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

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## Life Sketches.

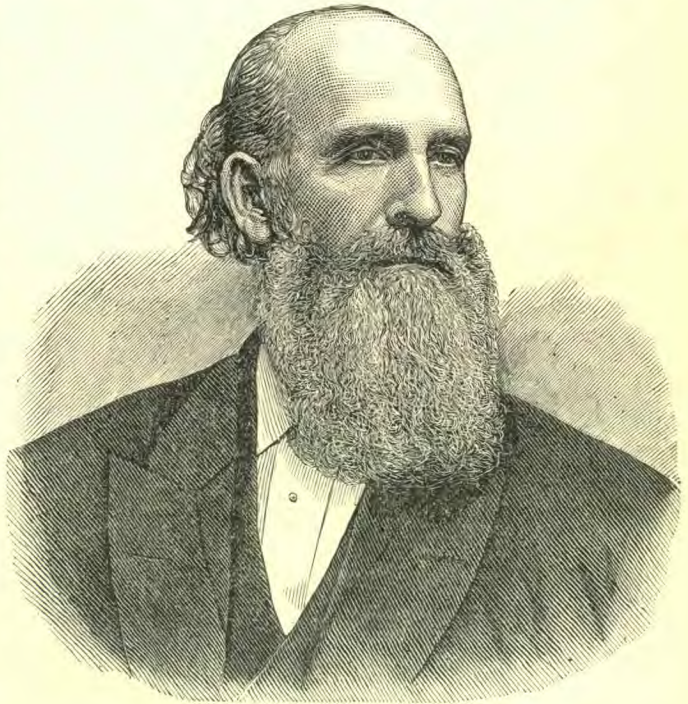
### ELDER JAMES WHITE.

ELDER JAMES WHITE, President of the Seventh-day Adventist General Conference, and of the Battle Creek College, Editor and Publisher, was born in Palmyra, Maine, Aug. 4, 1821. His father, Deacon John White, was a lineal descendant and namesake of John White, son of Peregrine White, whose name is famous in history as that of the first child born in the colony of Pilgrims who landed upon "Plymouth Rock," from the tempest-worn Mayflower, in the year 1620.

One year ago, Eld. White, while visiting the Centennial Exhibition, had the pleasure of viewing, in the "New England Log Cabin," the veritable Fuller cradle whose gentle swaying quieted the slumbers of his renowned ancestor more than two and a half centuries ago, and in which the infant Peregrine was rocked in effigy by curious visitors, though time had dismantled the antique relic of its rockers, loosened the joints, and stained the wood. Deacon John White, father of the subject of this sketch, possessed the silver knee-buckles worn to this country by the fa-

ther of Peregrine White. This heir-loom has been handed down to the first-born son of each succeeding generation, and is now in the possession of the nephew of Elder White, Prof. John White, of Harvard University.

Elder White's mother was a granddaughter of Dr. Samuel Shepard, an eminent Baptist divine, who, in his day, was one of the most



noted ministers of New England. She was a most amiable Christian and a woman of strong mental power, coming of a stock famous for broad-minded, intelligent men, of liberal thought and action. She was loved and admired by all who knew her. Both father

and mother inherited from their respective ancestors remarkable physical strength and endurance, retaining their mental vigor, and a considerable degree of physical power, to the advanced age of more than fourscore years.

Deacon John White had settled on a new farm in the town of Palmyra, twelve years prior to the birth of his son James. On this farm he lived for fifty-one years, settling upon it at the age of twenty-one, and leaving it at the ripe age of seventy-two, for the purpose of being near his sons. During all that time he was held in the highest esteem throughout the community, holding for many years the responsible office of town-clerk, and serving upon the school-board, or as one of the selectmen of the town, during all his long residence there. He was one of those clear-headed men, with fine, quick perceptions, and a high sense of right and honor, that made him a man of marked influence throughout the country, and one who enjoyed the perfect confidence of all who knew him. He was a leading spirit in the church to which he belonged, and generally regarded as authority on all church matters. But he was a liberal-minded Christian gentleman, and affiliated readily with other Christian denominations, in spite of creed and dogma, and was held in high regard by them.

It was but natural that the family resulting from the union of two such strong, intelligent characters as those of John White and Betsey Jewett should be men and women of rare physique, and high moral and intellectual capacity. But Deacon White belonged to that class of New England farmers, who, while living in frugal comfort, have little money to spend upon the education of their children. He was the father of six boys and three girls, all of whom, with the exception of one who died in infancy, had the privilege of attending the common school, according to the fashion of their day and class.

In lieu of giving them opportunities for a higher education, Deacon White gave his boys "their time," as it was called, at the age of nineteen, instead of claiming their services until they were twenty-one, according to law and the New England custom.

But young James White was not even able to avail himself of the full advantages of the common school. Until the age of fifteen he was a feeble child. When still an infant,

sickness had entailed upon him a nervous difficulty which affected his eyes, making him cross-eyed to such an extent as to render it next to impossible for him to read, and this kept him, in a great measure, from school. His time, however, was not unprofitably spent; and his apparent misfortune was probably of the greatest service to him, since it secured his immunity from premature and excessive mental culture at the expense of his physical development.

Instead of being confined in the stifling atmosphere of the average school-house of those days, and subjected to abnormal and perverting methods of mental training, he was left comparatively free to develop his intellectual and physical powers by daily intercourse with nature, independent of either books or teachers. Here, without doubt, he developed the extraordinary powers of accurate observation which have since characterized him, and been one of the great elements of his success. Here, too, there was little to hinder that natural independence of thought and action which prepared him to be a leader among men, the originator and moving spirit of great enterprises. Thus, while aiding his father and older brothers in subduing and fertilizing the rocky, barren soil of the old homestead in Maine, he was acquiring force of character, mental strength, and laying the foundation for that vigorous physical health that was to support him in the life of great efforts and results which lay before him.

At sixteen years of age there was a marked improvement in his health. He developed rapidly in size and strength, and the nervous difficulty which had affected his eyes almost wholly disappeared. At the age of eighteen he was far in advance of those of his years in physical development.

At nineteen he was free to do as he chose, and immediately set about putting into operation his long-cherished plan of taking a thorough course of study, beginning at the academy, five miles distant from his home, in the town of St. Albans, now known as Hartland. He was without money, but years before an uncle had presented him with a sheep, which had increased in the natural order to quite a little flock. In consideration of this small capital his father agreed to furnish him provisions from the farm with which to board

himself through the approaching quarter of school. Behold young White walking five miles to the academy, with a basket in each hand containing a week's rations, cooked by his good mother.

A humble room was taken, in company with several other young men as poor as himself, and thus he entered school. The food cooked at the old farm would grow rather dry and stale by the end of the week, at which time the young student would trudge the five miles home, and again provision up for the ensuing week, making this regular journey back and forth invariably on foot.

The very fact of his superior physical development increased his embarrassment upon entering school with those who, though of his own age, and smaller in size, were far more advanced in knowledge of books. But the fresh vigor of his mental powers, backed by excellent physical health, enabled him to make almost marvelous progress in his studies, so that he soon stood in the van among his compeers. At the close of the first term of twelve weeks he received from his preceptor a certificate of his qualification for teaching a common school, and accordingly taught the following winter.

In the school-room he met with remarkable success, and gave the utmost satisfaction to his patrons. He here developed an unusual capacity for governing those under his charge, bringing them under a thorough discipline which greatly facilitated progress in their studies. He carried a zeal and enthusiasm into his work which inspired his pupils to extra efforts; and the term was pronounced one of the most profitable that had been taught in that district. Before leaving town he was engaged to teach the same school the next winter, and had made a succeeding engagement to teach the adjoining village school after that was completed, the two boards agreeing together about the time of their respective schools, so that each could secure the services of the popular young teacher.

At the close of his winter's work the young man attended school five weeks, at the end of which time he shouldered a pack and walked forty miles to the Penobscot River, and hired out as a raw hand in a saw-mill. Determined to obtain a thorough education, he was

willing to make every honest effort to secure means for the achievement of his purpose. He asked no assistance, but relied solely upon his own energy. He flinched from no hardship, and turned aside from no obstacle that opposed the accomplishment of his purpose to secure a collegiate education.

His unusual physical development very naturally gave him a fondness for athletic sports, in which he was excelled by none of his companions. At one time, when engaged at the lumber-mill with two hundred fellow-workmen, he joined with them in a trial of strength. The test was to lift a cask of tar of three hundred pounds' weight, with one hand, the other being in the pocket, and place it upon the top of a cask of lme. Among the whole number of tough, sinewy backwoodsmen, but one, besides this boy of nineteen, was able to perform the feat. Other competitions upon different tests of strength invariably resulted in a similar manner.

While at this mill the young man received a severe injury of the ankle from an ax which he was using. A portion of the bone of the internal ankle was removed, with the ends of the ligaments attached. This injury was a source of annoyance and suffering to him for many years, the ankle joint being weakened in such a manner that no weight could be rested on the heel, but he was obliged, in walking, to throw the weight of his body forward upon the ball of the foot. A slight misstep, bringing his weight upon the heel, was sufficient to cause him to fall to the ground. After suffering from this injury for more than a quarter of a century, he was entirely cured in a very remarkable manner, as will incidentally appear in the course of this sketch.

After laboring a few months in the saw-mill, young White returned home with his hard-earned dollars. He now attended, for a term of three months, the Maine Wesleyan Seminary, an institution which held, and still holds, a high rank in the State. Here he applied himself to his studies with great assiduity, and made almost unparalleled progress. He was now twenty years old, and the principal of the seminary declared that he would be prepared to enter college by another year of equal exertion.

Full of hope and ambition, he resumed

teaching, with the same flattering success which attended his previous effort. The New England country school of those days was in winter largely composed of young men and boys verging upon manhood, many of whom were rude and untrained, considering it legitimate amusement to create a disturbance in school, even to the point of turning the master out of doors. The school which James White presided over was, in this particular, one of the worst in the country, inducing a former teacher to commence his school with a pistol and bowie-knife upon his desk to insure his respectful treatment.

James White resorted to no such alternative, but with characteristic determination and courage, succeeded in establishing thorough government and discipline. The quarrelsome elements were subdued; the school was revolutionized, the ring-leaders of mischief becoming studious and well-behaved. He threw his whole soul into the work, winning the highest approbation of his patrons.

At the conclusion of this term of school he returned home with high hopes and bright prospects for the future. He expected soon to enter college, and his past success as a student and teacher was an assurance to both himself and his friends that a brilliant career was before him. His indomitable will and energy, aptness to learn, and the robust health which enabled him to pursue his studies with such unremitting application, all indicated that he would attain to a high position among the leading minds of the age.

He possessed in a marked degree all the elements essential for a truly great man. He had an unusually large and active brain, supported by an equally well-developed physique, an independent mind, an ambition to excel, a persistence in thoroughly mastering every task undertaken, a burning desire to get at the fundamental principles of every subject under investigation, a willingness to employ any honorable means, however humble, to aid him in the attainment of his purpose, and a fixed principle to stand by right and truth under all circumstances and conditions.

His aspirations were high; to settle into a life of mediocrity and stagnation seemed more repugnant than death to his feelings. Every impulse of his soul embodied the ele-

ments of progress. This progressive spirit has characterized his entire life; he has ever been in advance of those associated with him in all matters of enterprise and reform, and has frequently met much opposition from those who could not comprehend and appreciate his plans for progress and improvement.

Upon returning to his native village, he found a remarkable religious revival in progress. He had already experienced religion at the early age of fifteen, and was a member of the Christian church in Palmyra, of which his father was deacon. But he had become so engaged in his studies and his plans for the future that he had lost somewhat of his earlier religious zeal. He now found his former associates deeply interested in the subject of Christianity, and soon felt so strongly impressed by a conviction of his duty to enter the ministry that he abandoned his anticipated course of study, and began to fit himself for that sacred calling.

This he did not do without a struggle, nor upon the impulse of the moment; for his perseverance was so great that it was only with extreme reluctance that he could relinquish any cherished plan upon which he had once entered. But his convictions of duty were too strong to be resisted by one who had inherited from his Puritan forefathers a sacred reverence for right, and those noble sentiments of self-denial and sacrifice for principle which impelled the Pilgrim Fathers to the savage-tenanted wilds of America.

M. L. C.

### “Knowledge Is Power.”

IN an address before the Hunterian Society of London, Dr. W. Moxon made the following vigorous remarks:—

“The great fallacy of the age is the vulgar fallacy that knowledge is power. But not all knowledge is power. Only the knowledge you have faith and aim to use is power; and the instinct of each mind is, I believe, a far better judge of how much knowledge it has faith and aim to use than we commonly suppose. Knowledge is not power. Any fourth year's student knows much that Hunter did not, and could not, know. But where is the power of Hunter? Power arises by training in the use of knowledge. Consider the difference between training and teaching. The teacher carries over the things he knows,

and fixes them in the learner's memory; the trainer takes what is in the memory, and converts it into an organ for the pupil's own use. The store of memory of things taught is totally distinct and separate from the trained mechanism for the use of knowledge. And these two different things—the store and the mechanism—are in separate places in the brain. It is only of late years we can be sure of this. We have it proved obviously in the case of language in what is called aphasia. In aphasia, a person paralyzed on the right side of his body has lost the power of using language, and yet understands all you say. Obviously, then, the understanding of speech is in one place, and the power of framing language is in another place, in the brain. The same is true throughout all human acquirements. The power of knowing is the fruit of knowing, and the power of acting is the fruit of acting. There is knowledge stored in one place, and the power of using it stored in another place. Teaching is the storing of knowledge; it may be done quickly. Training is the creation of an organ for use of knowledge; it needs much time; it is a slow process. The trainer has to convert the pupil's knowledge into motive, his desire into patience, his will into skill. Every good trainer aims to raise up in the pupil's mind a self-training faculty, which shall itself continue to train more and more knowledge into motive. By such training, knowledge becomes power. But knowledge, as given by the mere teacher into the memory, is not power; it is so much weight, which by training may become the instrument of power. Now, the self-training spirit is natural to some men—to all great men. On the other hand, the self-training spirit is almost absent in some men. These are the fools, and they trouble every one as to what is to be done with them. But the vast majority of men have some self-training faculty; and the proper aim of education is to support this, which I may call the vital spark of character, by help from the training faculties of others."

—All pathologists agree in stating that very few persons indeed die of mere old age. Of those whose lives reach to between eighty and ninety, and even extend beyond ninety, the majority die of diseases which might have been avoided, cured, or kept in abeyance, until the full term of human life had been attained.

—Rev. Mr. Talmage says that King Asa had the gout, and the doctors killed him. 2 Chron. 16:12, 13.

### Difficulties in the Way of Hygienic Education.

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

A HYGIENIC education is an education in accordance with all the laws of health, which are the laws of God. Any person who attempts to educate students according to these immutable laws, must assert distinctly what he is doing. This, of course, provokes opposition. If I say that I am educating my pupils in accordance with the laws of God, my neighbor, who is pursuing a method at radical variance with mine, immediately asks if I mean to imply that his teaching is not in harmony with the divine laws. Then I am compelled to tell him the truth, and say that this is exactly what I mean. He then becomes a vigorous opponent to all my efforts. So the very mention of the term, "hygienic education" provokes opposition.

Hygienic education claims to be something new. All new enterprises call out hostility. This is especially the case when the new thing proposes to assume the place of something old. People are naturally conservative, and dread change. Radicals are scarce, but imperious in their demands, and most people dislike them exceedingly. With reason they do so; for radical changes are difficult and costly. Those persons now engaged in any occupations, have learned these at cost and pains. If new methods of doing the same work are adopted, they must either spend time and be at the trouble to learn their business again, or must give way to others who have learned the new way of work. When printing was first invented, there was a vigorous storm of opposition on the part of the old scribes, whose business of writing books was being ruined. So, too, all improvements have cost certain individuals dearly. Railroads run through the farms and yards of the people, and drive stage-coaches from the country. Sewing-machines were condemned on their first appearance because they ruined the business of sewing women. In the same way all improvements are made, in considerable part, at the expense of those whose work is thereby done in a better or a cheaper manner. A good school ruins poor ones. Good teachers drive indifferent instructors out of the field, or oblige them to become good teachers themselves, which is often difficult or impossible. If hygienic schools do what they are attempting, all unhygienic schools will be ruined. However, we are not so blind as to expect that this will happen during the lifetime of any people now living. Still, some have already taken alarm

at the efforts of those who are advocating the new education.

If we consider what hygienic education implies, we may well imagine that it must be attended with difficulties. It proposes, in the first place, to change the ideas of the American people. Any one who has made the least attempt at this, knows what a vast undertaking it is, and seemingly impossible. Make the attempt with a single individual, and then imagine what an enormous labor it must be to succeed with multitudes. People are almost universally taught to think that education is the acquisition of knowledge. The hygienic teacher has to give them a new definition,—Education is the developing and placing under control of the God-given powers. The acceptance of this definition requires a reconstruction of all the common methods of instruction. This is a task from which every person with the least grain of laziness in his composition, shrinks back in dread. The situation is like that of the Greek professor who, when unable longer to defend his system of pronunciation, said, "A man at my time of life might as well suffer martyrdom, as to attempt to change the speech to which his father has educated him." The whole system of teaching, in this country, aims at knowledge, not discipline, as the final result to be obtained. Give people a new definition of education, and text-books, teachers, school hours, methods of study, everything connected with the school, must undergo a radical change. Can we wonder that much opposition is excited?

Secondly, hygienic education implies a radical change in people's habits. A man is so thoroughly identified with his habits, and they come so nearly to being a part of himself, that it is no easy matter to change them. This is especially the case when these habits are built up upon perverted appetites and passions. Appetites and passions have ruled men and nations, incited wars, overthrown kingdoms. Before them statesmen and rulers have confessed themselves powerless. Last of all, here come a few little bands of hygienic teachers, proposing to grapple with these gigantic evils. They propose to take away from men all their much-loved beverages, give them a new diet, teach them to control their appetites and passions, and reconstruct their whole system of living. Surely this is no easy undertaking; and were it not that we stand upon the eternal rock of truth, we might well despair of success.

Again, hygienic schools and colleges must always suffer by comparison with other institutions of learning; and this will discourage many from becoming their patrons and sup-

porters. At the close of the second year in a hygienic school, it was discovered that the examinations would not compare with those in other schools about, although the teachers felt satisfied that the real progress of the students was far beyond that of any other similar institution. This revealed a difficulty of no little magnitude. People demand results. The result looked for in schools is proficiency in knowledge. Hence, school examinations are very much like the examination of fed cattle, to see how much fat they can carry on their bodies. The questioning of committees in schools generally has no higher purpose than to discover who can hold in his head the greatest array of facts and theories without becoming a fool. Hygienic teachers cannot enter their pupils in the lists of such a contest, and thus fall into public contempt.

There is still another difficulty in the way of the new education, which, more than any other, perhaps, serves to keep it from public notice. The pertinent question asked concerning Christ was this: "Have any of the rulers or of the Pharisees believed on him?" People ask if the great scientists and learned men of the country accept this system of education. We all know that they do not. Then the inquiry arises, Why not? I was once asked to write a reply to an article in the *Nation*, defending alcohol as an article of food. I said, They will not publish it; and being asked, Why not? replied, that the proprietors of the paper probably used tea, coffee, and tobacco, if not beer and wine; and that they would not publish an article condemning their own practices. However, I wrote the article, and, as I expected, it disappeared in the basket of waste paper. This shows the difficulty in the way of the learned men becoming hygienists. Such a step requires them to reconstruct, not only their opinions, but also their habits of daily life.

The most learned men are generally the most profoundly ignorant. Hence we may safely take a man's knowledge as a measure of his ignorance. I have ceased to have any respect for a man's opinion because he is an educated man. His opinion is valuable on the subjects of his special study, and valueless on everything else. Learned men are absorbed in their specialties. For this reason we find it very difficult to interest them in hygienic speculations. Education also creates pride, and these men are too proud to confess ignorance. An illustrious example of this may be seen in the childish remarks of Dr. Matthews on Grahamites. I have seen children under three years of age, who know

more of the subject than that learned gentleman.

All great reforms originate among the poor and lowly. It was so with Christianity. Those who are crushed beneath the evils of the world feel the necessity for change, and are in a condition to grasp new ideas, and work vigorously toward the light. This very fact makes hygienic education difficult; for the very persons most interested, are often those who can render the least assistance; and, at the same time, others who might help, stand back for fear of being found in such company.

I have enumerated some of the difficulties attending the efforts now being made to establish hygienic schools and colleges. It is quite necessary to have a full appreciation of the difficulties of any enterprise, as this will guard against unnecessary disappointment.

Our work is difficult; but truth is mighty, and will prevail. We are advocating a new civilization. While there are abundant signs of material progress, we look in vain for any index of a physical, intellectual, or moral improvement in the human family, commensurate with this lower order of civilization. New currents are, however, beginning to be felt in the world's life. People may laugh at hygienists, but they are the harbingers of a new and glorious era in the world's history. These principles will triumph, and woe be to those who oppose them. The whole hygienic movement is one of progress. The wheels of progress roll onward, and we must either ride upon her car, or be crushed by its weight, as with mighty power it sweeps past all the monuments of former greatness. "*Tempora mutantur, et nos in illis mutamur.*"

#### Influence of Alcohol and Tobacco.

PROF. EDWARD HITCHCOCK, of Amherst College, after summing up the cost of alcohol to the nation, \* thus speaks of the physical and moral evils resulting from the use of this poisonous beverage and its usual accompaniment, tobacco:—

"It is undermining the physical and intellectual character of our country. As a general fact, the two stand or fall together; at least, we cannot expect that the intellect should long maintain itself erect, vigorous, and well proportioned, when the body is half in ruins. The giant minds of other days, whose names and works will make the deepest impression on future times, were lodged

in vigorous bodies: and if some of these have been found in periods of effeminacy, it shows, only, that they withstood its deteriorating influence. Intellect is not necessarily cultivated and strong where there is vigorous muscular strength; but where bodily debility and effeminacy extensively pervade a nation, we never look for great intellectual achievements. Knowing what were the habits and physical energy of the ancient Egyptians, Greeks, and Romans, we are not disappointed to find the display of a correspondent mental power, such as their history exhibits. But modern Egypt and Italy are the last places to which we look for intellectual prowess. Poetry may, indeed, kindle up her fitful lamp at the funeral pile of the body; but it is not the poetry of Homer, or of Milton.

"We have seen that the use of alcohol and tobacco tends powerfully to debilitate the constitution; and the complaints, which they generate, descend hereditarily to posterity. Nor are these effects confined to the offspring of the habitually intemperate. These poisons, still regarded by multitudes as the *elicir vite*, are working a slow but fatal deterioration in the constitutions of thousands who would resent the charge of intemperance with indignation; so that the influence has become truly national: nor is it among the feeblest of those causes that are hurrying us fast away from the simplicity, purity, and the physical and intellectual energy of our Pilgrim Fathers.

"The use of these substances is injurious to our social condition. When writers wish to exhibit the climax of human misery, they introduce us into a drunkard's family. And truly, if there be any suffering absolutely without alleviation from any human power, any degradation below the brutes, we are presented with it in the drunkard's wife and children. Yet probably more than fifty thousand families in our country are in a condition approximating to this.

"But the use of these substances, even in a moderate degree, has a most unfavorable bearing upon domestic and social happiness. The powerful excitement which they produce, destroys a relish for the simple and noiseless pleasures of home, and virtuous, temperate society; and a love is created for places of public resort, such as the grog-shop and the tavern. Here also men can indulge in that grossness of manners which is the natural consequence of stimulants and narcotics, and which induces the dram-drinker, the wine-bibber, the smoker, the chewer, and the snuff-taker, to avoid the society of refined, virtuous females.

"Such men know very well that no lady

\* "Lectures on Diet and Regimen," 1880.

wishes her parlor fumigated with the smoke of tobacco, or the exhalations of alcohol; nor her eyes disgusted with a vest or cravat soiled by snuff or the drivelings of tobacco; nor her ears saluted by a voice stifled with snuff, or garrulous with the silly talk and indelicate innuendoes produced by alcohol. These men, therefore, will be tempted to avoid the society of refined and intelligent females, and to resort to that of their own sex, where slovenly appearance and indelicate manners will meet with no reproof. Such a separation between the sexes will exert a most pernicious influence upon the condition of any people. It will create a relish for those grosser public amusements, such as theatrical exhibitions, circus-sports, horse-racing, cock-fighting, bull-baiting, boxing matches, and gladiatorial contests, whose prevalence always indicates a diseased and sinking state of society. He must be a blind man, who has not seen, for some time past, a rapid progress in this country toward such a condition.

“The use of these substances is making havoc with the moral and religious principle of the country. You can see, in the man of settled religious principle, how even a moderate use of alcohol, especially, blunts his moral sensibilities, and lowers the standard of his efforts. And in the confirmed drunkard, you see the work of desolation made perfect. Who are the men that trample the most furiously upon the Sabbath; whose mouths are open the widest in blasphemy; whose brazen fronts are foremost in the legions of infidelity and atheism? whose word is it that no man dare trust? whose bosoms are steeled alike against natural affection and moral emotion? who are the men that fill our prisons and penitentiaries? the men who prowl through the land for theft, fraud, and murder? Oh! these are the men who exhibit the genuine effects of alcohol. And who are the youth that are beginning to learn the dialect of profaneness; beginning to scoff at the faithful proofs of parents and friends, and at the institutions and principles of religion; and are becoming familiar with the gaming table and the brothel? Oh, they are the young men who are also addicted to the use of wine, brandy, and the cigar. And wherever you go, you will find that just in the degree in which wine and brandy are admitted, will religion be driven out, and conscience stupefied. This desolating metamorphosis has already made fearful progress in our land; and if learning, morality, patriotism, and religion do not unite to stop these destroyers, their history may be given in the prophetic language of inspiration: *A fire devoureth before them, and behind, a flame burneth; the land is as the*

*garden of Eden before them, and behind them, a desolate wilderness; yea, and nothing shall escape them.*

Finally, the use of these substances threatens our liberties with ruin. We might as reasonably expect to see the palm-tree flourishing amid the icebergs of the Arctic regions, as liberty, either civil or religious, existing, where the great mass of the people are ignorant and depraved. Now I have shown that alcoholic and narcotic substances are weakening the physical and mental energies of this nation, depraving our manners, and destroying the public conscience. Already a fearful breach is made upon us at all these points. And if the enemy continue to be resisted by forbearance, and proposals of peace and union, as he has been, the time is not distant, when not one stone, in the beautiful edifice of our independence, will be left upon another. Let the time come, when the electors who are under the influence of alcohol, in conjunction with those who are ignorant and unprincipled, shall constitute a majority, and our liberties will be bartered for a dram. For what do the men care for national liberty, who have sold all their faculties into the most vile and oppressive bondage, and who have nothing to lose? These are just the tools which unprincipled leaders have always used for the destruction of free institutions; and they are already employed to an alarming extent in our land. It ought to startle us to learn that in our popular elections he who can deal out the most whisky, is not unfrequently, on that account, the successful candidate; and that in a majority of cases, even temperate men take the tavern in their way to the ballot-box, and thus unfit themselves as much for voting as for praying.”

#### False Reasoning.

THE remarks in the following quotation come from a source which, with many, entitles them to consideration:—

“Animals will travel long distances and brave great dangers to get at saline earths, called salt-licks; horses and cows are most healthy when provided with lumps of rock-salt in their mangers and pastures, and even bees will sip a solution of salt with avidity. Men will barter gold for it in countries where it is scarce, and for it husbands will sell their wives and parents their children. In some districts of Africa salt is far more expensive than the purest white sugar is in Europe, and children will suck a lump of it in preference to sweetmeats. But the existence of a greater or less appetite for salt in all individuals shows that this substance serves more im-



portant functions than that of merely gratifying the palate."

While it is possible to show that the taste is acquired, and the appetite which will lead to such acts as are mentioned above is a grossly perverted one, there is no soundness in the conclusion arrived at. We regard it as a truth past contradiction, that whatever binds the appetite in such slavish chains that, for its gratification, husbands will sell their wives and parents their children, is not good for constant use, at least not to any very great extent. The fact that salt will so pervert and enslave the appetite is a strong argument against it.

Proper food, that which will nourish the system, never has such an effect upon the appetite. A person may live upon healthful food for years, and change off to good food of another kind, and no such effect is produced. But a person who for years uses salt, coffee, tea, tobacco, opium, or alcohol, is nearly insane if suddenly deprived of its use. Were people as generally raised from very infancy to the use of tobacco or whisky as they are to the use of salt, there can be no doubt the appetite for these articles would be as general as that for salt now is. It is only false reasoning to conclude that that is necessary for which a depraved appetite loudly calls.

The same authority further speaks as follows:—

"The soda of the blood in some of the secretions is doubtless obtained from the decomposition in the system of common salt, which is the only mineral food of man, and the only saline condiment essential to health."

There must surely be some mistake in the above. Can any matter be decomposed and retain its identity as the same matter? When we know that salt lies in the system, and is expelled from the system as truly salt as it was when it entered the stomach (and all ought to know this), it seems strange that intelligent people, intelligent on other points, should speak of it as the "mineral food of man." That is not food which the system cannot change and appropriate.

J. H. WAGGONER.

**Don't Worry about Yourself.**—To retain or recover health, persons should be relieved from anxiety concerning disease. The mind has power over the body—for a person to think he has a disease will often produce that disease. This we see effected when the mind is intensely concentrated upon the disease of another. We have seen a person seasick, in anticipation of a voyage, before reach-

ing a vessel. We have known people to die of cancer in the stomach, when they had no cancer in the stomach, nor any other mortal disease. A blindfolded man, slightly pierced in the arm, has fainted and died from believing he was bleeding to death. Therefore persons should have their minds diverted as much as possible from themselves. It is by their faith that men are saved, and it is by their faith that they die. As a man thinketh, so is he. If he wills not to die, he can often live in spite of disease; and, if he has little or no attachment to life, he will slip away as easily as a child will fall asleep. Men live by their minds as well as by their bodies. Their bodies have no life of themselves; they are only receptacles of life—tenements for their minds, and the will has much to do in continuing the physical occupancy or giving it up.—*Sel.*

**Impure Air.**—A man may eat arsenic, mercury, opium, or drink alcohol in small quantities for a considerable period, without an immediate attack of disease. So may he indulge in gluttony, in debauchery, or engage in the most severe labor of body or mind for a time without bringing on disease. When disease will appear depends upon the constitutional strength of the individual, the degree of excess practiced, and the co-operation of other causes. Precisely so is it with breathing foul air. Strong persons will resist the milder influence longer than weak ones; but carry the air-poisoning to an extreme degree, or give it the aid of other causes, and it will speedily prostrate the most vigorous. Furthermore, it always tends to wear out life long before the natural period, making men and women gray, wrinkled, feeble, and lank, as if from great age, while their years ought to bear the signs of prime vigor.—*Black.*

**Butter Out of Mud.**—How can that be? Butter made from mud! Not that, exactly; yet it is true that considerable quantities of butter are made in England out of grease collected from waste matter deposited at the mouth of the Thames River. Men go to a certain place on the north bank of the Thames, and plant balls made of cork, matted all over with hair and woody fibers. These balls catch the grease which comes floating down with the water from the drain-pipes of factories and kitchens. The grease is carefully taken away, and put through a process which makes it butter, pleasant to the eye and to the taste, and people eat it, probably never dreaming how far it once was from being fit for food.

# LITERARY MISCELLANY?

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

## GOD'S IMAGE.

THEIR Maker's image then  
Forsook them when themselves they vilified  
To serve ungoverned appetite, and took  
His image whom they served, a brutish vice,  
Inductive mainly to the sin of Eve.  
Therefore so abject is their punishment,  
Disfiguring not God's likeness but their own;  
Or, if his likeness, by themselves defaced,  
While they pervert pure nature's healthful rules  
To loathsome sickness; worthily, since they  
God's image did not reverence in themselves.

—*Paradise Lost.*

## The Mother's Duty—Christ her Strength.

BY MRS. E. G. WHITE.

HE who said, "Suffer little children to come unto me, and forbid them not," still invites the mothers to lead up their little ones to be blessed of him. Even the babe in its mother's arms may dwell as under the shadow of the Almighty through the earnest faith of that praying mother. The first and most urgent duty which the mother owes to the Creator is to train the children which he has given her for the Saviour. "Even a child is known by his doings, whether his work be pure and whether it be right."

Infant children are a mirror for the mother, in which she may see reflected her own habits and deportment, and may trace even the tones of her own voice. How careful then should be her language and behavior in the presence of these little learners who take her for an example. If she wishes them to be gentle in manners and tractable, she must cultivate those traits in herself.

When children love and repose confidence in their mother, and have become obedient to her, they have been taught the first lessons in becoming Christians. They must be obedient to, and love and trust Jesus as they are obedient to, and love and trust their parents. The love which the parent manifests for the child in right training and in kindness faintly mirrors the love of Jesus for his children.

In view of the individual responsibility of mothers, every woman should develop a well-balanced mind and pure character, reflecting only the true, the good, and the beautiful. The wife and mother may bind her husband

and children to her heart by an unremitting love, shown in gentle words and courteous deportment, which, as a rule, will be copied by her children.

Politeness is cheap, but it has power to soften natures which would grow hard and rough without it. Christian politeness should reign in every household. The cultivation of a uniform courtesy, and a willingness to do by others as we would like them to do by us, would annihilate half the ills of life. The principle inculcated in the injunction, "Be ye kindly affectioned one to another," is the corner-stone of the Christian character.

God designed that we should be tolerant of one another, that those of varied temperaments should be associated together, so that by mutual forbearance and consideration of one another's peculiarities, prejudices should be softened, and rough points of character smoothed. Diversities of temperament and character are frequently marked in families; where this is the case there should be a mutual recognition of one another's rights. Thus all the members may be in harmony, and the blending of varied temperaments may be a benefit to all. Christian courtesy is the golden clasp which unites the members of the family in bonds of love, becoming closer and stronger every day.

Many a home is made very unhappy by the useless repining of its mistress, who turns with distaste from the simple, homely tasks of her unpretending domestic life. She looks upon the cares and duties of her lot as hardships, and that which, through cheerfulness, might be made not only pleasant and interesting, but profitable, becomes the merest drudgery. She looks upon the slavery of her life with repugnance, and imagines herself a martyr.

It is true that the wheels of domestic machinery will not always run smoothly; there is much to try the patience and tax the strength. But while mothers are not responsible for circumstances over which they have no control, it is useless to deny that circumstances make a great difference with mothers in their life-work. But their condemnation is when circumstances are allowed to rule, and to subvert their principle, when they grow tired and unfaithful to their high trust, and neglect their known duty.

The wife and mother who nobly overcomes

difficulties, under which others sink for want of patience and fortitude to persevere, not only becomes strong herself in doing her duty, but her experience in overcoming temptations and obstacles qualifies her to be an efficient help to others, both by words and example. Many who do well under favorable circumstances seem to undergo a transformation of character under adversity and trial; they deteriorate in proportion to their troubles. God never designed that we should be the sport of circumstances.

Very many husbands and children who find nothing attractive at home, who are continually greeted by scolding and murmuring, seek comfort and amusement away from home, in the dram-shop, or in other forbidden scenes of pleasure. The wife and mother, occupied with her household cares, frequently becomes thoughtless of the little courtesies that make home pleasant to the husband and children, even if she avoids dwelling upon her peculiar vexations and difficulties in their presence. While she is absorbed in preparing something to eat or to wear, the husband and sons go in and come out as strangers.

While the mistress of the household may perform her outward duties with exactitude she may be continually crying out against the slavery to which she is doomed, and exaggerate her responsibilities and restrictions by comparing her lot with what she styles the higher life of woman, and cherishing unsanctified longings for an easier position, free from the petty cares and exactions that vex her spirit. She little dreams that in that widely different sphere of action to which she aspires trials full as vexatious, though perhaps of a different sort, would certainly beset her. While she is fruitlessly yearning for a different life she is nourishing a sinful discontent, and making her home very unpleasant for her husband and children.

The true wife and mother will pursue an entirely opposite course from this. She will perform her duties with dignity and cheerfulness, not considering that it is degrading to do with her own hands whatever is necessary for her to do in a well-ordered household. If she looks to God for her strength and comfort, and in his wisdom and fear seeks to do her daily duty, she will bind her husband to her heart, and see her children coming to maturity, honorable men and women, having moral stamina to follow the example of their mother.

There is no chance work in this life; the harvest will determine the character of the seed that has been sown. Mothers may neglect present opportunities, and let their du-

ties and burdens fall upon others, but their responsibility remains the same, and they will reap in bitterness what they have sown in carelessness and neglect.

Mothers, you are developing character. Your compassionate Redeemer is watching you in love and sympathy, ready to hear your prayers, and render you the assistance which you need in your life-work. Love, joy, peace, long-suffering, gentleness, faith, and charity are the elements of the Christian character. These precious graces are the fruits of the Spirit. They are the Christian's crown and shield. The highest day-dreaming and most exalted aspirations can aim at nothing higher. Nothing can give more perfect content and satisfaction. These heavenly attainments are not dependent upon circumstances, nor the will or imperfect judgment of man. The precious Saviour, who understands our heart-struggles and the weakness of our natures, pities, and forgives us our errors, and bestows upon us the graces which we earnestly desire.

Jesus knows the burdens of every mother's heart. He is her best friend in every emergency. His everlasting arms support the God-fearing, faithful mother. That Saviour who, when upon earth, had a mother that struggled with poverty and privation, having many anxious cares and perplexities in rearing her children, sympathizes with every Christian mother in her labors, and hears her earnest prayers. That Saviour who went a long journey for the purpose of relieving the anxious heart of a Canaanite woman whose daughter was possessed by a devil, will do as much for the afflicted mother of to-day, in blessing her children, as he did for the supplicant in that case.

He who gave back to the widow her only son, as he was being carried to the burial, is touched to-day by the woe of the bereaved mother. He who gave back to Mary and Martha their buried brother, who wept tears of sympathy at the grave of Lazarus, who pardoned Mary Magdalene, who remembered his mother, when he was hanging in agony upon the cross, who appeared to the weeping women after his resurrection, and made them his messengers to preach a risen Saviour saying, "Go tell my disciples that I go to my Father and to your Father, to my God and to your God," is woman's best friend to-day, and ready to aid her in her need if she will trust him.

If Jesus is woman's friend and helper, the husband, and father of her children, should never feel it beneath his dignity to encourage and sympathize with the mother in her cares, and assist in bearing her burdens. He should

feel the sin and littleness of adding to her trials by bitter words. He should be liberal-minded and generous toward her, not watching with a critic's eye every little neglect on her part, or failure to meet his peculiar ideas.

Christ respected and honored woman. There is not an instance in his entire life wherein by word or act he gave the least encouragement to speak or think disparagingly of woman, or gave the impression that she was not to be respected and honored equally with man. The Majesty of Heaven is not a stranger to the troubles that perplex the mother, or the burdens that weigh upon her aching heart.

In order to be a good wife and mother it is not necessary that the woman's nature should be utterly merged into that of her husband. Every individual being has a life distinct from all others, an experience differing essentially from theirs. God does not want our individuality lost in another's; he desires that we shall possess our own characters, softened and sanctified by his sweet grace.

He wants to hear *our* words fresh from our own hearts, and not another's. He wants our yearning desires and earnest cries to ascend to him, marked by our own individuality. All do not pass through the same exercises of mind, and God calls for no second-hand experience. Our compassionate Redeemer reaches his helping hand to us just where we are. Though Jesus has ascended to Heaven he has not lost his sympathy for you, mothers, but looks with tender love upon those whom he came to redeem.

### Our Children: or, the Power of Habit.

(Continued.)

#### CHAPTER THREE.

THE words of their guest did not grow silent in the ears of Mr. and Mrs. Greenfield, but were ever repeated to them as by another and more solemn voice. Not, however, until Mr. Greenfield made some effort to break through a habit of long confirmation, did he fully comprehend their import. While he went on in the old way, he was like a vessel gliding along with the current of a downward flowing river. It was smooth and calm. He was scarcely conscious of the progress he made, or the force of the stream upon which he was moving so quietly. But the moment an anchor was cast, there came a rush of waters, and, for the first time, the power of the current was felt.

It seemed but a little thing in the eyes of Mr. Greenfield, when the subject first presented itself to his mind, for him to give up

the free indulgence of his appetite for stimulating drinks. But when he made the trial, he discovered, alas! his error. The slumbering giant he had been nourishing for years, awoke within him, and demanded the old supply. Then did he first realize the power of the fetters which he had himself been strengthening for many years. He found it no easy matter to escape from the thralldom of appetite, into which he had voluntarily, though unwittingly, entered. He found that the appetite for alcohol was not a mere matter of taste, but a firmly fixed condition so fastened upon his system as to have assumed the proportions of a formidable disease. Yet he did not fully realize his danger. He was not yet ready to make the struggle necessary to liberate him from the slavery of his morbid appetite.

The words of their guest lingered in the ears of Mr. and Mrs. Greenfield, and their minds were not free from troubled thoughts concerning the future of their idolized son. They recollected that in his later visits home he had shown a fondness for eating and drinking, especially the latter, beyond what young men of his age usually exhibit. A week's observation and reflection increased rather than diminished their anxiety, which rose to a pitch of anguish on receipt of the following letter by Mr. Greenfield, from the President of the college:—

“MY DEAR SIR: I have observed, with regret, that your son exhibits a fondness for stimulating drinks beyond what is usual in persons of his age. If I did not think him in danger, I would not awaken your fears by this communication; but, having seen so many promising young men fall by the hands of intemperance, and become lost to themselves and society, I deem it but my duty to give you timely warning. I understand that he keeps a case of wine in his room, and uses it daily, with immoderate freedom. Every week, I am told, he joins about a dozen of his fellow-students in a convivial party in the town, and usually returns to the college buildings at midnight, in a state little short of intoxication. I have, on two occasions, conversed with him on the subject; but he considered my allusion to his weakness as altogether uncalled for, and proudly repulsed all my warnings respecting the probable result should he insist on continuing the course he was then pursuing.”

Mr. Greenfield felt deeply the humiliation which now threatened him from the very source to which his attention had recently been called, and concerning which his fears had been already somewhat aroused. He felt

that he must see his son at once and know the worst of his condition; and, accordingly, summoned him to return home immediately. When his son met him in his private room, he was startled by the look of grief and anxiety so plainly depicted upon his father's face, and eagerly inquired the cause for his sudden summons home. In explanation, Mr. Greenfield handed to the young man the letter he had received from the President of the college.

Henry read the letter over twice, before he looked up or made a remark. His father's eyes were fixed upon him intently, in order to observe every shade of the effect produced.

"The malignant scoundrel!" at length fell from the young man's lips, as he crushed the letter in his hands. He arose as he spoke, and commenced moving about the floor. His face was flushed, and his eyes shot forth glances of anger.

"Henry, is that letter true?" asked Mr. Greenfield.

"It is not true in the sense he would have it understood. He makes it appear that I am on the high road to ruin."

"You may be, my son," said Mr. Greenfield, calmly, "if the facts stated are true. A case of wine in your room! You are too young for that, Henry."

"I can't see, father, what harm the wine being in my room is going to do. I do n't drink any more than I would if it were not there. The President has only made it the plea for a most cruel and uncalled-for communication. And to think that mother should have seen it!"

"I do not believe, Henry, that he had anything in view but your good. The letter bears that upon its face. Your convivial parties in town, and consequent late hours, were wrong. Such things are exceedingly dangerous, and yearly lead hundreds into ruinous courses of life."

"They will never lead me into ruinous courses," said the young man, who still walked the floor, and manifested a good deal of angry excitement.

"Not if you give them up in future. But if you continue them your destruction is certain."

"O father! Why will you talk so? Why will you make, out of a little thing like this, a matter of so much importance!" exclaimed Henry, throwing himself, with an air of abandonment, into the chair from which he had, a few moments before, arisen.

"It is no light matter, my son."

"Cannot a young man drink a glass of wine without being in danger? I never heard this from you before. I have always seen

wine and brandy on our table at home, and have always been permitted to take them."

"But it is plain, Henry, from what I have learned, that you now use these articles with a freedom that must, inevitably, lead to bad consequences."

"I do n't think so, father. I am sure it is not so."

And to this position the young man firmly adhered, at the same time that he manifested the most bitter resentment toward the President of the college, and did not hesitate to avow it as his intention to call him to an account for what he had done on his return, should he go back to the institution.

For the distress and prostration of his mother, Henry manifested the liveliest sympathy; but he would not admit, for a moment, that the slightest ground existed for the unhappy effect produced on her mind by the communication which had been received. That was, he averred, a highly exaggerated statement, and dictated by no friendly feelings.

For two or three days Mrs. Greenfield kept her room, and then, looking pale and troubled, she once more resumed her usual place in her family. The effect upon Henry was, not to cause an abandonment of the pleasures of drinking, but to excite a constant feeling of anger toward the President of the college. He never saw his mother, that he did not inwardly execrate the person who, by throwing a gleam of light upon his path, had shown to his parents the dangerous course it was taking. As for himself, he believed not in the alleged danger, and could not comprehend why his father and mother should so causelessly distress themselves. His father had always used liquors freely, and still continued to do so; and he was not a drunkard. So he reasoned with himself.

Every day, the brandy and wine were upon the table as usual; Mr. Greenfield did not see how he could make a dinner without them. He partook freely, and it was not wonderful that Henry did the same. As for Mrs. Greenfield, the single glass that was filled for her remained untasted; and could her husband and son have realized fully her feelings, when she saw the sparkling liquor pass their lips, they would have dashed their glasses to the floor.

It did not escape the observation of Mr. Greenfield, that Henry enjoyed his wine even more highly than he did his food; and that he filled his glass far too often.

"Is it right to place this temptation before him?" was a question that arose, naturally, in the father's mind, and he could not answer it in the affirmative. While he was

debating the subject, Mrs. Greenfield said to him,—

"I'm afraid we do wrong in placing either wine or brandy on our table while Henry is at home. What do you think?"

"I do n't know," returned Mr. Greenfield, in a serious voice. He was not fully prepared to give up his favorite indulgence without an argument in its favor. "I'm afraid he does drink rather too much."

"It makes me very unhappy. And he is so unconscious of danger. I tried to speak to him yesterday about it, but he became impatient at my allusion to the subject, and said it was all on account of that letter. If something is not done to turn him from the way in which he has commenced walking, his ruin is inevitable. O husband! we should stop at no sacrifice in order to save him."

The thought that this love of drink, manifesting itself at so early an age, was hereditary in his child, came flashing over the mind of Mr. Greenfield, and he said, with a despondency of tone that well expressed his feelings,—

"What *will* save him?"

"We know not," replied his wife; "but now that we are aware of his danger, let us do all in our power to withdraw him from temptation. So long as he sees you partaking freely, counsel and warning will be useless; for, he will say, if these things do not hurt you, they cannot hurt him."

"True, true. Though I am not hurt by them, yet they shall be banished from my table."

A light glanced over the face of Mrs. Greenfield, and she said,—

"I hope much from this change."

More was meant by this than her husband understood.

Accordingly, on the next day, when the family assembled for dinner, neither wine nor brandy was on the table. The first impulse of Henry, who perceived this almost as soon as he sat down, was to remind his father of the omission; but the true reason suggesting itself to his mind, he remained silent and observant. Both his father and mother tried to introduce and carry on a cheerful conversation; but he could not join in it, except by a forced word now and then, for the wine bottle was before his imagination, and his thoughts were busy with the supposed reason for its banishment. Neither Mr. Greenfield nor his son enjoyed the rich and dainty food that was spread with an epicurean hand before them. One thing was lacking,—an appetite stimulated by wine. Scarcely half the usual time was passed at the table, and then they arose and left the house.

Henry muttered to himself, as he walked along the hall to the street door,—

"This is too much! To be treated as if that letter was true in the broadest sense."

But he did not reflect that the very reason why he had little appetite for his dinner, and why he was now leaving the house, proved the truth of the President's inferences and fears. Young as he was, the first barrier placed between his hereditary and acquired taste for stimulating drink, showed the movement of a strong current that was bearing him toward a coast upon which hundreds and thousands had already been shipwrecked.

On leaving the house Henry went to a fashionable drinking establishment, and seating himself at a table covered with newspapers, ordered a waiter to bring him some brandy punch. Ten minutes afterward, on raising his eyes suddenly, he encountered those of his father. Mr. Greenfield was sitting in an alcove, before a table on which was a bottle of wine. A draught of air had blown aside the curtain that hid him from general observation, and on looking up, he saw his son with an empty glass beside him, and Henry saw his father indulging in the pleasures of which both had been deprived at dinner. Another movement, and the curtain fluttered back to its place, and the elder Mr. Greenfield was alone again. Neither the father nor son felt very pleasant at this mutual discovery. The former had taken about a fourth of his bottle of wine. When, a quarter of an hour afterward, he came slowly and half stealthily from his hiding-place, he left behind him more than half the bottle he had hoped to enjoy. Henry was gone.

The young man was not at home at tea-time and did not come in until toward ten o'clock, when, instead of joining his parents in the family sitting-room, he went directly to his chamber. It would not have made their sleep any sweeter, had they seen him.

#### CHAPTER FOUR.

Henry Greenfield did not return to college. He expressed an unwillingness to meet the President again, after what had occurred, and his parents were equally unwilling, under the circumstances, to have him go back, and remain for a year longer, removed from the sphere of their observation and influence. The mental loss to the young man they deeply deplored; but that was a small consideration placed against the moral injury he was likely to sustain among his old associations. The design had always been to educate Henry for a merchant; and accordingly, on leaving college, he entered his father's counting-room, where, by his quickness, intelligence, and the

interest he took in business, he inspired the liveliest hopes for the future. But over these hopes hung, ever, a threatening cloud.

The meeting of Henry and his father in the refectory, was, to the latter, a most painful and mortifying incident; but it produced a salutary change, for it awoke a train of reflections that ended in this pointed question:—

“If this habit is so strong in me that I transmit to my child an inordinate desire for stimulating drinks, am I not also in danger?”

Mr. Greenfield could not answer in the negative. He was in danger, and he felt it.

“For my own sake, and for the sake of my boy,” he said, “I must break through this habit.”

This he clearly understood to be no easy matter; for, in the temporary opposition already made, he had discovered that he was grasped in the hands of a giant, and that freedom would come only as the result of a resistant force almost superhuman. But, once fully sensible of his position, and clearly alive to the danger of his son, he resolved upon a desperate struggle for liberty. And, as he had a strong will, strengthened by a natural pride of consistency, he was successful. Neither wine nor brandy ever came back to his table; they were never again seen in his house. Nor did he, under any pretense, use them.

Thus free himself, he could, with more consistency and hope of success, seek to work out the freedom of his son. But, alas! he found it utterly impossible to awaken in the mind of Henry a sense of danger. When he sought to induce him not to drink any kind of intoxicating liquor, the young man would answer,—

“I am conscious of no danger, father. I do not drink more freely than other young men. You seem to imagine that I have really become intemperate.”

“Not intemperate, Henry, but in danger of becoming so; and my warning is meant to be timely. I know, far better than it is possible for you to know, the peril you are in. Believe me, it is great.”

“Did you not use these things at my age, father?”

“Yes; I own that I did.”

“And you have used them ever since. But you have never become their slave.”

Mr. Greenfield could not confess his weakness to his son; neither could he tell him the whole truth touching the real ground of danger. That would have been too humiliating.

“I have given up their use entirely,” was the simple reply.

“Not because you think it wrong for you to drink wine or strong liquors, but in the hope that I would follow your example. I

am sorry for this, father. You deprive yourself of a stimulant necessary at your age, as well as from long habit, without influencing me in the least, because I see no reason for doing what you propose.”

“No, Henry, it is not necessary for me. I am better without it. I feel satisfied of this every day. Heaven knows I wish I had never tasted any beverage stronger than water!”

The reader can imagine how sincerely these last words were uttered.

But argument and persuasion were alike useless. Henry's appetite was too deeply seated in the very substance of his life. He loved the taste of liquor too well, to think of giving it up. But, with this love, which was not so freely indulged after his return to New York as it had been during the last year he spent at college, was a total unconsciousness of danger, notwithstanding the alarm sounded by his parents. Other young men, with whom he associated, drank as occasion offered; wine flowed like water in many companies into which he was thrown; yet no one thought himself in the way to intemperance. No; it was only a chimera conjured up by his parents, in consequence of the letter they had received from the President of the college.

The banishment of all intoxicating drinks from the table of Mr. Greenfield, and their entire expulsion from his house, had the effect to deceive him in regard to the extent to which they were used by his son, who was regularly at his post in the counting-room, and active in the discharge of all the duties that devolved upon him in the business. It was in the evening that Henry indulged himself most freely. But a long time did not go by before the effects of these evening indulgences were visible to the mother's anxiously observant eyes, in the changed expression of his face. She could do nothing, however, but look on, and wait with trembling for the result. Fully alive to his real danger, yet without the power to ward it off, her daily life was one of intense anxiety and fear.

As time moved on, it seemed to Mr. and Mrs. Greenfield that the evil so dreaded was long delayed; or, indeed, might not visit them. Two or three years had passed along, and yet no very alarming symptoms were manifested.

“It may be,” said the mother, one day, “that the stand we have taken toward Henry has saved him.”

“I have hoped as much,” returned Mr. Greenfield, “yet I tremble while I hope. Until he cuts himself off entirely from indulgence in drink, there is great danger.”

“A year or two may give his reason more control.”

"Or confirm an overmastering evil habit."

"Let us hope for the best," said the mother, whose mind was rising into some degree of confidence. "There was a time when my heart was sick with fear. I do not feel so now. Something tells me that my son will not fall into the gulf that seemed opening at his feet."

Mr. Greenfield saw more than did the mother, for his observation was wider in extent. He had, therefore, less confidence. But he did not seek to throw a cloud over her feelings.

On that very evening Henry was absent at tea-time, and to the mother's inquiries, Mr. Greenfield said but little; though her questions evidently made him even more serious than he was before.

"Was Henry at the store during the afternoon?" asked Mrs. Greenfield, after they had retired from the tea-table.

"Yes; until about five o'clock."

"Where did he go then?"

"Two young men called to see him, and he went away with them."

"Who were they?"

"I don't know."

"Did you ever see them before?"

"Yes. They called to see him one day last week."

No more was said. Mr. Greenfield sat down to read, and Mrs. Greenfield and her daughter Florence, now a young lady, went up stairs, and spent the evening in some light employment. Ten o'clock at length came, and Florence retiring to her own chamber, Mrs. Greenfield came down to the sitting-room.

"Has n't Henry come yet?" she asked.

"No, not yet," replied her husband. "It is more than probable that he has gone to the opera, and will not be home before eleven o'clock. He goes frequently, you know."

"Yes. But he does not take Florence with him as often as he should. Indeed, he shows her very few attentions of this kind. His neglect of her pains me."

"She is attached to him."

"Oh, yes! Tenderly. She would do almost anything to gratify him. I wish he were equally considerate of her."

For half an hour they continued to converse about the young man, when the street door bell was rung violently. Without waiting for a servant to answer the summons, Mr. Greenfield stepped quickly into the hall, and going to the door, opened it. As he did so, the body of a man fell in heavily against him, and rolled upon the floor. Mrs. Greenfield had followed her husband, for there was a misgiving at her heart. As the man struck

the floor, the light of the hall lamp fell on his face, and showed the flushed and disfigured countenance of Henry Greenfield!

A cry of pain was uttered by the mother, as she clasped her hands together and sprang forward. The moment Mr. Greenfield understood that it was his son in a state of drunken insensibility he returned to the door, which yet stood partly open. But no one was there. Those who had brought him home had hastily retired.

But few can realize what was suffered during that almost sleepless night by the father and mother of the unhappy young man. From the lips of Mrs. Greenfield, the cup from which she had begun to sip a draught of hope was dashed to the ground, and she felt, in the keenness of her despair, as if the very life would fail in her heart. But to the sterner grief of Mr. Greenfield, was added a weight of self-reproaches that almost maddened him at times. If his son were lost it would be, he felt, in consequence of his own sensual indulgence, whereby he had transmitted a life tainted by a vicious inclination. He had cursed his son with a legacy of evil instead of good. The words of the old man who had been his guest came back with a distinctness so clear that it seemed as if he were but just uttering them. Once he tried to negate the whole theory advanced, and for a short time argued strongly against it as absurd. But his own perceptions of truth swept away the arguments he advanced, for they were light as gossamer.

The dawn found both weary with thought and sorrow. Nature then gave way, and they sunk into a brief, but troubled, sleep. All, except Henry, met at the breakfast-table half an hour later than usual.

"What keeps Henry?" asked Florence, looking earnestly, first at her father and then at her mother, wondering, as she did so, why their faces wore so troubled an aspect.

Mrs. Greenfield turned to the waiter, and directed him to go and call Henry. When the waiter came down he said that the young man did not feel very well, and wished a cup of coffee sent up to him. This was done. The meal was finished in silence, and Mr. Greenfield went off to his store.

Henry made his appearance about twelve o'clock, with all the evidences of his evening's debauch about him. Mr. Greenfield felt it to be his duty to allude to the matter; but the allusion was met on the part of his son in such an impatient spirit, that his lips trembled on the words of remonstrance he was uttering, and then became silent.

In the afternoon the young man went away again, and was absent at tea-time. It



was after twelve o'clock when he came home; and he was so much intoxicated that he could just stagger up to his room, where he threw himself upon the bed, and remained all night without removing his clothes. Daylight found him sober, both physically and mentally. He had been deeply mortified in consequence of what had occurred on the evening before the last, and although signs of impatience were manifested when his father alluded to the subject, in his shame and repentance he had resolved never again to let his appetite lead him astray from sobriety. How little force there was in this resolution, became sadly apparent even to his mind; for scarcely twenty-four hours elapsed ere he had again fallen. The groan that issued from his lips, as he arose and clasped his hands tightly against his throbbing temples, attested the anguish of his spirit.

"To degrade and debase myself in this way!" he murmured. "Oh! it maddens me to think of it. Others can enjoy a glass of wine without running into excess. But the moment I put the generous draught to my lips, a feverish, delightful excitement runs through my veins, tempting me to indulgence, until I pass the bounds of moderation. Why is this so? I have a vigorous constitution, and, I believe, a strong mind. I do not understand it."

And, with his hands still bound upon his temples, he sat questioning himself as to his weakness; but without obtaining the true answer. That this weakness was constitutional, or derived by inheritance—an heirloom of evil—was a truth beyond the ability of his mind to conceive; for there was nothing to lead him to such a conclusion. That his father had indulged a habit of drinking to excess, was something he did not know, something of which he had not dreamed; and as to the doctrine of hereditary transmissions, he had never heard of it; or, if it had chanced to gleam across his mind in any of his miscellaneous readings, it had never presented itself to him in its real light as a truth of most vital and practical importance. In a word, he did not know that he was in more imminent danger than many others, because of a natural inclination to overindulgence, derived from his father. Had this truth been then made clear to his mind, it might have saved him. But who was there, besides his father and mother, that understood his real danger? Who but they knew the painful secret? And their lips were sealed. The father could not tell his shame, and the mother's heart shrank from uncovering it before her child. He was walking, therefore,

in a perilous way, yet all unconscious of impending evil.

At breakfast time, Henry Greenfield met the family as usual. He had little appetite for food, but he forced himself to eat, in order not to attract more observation than he felt was already directed toward him.

On leaving the house he went to a noted drinking establishment, and called for brandy and water. This act did not arise from a purpose of the mind, but was the result of mere inclination; or, more properly speaking, a desire for the stimulant he had accustomed himself to take. The brandy brought back his already weakened nerves to their lost tension, and he felt, in consequence, much better, and in a condition to attend to business as usual.

Having lost the control of himself two evenings in succession, Henry was more upon his guard when he went into drinking company; and months elapsed before he again fell into the disgraceful condition of absolute drunkenness. Yet he indulged every day freely, thus giving strength to his natural appetite, and weakening the force of his good resolutions.

Neither Mr. nor Mrs. Greenfield had said a word of the instant conclusion to which their minds had come, from the position laid down by the old friend to whom we have referred. The former believed his wife unconscious of danger to Henry from this cause; and she, with the natural delicacy of one bearing her relation, avoided, with the most scrupulous care, the utterance of a word which would lead her husband to imagine that she believed their son in peril from hereditary taint. The consequence was, that the fear of each was concealed from the other, and was more constantly present to the mind because it was unuttered.

How deep was their anxiety few can imagine; for few have realized, so fully as they did, the perilous way their child was treading. They saw him progressing, step by step, and yet could not sound in his ears an adequate warning. Gradually, and to the eyes of his father and mother, apparently, the arms of the foul demon of intemperance were clasped more and more tightly around him. In his twenty-fifth year they saw, if others did not, most appalling indications of a speedy breaking away of all the barriers of restraint. Scarcely a week elapsed that he did not come home in a state little removed from drunken insensibility.

But there occurred, about this time, a change that filled the hearts of Mr. and Mrs. Greenfield with a trembling hope. Henry became enamored of a beautiful young lady

whose character was lovely as her person; and for her society he forsook, almost entirely, the company of young men with whom he had led a gay life of pleasure and dissipation. He seemed, too, to have become aware of his danger, for it was evident that he drank far less freely than before. His face lost, to some extent, its florid appearance, and his complexion became clearer, and his countenance more elevated.

Agnes Loring, the young lady whose beauty had captivated Henry Greenfield, felt her breast warm with a sentiment kindred to that with which his own was inspired. She received his advances with favor, and when he offered his hand, was prepared to accept it.

From the proposed union the parents of Henry hoped much; and yet they looked forward to the new relation he was to assume with many misgivings of heart, and much fear and trembling.

#### A Remarkable Boat.

THE most skillful ship-builder in any civilized country will readily acknowledge his inability to produce a sailing vessel which shall be at once both fleet and safe under all conditions; which will neither swamp, upset, nor go to the bottom under the circumstances which usually induce such accidents in sailing vessels. Such a boat would rightly be considered as a triumph of mechanical ingenuity. It would excite the admiration of the whole civilized world; and its builder, if a civilized human, would stand upon the pinnacle of fame. But civilization, with all its advances and its arts, has never produced anything in the sailing line of this description. This wonderful feat was left to be performed by the rude fishermen of the Ladrone Islands. We saw a model of one of these remarkable boats at the Centennial Exhibition, and will quote for our readers the following description of the vessel, which is called the "flying proa":—

"The hull of the flying proa exhibits on one side the graceful lines of a well-modeled boat, but on the other side is perfectly flat. Were an ordinary sail-boat to be cut in two along the keel, and each half to be boarded up perpendicularly, either would present a rude idea of the model of the proa. The ends of the proa are precisely alike, and as the mast is placed exactly in the middle, the craft will sail equally well with either end first. Across the deck run stout bamboo poles, which pro-

ject beyond the rounded side of the proa, and are fastened at their extremities to a log of wood placed parallel with the boat, and fashioned so as to offer the slightest practicable resistance to the water. The weight of this log, or outrigger, acts as a counterpoise to the force of the wind, since, by the peculiar manner in which the proa is sailed, the log is always on the windward side. Thus, although the proa is excessively long and narrow, it can never capsize, the outrigger answering the same purpose in this respect which the Feejeean accomplishes by using a double canoe.

"The mast, although placed exactly halfway between the ends of the boat, stands in the bilge close to the gunwale, where it is fastened to the middle beam of the outrigger. The sail is a lateen, triangular in shape, but much wider at the foot and less lofty in proportion than are most lateen sails. It does not seem large in comparison with the length of the proa, but in view of the extreme narrowness of the hull, and its want of stability apart from the outrigger, it is really an enormous sail. The fore end of the yard fits into a socket at the end of the boat, and the foot of the sail is laced to a boom. It is thus capable of being trimmed as flat as a board, and as it is reefed by simply rolling the boom until the desired amount of sail is wrapped around it, the shape of the sail always remains the same.

"As has been said, the proa is sailed with either end first, but the outrigger is always kept on the windward side. The flat side of the hull, being thus always the lee side, acts as a keel or center-board, but with more effect than either. In fact, the proa is said to make scarcely any perceptible leeway. When beating against a head-wind the proa never tacks. She is merely kept away until her stern approaches the wind, when the yard is swung around, and what was the stern suddenly becomes the bow. It is creditably asserted that this product of barbarian genius often attains a speed of twenty miles, and it is certain that not only is the proa the fastest sailing boat in existence, but it will sail nearer the wind than any vessel known to American or European sailors."

—The cultivation of such manners as shall express all the best feelings, the noblest thoughts, the refinement and grace of the mind and heart, is a thing which cannot be too highly thought of, nor set about too soon.

—Where there is much pretension, much has been borrowed; nature never pretends.

## Popular Science.

**Double Thought.**—A writer of some note as a scientist has recently suggested that since the two halves of the brain are, in some degree independent in their action, a great amount of time might be saved by training these two brains to think and will, each independently of the other. This plan, if practicable, would be equivalent to doubling the value of one's lifetime, since it would double his time. Perhaps some one will try the experiment.

**A Carnivorous Plant.**—One of the most curious of all the carnivorous plants is the *arum dracunculus*. The common house-fly, with other small insects, is attracted by the aroma of the flower, which first stupefies and then suffocates it by the carbonic acid which it pours out in considerable quantities, the usual action of the plant being reversed in the flower during the period of inflorescence.

### Age of the World.

PERHAPS no question has been the subject of greater speculation and controversy on the part of geologists than the probable age of this mundane sphere. Not accepting the Biblical record of creation and subsequent successive events, the general opinion has been freely expressed that the age of the world should be measured by many hundred thousand years. This theory has been based upon the supposition that the great physical changes which have so diversified the earth's surface were wrought by the slow action of such forces as the almost imperceptible wearing away of flinty rock by wind and water, the gradual upheaval of immense mountain chains, and similar agencies. But a learned scientist, Mr. Clarence King, has recently astonished those who had never examined but one side of this question, by an address before the Scientific School of Yale College, in which he "refuted the doctrine of slow evolution, as taught by Huxley and Darwin, and declared that the surface of the earth and the climate had been subject to sudden and catastrophic mutation." By this

the professor meant that changes which are now seen to be the result of slowly acting agencies were in ages past produced by such sudden and stupendous agents as earthquakes, volcanic eruptions, and floods. It may not be impossible that still further advances in the now rudimentary science of geology will reconcile its apostles to the simple and straightforward testimony of the Scriptures on this subject.

**Strange Electric Phenomena.**—The city was interested, last evening, by the appearance on C Street of a strange phenomenon. At first it had the appearance of sparks of fire coming up through the pools of water beside the street. These sparks seemed to explode on reaching the surface, in many instances producing reports loud enough to be heard across the street, and being accompanied by a little cloud of smoke, and emitting a decidedly sulphurous smell. It was noticed that the phenomena occurred only on one side, under the telegraph wires. The sparks seemed to be caused by drops of water falling from the wires of the telegraph, which exploded when striking the pools of water. This solution was seemingly confirmed by the fact that when the wires became dry the phenomena ceased. It still remains to be explained, however, why, under the circumstances, such results should follow the falling of the water drops from the wires. —*Virginia City Enterprise*.

**Animals and Steam.**—A writer in a German engineering journal contrasts the behavior of different animals toward steam machinery. That proverbially stupid animal, the ox, stands composedly on the rails without having any idea of the danger that threatens him; dogs run among the wheels of a departing railway train without suffering any injury; and birds seem to have a peculiar delight in the steam-engine. Larks often build their nests and rear their young under the switches of a railway over which heavy trains are constantly rolling, and swallows make their homes in engine houses. A pair of swallows have reared their young for years in a mill where a noisy three hundred horsepower engine is working night and day, and another pair have built a nest in the paddle-box of a steamer which plies during the season between Pesth and Semlin.

—The British Government is making a success of planting Brazilian India-rubber trees in Ceylon and India.

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

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Timely Hints.

DURING the hot weeks of July and August intestinal diseases make sad havoc in the large cities. Hundreds of children die every week of cholera infantum, while older ones are swept off by diarrhea, dysentery, cholera morbus, and Asiatic cholera. Improper treatment often takes away the only chance for life which remains, and in hundreds of cases consigns the patient to the grave, when careful nursing, and the application of a few simple remedies, would have saved a valuable life. One of the best remedies for most bowel disorders is the use of a diet of ripe fruit. Ripe grapes and blackberries are especially excellent. Avoid purgatives. They frequently excite a condition of irritation which eventually becomes uncontrollable inflammation, and ends in death. The enema, the abdominal compress and bandage, and hot fomentations in case of spasmodic pains, are very useful remedies. When there is continuous heat and pain in the bowels, apply a cool compress constantly, changing the applications at short intervals. Farmers are liable to great injury from overwork in the harvest field during the sultry days of summer. A careful avoidance of stimulating foods and drinks will greatly lessen the danger; but the most temperate must exercise a reasonable amount of caution. It is far better to allow a few sheaves to remain in the fields to feed the birds and the squirrels than to continue laboring after the body evidently requires rest.

During the hot months animal food should be excluded from the dietary, or at least used very sparingly. It makes an inferior quality of blood at any time; and in the summer time there is additional danger from the increased liability of eating diseased flesh. The abundant use of cold water as a beverage when the body is perspiring with heat is often produc-

tive of very great and lasting injury to the digestive organs. The same remark applies with even greater force to the use of iced cream at such times. The best beverage for use in hot weather is pure soft spring or well water, weak lemonade, or some other simple drink.

Alexis St. Martin's Stomach.

MANY years ago a young man named Alexis St. Martin, received a severe wound in the abdomen from a shot gun, by which a large opening was made into the stomach. In time, the edges of the wound healed, but the opening remained, leaving the contents and mucous lining of the stomach visible, and susceptible of examination without giving the patient the slightest discomfort.

Dr. Beaumont, an American army surgeon, became acquainted with the case, and embraced the opportunity to make a large number of very important observations relating to the influence of different articles of food and other substances upon the digestive organs. Among other experiments Dr. Beaumont observed the effect of alcohol upon the mucous membrane of the stomach. The following is the result of one of these observations, which began July 28, 1833:—

"Stomach not healthy; some erythema, and aphthous patches on the mucous surface. St. Martin has been drinking ardent spirits pretty freely, for eight or ten days past; complains of no pain, nor shows symptoms of general indisposition; says he feels well, and has a good appetite. August 1st. Inner membrane of the stomach morbid; considerable erythema, and some aphthous patches on the exposed surface; secretions vitiated. August 3d. Inner membrane of stomach unusually morbid; the erythematous appearance more extensive, and spots more livid

than usual, from the surface of which exuded small drops of grumous blood; the aphthous patches larger and more numerous; the mucous covering thicker than common, and the secretions much more vitiated. The gastric fluids extracted this morning were mixed with a large proportion of thick, ropy mucus, and considerable muco-purulent matter, slightly tinged with blood, resembling the discharge from the bowels in some cases of chronic dysentery."

Dr. Beaumont also observed that these same appearances were produced by overeating, eating too fast, indulgence in the use of irritating condiments, and other dietetic abuses, a fact of great significance to those who think the last-named violations of dietetic laws of trifling importance.

Another very significant fact observed by Dr. Beaumont was this: Although St. Martin's stomach might be in a state of inflammation and even ulceration, the general sensibility of this organ is so slight that there were no symptoms pointing to such an important local affection. That is, the stomach may be in a sad state of disease and yet give no evidence of its condition by external symptoms. This is a fact for gourmands, epicures, and gluttons, as well as wine-bibbers, drunkards, and all other violators of the laws of digestion, to bear in mind.

### A Grand Temperance Rally.

ON the very day we went to press last month there was being held in this city the greatest temperance meeting ever witnessed in this part of the country. Crowds thronged the streets in the evening, wending their way to the mammoth pavilion tent where the meeting was to be held. By the time appointed, the available portion of the great tent was already filled, at least 3000 people being seated, while a moving throng of eager listeners stood in the aisles and close around the outer edge of the tent.

The mayor of the city presided at the meeting, which was opened with prayer by Eld. James White. After brief, interesting remarks by several speakers, Mrs. White, whose name and writings are familiar to our readers, was called upon to deliver the address of the evening. We quote the follow-

ing respecting her remarks from the comments of a reporter who was present at the meeting, from the Kokomo (Ind.) *Weekly Dispatch* :—

"The last speaker was Mrs. Eld. James White, who spoke for more than one hour, holding that vast audience spell-bound, as it were, by her matchless eloquence, her clear, logical reasoning, and her soft and tender words. She used the most beautiful language and made some of the grandest illustrations that it was ever our good fortune to hear. God bless Sister White. She will receive a crown in Heaven composed of many stars, as her reward for the many, many souls that she has been instrumental in saving here upon earth."

### The Pleasure of Hunger.

PEOPLE who labor for their daily bread and bring to their meals the keen relish for food which is the legitimate fruit of healthful exercise and honest toil, may find it difficult to comprehend the appropriateness of the heading of this article. Nevertheless, there is a real pleasure, in healthful hunger which is well appreciated by the poor sufferer from dyspepsia, that hydra-headed disease which tantalizes its victims with visions of toothsome viands, and then so annihilates the appetite as to make the most dainty morsel absolutely loathsome and repulsive. When once brought into such a condition an individual is prepared to realize the pleasure of hunger.

The principle holds true in this, as in many other human experiences, that there is more pleasure in anticipation than in participation.

The peasant who finds it difficult by arduous toil to obtain even the scanty allowance necessary to maintain life, knows more of real pleasure than the epicure whose taste is cloyed with rich delicacies and stimulating sauces.

There are thousands of people who never know what real, natural hunger is. Their meals are crowded so closely together that nature has not time to develop a normal appetite. The individual feels faint and "all gone" at the stomach, and mistakes this uncomfortable sensation for hunger. But it is really no more hunger than *tinnitibus aurium*,

or roaring in the ears, is hearing; or than a smarting in the mouth is thirst. The uncomfortable feeling described is the result of weariness, exhaustion, rather than a demand for more work to do. Hence, instead of relieving it by placing an additional burden upon the digestive organs in the shape of food, nature's call for rest should be understood and obeyed. For many, the omission of the third meal is all that is really necessary. This gives the weary stomach opportunity for rest with the other portions of the system, and the individual arises in the morning enjoying the pleasure of real, natural hunger instead of the abnormal, exhausting, painful sensation usually interpreted to be a demand for food when only rest is called for.

**Disease of our own Causing.**—The following paragraph from an article contributed to the *Popular Science Monthly* by Dr. Thomas Bond, clearly states facts which ought to receive the careful attention of every man and woman who has any interest in the maintenance of personal health and comfort:—

“On an average, one-half the number of out-patients treated by a hospital surgeon suffer from diseases due primarily to a want of knowledge of the laws of health and cleanliness. The ignorance of hygienic laws, which affects so disastrously the health of the rich as well as the poor, exists chiefly in regard to dress, ablution, and ventilation. This statement may, at first, appear startling; but an enumeration of the diseases that can be constantly traced to the above causes will show upon how sound a basis the statement rests. The following are examples: Varicose ulcers, from dress; skin diseases, from want of cleanliness; chest diseases and fevers, from defective ventilation. The vast number of ulcerated legs treated in the out-patient departments of hospitals, in work-house infirmaries, and in private practice, arise from varicose veins.

“Now a varicose ulcer is caused by a distended condition of the veins of the leg, which have to sustain the pressure of the blood caused by gravitation. The most frequent and flagrant cause of obstruction is the elastic garter. Children should never wear them at all, as the stockings can be perfectly well kept

up by attachment of elastic straps to the waistband. If garters are worn, it is important to know how to apply them with the least risk of harm; at the bend of the knee the superficial veins of the leg unite, and go deeply into the under part of the thigh, beneath the ham-string tendons. Thus a ligature below the knee obstructs all the superficial veins; but if the constriction is above, the ham-string tendons keep the pressure off the veins which return the blood from the legs. Unfortunately, most people, in ignorance of the above facts, apply the garter below the knee.”

**Summer Colds.**—Many people suppose that “colds” are the special product of wintry winds, and spring and autumn dampness. It is true that these causes are exceedingly productive of disturbances of the circulation which result in colds; but it is also possible to “catch a cold” on the hottest day of summer. Colds are the result of a disturbance of the circulation. In winter, most colds are taken by going from a warm apartment into a colder one or into the frosty air without additional protection. The result of this exposure is chilling of the surface of the body, the immediate effect of which is congestion of internal organs, especially of the mucous membrane of the air passages. During the heat of summer, persons whose labor exposes them to the fervid heat perspire freely; and the skin becomes greatly crowded with blood. If, while the skin is in this condition, the individual exposes himself to a temperature sufficiently lower to produce chilliness, he will be almost certain to take cold, no matter if the thermometer be “among the nineties” at the moment.

Great care should always be taken to cool the body gradually when the skin is hot and perspiring freely from great exertion. Life-long injury often results from neglect of this precaution. The common custom among farmers of throwing themselves down in the shade upon the cool, damp earth after laboring until greatly heated, is a very pernicious, even dangerous one. There are many persons who never have colds in winter on account of their great care to provide against changes in the weather and to avoid subjecting themselves to sudden alterations of tem-

perature, yet are subject to summer colds through neglect of the precautions mentioned, and suffer greatly therefrom. A cold is possible at any time of the year; and one who values his health and comfort will be on his guard against exposure in midsummer quite as much as in midwinter.

We are induced to call attention to this fact by the general prevalence of the idea that one is wholly safe from colds in warm weather, which throws people off their guard.

**Enormous Use of Stimulants.**—As civilization advances, the use of stimulants seems to increase. This fact is not to be considered as the result of increased enlightenment, but should be looked upon as the result of the depraved condition of both body and mind which is the natural consequence of the over-excitement of the nervous system which demands support by artificial stimulation.

Dr. Richardson, of England, very aptly defines a stimulant as "that which gets strength out of a man" instead of putting force into him. In the light of this assertion, the amount of wasted force represented in the following paragraph from the *Quarterly Journal of Inebriety*, is simply prodigious:—

"It is estimated that coffee, both beans and leaves, is drunk by sixty millions of the human family. Tea of all kinds is used by five hundred millions, and opium by four hundred millions; alcohol, in its various forms, by five hundred millions of the human race. Tobacco is probably used by seven or eight hundred millions. These startling facts indicate a large proportion of the race using some substances that are either stimulants or narcotics. The work of the physiologist, in the future, will be to determine the true place in nature of these substances, and indicate where their use ends, and abuse begins."

**Evil Effects of Tobacco.**—The French Anti-tobacco Association publish an observation of the effects of tobacco in dwarfing development which illustrates the evils of this pernicious habit in a most powerful manner.

"A pair of twins were growing quite satisfactorily and were about four years old, when one of them was taken ill with some

trifling ailment. A friend of the twins unfortunately placed in the infant's hands, as a plaything, a lighted pipe. The child immediately puffed away at the pipe, and appeared to enjoy it thoroughly. The amusement soon became a habit, then a necessity, until the child was continually worrying neighbors and even strangers in the streets to give him tobacco. The effect of incessant smoking on his constitution was disastrous. While his brother rapidly shot up into manhood, the premature smoker remained stationary in his development. He is at the present moment in reality a young man, but in appearance a puny infant, as stunted in intelligence as he is in stature."

**A Good Idea.**—The latest thing in London is a medical restaurant which has been established in accordance with the idea that most diseases can be cured by careful attention to diet, being chiefly caused by improper food. "On the entrance of a visitor, a physician asks him regarding his ailments. His meal is then prescribed, and he is allowed to eat no more than is presented to him."

This otherwise commendable scheme is ruined by the manner in which the meal is concluded, each customer being required to smoke a medicated cigar after partaking of his meal. Nevertheless, even this crude attempt at dietetic reform, if it be such, is evidence of the increased attention which is being paid to the relation of diet to health by the thinking people of the present day.

**Consumption.**—A somewhat new view of the nature of this disease has recently been proposed by the president of the Colorado State Board of Health. His views are thus presented in the *Boston Journal of Chemistry*:—

"Phthisis properly belongs to the class of 'filth diseases,' and can be controlled and prevented by attention to cleanliness. He supports this view by the fact that tubercle is inoculable, and may enter the body through contaminated drinking water. In Colorado phthisis was unknown until cases from other States brought it there. Now it is found among the native population.

"This view receives very strong support

from the history of health resorts in Europe. The time was when phthisis was practically unknown in Madeira, in Naples, in Malta, along the Riviera and the upper Nile. Consumptives flocked there in crowds, and now in all these districts the native population succumb to the disease in quite as large proportion as elsewhere. The practical lesson is that equal care about disinfection and sanitation should be exercised in regard to consumption, as in regard to typhoid or scarlet fever."

**Cure for Stammering.**—Thousands of persons suffer for this most embarrassing impediment when they might be readily cured by a little persevering and well-directed effort. The following method, invented by a Frenchman, was tested by a committee of scientific gentlemen appointed for the purpose, and was by them pronounced effective:—

"The entire course of treatment occupies three weeks. During the first period the stutterer is restricted to absolute silence, in order to break his vicious habit of articulating; in the second stage he is exercised in the deliberate and distinct pronunciation of vowels, consonants, syllables, and sentences, uttered while the breath is evidently expelled from the lungs after a slow and full inspiration; and the final stage is devoted to

acquiring fluency of speech. This method is reported to have proved efficacious in the worst sort of cases, and the permanency of the cure is assured if the patient will occasionally practice by himself the exercises taught."

**Cold Water as an Anodyne.**—Dieulafoy, a noted French physician, states that he has for several years relieved the pains of articular rheumatism by the injection of a few drops of cold water in the immediate vicinity of the affected joints. He claims most remarkable results from this method of treatment, not only in rheumatism but also in muscular rheumatism and neuralgia.

**One Hundred Years Old without Medicine.**—An exchange has the following item which may be interesting to those who think themselves dependent upon drugs for the maintenance of life:—

"Mrs. Ruth B. Southworth, of Plymouth, Mass., was a hundred years old Monday. She is quite deaf, but threads fine needles and sews without using spectacles. She does the housework for herself and her son, and planted her own garden last spring. She took her first dose of medicine last year, which accounts for it all."

## PEOPLE'S DEPARTMENT

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

### The Temperance Movement.

THERE can be no question but that the present temperance movement, under the auspices of the Reform Clubs and the Woman's Christian Temperance Unions, is the most remarkable reformation of the kind which this country has ever witnessed. We are glad to notice many features of this movement which give to it a permanency of character such as has been possessed by no previous efforts in this direction. We refer particularly to the freedom from fanatical excitement, the broadness of the platform adopted, and the sim-

licity of organization. It is a movement which reaches all classes. It not only reforms the drunkard, but it makes a missionary of him and sets him at work for others. The work is spreading with wonderful rapidity, and we sincerely hope it may do a vast amount of permanent good. Great good has already been done in our own city. Scores of men who had been notorious for drunkenness and dissipation have become sober; and from being idle vagabonds they are now filling offices of usefulness and trust with entire satisfaction.

We are happy to present to our readers



the following letter recently received from Mr. Wm. H. Blanchard, president of the Reform Club of Worcester, Mass., from which some idea may be gained of the success of the movement in New England:—

“EDITOR HEALTH REFORMER: I see by a notice in your valuable journal that you invite correspondence.

“We are doing a great work in the old Bay State in the temperance cause this year. Almost every town throughout the entire commonwealth is linked to the others by one chain of sympathy and interest by the Reform Club movement, with the Woman’s Temperance Unions as auxiliaries.

“Then in the ‘old heart of the commonwealth’ we have what has been called the ‘Banner Club’ of the State, and have added to its membership in the last twelve months 1146 men, all of whom are reformed men. We work on the non-political, non-sectarian plan. We recognize God, and use the broadest platform of the purest religion. I don’t think I misrepresent the condition of things here when I say that there are 30,000 men in our State who, eighteen months ago, were wallowing in the mire of drunkenness, that to-day stand up in God’s image, redeemed, their shackles under their feet. And thus it is all through New England. The germ of all this great uprising had its origin somewhere in your beautiful country. Some of the scintillations were caught sight of by a few earnest men and women in Portland, Maine. Dr. Reynolds was picked up by them, and he has been the instrument, in the hands of God, of doing a great work here as well as in your own State.

“It does seem to me that the present time in our temperance work is to be the one great epoch in our history. God is in it. He has guided us all through it. The precepts of his Son have been our pattern and our guide. God has been the mighty ruler; we have all acknowledged it, and, what is better, have been to him for that strength without which all worldly projects are naught. It seems to me we are taking the most practical means by which our great hope can find its full fruition.

“Fraternally yours,

“WILLIAM H. BLANCHARD.”

—In the city of Lewes, Eng., five per cent. of the whole population suffered with typhoid fever in an outbreak of that disease. The cause of this remarkable epidemic was found to be the pollution of the water supply from the sewers.

### Letter from England.

EDITOR HEALTH REFORMER: If I write, can you publish, a longer letter than usual? I might chronicle several events, but will refer first to those connected with the temperance cause.

Since my last letter, the annual meetings of the London Temperance Hospital and the British Medical Temperance Association have been held. The success and prosperity of the former still continues; for, as Canon Wilberforce said at the public meeting, Drs. Quiet, Rest, and Do-nothing are largely made use of. From the other meeting we learn that during the year the members have been ascertaining, among other things, the value of total abstinence during gestation and at childbirth, the result of which inquiry is that there is a decided advantage on the side of abstinence. The *Medical Press and Circular* hardly likes the experiment of the Temperance Hospital. Note what it says:—

“For our part, should the plan of treatment pursued at this hospital be found to be truly a great success, we should be not only greatly surprised, but greatly humiliated. We should begin to wonder whether, after all, the administration of medicines was not as much a mistake and a delusion as the administration of alcohol had been shown to be.”

It then advises an Expectant Hospital, where wine might be used!

The vegetarians are not by any means idle. In fact, during the last two years they have been more industrious, and perhaps done more active work, than during the five preceding. London has its religious May meetings every year, and now Manchester has a vegetarian May meeting in addition to the annual one in October. In London a club is suggested, to be called the Dietetic Reform Institute, but I will make no prediction of its success or failure; certainly it is to be hoped that its members will be more in earnest than some of the members of the Dietetic Reform Society. Vegetarian banquets are being held, and the Danielites are working hard in the Good Templar Lodges to promote the cause.

We have here in London an American doctor, Dupie by name, who publishes some works on hygiene. I have never seen him, but shall, I think, endeavor to do so, to see if the hygienic system cannot be more advocated. A short time since I read my first paper on the subject to a Good Templar Lodge, and so much interest was shown that the discussion is to be renewed. I shall have the pleasure of reading the same paper in other lodges, and perhaps in some divisions of the Sons of

Temperance. I expect to meet much opposition, but this will not necessarily do harm.

I have to record the death of the English *Herald of Health*, conducted by Dr. T. L. Nichols, another American. Although not so thorough as the HEALTH REFORMER, it has undoubtedly done good, and has introduced vegetarianism, hydropathy, etc., in many families where they were previously unknown. *Requiescat in pace.*

W. H. CLARK.

We are always pleased to hear from our friend, Mr. Clark, and to learn of the progress of reform in the Old Country. We hope he will favor our readers with frequent communications.

## Questions and Answers.

**Oatmeal—Barley, etc.**—C. G., Cal., asks: 1. Is there any way to make oatmeal at home? or, how can one get the hull off the oats so as to grind the groats in a coffee-mill, and thus produce oatmeal? 2. How is barley meal eaten; as graham, or is it sifted? 3. Can one grind his own barley and buckwheat in a large coffee mill and produce as good meal as that ground at a grist-mill? 4. Is it detrimental to health to practice ventriloquism?

*Ans.* 1. Oatmeal can be made successfully only by special machinery constructed for the purpose. 2. Barley meal is often made from what is known as pearl barley, when it needs no sifting; if the whole grain is ground, it will be well to remove the coarser portion of the hulls by means of a coarse oat-sieve. 3. Barley and buckwheat may be well ground in large coffee-mills, if great care is exercised in the process. In some respects the flour thus obtained is preferable to the average product of the mill, being cleaner, and free from grit if the grain is carefully prepared before grinding by washing and drying. 4. No; unless practiced to such an extent as to produce soreness of the muscles or weariness of the organs of respiration.

**Whole Wheat—Hominy.**—G. S. F., Conn., inquires: 1. Is boiled whole wheat as healthy as graham gems? 2. Where can I get corn that has been hulled by machinery, and whole wheat?

*Ans.* 1. Whole wheat, if boiled until thoroughly cooked, is a most excellent and nutritious article of diet. 2. Mr. F. Schumacher, Akron, Ohio, will furnish you with

both hulled corn, or hominy, and whole wheat. Mr. S. makes the *very best* of all varieties of products from grain.

**Neuralgia.**—Mrs. A. C. W., Pa., has suffered for years from neuralgia, which now affects her most in small of the back. Has great tenderness of the flesh, even a touch being painful. Wishes to know what to do.

*Ans.* The wet-sheet pack for 45 minutes twice a week for a week or two, with a daily wet-hand rub and thorough rubbing of the back, together with daily fomentations over the seat of pain for half an hour, and the abdominal bandage nights for a few weeks, if the pain is not relieved without.

**Prolapsus of Rectum.**—M. E. T., Cal., asks: 1. Is there anything that I can do to relieve or cure the prolapsed bowel? 2. Are the winters very severe at Battle Creek?

*Ans.* 1. The prolapsus will exist until the bowels become regular. The constipation must be cured. You probably need more skillful treatment than you can get at home. 2. Winters here are usually very mild. Sometimes there is not sufficient snow for sleighing.

**Hay Fever.**—H. D., Ind.: You will find great relief by the use of the warm bath, hot fomentations over chest and spine, and cool compresses. The tepid nasal douche, with the inhalation of warm vapor or steam, will often give very great relief indeed. Let the diet be spare, chiefly fruits and grains. Keep the bowels open and regular. Get all the fresh air possible, and avoid known exciting causes. In many cases the only preventive of the disease is removal to some other locality.

**Abbot Microscope.**—C. F. W.: The Abbot microscope is said to magnify about seventy-five diameters. We have never tested it.

C. J., Wis.: The young lady should have her eyes examined by a skillful oculist.

H. M.: Brooklyn, N. Y.: 1. Galvanic belts are of little account. 2. The disease you mention requires the personal attention of a physician.

Mrs. D. F. C., Vt.: You are probably suffering somewhat from the disturbances incident to the change of life. We should think, from the symptoms you give, that it is quite possible that your lungs may be affected. You ought to have them examined by a competent physician.

# DIETETICS.

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

**Wheat and Rye.**—Bread is very appropriately styled "the staff of life;" and wheat bread has been considered superior, in nutrient properties, to all other kinds. Prof. Wanklyn has been investigating this subject, and finds that rye has a decided advantage in possessing a larger proportion of gluten, the element from which all the living tissues are formed. It makes good bread.

**Pie-plant.**—Those who did not secure a good supply of canned rhubarb in spring or early summer will be pleased to know that the best of the season is produced in August. The stalks are then less strongly acid than earlier in the season, and hence require less sugar. Care should be taken to select medium-sized stalks, as the larger ones are frequently hollow and stringy. With a little care, brittle and juicy stalks may be selected.

## Three Diseases Arising from Diseased Food.

THE use of diseased food is always hurtful. It does not contain the perfection of organization and strength requisite for the sustenance of the body, but only matters which infect and tend to destroy the life of any part with which they are brought into contact. . . . There are, however, three diseases which have this mode of origin, and which have been brought into prominent notice by their occasional severity and fatality. These are: erysipelas, which has prevailed extensively in Germany from the use of rye bread containing large quantities of the blasted grain; the milk-sickness, from unacclimated cattle; and the trichinæ, from uncooked pork. It is not often that rye, milk, and pork are so diseased; but when any one of them is so, and is largely used as food, and without any precautions, the disease to which it gives rise is very severe, and usually fatal.

No extended remarks are necessary in reference to the eating of a diseased or partially tainted food. No one with the least refinement would think of eating this kind of food; and those who, from a greedy parsimony, carry out so disgusting a practice, may as well be let alone, as they are joined to their idol,—avarice. It is true, there are some of a more pretentious class, whose *cuisine* embraces meats partially decomposed; but com-

monly they are those whose taste has become decidedly morbid,—gastric debauchees, so far gone that they have to resort to disgusting devices, like that of exciting disease in the liver of the goose, in order to procure a table dainty, to arouse a little pleasure in their worn-out nerves.—*Ten Laws of Health.*

**Food for Infants.**—A talented writer in the *London Medical Press and Circular*, concludes an interesting article on this subject as follows:—

1. Aliment should always be presented to the infant stomach in a perfectly fluid form.

2. As bread and farinaceous substances generally have been proved by experience, and recently by numerous post-mortem examinations, to be often indigestible, and to have led directly to infant mortality, such substances might better be excluded from infant feeding.

3. Cow's or goat's milk, when pure or modified as much as possible to resemble human milk, will often be found sufficient, without any other help, to nourish the new-born infant.

There is one other point, which, though only indirectly connected with infant feeding, is one of paramount importance, as regards the present and future health of the individual, namely, the necessity of guarding against the hateful practice of covering the child's face as it sleeps.

The mistaken kindness and over-zealous attention of nurses in excluding the pure air of heaven from entering the lungs, in order to guard against the effects of cold, will often be exhibited in the soft, pale, flabby condition of the infant's body, while a cachectic condition of the blood will be insidiously generated, which must prevent the infant thriving for the present, and possibly may lay the foundation of tubercular and other diseases in after-life.

**Proper Food.**—The importance of proper food is almost universally underestimated. It is a subject worthy of the most careful attention. If the material taken into the body as food is of poor quality, then the brain, bone, blood, and muscle made of it will most certainly be of poor quality also; just as poor leather makes poor shoes, and rotten timber poor ships.

# FARM AND HOUSEHOLD

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

**Foreign Bodies in the Nose.**—A writer in the N. Y. *Medical Record* describes a simple remedy for extracting small bodies from the nose.

“It is merely to blow the patient's nose for him by closing the empty nostril with the finger, and then blowing suddenly and strongly into the mouth. The glottis closes spasmodically, and the whole force of the breath goes to expel the button or bean, which commonly flies out at the first effort. This plan has the great advantages of exciting no terror in the child, and of being capable of being at once employed by the parent before delay has given rise to swelling and impaction.”

**Lead in Silk.**—The wonderful prevalence of lead in articles of diet, in cooking utensils, in wearing apparel, and in wall-papers, would lead one to suppose that this element is peculiarly fitted for the nefarious purposes for which it is so generally employed. The latest discovery was recently made in France, and consisted in the finding of lead in sewing silk.

“Some manufacturers,” says the *Moniteur de l'Hygiene*, “in order to increase the weight of their thread, soak it in a solution of acetate of lead, and afterward expose it to the action of sulphurous vapors. As much as 23 per cent. of sulphate of lead has been observed in some specimens of silk.”

**Cleansing Foul Cisterns.**—In hard-water districts cisterns are of the greatest service as a means of securing soft and pure water by the aid of filters; but too often they become a source of disease as well as of benefit, from lack of attention. Sediment, gathered from the roof and the air, and through openings into the cistern, undergoes decomposition and defiles the whole, frequently giving to the water so foul a smell as to make it quite offensive. When this point is reached, some begin to think of the necessity for doing something; but many will even allow such a condition of things to continue without any effort to remedy it.

It may not be generally known that water

may be very foul while it has very little odor. Such is the case, however; and hence it is very dangerous to allow sediment to collect in such degree as to give rise to putrefactive decomposition. We have observed a number of instances in which we were able to trace disease directly to a foul cistern underneath the house. Sometimes a foul cistern can be deodorized by letting down into it a sack of pulverized charcoal, leaving it for a few days and then renewing it. The best and surest way is to cleanse the cistern so frequently that sediment cannot accumulate.

**Treatment of Insect Stings.**—The following instructions which are particularly opportune at this season of the year are worthy of being treasured up, as they may be of great service if retained in readiness for use on occasion:—

“The pain caused by the sting of an insect is the result of an acid poison injected into the tissues. The first thing to be done is to press the tube of a small key firmly on the wound, moving the key from side to side to favor the expulsion of the sting with its accompanying poison. The sting, if left in the wound by the insect, should be carefully extracted, as it will greatly increase the local irritation. The poison of the virus being acid, common sense points to the alkalies as the proper antidote. Among the most easily procured remedies may be mentioned soft soap, liquor of ammonia (spirits of hartshorn), smelling salts, washing soda, quicklime made into a paste with water, lime-water, the juice of an onion, bruised dock leaves, tomato juice, wood-ashes, and carbonate of soda. If the sting be severe, rest and coolness should be added to the other remedies, more especially in the case of nervous subjects. Nothing is so apt to make the poison active as heat, and nothing favors its activity less than cold. Let the body be kept cool and at rest, and the activity of the poison will be reduced to a minimum. Any active exertion whereby the circulation is quickened will increase both pain and swelling. If the swelling be severe, the part may be rubbed with sweet oil, or a drop or two of laudanum. Stings in the eye, ear, mouth, or throat, sometimes lead to serious consequences; in such cases medical advice should always be sought as soon as possible.”

## News and Miscellany.

- Russia is preparing a naval force.
- Pesth, capital of Hungary, has a death rate of 41 per 1000.
- It is rumored that steps are being taken to re-establish the Empire in France.
- A sharp shock of earthquake occurred in Canada at 3 p. m. July 17.
- It is reported that the coast of Maine, from Portland to Eastport, is infested with pirates.
- It is figured that 63 per cent. of those who apply for assistance at the public charities of New York City are impostors.
- The city of St. John, N. B., was nearly destroyed by fire a few weeks ago. Our friend, Dr. R. J. Moffat, lost everything.
- Statistics of the cotton crop indicate that it will fall below that of last year. It has been damaged mainly by unfavorable weather.
- It is stated that the Russian soldiers are committing great atrocities in the Turkish villages which they capture.
- The seven hundred and thirty Mormon recruits just arrived will be in time for the trial and possibly the execution of Brigham Young.
- Over 2,000 miles of railroad, at a cost of about \$15,000,000, have been completed in the United States in the year just elapsed.
- The Department of Agriculture reports the spring and winter wheat crop in splendid condition, with a higher average than usual.
- A righteous warfare is being waged in New York City against the vending of swill milk. Measures are being taken to prevent its introduction into the city.
- An extraordinary story comes from Paris to the effect that a grant of 5,000,000 francs has been asked of the Budget Committee for putting more French ships in commission.
- Two war vessels have been ordered to Baltimore, and sailors and marines have been sent to guard the public property in the various cities threatened by strikers.
- Never seek to be intrusted with your friend's secret; for no matter how faithfully you may keep it, you may be liable in a thousand contingencies to the suspicion of having betrayed it.
- On the 10th ult. there was a sudden fall of one foot in the level of Lake Ontario, but nobody knows what did it. The great lakes are subject to irregular tides of this sort.
- A new thing in a Swiss city is a "beer omnibus," which goes about the streets, and from which the thirsty can draw their supply without the trouble of entering into a public house.
- Thomas Placode, a well-known actor, shot himself dead recently at Tom's River, N. Y.

He was a sufferer from cancer in the mouth caused by smoking.

—In Basle, Switzerland, a new method of slaughtering cattle has been adopted; an explosive cartridge is placed on the animal's head, and is discharged by a blow of a hammer.

—At the moment of going to press all freight and passenger trains have stopped on the Michigan Central Railroad. The only trains run are for the U. S. mail, and consist of only an engine and a mail-car.

—Secretary Schurz has discovered a new ring in the Indian Bureau. It dealt in patent and unpatented medicines, and its bills have been stretched by a patent process known only to Indian contractors.

—Seven thousand eight hundred and seventy-four persons sell intoxicating liquors in New York; but 2,176 of them have licenses; so that 5,697 liquor dealers are violating the law every day in the week.

—There is a strong tide of emigration setting toward Liberia, a country in Northern Africa, among the negro population of the South. More than forty thousand persons are now preparing to depart.

—Old Mrs. Simbleigh read that it cost \$50,000 to move "Cleopatra's Needle" from Egypt to London, and now she would like to know about how much it cost to move Cleopatra's sewing-machine the same distance.

—The International Geographical Society decided, at its last meeting, to establish a line of stations across the continent of Africa, each of which will be a center for the encouragement of civilization and exploration.

—Dr. Winslow, of Utah, willed that his body be cremated; the furnace was ready, but his children interferred and assumed all the legal responsibility. The Palm cremation was not encouraging.

—The plague is raging in Bagdad and its vicinity, and threatens to compel the health officers of European cities to a great increase of vigilance in securing such perfect sanitation as will prevent the occurrence of the disease.

—The Russians are making steady advances upon the Sultan's dominions, and there is every indication that unless soon intercepted by the intervention of another power, the Czar will plant his feet in Constantinople before New Year's. All Europe is agitated over this matter.

—According to the Portsmouth (Eng.) *Times*, the sea-serpent is abroad again, and has been seen by an English royal yacht near Sicily. It is described as having a head like a bullet, six feet in diameter, a body like a turtle, and fins fifteen feet long.

—Panama dispatches state that "a volcanic eruption has lately occurred in the interior, at from 9½ to 11 o'clock A. M. on the 26th inst. It is not known which of the volcanoes is in action, but it is supposed to be Cotopaxi, which for

a century past has had an eruption every ten years." It is estimated that more than a ton of ashes have fallen upon every square mile of surface in districts several hundred miles from the seat of the eruption.

—The consumption of beer is rapidly increasing in France, the quantity imported in 1876 from England being 1,913,624 litres; from Germany, 25,683,535 litres; from Austria, 969,953 litres; and from all other countries, 1,503,236 litres, the litre being about a quart.

—From the date of the final discovery of gold in California down to the close of the year 1875, the total amount of gold and silver produced in the United States was as follows: Gold, \$1,332,700,000; silver, \$261,450,000; total value, \$1,594,150,000.

—Italy is making active preparations for a crisis in European affairs. Large purchases of horses for cavalry and artillery use are being made, according to the *Herald's* Vienna correspondent. Other preparations on an extensive scale are being carried on. All the ambassadors have returned to Rome.—*N. Y. Herald.*

—Probably the greatest strike among workmen which this country has ever witnessed is now in progress among railroad employes. Recent reductions in the pay of workmen on most of the principal roads have so exasperated the employes that they have become desperate and utterly regardless of law. Several million dollars' worth of railroad property was destroyed by a riotous mob at Pittsburg the 22d ult. More than one hundred persons were killed in the efforts of the militia to quell the rioters.

—The largest Indian migration for some time past—it is equivalent to moving a small nation—will begin on October 1, 1877, when the Sioux cross from the Red Cloud and Spotted Tail crosses in Western Nebraska to the southeastern corner of Dakota, in the curving bends of the Missouri. There are over 15,000 of these Sioux, of whom a large fraction were recently on the war path, and with their ponies, several thousand in number, and droves of sheep and cattle, they will spread over miles of country in their slow march to their new reservation, secured to them by the last treaty "forever," say eight years at most.—*N. Y. Sun.*

—Where are we tending? With a population of probably near 45,000,000, a soil and climate the most desirable, both in character and amount; with the most convenient and ample water communication, extending from the East to the West, and from the North to the South, and the whole country filled with the net-work of railroads in all directions, probably one-third of our population is without adequate remunerative employment, though the soil is most fruitful, crops abundant, and all productions bear a fair price. The bare statement of these facts demands our serious attention. The people are starving amid abundance. Capital is unsatisfactorily employed. Our railroad companies are failing to pay dividends and falling into the hands of receivers, and their employes are striking for want of just remuneration, and the prop-

erty is destroyed by violence, while the transportation of the country is interrupted.—*Inter-Ocean.*

—A terrible earthquake in South America a few weeks ago completely devastated the coast from Peru to the southern extremity of Chili. Nineteen flourishing cities were almost totally destroyed. Accompanying the earthquake was an immense tidal wave, which is thus described:—

"The sea gradually left the shore, and, falling back for at least one-third of a mile, as if to gain strength and velocity for its fearful coming leap, rising sixty feet in height it advanced, boiling, rolling, and tumbling over and over, with a deafening noise, bearing all before it in its course; vessels, some of them, sank in its embrace, and were never seen again; others clung to their anchorage, and for a time were buried in the wave, were lifted up, and in safety swaying from side to side, settled at last in smooth water; many were dragged and hurried to the shore where they were dismantled or broken in pieces. The tidal wave, gaining in force and power with its onward rolling motion, seemed striving for the final struggle, and running its fearful course it soon entered the thrice-doomed cities, putting out the flames of the burning buildings, and raising a dense volume of smoke and steam. In receding, the wave took with it all that remained undestroyed."

## Literary Notices.

RAND'S NEW YORK CITY BUSINESS DIRECTORY FOR 1877.

The second volume of this valuable and indispensable work has just been issued by the Publishers, Messrs. Walter Haugh & Co., of 3 Park Place, New York. No pains nor expense has been spared in the production of the present volume, to make it complete and reliable. It is pronounced by the New York City press to be the most complete, attractive, useful, and the cheapest, Business Directory of that city ever issued. In typographical appearance and binding, certainly, it is a fine specimen of book-making. It contains over one hundred pages more matter than the last year's volume, which has added largely to the cost of the production of the work, and compelled the publishers to issue hereafter only the full cloth bound edition at One Dollar per copy, upon the receipt of which sum they will forward the work to any address in the United States or Canada, by mail, postage prepaid.

APPLICATION OF ELECTRICITY AS A THERAPEUTIC AGENT. By J. H. Rae, M. D., New York: Boericke & Tafel.

This work is an attempt to combine electricity with high and low dilutions and triturations. It is rather amusing than otherwise to notice the complacency and evident ignorance of any inconsistency with which the author directs the use of homeopathic doses of drops and pellets following an application of electricity the full strength of the battery.

## 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.

☞ By order of the Board of Directors of the Sanitarium the examination fee, after Aug. 1, will be \$5.00 instead of \$2.00, the present fee. The worthy poor will of course receive due consideration.

☞ On account of press of other matters we were unable to give our readers an account of the entertainment at the Sanitarium, as promised last month. We hope to be able to do so at some future time.

☞ We were pleased to meet again at the Sanitarium, our old friend, Hon. T. J. Cox, of Iowa. Mr. C. spent several months at the institution last summer, and now, upon returning for a brief visit, pronounces himself perfectly well.

☞ Canvassing for the HEALTH REFORMER and other hygienic publications has been demonstrated to be a paying business for any one who will take hold of the matter with a will and a determination to succeed. We have several agents who make it their sole business, and are making a good living.

☞ Dr. M. L. Rossvally, a converted Jewish rabbi, has been delivering a very interesting course of lectures in this city during the week. We are glad to notice that the doctor is a thorough temperance reformer, denouncing the use of tobacco quite as strongly as liquor drinking. He is meeting with great success in his temperance work.

☞ The Family Health Almanac for 1878 is already under way. We expect to have it ready to place in the hands of our agents by September 1st. Let all who intend to circulate almanacs this year get a good ready to begin in season. Do not be fearful of beginning too early. One of our most experienced agents wrote us a few days ago that he could sell them now if he had them.

☞ Battle Creek College, an advertisement of which will be found upon second page of cover, is one of the very best schools in the country. A prominent citizen remarked the other day that if he had twenty-five sons he would place

them all in this institution; for he felt assured that if there was anything good or valuable in them it would be developed under the admirable system of discipline and training which is employed there. Daily lectures on physiology and hygiene are given during the fall and winter terms. Those wishing further information can obtain the same by sending for a copy of the last annual Catalogue. Address, Battle Creek College, Battle Creek, Mich.

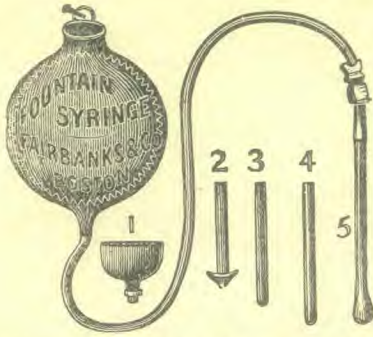
☞ The new Sanitarium building, the erection of which is under the energetic management of Mr. O. B. Jones, recently from Oakland, Cal., is springing rapidly into existence. It is expected that the new treatment rooms will be ready for occupancy in about six weeks. The basement walls of the main building are already appearing above ground. We hope to give our readers a full description of the building next month.

☞ In answer to many inquiries, we would state that Mrs. White has now in preparation for the press the beautiful address delivered by her at Goguac Lake, on the occasion of an excursion of the patients of the Sanitarium to that delightful resort. The address will be printed in pamphlet form, in elegant style, and will have an extensive circulation. In addition to the address it will contain a fine description of the new Sanitarium building, with other interesting matter.

☞ Our readers will be gratified to find on the initial page of this number a very accurate portrait of Eld. James White, whose name is familiar to all as the author of the interesting sketches which have appeared in previous numbers of this volume, and as the former editor, and for many years the publisher, of this journal. Many of our readers are aware that the success and unrivaled prosperity of the publishing work at this place are due to his efforts more than to those of any other man.

Our readers will also be pleased to recognize in the initials appended to the sketch accompanying the portrait, our able contributor, Miss Mary L. Clough, whose interesting series of articles was interrupted by illness several months ago. Miss C. has recently arrived from the Pacific coast with greatly improved health, and we hope she will soon favor us with more of her racy descriptions of mountain life.

☞ Homeopathic physicians are waxing warm in the discussion of the propriety of using diluted and potentized extract of bed-bug, under the name of *climeæ*. Some powerful effects are said to follow the use of the remedy in high dilutions.



### SELF-ACTING FOUNTAIN SYRINGE.

The manufacturer says of these Syringes: 1. They are self-acting, no pumping being required. 2. They are valveless, and CANNOT get out of order. 3. They inject no air, and thus do not endanger the patient. 4. They have a sprinkler attached, for light shower baths, and other purposes.

PRICE.—No. 1, \$2.50; No. 2, \$3.00; No. 3, \$3.50.

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