. HASKELL.

Good for the Elders.—It is a very hopeful sign for any reform when it has waked up the people enough so that elders in churches and religious bodies begin to take an interest in it and pass resolutions about it. Now this is just what is being done of late by different conferences, synods, and assemblies, upon the question of using tobacco and also the use of liquor as a medicine. For these signs we thank God and take courage. As long as ministers and deacons can chew the quid and foul the air, so long our boys will fall into the accursed pit of pollution. And so long as whisky is honored as a medicine, so long will millions bow down under its chins.

Just now I learn of an intelligent woman who has become a confirmed inebriate by first taking liquor from the doctor as a medicine. Every neighborhood presents cases like this. Thank the Lord that prominent physicians are waking up to this terrible wrong and are discarding alcohol from among their prescriptions, and pious elders are holding up their hands. Read the following:—

"The Presbytery of Bellefontaine, O., convened at Bueyms, recently, adopted the following expression of sentiment on the use of stimulants:—

"WHEREAS, it is the duty of the Christian people of this land to remove, as far as they can, every prop that sustains the liquor interest; therefore,

"Resolved, That we recommend to the

churches within our bounds the use of the pure juice of the grape, unfermented, at the Lord's Supper; and,

"WHEREAS, it is now an established fact by the treatment of 1,766 patients, within the past year, in the London Temperance Hospital, that alcoholic stimulants are not necessary to the successful treatment of diseases, the death rate being only six per cent., one far below that of hospitals where such stimulants are used; and,

"WHEREAS, as high authority as exists in the medical profession has discarded alcoholic stimulants as a medicinal agent; therefore,

"Resolved, That we discourage the use of such stimulants in the treatment of disease in our own families and in the community; and, as woman rules in the sick-room, we earnestly invoke her aid in carrying out this feature of the temperance reform."

Good! May many more pass similar resolutions and then live them out.

D. M. CANRIGHT.

Questions and Answers.

Cancers.—A. P. B., N. Y., wishes to know if cancers are caused by the use of meat, especially pork.

Ans. We have no reason for supposing that cancer would be produced by the use of meat in an individual not predisposed to the disease either by hereditary or some other cause. We are positive, however, that the use of animal food, and especially such gross food as pork, has a very powerful influence in encouraging the development of cancerous disease. A person who has any just grounds for supposing that he is suffering from cancer, or is liable to do so, should adopt a purely vegetarian diet.

Spoiling Filters.—H. R. W., Mo., says, Our filter does not seem to work right. We run through it water that was very much rolled with clay; and since that the water has a bad odor after passing through. Should I refill it?

Ans. The filter is choked with dirt, and needs refilling. Very dirty water should never be placed upon a filter. Water which contains dirt should be set aside to settle, unless the dirt can be removed by straining, before the water is poured upon the filter. Your filter needs to be renovated by a renewal of the charcoal.

Diet for Students.—G. S. B. asks, Can a student, while attending school, confine his

diet to graham bread, milk, and fruits, without injuring his health?

Ans. A student would thrive very well on the diet you describe. He might do better still on a diet consisting solely of fruits and grains if he had become well accustomed to it. When in college, we found a diet consisting almost exclusively of fruits and grains exceedingly conducive to mental clearness, and an excellent auxiliary to hard study. One who has not been accustomed to a diet of this kind should not adopt it at once, but by degrees.

Epilepsy—Prolapsus of Rectum.—N. S. R., N. Y.: The young man may be suffering from epilepsy in a very mild form. It is possible that his difficulty may arise entirely from disturbance of the stomach.

The middle-aged man of whom you speak is suffering from prolapsus of the rectum. We cannot recommend any remedial measure adapted to home treatment.

S. E. C., Wis.: We cannot answer all of your questions very fully in this department owing to our limited space; you can find answers to all of your inquiries and many more in our various works upon hygiene. Vinegar is unwholesome. Let a patient suffering from measles have plenty of water to quench his thirst. Castile soap is a good variety. Milk is not the best food for adults. Eggs are of a stimulating character. Raisins are wholesome food. Two meals are better than

more for most persons over ten years of age. About six hours should intervene between breakfast and dinner.

Hair Oil—Poison.—O. M. E., Minn., asks: 1. Should oil or perfume be used on the hair? 2. Does everything we eat contain poison? In talking against the use of tobacco I have been told that everything which helps to build up the system contains poison.

Ans. 1. Pure soft water is the only dressing needed for the hair. Oils and perfumes of all sorts are injurious. 2. The popular notion that everything contains poison, and that poison is necessary to sustain life, is an absurd fallacy.

Poison in the Blood.—A. C., Ill., inquires: Does poison taken into the stomach pass into the blood? if so, can it be antidoted?

Ans. Poisons which are received into the stomach are usually absorbed. They can be destroyed by antidotes only while they are in the stomach, before absorption takes place.

Bleeding of Gums.—M. J. J., Vt., inquires respecting the proper treatment for a young man who has several times suffered very severely from bleeding of the gums.

Ans. He should have his teeth examined by a competent dentist. It may be that the bleeding is caused by accumulations of tartar, as we have seen in some cases. He may be of a hemorrhagic diathesis, in which case he would need constitutional treatment.

FARM AND HOUSEHOLD.

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

Water-Proof Paper.—A transparent paper impervious to either water or oil may be prepared by dipping the sheets of paper in a solution of shellac in a saturated solution of borax. The shellac should be dissolved by gentle heat.

To Make Adhesive Plaster.—Mix one part of glycerine with twenty of mucilage. Apply a layer upon the linen or other material to be used. After allowing it to dry, apply another layer. Repeat the process until three or four layers have been applied. Moisten it when it is to be used.

To Preserve Wood.—Tar is often recommended as a preservative of wood. Tar alone

is of little or no value for this purpose, on account of certain acids which it contains; but if it is mixed with quicklime in the proportion of half a bushel of lime to a barrel of tar, it is very efficient in preventing decay.

Superior Paste.—Paste made according to the following recipe is said to have the property of adhering to nearly all solid substances: "Sugar of lead 726 grains, and alum 720 grains, both dissolved in water; mix in a dish one quart of wheat flour with gum water till of a pasty consistence. Put the dish on the fire and pour into it the mixture of alum and sugar of lead; stir well, and take it off the fire when it shows signs of ebullition. Let the whole cool, and the paste is

made. If too thick, add to it some gum water till of proper consistence."

Removing Substances from the Ear.—Take a horse-hair, about six inches long, and double it so as to make a loop at one end. Introduce this loop as deeply as possible into the auditory canal, and twist it gently around. After one or two turns, according to the originator of the plan, the foreign body is drawn out with the loop. The method is ingenious, and at all events causes little pain, and can do no harm.—*Medical Record*.

Simple Remedy for Burns.—Common whitening mixed with water to the consistency of a thick cream, spread on linen, forms an excellent local application to burns and scalds. The whole burnt surface should be covered, thus excluding the action of the air. The ease it affords is instantaneous, and it only requires to be kept moist by occasional sprinkling of cold water.—*Druggists' Advertiser*.

A Cheap Hygrometer.—Prepare a concentrated solution of chloride of cobalt. Saturate with the solution white bibulous paper, as filter paper. Expose a slip of this prepared paper to the air. If the air is dry, the color of the paper will be blue. When the atmosphere becomes moist, its color changes to red, the intensity of the color indicating the relative humidity.

A New Danger.—There seems to be a mania among manufacturers for poisoning their products whenever there is a possibility of doing so, no matter what the risk which may thereby be incurred to human life. The following paragraph describes a new method by which people may be unconsciously poisoned:—

"A rich lady, residing in the Faubourg St. Honoré, found herself growing very ill, and her doctor pronounced her to be suffering from the effects of some slow poison. The idea was rejected as absurd, but on rising one morning the lady found a glass of water, which was usually placed by her bedside, to be discolored by a white filmy powder. When the doctor saw this he at once pronounced it to be arsenic. All inquiries failed to fix suspicion upon any one, and the next night the lady filled the glass herself, and kept careful watch that no one tampered with it. Nevertheless in the morning the white powder again made its appearance, and the doctor was fairly at his wits' end to find the cause. Finally he discovered that his patient was in the habit of reading in bed, and for that reason candles were kept burning all

night long in her room. These candles, of a dazzling whiteness, had been strongly impregnated with arsenic during their bleaching process, and the arsenic, becoming volatilized by the combustion, thus poisoned the air of the bed-chamber."

Washing Dishes.—Such pans and goblets as are in every-day use, after being thoroughly washed, may be simply dried out with a linen dishcloth; but pans should be dried at the fire before being hung up, which will prevent iron pans from getting moldy or musty, and tin pans from rusting, however long they may be out of use. And it is not only the pot or pan that must receive attention, for if that be ever so clean, and the lid left unwiped, then the savor of whatever may have gathered on it during the last process of cooking, set free by the steam of the next operation, inevitably falls down on the new material, and a most incongruous compound may be the result. This is also the case with dish covers, which are too often hung up with all the steam of the last joint, fish, or pudding on them, at the risk of its dropping down on the next article covered, and the certainty of the metal inside becoming in time black and stained. Brass pans should be cleaned inside with vinegar and brick, then rinsed, thoroughly dried at the fire, and finished off by wiping out with a clean cloth. White enameled pans only want a little soda and warm water to keep them pure and sweet, and free from the grease which would be so disadvantageous to the finer kinds of made dishes that these pans are principally used for. Soda is also useful for rinsing out a mixing dish before making a cake or light pudding, as the grease from an ill-kept dishcloth is quite sufficient to account for what to many is so mysterious, namely, that the sponge-cake or pudding, which should have been light as snow, turns out heavy and tough.

Earthenware molds—the best and easiest kept of all kinds, whether for boiling, baking, or simply shaping—should also be rinsed out with a little soda in the water, which in its turn should be well rinsed off, as in its way it is just as objectionable in taste and smell as anything that can be named.

For dinner dishes, soap is better than soda, as it gives them a clean, glossy look, and thoroughly cleanses them at the same time. A brush for handles of tureens, etc., should be provided, and plates should never be piled up half warm from the hot water, but spread out, or ranged in the plate-rack to cool and dry, before being put away.—*Agricultural Gazette*.

POPULAR SCIENCE?

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

Thread of the Silk-worm.—Prof. Riley, of St. Louis, states that the average length of the thread spun by a single silk-worm is about half a mile, and its weight, eight grains.

Life without Light.—M. Pasteur, a French scientist, asserts that contrary to the general belief, light and oxygen are not absolutely essential to life, since he has been able to develop living organisms in the dark, in an atmosphere of carbonic acid.

Origin of the Raspberry.—The raspberry cultivated in our gardens was imported from Europe; yet this plant was not, originally, a native of that country. Prof. Asa Gray has shown that the wild raspberry found in the Rocky Mountains and in some portions of British America is identical with the cultivated species, as is also a wild species found native in Japan.

Medicating Grape-vines.—In many localities the *phylloxera*, a parasitic insect which infests the grape-vine, has been exceedingly troublesome, in some cases causing a total loss of the crop. The essence of the *Eucalyptus globulus* is said to be so obnoxious to these destructive insects that they may be destroyed by the simple inoculation of the vine with it. The operation is performed by slitting the bark near the root and applying a few drops of the essence.

Burning Mirrors.—The history of burning mirrors of brass is known. At Rome, the sacred fire was lighted with apparatus of this kind, and Archimedes fired the ships which were blockading Syracuse by concentrating upon them the sun's rays by means of a large reflector. Buffon repeated successfully the experiments of Archimedes. With a mirror of very slight curvature, consisting of a number of pieces of looking-glass, he set fire, at some distance, to fir and beech planks, melted tin and silver, and brought iron to red heat.—*Popular Science Monthly*.

A New Grain.—Oregon has a new cereal which looks like wheat, rye, and barley, and isn't any one of them; and the "leading agriculturists" of the State are puzzling themselves about it. Its history is strange. About

four years ago, a farmer, living in Tilamook County, Oregon, killed a wild goose, in whose crop he found a peculiar-looking grain. He planted it; it multiplied wonderfully, and he subsequently raised forty bushels on half an acre of land. Its growth is peculiar, from seven to ten stalks springing from one root. The kernel is very thin and compact, of a bright straw-color, and extremely hard.

China still Ahead.—Travelers seem bound to maintain for China the position of priority in almost all the discoveries and inventions which the more advanced portion of the civilized world have claimed as their own. The following paragraph records some of the most recent developments in this direction:—

"Mr. Salter, United States Consul, describes the interior of China along the course of the river Yang-tse-kiang as a wonderful land, and full of mysteries. In one place, he says, piscicultural nurseries line the banks for nearly fifty miles. All sorts of inventions, the cotton-gin included, claimed by Europeans and Americans, are to be found there forty centuries old. The familiar tobacco and potato, maize, white and yellow corn, and other plants believed to be indigenous to America, have been there, he reports, cultivated from time immemorial."

A New Weapon of War.—According to the *San Francisco Chronicle*, another terrible instrument of war has been invented, by a resident of that city. The new gun, patented by Leonard and De Vry, and christened "Peace Conservator," was exhibited at the Pacific Iron Works. The prompt action of the instrument, delivering seventy shots in four seconds, and ten hundred and fifty shots in one minute, through a thick oak barricade, proves that it is one of the most terrible death-dealing inventions ever known. The machinery is simple and easily worked, requiring but few attendants, who are perfectly protected from their adversaries' bullets; and it can be transported with much greater ease than an ordinary six-pounder. The bullets from this terrible machine will, it is claimed, diverge 300 feet in 1,000 yards—the distance claimed at which it will effectually deliver shots—and the gun can be easily worked by one person in any direction, or made to shoot almost solid.

News and Miscellany.

—A California company is building a single-rail railroad.

—Two-story street cars have been introduced in New York.

—A terrible conflagration occurred in Little Rock, Ark., Dec. 15.

—There is an uncommon abundance of snow in Michigan.

—From 1700 to 1800 arrests are made every week in New York City.

—The law has passed the Spanish Cortes making education obligatory.

—There is one idiot for every one thousand inhabitants in the United States.

—The project to construct a canal through the Isthmus of Panama has been revived.

—The discovery of a rich copper mine in Newfoundland is recently reported.

—The Grand Duke Alexis, of Russia, is accompanying a Russian fleet to this country.

—The subscriptions in Brooklyn to aid the Brooklyn Theater sufferers, amount to \$6,000.

—The Indian war seems to be nearly ended. Sitting Bull's band has been defeated and is scattered.

—A terrible cyclone passed over Bengal in November. At least 5,000 persons were destroyed.

—The famine in India is producing great suffering. Crowds of starving people are thronging into the great cities, and many are dying.

—Politicians are still quarreling over the results of the presidential election. The Republicans claim a majority of one electoral vote.

—After long consideration a plan has at last been matured for connecting the Atlantic and Pacific Oceans by means of a railroad through Central Asia.

—White Ghost, an Indian chief, with singular deference to the well-known smoking proclivities of the president, recently presented him with a pipe.

—The London *Post* says it is reported that there is to be a fresh exodus of Mennonites from Russia, 50,000 of whom desire to settle either in Brazil or the United States.

—It is rumored that a compromise has been made with Tweed by which he is to receive immunity from further prosecution on the condition of paying to the city a specified sum.

—The Suez Canal has wrought a wonderful change in the meteorological conditions of the country through which it passes. Previous to 1870, rain fell in that region only once in a year. Now it falls at least twice a month.

—The governor of Illinois has signified his intention to investigate the case of a prominent gentleman who recently died at the Northern

Insane Hospital after taking 120 grains of morphia and laudanum in fifteen hours.

—A remarkable meteor passed over portions of the States of Illinois, Iowa, and Indiana, on the evening of Dec. 21. It was said to be as large as a flour barrel, and very brilliant. It exploded several times with a very loud noise.

—The physicians and hygienists of St. Petersburg, Russia, propose to form a hygienic society. It is stated that the subject of hygiene is receiving considerable attention among Russian physicians. A fortnightly periodical, *Zdorovie* (The Health), receives a liberal support.

—The general impression prevails abroad that war with Turkey is inevitable. Russia is making the most extensive preparations looking toward such an event, but it is quite probable that other countries as well will be involved in the strife in the event of war.

—At the auction sale of the buildings on the Exhibition grounds, Dec. 1, the Main Building, which cost \$1,600,000, was sold to the Permanent Exhibition Committee for \$250,000. Most of the other buildings were sold at a much greater sacrifice.

—The Seventh-day Adventists of this country, through their missionary, the Rev. J. N. Andrews, have commenced the publication of a paper in Switzerland, which is printed in the French language. The newspaper has 400 subscribers, scattered through different countries of Europe.—*N. Y. Tribune*.

—At the last session of Congress a bill passed both houses which called for the reduction of the president's salary from \$50,000, to \$25,000, the original sum. The bill was vetoed by the president. It was recently reconsidered, and came very near passing in spite of the veto, a decided majority being in favor of it.

—There is said to be a paper church actually existing near Berlin, which can contain nearly one thousand persons. It is circular within, octagonal without. The reliefs outside and statues within, the roof, ceiling, the Corinthian capitals, are all *papier-maché*, rendered waterproof by saturating in vitriol, lime-water, whey, and white of eggs.

—Political affairs in Mexico at the present time present a very singular aspect. This singular people, who have made such a signal failure in attempting to govern themselves, seem to possess an inveterate love for revolution and insurrection. At the latest accounts there were three different presidents heading as many different parties each struggling for the supremacy.

—The city of Brooklyn was recently the scene of one of the most appalling catastrophes which ever occurred in this country. During the performance of a play in the large Brooklyn theater, the stage scenery caught fire from the gas-lights, and in a very few moments the whole interior of the building was wrapped in flames. Of the 1000 persons present, about one-third perished in this terrible holocaust.

Literary Notices.

CLEVELAND HEALTH JOURNAL. Cleveland, O. : Health Journal Company.

The first number of this new journal contains many good things, and presents a very creditable appearance. We hope it may succeed in securing sufficient patronage to sustain the enterprise.

SCIENTIFIC AND MEDICAL TESTIMONY and Experience concerning Man's Proper Diet. London : Wm. H. Clarke.

This little four-page tract contains quite an amount of valuable testimony on the question named in the title. Mr. Clarke is not only a vegetarian, but a hygienist, as well, and he is working quite energetically for the promulgation of reformatory ideas in England. His tract is a valuable contribution to hygienic literature.

NATIONAL TEMPERANCE ALMANAC. New York : National Temperance Society.

This neat little work is full of good things, as usual. It is profusely illustrated by wood engravings, and cannot fail to meet a cordial reception from all interested in the temperance reform. Old people will like it, and children will be delighted with it. The only fault we observe in it is the use of too small type in the calendar tables, so that it will be rather inconvenient for use as an almanac.

THEORY OF MEDICAL SCIENCE. By Wm. R. Dunham, M. D. Boston : James Campbell.

This well-known publishing house has distinguished itself for several years by the publication of works of an exceptionally valuable character, many of them of a reformatory stamp. The work named above fully sustains the reputation which the house has so deservedly held in the past. It brings prominently into view many of the fallacies under which quite a large proportion of the medical profession are laboring respecting the nature of drugs and their relations to the human body. The author has evidently studied the subject of vital action in a manner by no means superficial : and he clearly demonstrates the incongruity of many of the formulated phrases used in medical works as well as in common parlance, in speaking of disease.

To say that the ideas of the author are wholly original, or even largely so, would perhaps be granting to him undue credit. But the value of the work is no way depreciated by the fact that the most scientific members of the profession have entertained essentially the same views for many years, though the truth has often been almost hopelessly obscured by incorrect terminology.

We notice a few points in which our author seems to be a little behind the most advanced phase of scientific thought, as in his remarks on the subject of force ; nevertheless, we would by

no means condemn the book as unscientific on this account, for in general, it treats medical doctrines in a far more scientific manner than medical works in general have done. Perhaps a more important stricture would be that while the author clearly shows the relation of drugs to the human system he perhaps allows too great a latitude for the use of the very articles which his reasoning would condemn. We doubt not that the work will accomplish a great amount of good.

A Great National Work.—The Illustrated History of the Centennial Exhibition, with a full description of the Great Buildings and all the objects of interest Exhibited in them. By James D. McCabe, author of the "Centennial History of the United States," etc. Embellished with over 300 fine engravings of buildings and scenes in the Great Exhibition.


The National Publishing Co. of Philadelphia and Chicago, have issued a handsome volume bearing the above title. The intense interest everywhere manifested in the great Exhibition, and the desire to obtain a complete and connected account of it, will unquestionably cause this book to have a very extensive sale.

This History of the Centennial Exhibition is not a dry list of the articles exhibited. It is a superb volume of 874 pages, from the pen of one of the most popular authors of the day. Mr. McCabe received the constant and sympathetic assistance of the Centennial authorities, and enjoyed peculiar advantages in the preparation of this work. He went, note-book in hand, through every department of the Exhibition, and the result of his labors is a work abounding in brilliant descriptions of the great World's Fair. He traces the history of the great enterprise from its inception to its triumphant closing day. He then takes us through every part of the Exhibition grounds, giving brilliant accounts of every building and other feature of interest within them. We are taken through the Main Building, Machinery Hall, the Agricultural and Horticultural Halls, the Art Gallery, the Government Building, and all the other structures, and our deepest attention is held all the time by the descriptions of the rare and beautiful objects contained in them.


The book is written with a vigor and brilliancy which render it a complete and life-like picture of the great World's Fair, and make it invaluable to all classes of our people. To those who have visited the Exhibition it will be a pleasing souvenir of their visit, and enable them to recall the magnificent scenes they have witnessed. To those who could not make the journey, the book is a necessity, for it will enable them to enjoy the delights of a thorough acquaintance with the great Exhibition in the quietude of their own homes.


There is not another book in print which gives one-fourth of the information contained in this work. It is superbly illustrated, and the price is so low that all can afford to secure a copy. The book is sold by subscription only, and the publishers want agents in every county.


Items for the Month.

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

LIFE SKETCHES.—Our readers will be pleased to note the commencement in this number of a series of illustrated articles under the heading of "Life Sketches" from the pen of Eld. James White. These articles will possess an uncommon degree of interest to all who are interested in the subject of health reform. The genial countenance of the subject of the first sketch, Eld. Joseph Bates, will be familiar to thousands of our readers who have known and loved him as a staunch friend of every true reform.

 The readers of the REFORMER will be pleased to note that Eld. White resumes in the present number the consideration of the subject of Bible Hygiene. His former writings upon this subject have been widely appreciated, and many deeply regretted the pressure of other duties which compelled him to discontinue the subject when it was but fairly introduced, as was the case some months ago. Now we have the promise of a continuation of the articles until the subject has been quite fully presented. We trust that the genial climate of the Pacific Coast will enable the Elder to execute his designs in this respect, notwithstanding the many onerous duties which demand a share of his attention.

 In order to give our friends ample time to renew, as well as to save ourselves extra labor, we send this number to several hundreds of those whose subscriptions expired last month. We hope our friends will manifest an appreciation of our leniency by prompt remittances of the small sum necessary to secure the HEALTH REFORMER for another year.

 Every mail brings a large budget of letters with remittances from new patrons and long lists of subscribers from our agents, who are canvassing the country with a thoroughness such as has never before been witnessed in the history of this journal. We are proud of our army of energetic, enthusiastic workers, and take fresh courage from the reports of almost uniform success which they send us.

Still there is room for a thousand more canvassers to work. There are tens of thousands of cities and villages which will be left without an opportunity to investigate these healing truths for want of competent agents to introduce the subject. This is a work in which ladies can engage with excellent success. Here is an opportunity for those who are longing for a wide

sphere of labor than the domestic circle, to test their talents for more extensive usefulness. Try it, friends, and our word for it, you will get good and do good.

WE DON'T LIKE TO DO IT.—We try to hold ourselves in readiness for the performance of any plain duty; but we experience so much regret at parting with any of the friends who have accompanied us during 1876 that we don't like to strike their names from our lists. Yet the stern necessity of adhering to our settled plan of payment in advance compels us to do this in the case of those of our patrons who fail to renew in time. Still we are willing to be as lenient as possible in consideration of the hard times.

FAMILY HEALTH ALMANAC.—The demand for the almanac for 1877 still continues. Philanthropic hygienists and missionary societies are circulating it very freely. The Tract and Missionary Society of Michigan expect to circulate somewhere nearly 50,000 this season. About one-half of this number is already in the hands of their agents. The whole edition for 1877 will more than double that of 1876 and 1875 together, thanks to the generosity and philanthropy of the noble friends of hygiene.

A HYGIENIC WEDDING.—On the evening of Dec. 7, the patients of the Battle Creek Health Institute, with a good representation of the hygienists in the vicinity, were gathered in the commodious parlor of the institution to enjoy one of the pleasant entertainments which are frequently held there as one means of promoting health. The room was filled to its utmost capacity with a company who seemed prepared to enjoy themselves to the utmost, and apparently they did. After various interesting exercises which alternately excited tears and convulsive laughter, Rev. U. Smith was introduced to the audience as having an exercise which promised to be of a very entertaining character. He announced a tableau of a somewhat peculiar nature, but left the audience in a condition of unsuspecting expectancy respecting its real character. Just at the proper juncture, Dr. W. J. Fairfield made his appearance accompanied by Miss Nellie N. Wheeler, of Brookfield, N. Y., and they were at once joined in the bonds of matrimony by Eld. Smith.

After the ceremony the exercises were concluded by the usual congratulations, with vocal and instrumental music. The surprise was complete, and the congratulations profuse and hearty. All united in pronouncing the wedding the most pleasant affair of the kind they had ever witnessed.

The next day a company of more than seventy hygienists partook of a hygienic wedding dinner, probably constituting the largest gathering of the kind which ever occurred. The REFORMER wishes for this promising couple uninterrupted prosperity and a wide sphere of usefulness.

OUR BOOK LIST.

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.

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, a description of all the different kinds of baths, and directions for applying water as a remedy for disease. Price, 20 cents. Bound in cloth, 50 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.

The Hygienic System. By R. T. Trall, M. D. Price, 15 cents.

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Healthful Cookery. A Hand Book of Food and Diet; or What to Eat, How to Eat, When to Eat. The most complete work on Hygienic Cookery published. Price, 25 cents.

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— FOR 1877. —

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DEVOTED TO

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OUR CREED.—The laws of life and health are the laws of God. Christianity is practical piety. Do right from love of right and truth. Love God supremely, your neighbor equally. "For forms of faith, let wrangling bigots fight."

HYGIENE.—Obedience to all the laws of health is necessary to secure a "sound mind in a sound body." Perfect mental and moral health is promoted by physical health.

DISEASE.—Sickness is Nature's punishment for Physical sin, or violation of physical law, as moral depravity is the result of moral sin, or transgression of moral law. Men shorten their own lives, not Providence, by their own reckless or thoughtless disregard of the laws of life and health respecting eating, drinking, breathing, sleeping, and all other acts of life.

DRUGS.—Dr. Oliver Wendell Holmes says it would be "better for mankind if all the medicines of the drug shops were cast into the sea." Drugs and poisons are too often used when they do more harm than good. Nature's remedies are far superior, in most cases.

TRUE TEMPERANCE PLATFORM.—Temperance reform, to be thorough, genuine, and efficient, must begin with reform in diet. *All stimulants must be discarded*—alcohol, opium, hashish, absinthe, tobacco, and the rest.

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