

## HEALTH REFORMER.

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**True Temperance.\***

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*(Concluded from last No.)*

THE indulgences of the appetite are not the only intoxications that tend to our demoralization and degeneracy as a race. Do you see that young man, laboring under the effect of pinching boots, long-tailed ulster coat, and greasy head? He is intoxicated on vanity, and wallows in the mire of self-worship. Do you see that young lady, who has not, for years, when in full dress, taken a natural breath, her face tinted, and covered with powder through which she cannot blush, carrying about on her head an apology for a hat or bonnet, pinched by corsets, whalebone, and steels? She, too, is drunken under a chignon, struggling with a "pullback," tilting on high-heeled shoes, and thus ruining, for real usefulness, the most beautiful work that God ever made, merely to ape the fashions inaugurated by the *Demi monde* of the Parisian world.

As Dr. Cooper, in a late paper, says, "The truth is, we are afloat in regard to this question of temperance." We must attack all these tributaries, not the least of which is this intemperance in dress. And we shall have to look largely to moral reform and its consequent workings. We have the right to look to the Christian pulpit more than to any other source for the promulgation of that moral reform. Great effort must be made to get all classes of people to listen to pulpit teachings. In our country there is a large class, especially of females, who are fashion-banished from our churches, and who thus lose the teachings that fall from the lips of those reformers who occupy those pulpits. Shakespeare said, "Let thy raiment be as costly as thy purse will bear;" but this will hardly

do, and if you will reflect a moment I think you will agree with me. You look around on Sundays in almost all our churches—the once plain Methodist, but now no longer so, not excepted—and what do you behold? Instead of a house of God embracing people of all classes and conditions, all intermingled as upon the same footing before the Lord and Master, you see people seated upon luxurious cushions as in a theater for the exhibition of the latest and most prevailing fashions. The poor are nowhere; they stay at home merely because they cannot afford to dress for church. They cannot endure the contrast of their common or perhaps threadbare habiliments with the silks, satins, and ermine of their more wealthy and fashionable neighbors.

Now is there no room here for a moral reform which will take the initiatory toward the practice of true temperance? How long shall our Christian women of easy or affluent circumstances persist (*not intentionally perhaps*) in excluding their poorer sisters from God's house through this insane folly—nay, downright wickedness—of ostentatious display? If ever reform was needed, I think it is needed in this regard; and I think the *rich* must begin the reform. *They* can afford to dress plainly in the house of God.

In the village of Y\*\*\* M\*\*\*, in the State of New York, several hundred poor girls are employed as operatives in the large mills. A very pious lady, wife of one of the proprietors of the mills, asked one of these girls why she and so many of her companions staid away from church on Sunday. The girl replied, "Because we cannot afford to dress as you do." The reply was to her a strong and cutting reproof, and she said to herself, "If this is so, I will prove to them that I can afford to dress for church as they do," and accordingly the next Sabbath she appeared in a plain calico dress. As a result, her wealthy friends and neighbors soon did the same, and were you to visit that beautiful village now, on the Sabbath you would see

\*The paper of which this is the concluding portion, was recently read before the Reform Club of this city, and is published at the request of many friends.



calico dresses worn by the wealthy in the churches. Another significant fact in regard to this place is that it is said to be the only village in the great State of New York in which there is not a single dram shop; but we need not wonder at it: if there is moral courage enough to attack and successfully defeat intemperance in dress, surely they can use the same weapons to defeat alcoholic intemperance.

Now, why cannot Battle Creek, as well as Y\*\*\* M\*\*\*, inaugurate some reform? Who of her sex in this day of redress for woman's wrongs, will not inaugurate this one so much needed, and liberate this class of fashion-banished from the courts of worship, by introducing a plain Sunday garb for woman's use in the Lord's house?

I cannot speak of all the tributaries to alcoholic intemperance; their name is legion. There are many intemperate indulgences which are equally deserving of condemnation with the habit of dram-drinking, but which society winks at, nay, even glories in;—a manifest injustice, for there is many a toper who struggles hard against his besetting sin, who weeps, repents, and mourns over the horrible thralldom in which Satan holds him as with a grip of iron, whilst many a slanderer, libertine, and covetous person makes no effort to escape from his detestable vice, and lives out his days in community unbuked and unproved.

What, then, is the conclusion of this whole matter? what system must be inaugurated? what proposition must be laid down as a text from which we can all preach? Dr. Hibbs lays down this proposition as the stepping-stone and the basis of all moral and temperance reform; viz., "The voluntarily abstaining from any indulgence or gratification, lawful in itself, for the sake of example, whensoever that indulgence is in danger of becoming a snare or an injury to the soul or body of our neighbor." This, then, for the groundwork proposition for all temperance work. Then I would ask the Legislature to enact a law that would punish the drinker as well as the seller of intoxicating liquor. I would ask a further enactment making it a finable offense for one person to do what is commonly called treat another.

This idea was suggested to me by a remark I overheard a short time since, made by a very intelligent German. Said he, "I hain't no demperance man, but I know wat zis is dat makes so many drunk mans in America. 'Tis done mit de dreating. Deitchmans if he have no monish he get no lager beer; but Yankee if dey be mitout monish dey go mit a friend and get dreated, and if dey go in de

saloon where four, five, or seven be stanin, setin roun, dey say to all zem fellows, Boys, take sometings, and den dey all drinks and drinks so long as dey be dreated."

Upon reflection I think that the German's remark was full of truth, and that the habit of treating is purely an American institution. There is many a man who is given to tippling who would many times escape a drunken frolic if it was not for being set in a wavering way by a treat from a friend. You know how this is. The Yankee seldom drinks alone; he steps up to the bar, makes his order, and, "Take something" is the stereotype phrase that falls from his lips, addressed to whoever happens to be near; and whoever happens to have an appetite takes a "smile" with him, and then, if he is a gentleman, he returns the compliment, and they smile, and "Take something," and "Don't care if I do," until the self-sacrificing dram-seller lays them gently outside the door or sends them home on a shutter, all brought round by fraternizing over a friendly treat.

I have no doubt that if the laws of our land were such that every one should be forbidden to treat another, so that every one should drink only what he bought and paid for with his own money, then one-half of the intemperance of the land would be driven out at one blow. Many a young man takes his first drinks because he is treated by some one else, and many a resolution to reform on the part of an old drinker is broken because some former chum or boon companion says, "Come, Jack, take something." Therefore all you occasional drinkers, tipplers, drunkards, and sots, if you will whet your appetites for the devil's sake, never, never, for the sake of suffering humanity, say to another individual, "Come, take something," but walk squarely up to the bar, drink alone, or give an old-fashioned Indiana treat; that is, let every one pay for what he drinks.

Aside from these enactments for a broader field, I would recommend the best efforts and skill to reach the tender minds of the youth of our land, and determine them from infancy up to a life-long hatred of intemperate things, and by lectures well elucidated upon the physiological aspects of the questions, educate them in reference to the laws of life and health, the occasions of disease and of premature decay, the baleful effects of sensuous indulgences in every form, and the true form of eating, drinking, sleeping, and even work and recreation. Let it be shown in clear detail what are the conditions of high health and possession; how man can be kept at the very top of his condition physically; and how perfect sobriety in eating and drinking, and perfect



temperance in habits, bear not only upon the physical health and well-being, but also upon insight, mental and spiritual possession and accomplishment. The body is not a fit temple and instrument of the soul, unless it be kept pure and free by temperance in all things.

This work blends with education, looks to ends not less large and commanding than culture in its widest sense contemplates, and has right to all the aids and skilled methods that training can give. It blends with religion, and in its higher aspect is one with that divinest education and renewal which true religion seeks. It takes hold upon the best aspirations, the loftiest communings of the soul; it is broad as humanity, and unending as our existence itself. This work, in order to work real reform, is not to remit until, throughout our land and the broad world itself, all shall become thoroughly sober, every appetite held in perfect subjection, every table and pantry containing only such food as health, nourishment, and sustenance demand, each person clothed in his right mind, and every person realizing the late-discovered truth that he is, to a greater or lesser extent, his brother's keeper. Were I gifted in speech or oratory, I could stir your hearts with recitals and pictures of the sad havoc that rum is making in certain directions. You are all familiar with blood-curdling stories; either directly or indirectly the rum fiend has in some way been connected with your lives. You can tell stories of his doings, and can indict him by your own recollections as being the worst enemy of man.

Yonder graveyard has its stoneless graves, which hold the ashes of those who once went to and fro among us, groaning under the bondage of intemperance, and who went down to the narrow house unreformed. Oak Hill, with new surroundings in soil as yet untouched by the sexton's spade, has other waiting graves, waiting for tenants who are yet for a little time permitted to walk about among us, paying tithes from the fast-diminishing stock of their virtues into the grasping treasury of King Alcohol. We move among them and they jostle us at each turn, and from their ruined homes come the strongest temperance lectures that we can hear or see. Ye who enjoy homes built and maintained by temperance and industry, and who are surrounded by loving hearts that guard your welfare, compare, if you can bear the contrast, your own happy homes with hers, who, for no crimes of her committing, is dragged in the wake of a drunken husband through all the pools of misery that Alcohol can dig.

In the year 1870, George Anderson, of Constantine in this State, was convicted, at the St. Joseph County Circuit Court, of an attempt to murder his wife and child, and was sentenced to the State Prison at Jackson for the term of twelve years. An incident connected with his trial, conviction, and imprisonment came under my observation, and so impressed me, and carried with it such a lesson, that I undertook to weave it into blank verse. I trust that I shall not be accused of egotism if I repeat it here. At the time of writing the article I sent it to an Eastern periodical, in which it was published; and it has since been republished in several other periodicals. The first editor kindly and flatteringly prefaced it as follows:—

"At a late session of the Circuit Court for the County of St. Joseph, in the State of Michigan, George Anderson was convicted and sentenced to twelve years' hard labor in State's Prison for attempt to murder. The day previous to his removal from the county jail to the prison, the jailer, Mr. Wm. Watkins, received a visit from two of Anderson's children, Georgie and Jimmie. Rum had been the besetting sin of the prisoner, and by degrees had driven him from respectability and wealth to the lowest depths of degradation. The following lines, suggested by what occurred at the time of the children's visit, are sent us by a correspondent. The poem is a faithful reproduction of the circumstances, and augments the tender pathos of the narrative."

Before giving the poem, it may be well to add that Anderson died two years later, in the prison at Jackson, having been a maniac from the time of entering its gates.

Before the jailer's gate, a timid child  
Over whose head a few fleet years had passed,  
Stood weeping; close beside her pressed a boy  
Of fewer years, with strange bewildered look,  
Trying in vain to hush his sister's grief.  
They asked admittance to the prison walls,  
"That they might see a convict there," they said,  
"One who was dear to them, and loved them  
once."

Kindly, and with a sympathetic tone,  
The jailer asked their names; drying her tears  
The girl replied, "I'm Georgie, Jimmie he,  
My baby brother; and long way we've come  
To see our father, now a prisoner here,  
Condemned, they tell us, twelve long, weary years,  
For crimes to prison, shut out from the world."

In pity for their youth and innocence,  
The jailer tenderly bade them go hence,  
Knowing full well that chains and grated doors  
In their young hearts would ever clank and creak,  
A nameless horror in the coming years.  
Still Georgie plead: "I know what you have here  
Of misery, I know my father's crimes  
Justly condemn him to a lonely cell,



And that no act of mine can change his fate;  
But yet I wish to look at him, and say,  
We love you, father, for what you have been,  
And we remember naught against you now."

The jailer urged no more, but tenderly,  
And with a throbbing heart, the children led  
Along the corridors, past grated doors,  
Through which came sounds of shrieking and of  
hate

From lips of evil-doers, murderers,  
Robbers, and thieves, and those of lesser crimes,  
Guilty, and congregated here to wait  
For forms of law and justice to mete out  
To them the penalty due for their crimes.  
Scenes such as these have quailed far stouter  
hearts,

But Georgie, clinging close to Jimmie's hand,  
Still hurried on, and through her tear-dimmed eye,  
With eager gaze sought for her father's face.  
At last, before a barred and bolted door  
Through which but dimly shone the light of day,  
The jailer halted; in the darkest spot,  
Shackled and fettered, unrepentant still,  
Their father lay, maddened and furious.  
The jailer called his name, and kindly said,  
"Your children wait you at this door, have come  
To speak with you; will you not see them now?"  
"Away with them!" he cried, "I know them not!  
I will not see them, for I hate them all!"  
And through the iron lattice of his door  
Echoed the clanking of his chains, as if  
He turned his face unto the wall, to hide  
The shadow of their presence from his sight.

Out spoke young Georgie then; in silvery tones  
Her harp-strung voice rang through the gloomy  
halls

Of that old jail. In accents sweet she cried,  
"Father, dear father, I have come to-day  
To say good-by, and that we hate you not,  
Jimmie and I; come, speak to us once more,  
Call us your children, and tell us you hope  
To meet us by and by, if not on earth,  
Then 'neath a brighter sky, in that blest land  
Where all our sins and crimes are blotted out,  
And naught's remembered but the good in us.  
If you have done us wrong, we all forgive,  
Mother, Jimmie, and I,—this did she bid  
Us say to you, hoping the load you bear  
Would thus be lightened, and your prison home  
Made brighter by the love and prayers we give.  
Father, come, speak to me; they say I'm frail,  
And but few years are mine in this sad world;  
If so, before you are again set free  
Dust unto dust will be said o'er my grave;  
And I would love to take to that unknown  
A loving farewell word, father, from you.  
'T would link the present with those long-gone years,  
When, prattling by your knee, we learned to love  
Our father for the love he bore for us."

Like mother's lullaby to wailing child,  
Like oil upon the troubled waters poured,  
These melting words to peaceful quiet hushed  
The boisterous passions of the father's breast  
With shackled step he reached the grated door,  
And through it peered, as if by gaze alone  
He would embrace the child he'd loved and wronged.  
No word escaped his lips, but down his cheeks  
Tears, wrung by anguish from his hardened heart,  
Fell thick and fast. In Georgie's face he read  
The truth of what she said, and centered there  
In that one moment, anguish, grief, despair,

Wrung from his heart the cry, "My God! my God!"  
Ranged upon either side were men of crime,  
Villains of every grade, hardened of heart,  
Who had long since forgot the use of tears.  
Yet Georgie's words, with their sweet pathos,  
dropped

Into the heart's deep well, a fount unsealed,  
And swelled the torrent to their long-dry eyes.

Amid their sobs and groans, the girl and boy,  
With downcast-eyes and footsteps hushed and slow,  
Bearing the burden of a blighted life,  
Turned sadly back to their rum-ruined home.  
And with their going, on the demon there,  
And on the father, with his wasted life,  
The old jail walls were closed; and light of day,  
And flowers and smiles and love became to him  
But as remembered joys of other years.

This picture is not overdrawn; you can  
all find among your memories stories of similar import; but it seems useless to repeat them, unless those who hear them will profit by them. We are daily and hourly receiving lessons and admonitions of the necessity of living well, but we are slow to bring the applications home to ourselves.

Battle Creek is a beautiful city, sitting as she does amid beautiful surroundings. Chosen bridesmaid and witness at the marriage of the Kalamazoo and the Battle Creek, she watches them as they mingle together and pass smoothly out to the great seas and lakes on their bridal tour, and her roofs and gables and lawns and shades meet the kiss of the returning children of this union, mist and rain and snow. Bright, dear, and loved are our hearth-stones; and it is just as important to us as to any other people that we should keep from our fire-sides all vices and contaminations. This people are industrious and enterprising, and for these virtues behold their well-tilled fields, neat, tasty, capacious dwellings, brick blocks and vast manufactories. This people are a religious people, as witness their temples of worship and their well-ordered households. This people are a moral people, as witness their efforts to educate and reform. But among all these qualities of good, we have vices and degradations; those, too, which pull us down and retard our growth. We have homes that are made desolate by wrongs heaped on wrongs, heart-fields that are tilled for tears, dwellings that have skeletons, brick blocks that have holes in their walls, and immoralities that are winked at and petted so that they stalk forth in the noontide of intelligence unreprieved.

I have lived only a short time in Battle Creek, but long enough to see more than one young man grow old and die,—grow old in drunkenness, debauchery, and sin, and die to respectability, honor, and trust. Their graves have been dug in desolated hearth-stones, by sundered home-circles; their history is told



by parents' heart-aches and griefs, and their monuments are sisters' sighs and tears.

I have seen others who have turned their faces toward the dizzy heights of fame, and with hearts full of good resolutions have ever stood ready to "forge out their destiny on the anvil of action." Ye lovers of the true and beautiful, bid them God speed, for you have reason to expect that when they shall at last have arrived at the "harbor of satisfied ambition," they can look back upon lives well spent.

Can gluttony or intemperance claim a single virtue? and is there among us a single phase of character to be admired that has its source in these?

There are in our midst those who have known our city from the earliest days of her history, from the time when the chiefs of *Tekonsha* pitched their tents unmolested along the shores of romantic Goguac, down to the present, when the shriek of the locomotive has silenced the toot of the stage horn, and opened the way for "improvement on the car of time," and a new era for our further advancement in civilization. They have known all the inhabitants that through all these years have come, gone, and remain. They remember the virtues that endeared the good, and they cannot forget the vices that deformed the bad. They remember with us that the greatest deformer has been intemperance, and that which ennobled most was temperance in all things. Of all those who are gone, if there lingers yet a regret that they are not here, it is because they led lives of sobriety, and went about doing good. Yet at the outset they had no brighter prospects and no more golden opportunities than the first-named class.

Young man, the sea of life is full of shoals, breakers, and quicksands; the helm of the ship of destiny in which you ride is in your hands; the cradle shore is fast receding, and yonder tomb-lit shore is our final port. Temperance has reared her beacon lights; let reason instead of passion dictate your course, that you may bear proudly into port a rich cargo of noble deeds.

Young lady, your mission on earth is not to play dummy for the exhibition of the gew-gaws of fashion. To you, more than to any other class, belongs the exercise of those restraining influences on the side of temperance. No matter with what devotion and sacrifice you worship at the shrine of fashion, it will not make you a better wife, a kinder mother, or a more genial companion. It may sooner make you the bride of some gay, thoughtless young man, hasten the crow-feet wrinkles upon your cheek and brow, bow you down

with premature old age and disease, and earlier sprinkle your head with gray and fading hair. But if in these consist the stock of your accomplishments, you must not wonder if your husband and brothers tire of your companionship, and saunter to the dram shops, or to where exist those ruinous delights,

"Wherewith the children of despair  
Lull the lone heart and banish care."

The present is big with events that tell the old, old story, that vices and excesses are costly and must always be paid for; and the lesson of the hour is, If we would, any of us, be made better, wiser, purer, we must strive for it. There can be no more opportune occasion to form new resolutions, to choose new objects and aims for our future guidance, than the present. If we would start from a sure basis and hit the marks thus set, high, plain, and brilliant among those resolutions, objects, and aims, we must write,—

TEMPERANCE IN ALL THINGS.

### The Skeleton in Modern Society.

ALTHOUGH it is often said that every man is alone when he dies, and his best friend cannot go with him through the dark valley, it is true that in his death, and what leads to it, he stands in close relations with his race, and in leaving the world we belong to the human race as decidedly as in coming into the world. This is especially the case with the mortality that comes from the contagion of fatal diseases or deadly habits. Thus, intemperance, which fills so large a portion of the graves that sadden the earth, is eminently a social evil, and is very sure to begin in boon companionship. Zschokke well calls brandy drinking the brandy pest. While wine and beer are local indulgences, brandy is cosmopolitan, like tobacco, and, as Liebig remarks, it works upon torpid natures as a depraving stimulant, and acts upon mankind not merely as a cause, but as a symptom and consequence of social perversity. Whole nations have been ruined by drunkenness, and narcotics are part of the same deadly corruption, bringing with them every evil habit where they become necessities of life. Alcohol and tobacco may be well called the Moloch and Hecate of modern society,—the one kindling men into burning madness, and the other lulling them into deadly melancholy, while both make war upon the benign order of nature, and destroy the healthy glow and genial calm of true life. In spite of our boasted efforts in behalf of temperance, these bad



habits seem to increase, and there is something in the softness and nervous susceptibility of our age that tempts society to excessive indulgence in stimulants and narcotics.

The authoritative reports make it out that in Prussia the use of sugar has increased about fivefold, while the use of salt has remained stationary. If this fact shows the growth of effeminate tastes in modern society, there are tastes far worse than a sweet tooth. In Saxony, during the years 1846-50, we have a report of the beer and brandy consumed, which makes the amount of beer vary from forty-six to sixty-five cans per head, and the amount of brandy from over three to nearly five cans per head. In Prussia the accounts give larger returns, while in Brandenburg and Pomerania the amount of brandy drinking is reported at 13.3 and 9.6 severally per head—two provinces in which the number of illegitimate births is in proportion to the brandy drank—a fact which is generally characteristic of brandy-drinking countries. Our America is not exempt from this scourge, and the use of ardent spirits has of late years greatly increased. The last account that comes to us from a competent observer reports the annual expense for stimulants in the United States at \$600,000,000. In England and Wales the police reports for the period 1857-65 give the annual number of arrests for disorder and drunkenness, in an increasing scale, from 75,859 to 105,310, or from the proportion of 403 to 503 to every 100,000 inhabitants. The number of male and female drunkards proportionately is 100 and 29, and follows very closely the proportion of male and female criminals in general, although in Liverpool the female drunkards are only about a fifth less than the male. Since 1860, and the rise of the new social agitation, there seems to have been an increase of drunkenness in England; and must we not say the same of America?

The testimony of competent judges is decided in the opinion that the use of ardent spirits is hurtful to health and long life, and the old-fashioned calculations of Neison, in his *Vital Statistics*, are confirmed by the researches of the General Life-office. According to these estimates, the probability of death among drinkers between twenty-one and forty years is ten times as much as among the whole population; between forty-one and sixty years, four times as much; and among habitual tipplers over sixty years of age, twice as much as among the people at large. In England, 1850-59, more than 8000 cases were reported of men who had literally drunk themselves to death. Neison has given us

his investigation of 6111 tipplers, that out of 1000, 58.4 die annually, while out of 1000 inhabitants of the same age only nineteen die. Thus the mortality among drinkers is three times as great as in the community at large. He has carried out his calculations into all ages, and shown how this chronic self-murder marvelously diminishes the expectation of life. The highest point as to numbers is found in the years 1851-60, which report 192 men and 44 women intemperate out of 10,000, in England and Wales, and which reckon the diminution in the rate of expectation of life accordingly. This last statement is most startling, and shows a falling off in the probable term of life for each ten years, from twenty to sixty and upward, of respectively twenty-eight, twenty-two, seventeen, ten, and five years, with fractions, and amounting to the fearful percentage, respectively, of thirty-five, thirty-eight, forty, fifty-one, and sixty-three per cent. of probable life, as compared with the population. Surely strong drink is slow fire, and intemperance is voluntary madness and chronic suicide.

We have seen the skeleton in the house, and not with wholly complacent admiration for its dry bones and ghastly look; yet those bones were once clothed with flesh, and that skull was made to be the dome of manly thought and godly worship, the home of the gentle affections and brave purposes that mantle the face with beauty, and nerve the lips with strength. The skeleton speaks more of life than of death, and is an utter riddle, nay, an absurdity, apart from the idea of life which it was created to embody and carry out. We do well, therefore, if we interpret its living uses, and call in all the powers of true and blessed life to save us from this body of death. While we live, let us live, and keep our bones covered with healthy flesh and blood, our hearts and heads given to true uses; and when we die, let not a decaying carcass or a dried-up manikin, but a living example of wisdom and virtue, represent us in the future, and make our memory a vital power among our kindred and in the world. The fact that we have lived here among men under God's heaven should make us earnest to cherish and perpetuate the characteristic blessings of this life, to practice and teach the laws of health of body and mind, the enjoyment of nature and society, the good harvest of satisfactions that ripen in a wise old age, and are garnered for the eternal state.

We learn, too, from this dismal study of human sickness and decay, the great lesson of the unity of our human race. We all carry that skeleton about with us, and it is the



mark of man's constitution and of his relations with his fellow-men. To keep those bones in good order and true uses, we need the civilization that comes from all ages and nations to help us; and in the vices, wars, and diseases that bring so many promising lives to that grim estate prematurely, we suffer not only from our own errors, but from the sins of society at large, and from the whole world. The cholera, for example, that has been sending its advanced guard toward the eastern shores of Europe, on its fearful march apparently to America, is a terrible affirmation of the solidarity of mankind, as it goes forth from its Asiatic home among the miasmatic haunts of the Ganges and the filthy crowds of Mecca, and chants with a chorus from every realm the appalling *Miserere* of nations. It may be, as Tyndall affirms typhus fever to be, a proof of the connection of man with vegetable nature, and may spring from fungi taken into the system by respiration; and thus we receive from science the protection against the peril that science has revealed.

We need to have more regard to the sciences and arts in our humanity and religion, and to bring our enlightened faith to bear upon the evils of our time and country. How can we help seeing that mankind are still out of joint with each other and with the divine plan, and that the wars and pestilences that ravage the world are not merely causes, but effects and symptoms, of the inherent discord and corruption? It is not the drunkard's stagger that does the mischief, but it is the fire in his veins; and so it is with the staggers and convulsions of human society, which is still on fire with hell. We have not the first essential of true civilization yet,—a serious, resolute, and farsighted public opinion that discerns the solidarity of nations, and insists that no nation or party has a right to disturb the peace, or ruin the business, or poison the health of other nations or of mankind. Mars is still a gigantic bully, with little law but his own will; and the nineteenth century should not end without calling him to account and putting a limit to his madness in the name of God and of men. I cannot but believe that if society would do as much to prevent war as it does to insure life and property in other ways, the majesty of Mars would soon be upon its last legs. It seems that the amount of our national debt about equals the amount of the policies of life-insurance now outstanding in this country, somewhat over two thousand millions of dollars. What would happen if as much time and calculation were given to prevent war as are now given to prevent loss by fire and disease?

We need to set our faces against all the mischiefs that sicken and destroy our race, and to rally all friends of civilization into a grand committee of the whole against disease, corruption, and death. Especially we should guard the germs of life, and discern what Plato said in his "Laws" so many centuries ago, that life begins before birth, and the mother is the cradle of the unborn child. The mother should be, as such, a sacred person, and her offspring protected by all skill and care, while all the diabolical arts of abortion and feticide should be made infamous and criminal. The fearful habit of looking upon maternity as a loss of girlish beauty, and as a bitter pledge to care, should be put down, and we should have no toleration for the new race of monks and nuns who would be childless without chastity, and be virtually, but not virtuously, celibates in the service of vanity and self-indulgence, not of devotion and self-sacrifice.

Our whole method of amusements, especially for the young, should be reformed. Gas-light should yield to daylight, night vapors in heated and close rooms should give way to fresh air under the open heavens, and our young people should be brought up to work and play under the ministry of that great solar force which is the most benign and godlike agent known to men. Ardent spirits and tobacco should be given up, and in their stead genial exercise of riding, gymnastics, with music and all beautiful arts, should be employed to stir the languid powers and soothe the troubled affections. The old Greeks taught music and gymnastics as parts of education, and Plato, in urging the importance of these, still maintains that the soul is superior to the body, and religion is the crown of all true culture. Why may not Christian people take as broad a position on higher ground, and with a generous and genial culture associate a faith that is no dreamy sentiment or ideal abstraction, but the best power of man and the supreme grace of God? —*Harper's Magazine.*

### Christianity and Reform.

BY J. H. WAGGONER.

THERE are two theories extant concerning the origin and present condition of man. One assumes that man is a development from the lowest order of animal, or even vegetable, life; that he is progressive in his nature, and is, and ever has been, rising higher and higher in the scale of existence.

According to this theory, the term reform



can hardly be applied to any stage of his career. To *reform* means to *form again*, or to form anew. He might, perhaps, by different courses of action, somewhat retard or accelerate the action of the forces operating in the process of his development; but a reform in his career, in any proper sense of the word, would be a misnomer in term, if not altogether an impossibility in fact.

The other theory teaches that man was created perfect in organism and capacity, with the means and power to preserve his body, and to form a moral character in harmony with his Maker's will; but that, abusing the privileges of his probation, he fell from his high estate.

If this theory be true, it follows that with such a perversion of his powers a radical change must take place in order to his restoration to the favor of his Creator, and to free his perverted powers from the thralldom of sin and corruption; that a reform is essentially necessary to the present and future well-being of man.

All those who believe that the Bible is a revelation from God, accept the latter of these two theories as truth. They believe that man's original condition was his normal or proper condition; that the object of reform is to restore him to his original condition of innocence and perfection.

Man is, in his nature, above all other animals on the earth. He is possessed of moral as well as physical powers. And having fallen morally as well as physically, it is an impossibility for him to restore himself, as it is impossible for a criminal condemned to death to redeem himself from the condemnation of a just law. The redemption of man is effected by means of the gospel of Jesus Christ, which serves the same purpose as naturalization to an alien, or amnesty to a person stained with treason, only in a higher sense and to a more perfect purpose than these serve in human governments, even as moral law is higher than civil law, and as the government of God is higher and purer than earthly or human governments.

Man cannot properly be said to possess two natures, one moral and the other physical, but rather a twofold nature, in which the moral and physical powers are so blended that they cannot be separated. Each has a controlling influence over the other. They fell, and they must rise, together. When one is perverted, the other suffers; when one is truly reformed, the other rises with it. They are in truth the complement of each other.

Wherever the Bible is accepted as true, these positions must stand undisputed, and

their results may be summed up in the following propositions:—

1. There can be no complete physical reform without moral reform.

2. There can be no true reform, morally and physically, without the aid of the gospel. Any reform which ignores Christianity must be only partial and incomplete, and all efforts in the direction of reform which ignore Christian effort, must necessarily prove a failure.

If we turn our attention to the deductions of science, we find our high estimate of the Scriptures, as the basis of reform, fully confirmed. The most careful scientific research brings us back to those first principles recorded in the opening pages of God's revelation to man. No one has more thoroughly investigated, or more clearly set forth from a scientific standpoint, the nature and wants of man in regard to food, than Dr. Sylvester Graham. Yet his conclusions are substantially the same as those which have been set forth in former volumes of the REFORMER under the head of "Bible Hygiene," elaborated from the book of Genesis. On this question, science has not been able to take one step in advance of the Bible record of man's creation.

The thought may suggest itself to some, that, if we can develop these truths by science, we do not need the Bible. But equally well taken would be the position of the opposite party, that, if we can read these things in the Bible, we have no need of science! We think both positions are defective: that there is an agreement between revelation and science; that their truths are essentially the same, and that we do well to take them together as mutual aids in our investigations.

Another important question is then presented, demanding our most careful consideration. Which should take the precedence,—which should be accepted as the basis of our arguments and deductions,—the Bible, or science? Our answer is, The Bible; and for this we have the very best reasons.

Accepting the Bible as the word of God, we are compelled to accept its statements of facts as complete in themselves; they cannot be improved upon. The status of scientific data at any time is according to the enlightenment of the human mind, or to the amount and strength of effort put forth in scientific research at that time. Revelation is a statement of infinite and therefore infallible wisdom. Science is the development of finite and fallible reasonings. Revelation is established and sure. Science is ever changing its positions according to man's condition of knowledge. We notice two facts to illustrate the harmony of the two, but which attest the



independence and certainty of the Bible in its statements.

The first is that under consideration. Man has perverted his way and become a slave to wrong habits. The most careful and thorough scientific research in the direction of dietetic reform brings us to the foundation laid down in Gen. 1:29. Again, man was a long time engaged in scientific research before he learned that the winds have weight, a fact stated ages before in Job 28:25.

Another and most important reason for giving precedence to the Bible is that it comes with the seal of the authority of the Supreme Ruler of all. Science invites our attention; the Bible commands our obedience. Science appeals to the understanding only; the Bible appeals to the conscience. Science teaches no morality, and therefore cannot be the means of a complete reformation of man. Its instructions not reaching the conscience, it falls, glittering it may be as the peak of an iceberg, but cold as the iceberg, on the heart of man. Its wisdom does not humble any one before his Creator; it fills the heart with pride and conceit as if its powers were self-originated. It is that wisdom of which the apostle spoke in his saying, "Knowledge puffeth up, but charity edifieth," which, conformed to our modern vernacular, would be rendered, "Knowledge puffs up, but love builds up." The apostle Peter says, "Add to your faith, virtue; and to virtue, knowledge; and to knowledge, temperance." And this is the correct order. The only "true temperance platform" is founded on that knowledge which has *faith* and *virtue*—Christian faith and virtue—for its basis.

Observation and experience confirm this position; they prove that the effort is most effectual, and the reform most thorough and permanent, where Bible truth and Christian obligation are placed in the forefront, and where the appeal is made to the conscience. We speak not one word against intellectual development or scientific research. We have no confidence in the saying, fit only for the "Dark Ages" in which it had its origin, that "Ignorance is the mother of devotion." But we would keep everything in its proper place; we would make science subordinate to Christianity. Science is useful when it subserves the higher interests of man; when it is made the handmaid of morality. But, as every other good and useful thing, it becomes a positive evil when it is perverted to base uses; when it is made the means of fostering human conceit, and when, as is too often the case, it is suffered to turn the student of nature away from nature's God.

We say experience proves the truth of our

position. We will refer to facts which have fallen under the observation of many of our readers. Within the last score of years our country has had the benefit of the lectures of different men of great ability; men of thorough scientific attainments, able and experienced as lecturers, who have spoken night after night to large audiences of attentive hearers. And we may pass over the field of their labors only a few months after their departure and we shall find scarcely a trace of the result of their teachings in the lives, the habits, of their hearers. They stated important truths; they reasoned well; they even convinced many minds; but no real and permanent reform was effected because they appealed mainly to the intellect, and did not succeed in thoroughly arousing the convictions of the conscience.

And we have seen others who had never learned in the schools, who had but a slight knowledge of books, who could only treat on the most evident facts, without being able to elaborate them as was done by the scientist, but who appealed to the conscience and established their positions by arguments drawn from the Bible; and we follow their track even years after their labors, and we find scores whose lives and reformed habits prove that their teachings still live in the hearts of their hearers. With them it is no mere theory, it is a matter of conscience, of duty to God, to preserve and to strengthen themselves in body and spirit, that they may better serve the Maker of their frames and the Father of their spirits, to whom they belong and owe the allegiance of their lives.

We must, however, confess that a fault lies at the door of those who have professed faith in the Bible, in that they have neglected to occupy the ground which it was their privilege and duty to maintain, and have given it up as if it belonged exclusively to science. The subject of diet and health is a Bible subject, and all lovers of the Scriptures should hold it in that light before the world.

### Poison in Common Things.

BY GEO. C. TENNEY.

BESIDES those poisonous gases which the air may contain, it is frequently impregnated by *disease germs*, which are given off by decaying animal or vegetable matter. These germs, being taken into the human system through the lungs, become active agents of disease. Having obtained a lodgment, they begin at once to create disorder; and Nature, coming to the relief of the system, makes violent ef-



forts to expel them. Happy is the individual if he escapes with a severe headache or some temporary derangement; for the result will often be typhoid or scarlet fever, diphtheria, spinal meningitis, or some other of this class of dreaded maladies.

Water is, next to air, of the greatest importance in supporting life. It is a predominant element in all living structures. The human body contains water to the amount of at least sixty per cent. of its entire weight. It enters largely into the composition of our food; and, in the form of vapor, it is an essential element of the air we breathe, and is a constant supporter of our existence.

Water holds the same rank in abundance that it does in importance. No substance is more freely and liberally provided, unless it be the air which envelops us. It comes bubbling up to us in freshness and purity from inexhaustible stores below; it comes in hurrying streams down the hill and mountain side; it flows through the land in gentle brooks and mighty rivers; it is poured upon us from the clouds, and in immeasurable quantities it covers three-fourths of the surface of the earth. This is indeed one of the greatest blessings to mankind, and in being so it fulfills the design of the Creator. But under corrupting influences, it assumes another character, and becomes an instrument of death in the household. When water is brought near to decaying substance, those poisonous germs of which we have spoken and which such substances invariably contain, are readily taken up by the water, and held, ready to be conveyed with it to the house, where it is used in the preparation of food or for drinking. Thus the germs are taken into the system, and evil to a greater or less extent is the sure result. If the germs are left to remain in the water, they soon develop animal or vegetable life, such as may be seen in stagnant water; and the microscope frequently reveals them to us in far greater extent in water taken from wells and other sources for domestic use.

As a safeguard against these impurities, we should see that the source of our water supply is far removed from any possible cause of such contamination. There are in town and country many wells and cisterns which are in close and dangerous proximity to vaults, barn-yards, sink-drains, or other sources of poisonous exhalations; and the owners, perhaps, very complacently congratulate themselves on the convenience of the arrangement, little realizing that they are, by that very arrangement, inducing disease and death in their own loved family circle.

These poisonous elements will be absorbed by the ground, and may be conveyed through

it by water to wells or springs even at considerable distances. We would, perhaps, be safe in saying that water which is taken from a well or spring within forty yards of any collection of decaying matter is liable to be unfit for use. The health of each family should be protected by a good water filter. It is not enough to pass the water through a box of charcoal and gravel as it descends to a cistern, for there are many more chances for it to become impure after it is there than before. At all events, use no impure water.

Our food is next worthy of our attention as bearing an important part in the sustenance of life. To the candid mind there can be no doubt that many things commonly used as food are incompatible with good health, even in their purest state. The merits and demerits of different articles of diet have been quite fully discussed in the columns of the REFORMER. I shall not now speak of the evil effects upon the system arising from the use of tea and coffee, pork, and a long list of hurtful substances found on so many tables. These are evils which we may discard if we will. And having become convinced of their true nature, we should use no compromise, but banish them effectually. We are, however, exposed to a class of evils for which we are perhaps less responsible, and of which, it may be presumed, but partly aware. Adulterations of different articles of our grocery trade are being brought to light, of startling significance to all whose duty it is to provide for tables; and there is, no doubt, much of this nefarious business which has not gained notoriety. So nicely is the art carried on that only an expert chemist is able to detect these impositions. But that the tea, coffee, sugar, syrup, and all the more staple articles which fill our groceries, are often compounded of hurtful substances, is a matter well known. We cannot specify, but will suggest a general remedy, which is, to simplify the bill of fare, and bring our wants into a compass which the productions of nature within our reach can supply. Thus we may avoid the necessity of those foreign products which of themselves are but injurious, and which in the hands of unscrupulous men become really dangerous.

The natural products of our own land are in every way sufficient to an abundant and healthful diet; and these we may obtain in their purity, either by cultivation or at the hands of the producer.

Non love thy life, nor hate; but what thou livest,  
Live well, how long or short permit to Heaven.

—Milton.



### Coughs and Foul Air.

THE reader will allow me to recite the case of a patient of mine. A year ago, during his honey-moon, I congratulated him, and told him that a dry cough with which he was troubled was curable, provided he took care to live in the open air as much as possible, inuring himself to cold, sleeping in well-ventilated chambers, free from dust, etc. But this advice was hardly relished by the young pair. In October they hired rooms in a house that had just been built; its "dampness" they remedied by keeping up fires steadily; the windows were hardly ever opened, as the house stood on a windy corner, and the husband was growing more and more sensitive to cold; for this reason, too, he seldom went out-of-doors. In November he took to the bed, was again about, but he gradually declined, hoping to the last to recover.

Different was the course followed by Mr. H——, who, emaciated and troubled with a cough, had a hemorrhage after contracting a "severe cold." He went into the country, took as much exercise as he could in the open air, and returned home with only a slight cough. At home he every morning took a warm bath with affusions of cold water, avoided rooms with bad air, etc. In six months he was free from his cough, appeared to be well nourished, and no longer had any fear of taking cold.

If the reader will dispassionately compare these two cases, he will agree with me that the first patient, who had never had hemorrhage, fell a victim to the action of foul air, while H—— used to say, "I must give to my diseased lungs, above all things, fresh air, as the prime necessary of life." Animals never take cold, even in winter; therefore among men it must be a result of wrong habits if air does any harm. We know that gold-fishes quickly perish when fresh water is not provided for them; and when we were boys we used to consider it cruelty to animals if we made no openings for ventilation in the boxes in which we kept cock-chafers.—*Popular Science Monthly*.

**Danger from Putrescent Odors.**—Few people realize the risk which they are incurring whenever they take into their lungs, and thus into the blood, the foul emanations arising from decaying animal substances. An old writer on hygiene says:—

"Several instances are on record of death occurring on exposure to the exhalations from

putrid corpses; and, according to Baron Percy, at an anatomical demonstration in Paris,—decomposition of the subject being far advanced,—the celebrated Fourcroy, after being exposed to the emanations from the decaying body, suffered from a violent eruptive fever; one of the physicians died in three days, in consequence of breathing the tainted air; and two others remained for a long time in a debilitated condition, from which one never entirely recovered.

"Dr. Good states, that, in opening some of the burial-places of France, the effluvia strikes so forcibly upon the grave-digger as to throw him into a state of asphyxia, if close at hand; and, if at a little distance, to oppress him with vertigo, fainting, nausea, loss of appetite and tremors, for several hours; while numbers of those who live in the neighborhood of such cemeteries labor under dejected spirits, sallow countenances, and febrile emaciation.

"Many similar relations might be added, were it necessary; and, although it would be perhaps difficult to prove that exposure to animal decomposition would invariably affect health in a directly perceptible manner, yet that effluvia from human bodies in a state of decay do, in many individuals and under many conditions, act most injuriously, tending to excite nervous and putrid disorders, destroying health and life, is an assertion which no one probably will undertake to refute.

"Magendie has expressed his decided conviction, that the miasm arising from churchyards, and which is often perceptible to the olfactory sense of the inhabitants of cities, is a fruitful source of disease, decrepitude and death; even though much diluted by the atmosphere, and spread over a large extent of country."

—Without depth of thought or earnestness of feeling or strength of purpose, living an unreal life, sacrificing substance to show, substituting the fictitious for the natural, mistaking a crowd for society, finding its chief pleasure in ridicule, and exhausting its ingenuity in expedients for killing time, fashion is among the last influences under which a human being who respects himself, or who comprehends the great end of life, would desire to be placed.

—It is related of Dr. Garth, in his last illness, when he saw his fellow-doctors consulting together at his bedside, that he raised his head from his pillow and said with a smile, "Dear gentlemen, let me die a natural death."



# LITERARY MISCELLANY?

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

## HAPPINESS.

'T is to have  
Attentive and believing faculties ;  
To go abroad rejoicing in the joy  
Of beautiful and well-created things ;  
To love the voice of waters, and the sheen  
Of silver fountains leaping to the sea ;  
To thrill with the rich melody of birds,  
Living their life of music ; to be glad  
In the gay sunshine, reverent in the storm ;  
To see a beauty in the stirring leaf,  
And find calm thoughts beneath the whispering  
tree ;  
To see, and hear, and breathe the evidence  
Of God's deep wisdom in the natural world !  
It is to linger on " the magic face "  
Of human beauty ; and from light and shade  
Alike to draw a lesson ; 't is to love  
The cadences of voices that are tuned  
By majesty and purity of thought ;  
And in the gush of music to be still,  
And feel that it has purified the heart !  
It is to love all virtue for itself,  
All nature for its breathing evidence ;  
And when the eye hath seen, and when the ear  
Hath drunk the beautiful harmony of the world,  
It is to humble the imperfect mind,  
And lean the broken spirit upon God !

— *Willis.*

## Our Children—Importance of Early Training.

BY MRS. E. G. WHITE.

MANY parents cause their children to be involuntary commandment breakers. They leave them to come up, following their own inclinations, and studying their own pleasure. The weary mother toils under her own burdens, and also those burdens which her children, and especially her daughters, should help her to bear. Her spirit groans because of the utter want of sympathy and assistance manifested toward her by her daughters, who are selfish, willful, caring only for their own ease and gratification. Both sons and daughters seem bent only upon their own pleasure, thinking and caring little for their parents.

This class of youth continually transgress the first four commandments, enjoining upon them supreme love to God, and also the last six, which point out their duty to their fellow-creatures. God has enjoined duties and responsibilities upon every son and daughter of Adam, and the child who is brought up to be useful, to assist his parents, and to follow some stated occupation, is much happier than the idler. He escapes many temptations to sin which beset the latter, and he matures at

length into an earnest, active worker, whose capabilities have been thoroughly cultivated and made valuable by the system and discipline of early life.

The physical and mental growth of the youth of this age is in a great degree retarded or dwarfed by their intemperate habits. In eating, drinking, studying, in their amusements and occupations, there is a tendency to excess, irregularity, and demoralization. The training, or lack of training, at home and in school, only makes the evil worse, and prepares the young man for more decided vices, and the young woman for the follies and abuses of fashionable life.

All this might be, as a rule, avoided, did the parents but see their duty plainly, and perform it unflinchingly. When children are young, it is a comparatively easy matter to direct their minds into proper channels, to systematize their daily pursuits, to teach them order and regularity, and to instill into their minds and hearts a proper sense of their responsibility to God and to their fellow-creatures. But when the habits are formed, the inclinations bent in the wrong direction, the evil seed sown in the mind, it is almost impossible to mold the character anew.

The gravest responsibilities therefore rest upon fathers and mothers while their children are growing up around them, subject to their influence and will. With fear and trembling, and much earnest prayer, should they fulfill the trust which God has given them. In the rush and hurry of business, parents, and especially fathers, are too apt to neglect the young family growing up in their homes. They seem to think that if the children are well fed, clothed, and sent to school, *their* duty is fully performed. The mother is presumed to attend to all matters pertaining to moral discipline ; and if she fails in this, the children grow up untutored, erratic, and indolent.

Children, in their early training, need the firm, restraining influence of the father, combined with the gentle, sympathetic love of the mother, in order to perfect noble characters, and be fitted for the grave duties of life.

Money, houses, lands, and merchandise, all sink into insignificance when compared with the importance of properly educating and directing the mental, moral, and physical forces



of our children. It is of little consequence whether we leave them large or small possessions, compared with the importance of giving them well-developed characters, unswerving rectitude, and noble purpose. Such a legacy is more precious than treasures of gold, and will never depreciate in value. No accident, nor time, nor change can affect it. Property may be swept away; but this sacred legacy remains untarnished, and will win for its possessor untold riches in the eternal future.

There is a positive necessity for parents to combine their human efforts with divine power in the management of their children, if they would secure to them the noblest virtue, purity of motives, and a high sense of honor, as the ruling principles of their lives. This would elevate the standard of morality in families. But the great excuse which parents give for neglecting the moral culture of their children is want of time. If mothers would dispense with the endless dressing, stitching, and visiting imposed upon them by fashionable life, they would find many hours gained for association with, and training of, their children. They would then find time to become acquainted with their individual temperaments and characters, and learn how best to manage them to secure the desired results. They would lose, in a great measure, the irritability caused by many conflicting interests, and which too often renders them unfit to deal with their children.

The minds of many women are exercised almost entirely upon fashion and display; their inventive powers are daily taxed to prepare new dishes to tempt the appetite; and all their Heaven-given intelligence subverted to meet the demands of a false and demoralized state of society. This bondage of custom in which women are held, robs children of their God-given rights, casts them, morally feeble, and incapable, upon the world, to be overtaken by intemperance and crime.

Children are coming up all over our land without self control, with no fixed principles, no stability, and no religion. They drift into society, form evil associations, become familiar with sin, repudiate the counsel of parents, and rush headlong into vice. Oh, that parents would arouse to a sense of their dangerous negligence toward the children that God has given them to rear to his glory. Oh, that they would determine to press back the baleful influences that are driving our youth to destruction. Oh, that they would realize of how little importance is the amassing of wealth, the friendship of the world, the dictates of fashion, compared with the sacred

duty of rearing their children in the fear of God, and to take their places on the side of Right and Reform.

### The "Naturalist" vs. Nature.

BY MARY L. CLOUGH.

THERE are other things to be learned than are found in books. There are other schools than within brick walls. There are classics to be conned in the woods, among the hills, and in the cool green valleys.

The book of Nature is ever open for him who will look and read. There are "lessons in stones." I know a great white rock wiser than all philosophy, deeper than all theology. It is jeweled with crystals, and cloven from crown to base by the throes of some long-gone agony. If it could speak, it would tell tales of Nature's spasms and convulsions, of the great sea and the boiling lava, of the monsters that walked the earth in the twilight of its youth, of fire, and glacier, and tempest. It could elucidate the problems which all the world's geologists are muddling their brains about, if it could be given the gift of speech. How it would upset our theories and careful deductions! How it would scoff at our puerile speculations on its history and associations! Apropos to this, is not our popular scientist becoming a nuisance? The mineralogist with his hammer, the entomologist with his butterfly net, and hat covered with impaled victims, the botanist with his dried herbs and blotting-paper, and all the other smatterers and collectors in the field of natural science, are my particular aversion. I never but once tried the role myself. I was spending a summer in the Rocky Mountains, and, charmed by the beauty and variety of the alpine flowers, set about making a collection of them.

I was the merest amateur botanist, and, in my passion for flowers, trees, and out-of-door scenes, cared less for the secrets of their lives than for the pictures and the poems they wrought for me. So I was a long time collecting and preparing my specimens of mountain flora, hunting up their genealogy, classifying, pressing, properly drying, and placing them carefully in an herbarium. Thus the flower season glided by, and I suddenly awakened one day to the fact that I had lost all the beauty and perfume of the summer; that I had taken no delight in the acres of glowing blossoms, except to greedily capture every new floral specimen; that every excursion into those magnificent solitudes had been marred by the haunting idea that I should



be down on the ground, grappling for my "collection," instead of gazing with rapt and reverent awe upon the majesty of lake and forest, and piled-up peaks, cutting the blue sky with jagged teeth. My dried spoils, however, are carefully preserved, though no one ever looks at, much less admires, them. Who cares for the coffined skeletons of beauty when the world is all ablaze with life and loveliness! When a ravaging "botanist" takes his trail through the fields, as if their treasures were all for him, I shudder at the impious blot he makes upon the summer's gorgeous picture.

The amateur mineralogists who forage among the mines seem possessed of but one idea,—a desire to crush everything to pieces in order to ascertain its constituents. They value their trophies only for the pleasure of analyzing them, and because they are rare, and gratify a morbid passion for curiosities. Here is a piece of glittering quartz, almost valueless, but rarely beautiful. Its cubical crystals catch the rays of light, and flash them back in a hundred dazzling tints; the jagged pyrites at their base gleam with almost the gracious luster of the true metal; little frost-like crystalline formations encrust this side, delicate as the tracery on a lady's laces. It is a gem from the jewel casket of the hills, a perfect bit of Nature's workmanship. All the artists in Christendom could never do a thing so fine. It is a pretty *bijou* for a cabinet. All the spectacled monstrosities in *Scientia* could not add to its beauty, though they should hammer it to bits, and anathematize every separate particle with some soul-harrowing name.

Last summer I found a bank of feldspar on the mountain-side. It was a lovely ledge, pure white with blue veinings, and here and there a tinge of pink, as if it had caught and kept the blush of the wild roses growing around it. Ferns had sprung up in the fissures, and grew there luxuriantly. It was all mine, and the birds' and the gray squirrels'. I went every day with my book and pencil, and lounged under the pines, enjoying its snowy splendor. But one day I found it demolished; the pretty white fragments lay all around, uprooted and rolling down the mountain-side. A bearded antiquity, with pick and shovel, had destroyed my altar, and was ruthlessly burrowing in the rock below. He had found a "curious formation," and, with professional zeal, had set about gratifying his curiosity. I sat down among my ruined treasures and asked him if he had noticed the great beauty of the bank; how delicately the rock had seemed to be chiseled into graceful forms; how white it had gleamed from the dark green of the juniper bushes.

He only looked at me as if I were a maniac, and gabbled of silex and sulphates, and the wonders of geology, while I sat mourning over my lost sanctuary, my perfect bit of Nature's architecture, ruined, obliterated by the desecrating hand of one who had not even stopped to note its beauty.

There are people who love trees only as they can cut them down and take transverse sections of them to study upon, and exhibit to brother scientists. What to them is the grand old woods with all its leafy magnificence, where the sunshine flickers and falls in gleaming needles between the foliage, and the birds warble all day long? Do the rugged trunks and gnarled branches that have withstood the storms of centuries bring to their minds strange thoughts of time, and growth, and change? how twice the span of man's little life only renders the monarch of the woods glorious, stately, and strong? that he who was a babe when this green giant was a sapling went to his long home many years ago, white-headed and imbecile, and his children are growing old and gray? Does it preach to them of life's short day, and the fathomless mysteries of the future? Does the wind among its ancient boughs chant requiems in their ears, or sounding anthems in the midnight tempest?

It would be madness to disparage the efforts of earnest scientific men in this age, so replete with their achievements; but I am persuaded that the best students, the men of profound knowledge and research, are humblest in pretensions, as they contemplate the vast field of science about them, of which the explored portion is but an infinitesimal fraction. Noting the grand economy of the universe, its perfect machinery, and the wonderful adaptability of natural laws, they grasp with appreciative minds the full beauty and harmony of creation.

I am persuaded that the lowliest bud that gives its fragrance to the gadding breeze is recognized by them as an harmonious feature of the perfect whole; that the shining pebble, the flitting cloud, and the creeping insect have for their eyes an individual beauty. But perish the egotism of the self-sufficient mediocre, who, with a smattering of knowledge, and a well-aired *repertoire* of high-sounding names and platitudes, has no comprehension of, nor adoration for, the great and beautiful mysteries of Nature. He goes prowling up and down the world curiosity-hunting, as if every painted bug or butterfly, every sparkling fragment torn from the earth's recesses, every tender blossom, were expressly designed for his appropri-



tion, and had no higher office than to figure in his cabinet.

No doubt it is highly proper that the natural sciences should be taught in the common schools; though we cannot all be savants, we should still learn what we can. But, oh, for some power to check the egotistical zeal of superficial smatterers, and to prevent the increase of that class of pedantic blockheads, who, having stumbled into the vestibule of the temple of science, would rush with dusty shoes and soiled garments into the inner sanctuary, where only the favored and illustrious few may stand, crowned with bay leaves and bearing victorious palms.

### A Bad Fire.

"JONES, have you heard of the fire that burned up the man's house and lot?"

"No, where was it?"

"Here in the city."

"What a misfortune to him? Was it a good house?"

"Yes, a nice house and lot—a good home for any family."

"What a pity! How did the fire take?"

"The man played with the fire and thoughtlessly set it himself."

"How silly! Did you say the lot was burned, too?"

"Yes, lot and all; all gone, slick and clean."

"That is singular. It must have been a terrible hot fire—and then I don't see how it could have burned the lot."

"No, it was not a very hot fire. Indeed it was so small that it attracted but little attention, and did not alarm anybody."

"But how could such a little fire burn up a house and lot? You have n't told me."

"It burned a long time—more than twenty years. And though it seemed to consume very slowly, yet it wore away about one hundred and fifty dollars worth every year, till it was all gone."

"I can't understand you yet. Tell me where the fire was kindled, and all about it."

"Well, then, it was kindled in the end of a cigar. The cigar cost him, he himself told me, twelve and a half dollars per month, or one hundred and fifty dollars a year, and that in twenty-one years would amount to \$3,150, besides all the interest. Now the money is worth ten per cent., and at that rate it would double once in about every seven years. So that the whole sum would be more than \$20,000. That would buy a fine house and lot in any city. It would pay for a large farm in the country. Don't you pity the

family of the man who has slowly burned up their home?"

"I have smoked more than twenty years. It didn't cost so much as that, but I have n't any house of my own. Have always rented—thought I was too poor to own a house. And all because I have been burning it up! What a fool I have been!"

The boys had better never set a fire which costs so much, and which, though so easily put out, is yet so likely, if once kindled, to keep burning all their lives.—*Despatch and News.*

**Paying One's Way.**—Pay your way. Wherever you go, pay it in kindnesses, in courtesies, in pleasant chat, and by contributing of your store to the enjoyment of others. Do not be churlish. Do not hug yourself for some pitiful bit of affectation which you have christened diffidence or modesty. This sort of paying one's way may come in and be balm and soothing to some sturdily independent natures, which in God's providence are placed where they must temporarily depend. Is it worth while, under such circumstances, to grow morbid, despairing, and unthankful, making every one wretched because of your grievance? There are times in life when it is quite as clearly your duty to depend as to be independent. When God puts you where you cannot help yourself, take the help he sends and do not fret. It is right to help yourself with both hands as long as you can, and with one hand when you cannot use both; but if God bids both lie folded and still, accept his decision and remember, "They also serve who only stand and wait."

**Children.**—Hang me all the thieves in Gibbet Street to-morrow, and the place will be crammed with fresh tenants in a week; but catch me up the young thieves from the gutter and the door-steps; take Jonathan Wild from the breast; send Mrs. Sheppard to Bridewell, but take hale young Jack out of her arms; teach and wash me this young unkempt vicious colt, and he will run for the Virtue Stakes yet; take the young child, the little lamb, before the great Jack Sheppard ruddles him and folds him for his own black flock in Hades; give him some soap, instead of whipping him for stealing a cake of brown Windsor; teach him the gospel, instead of sending him to the treadmill for haunting chapels and purloining prayer-books out of pews; put him in the way of filling shop tills, instead of transporting him when he crawls on his hands and knees to empty them; let him know that he has a body fit and made for



something better than to be kicked, bruised, chained, pinched with hunger, clad in rags or prison gray, or mangled with gaoler's cat; let him know that he has a soul to be saved. In God's name, take care of the children, somebody; and there will soon be an oldest inhabitant in Gibbet Street, and never a new one to succeed him!—*Household Words.*

**The Daughter at Home.**—Do not think that because there comes to you no great opportunity of performing a wonderful work, you will let the thousand little ones pass you unimproved. It is no small thing to be the joy of the domestic circle, the one whose soft touch and whose gentle, fitly spoken word averts disturbance and disagreement, conciliates the offended, and makes alien natures understand each other. It is no small thing to possess the happy tact which makes people pleased with themselves, and which insensibly urges people to appear at their best. The young woman who is gifted with this grace of touch, this swiftness of sympathy, and this beautiful unselfishness, may not have a fair face, nor a trim figure, but she will be endowed with a dignity more winning than either.

**Egotism.**—Egotism in conversation is universally abhorred. Lovers, and, I believe, lovers alone, pardon it in each other. No services, no talents, no powers of pleasing, render it endurable. Gratitude, admiration, interest, fear, scarcely prevent those who are condemned to listen to it from indicating their disgust and fatigue. The childless uncle, the powerful patron, can scarcely extort this compliance. We leave the inside of the mail, in a storm, and mount the box, rather than hear the history of our companion. The chaplain bites his lip in the presence of the archbishop. The midshipman yawns at the table of the First Lord. Yet, from whatever cause, this practice, the pest of conversation, gives to writing a zest which nothing else can impart. Rousseau made the boldest experiment of this kind; and it fully succeeded. In our own time, Lord Byron by a series of attempts of the same nature, made himself the object of general interest and admiration. Wordsworth wrote with egotism more intense but less obvious; and he has been rewarded with a sect of worshipers, comparatively small in number, but far more enthusiastic in their devotion. It is needless to multiply instances. Even now all the walks of literature are infested with mendicants for fame, who attempt to excite our interest by exhibiting all the distortions of their

intellects, and stripping the covering from all the putrid sores of their feelings.—*Lord Macaulay.*

**Shut the Door.**—Unquestionably, doors are a necessity, but sometimes we are almost inclined to call them a nuisance. What detracts more from the neat appearance of bedroom or sitting-room than wide open closet doors, giving their contents continually to view? For no matter how well those contents are arranged, or how orderly may be the housewife who superintends them, the effect is never pleasant to the beholder, and a certain comfortless aspect is sure to be imparted to the room.

Doubtless many of our readers have sighed from very weariness when compelled to shut the same door or doors every half hour during the day, as sometimes happens where children form part of the family circle. At such times, what force and truth appears in the old-fashioned rhymed precept for boys and girls, which runs thus, or nearly thus:—

“Come when you're called,  
Do what you're bid;  
Shut the door after you,  
And you'll never be chid.”

How many reprimands, how much vexation might be saved if everybody, servants and grown people as well as children, would or could remember to “shut the door after them!”

Yet why should it be so difficult a duty to perform? Why not remember to shut the closet-door, or the room-door, as well as the street-door? Above all, why, if we are often admonished of our neglect, do we feel so much tempted to slam instead of shutting the offending door?

**Flattery.**—Among all the diseases of the mind, there is not one more epidemical or more pernicious than the love of flattery. For as where the juices of the body are prepared to receive the malignant influence, there the disease rages with most violence; so in this distemper of the mind, where there is ever a propensity and inclination to suck in the poison, it cannot be but that the whole order of reasonable action must be overturned; for, like music, it

“so softens and disarms the mind  
That not one arrow can resistance find.”

First we flatter ourselves, and then the flattery of others is sure of success. It awakens our self-love within, a party which is ever ready to revolt from our better judgment and join the enemy without.—*Sir. R. Steele.*



—Young people who have been habitually gratified in all their desires will not only more indulge in capricious desires, but will infallibly take it more amiss when the feelings of others require that they should be thwarted, than those who have been practically trained to the habit of subduing and restraining them, and consequently will, in general, sacrifice the happiness of others to their own selfish indulgence. To what else is the selfishness of princes and other great people to be attributed? It is in vain to think of cultivating principles of generosity and beneficence by mere exhortation and reasoning. Nothing but the practical habit of overcoming our own selfishness, and of familiarly encountering privations and discomfort on account of others, will ever enable us to do it when required. And therefore I am firmly persuaded that indulgence infallibly produces selfishness and hardness of heart, and that nothing but a pretty severe discipline and control can lay the foundation of a magnanimous character.—*Lord Jeffrey.*

**Writing for the Press.**—Waste no time on introductions. Don't begin by laying out your subject like a Dutch flower garden, or telling your motives in writing. The keynote should be struck, if possible, in the very first sentence. A dull beginning often condemns an article; a spicy one whets the appetite, and commends what follows to both editor and reader. Above all, stop when you are done. Do n't let the ghost of your thought wander about after the death of the body. Do n't waste a moment's time in vindicating your production, against editors or critics, but expend your energies in writing something which shall be its own vindication.—*Sel.*

—During the recent revival in this city, an individual noted for his untidy dress was proclaiming that he had a "change of heart," whereupon a disgusted auditor remarked:

"I am glad to hear it; now you had better change the next thing to it."

"What is that?" said the converted one.

"Your shirt," said the scoffer. "Cleanliness is next to godliness."—*Com. Bulletin.*

—Beauty is a blessing being blended with benevolence, but better be bald, bleared, blotched, and bloated, than beautiful and bad.

—Alcohol will clean silver. Yes, alcohol well stuck to will clean out all the silver you have got.

—Food for repentance—Mince-pie eaten late at night.

## Popular Science.

**A Valuable Invention.**—A Swedish inventor has contrived a novel kind of fireman's suit, designed to protect the whole body against damage by fire, smoke, or water, thus enabling firemen not only to approach fire, but to pass through or into the same without injury. The arrangement consists in an air and water proof suit that covers the entire body, and is continually flooded with water, the latter being introduced by pipe connection with a hood, which covers the head-gear or helmet of the dress. The helmet is tightly applied to the body-covering dress, and the latter strapped to the body, air being applied to the inside to keep out the smoke by an air supply pipe and pump. The helmet is provided with a hollow valve mask, through which the water is continually flowing, passing by a connecting tube to the hood which, as described, is fitted on the face mask and extended over the dress to shed water over the same when in use.

**Motion in Plants.**—A curious fact has been observed respecting a water plant well known in France. Rodier announces that he has discovered in this plant a rythmical motion, an oscillation taking place in four hours. The same remarkable property has been observed in an American plant also; and such movements may be much more common in plants than is generally suspected.

**Singing Mice.**—Although accounts of singing mice have been frequently published, their real existence has been generally doubted; but a learned Frenchman puts the question at rest by asserting that he has seen and examined mice that could sing in a most remarkable manner.

**The Phonograph.**—Mr. Edison has recently constructed a larger phonograph than his first one, and announces that it will speak sufficiently loud to be heard distinctly at a distance of one hundred and seventy-five feet, and with all the clearness that could be desired.

—A Frenchman has discovered a means of making real rubies, garnets, and many other precious stones of glass so very cheaply that the real stones will doubtless lose much of their value.



# THE HEALTH REFORMER

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

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## Prevention of Diphtheria.

THERE has been considerable discussion among medical men concerning the contagiousness of diphtheria. At the present time there is a general inclination to regard it as a contagious disease. In our opinion it is one of the most contagious diseases, being second only to small-pox, scarlatina, and measles. We have observed two instances in which the contagiousness of this disease seemed clearly proven. In one case the disease was introduced into a family of seven by one of the number, when each member was successively attacked by it.

Another case was one in which a father, having been exposed to the disease abroad, communicated it to both his children. The mother also suffered after caring for the children during their illness.

The fact that diphtheria is really "catching," is one which ought to be fully appreciated by every parent, since much may be done to prevent the disease before the poisonous germs have been received into the system. We would offer the following suggestions on this point :—

1. Use as much care to avoid contact with persons suffering with diphtheria as though they had small-pox. Children from families one or more members of which are suffering with diphtheria, should be excluded from schools, and should not associate with other children, since they may become affected with the disease sufficient to communicate it before ill enough to be confined to the bed.

2. Avoid all local causes by keeping the premises in a perfect sanitary condition.

3. If a member of the family is attacked by the disease, other members should at once begin the use of preventive measures. These

will consist in (1) Careful removal of every existing cause, as neglected drains, cesspools, privies, etc.; (2) Thorough ventilation of the sick-room of the patient, and exclusion of members of the family not needed in nursing, especially the younger members; (3) The use of some good antiseptic gargle. The following prescriptions are all excellent, and can be procured of any druggist :—

Sol. of chlorinated soda,	1 oz.
Water,	3 ozs.
Chlorate of potassa,	$\frac{1}{2}$ oz.
Glycerine,	$\frac{1}{2}$ oz.
Water,	3 ozs.
Permanganate of potash,	$\frac{1}{2}$ dram.
Water,	3 ozs.

To use either one of the preparations, mix one teaspoonful of the solution with two table-spoonfuls of water, and use as a gargle once in two hours.

In the absence of anything better, a preparation made as follows will be found very effective :—

Mix with a half-pint of limewater a teaspoonful of sulphur or finely powdered brimstone. Boil two hours. Use as directed for the other preparations.

A remedy which has acquired some reputation as a preventive measure is drawing sulphur into the nostrils through a quill. The use of sulphur in the manner just described will be found more effective, since the sulphur is dissolved by the limewater, and so rendered more active. All of these remedies act by destroying the germs, and so preventing their poisonous influence upon the body.

—We met a few weeks ago a gentleman who was suffering with paralysis of sensation in one-half of his tongue in consequence of smoking.



### Treatment of Diphtheria.

THIS dread disease is becoming so generally prevalent and so fearfully destructive to human life that we deem it worthy of frequent notice. We give attention to it at this time in obedience to the request of an esteemed correspondent who is doing efficient work as a missionary of hygiene in Iowa, where the disease has been of unusual severity during the last year or two.

Less than twenty years ago diphtheria was almost an unknown disease; but it has increased in frequency with such appalling rapidity that it has become one of the most alarming of all causes of disease active in this country. In New England, statistics show that diphtheria stands second only to consumption in the tables of mortality.

We have so many calls for a detailed description of the best treatment of this disease that we will illustrate the same by a brief description of a few of the many cases in which the treatment recommended has been employed successfully, after a word or two respecting the nature of the disease, and its causes.

Probably no disease has been more closely studied than this. Its enormous fatality in many instances has called forth a vigorous effort to discover its nature and cause. Respecting its character, it is now pretty well settled that the disease is always accompanied by the presence in the system of poisonous germs, which are the chief cause of the disease. It is the growth of these germs, or fungi, which gives rise to the false membrane appearing in the throat as a whitish patch, in this disease.

It is now believed that the principal causes which produce this disease are those poisonous influences which result from the decay of animal or vegetable matter. The sources of these poisons are cesspools, barnyards, neglected privies, sewers, drains, decaying wood-piles, moldy walls, damp houses, and all other sources of animal or vegetable decomposition.

The general want of success in the treatment of this disease has been due to the failure to recognize the fact that the disease is both general and local. One class of practitioners have looked upon the disease as purely local in character, and have, consequently, ap-

plied only local remedies in treating it. Others have regarded it as a general disease, and have managed their treatment accordingly. The two methods have been about equally unsuccessful. Any method to be truly successful must embody both general and local treatment. As we have previously described quite fully the mode of applying many of the means which we employ in the treatment of this and other febrile diseases, we will give here only a sketch of the details of treatment in a few of the cases which have recently come under our observation.

Some weeks ago we were called in great haste to go a mile or two into the country to see a child which was thought to be dangerously sick. We found a little girl five or six years of age, with scarlet cheeks, tongue coated white, and dry, pulse 120, temperature 104° F., indicating a very high febrile excitement. The child had had no sleep for twenty-four hours, and was extremely nervous. After some little difficulty we procured a view of the tonsils, and found the left one covered with the tough, whitish membrane characteristic of diphtheria, the surrounding parts being highly inflamed. The mother stated that the child had had several previous attacks which were so severe as to give cause for great apprehension of a fatal issue.

We ordered the following treatment: a warm blanket pack at once; alternate hot and cold applications to the throat once in two hours, the applications being alternated once in five minutes for half an hour; the application of the ice compress as cool as the child would bear, for the remainder of the time; a tepid wet-hand rub, or sponge bath once an hour until the fever was controlled; cool compress to the head constantly; the application to the throat, once in two hours, of a strong solution of permanganate of potash; a teaspoonful of a solution of chlorate of potash to be swallowed once in two hours, for the purpose of destroying the germs which passed into the stomach; the inhalation of the vapor arising from slaking lime with weak vinegar, to be continued much of the time; for food the child was to be given plenty of milk three times a day.

Upon visiting the little patient the next day, quite to our surprise, we found no im-



provement. Upon making careful inquiry we found that the treatment had not been carried out with any degree of thoroughness. Indeed, we had evidence of this in the fact that the cool compress ordered for the throat, which was to be kept cool, was only a bit of thin cloth about three inches long and two wide, and this was perfectly dry and hot. The tongue, temperature, and pulse remained the same, together with the condition of the throat. After giving the nurse the benefit of a few somewhat stirring remarks on the necessity for thorough and efficient action in the case, we ordered the same treatment continued. As business called us out of the city, we left the case in the hands of another physician, who called the next day and found the child convalescent, the fever having decreased in a marked degree, and the false membrane having disappeared from the throat.

Essentially the same treatment was applied in a series of cases which occurred in a family of seven persons, including persons of ages varying from two to fifty years, all of whom were successively affected with the disease. A solution of chlorinated soda was used in these cases instead of permanganate of potash, and in some of the cases a vapor bath was substituted for the pack. The circumstances of the cases were such as to furnish the strongest evidence of the contagiousness of the disease. All these cases were convalescent within three or four days.

Being consulted some weeks ago respecting a case of well-pronounced croupous diphtheria—the worst form of the disease—in a small child, we recommended the same methods of treatment, swabbing the throat with chlorinated solution, the application of fomentations and cool compresses to the throat, and the inhalation of steam from lime slaked with weak vinegar. In a few days the child was well, though its symptoms had been such as to indicate that the case was one of great gravity.

Was called to see a young man aged nineteen. Found his temperature  $103\frac{1}{2}^{\circ}$  F., tongue white, no appetite, pulse 110, and a large white patch on each tonsil. Applied same treatment assiduously, night and day, and upon the third day he was able to resume his accustomed labor.

Of more than thirty cases treated in this

way in this neighborhood within the last six months, not one fatal case has occurred, and in no case has the disease been prolonged to a week in duration. In nearly all cases, the patient has been convalescent within three or four days from the commencement of treatment.

Dr. O. T. Lines, of Brooklyn, N. Y., during an epidemic of the disease in that city a few years ago, treated nearly one hundred cases without one fatal case, although other physicians practicing in the same neighborhood, at the same time, lost nearly all their patients.

The great danger in this as in all other febrile diseases, comes from the excessive heat. The patient must be constantly cooled by the aid of sponge baths and compresses, so as to avoid the damaging effect of abnormal heat upon the blood, and the great waste of the vital forces occasioned by long-continued high temperature.

### The Warm Pack in Rheumatism.

THERE are few diseases in which patients suffer more severely than in rheumatism of the joints; and perhaps this will in part account for the fact that there is no disease for which more remedies have been recommended than for this. This fact is in itself the best of evidence of the unsatisfactory character of the remedies. Opium has been the great resort of sufferers from this disease who were willing to risk the after consequences for the sake of a few hours of respite from the excruciating pains of this most aggravating malady. But all intelligent physicians now use opium with reluctance, and are yearly learning to avoid it more and more; consequently any better remedy which will secure relief from the sufferings imposed by this disease will be received by the profession as a most gracious boon.

Prof. A. L. Loomis, M. D., of New York, has recently been experimenting in the use of the warm pack in rheumatism. The results which he publishes in the *New York Medical Journal* are really wonderful, and must secure the attention of all thinking physicians. His mode of giving the pack was to envelop the patient in woolen blankets wrung out of water at a temperature of  $100^{\circ}$  to  $105^{\circ}$  F. The



patient was kept in the pack from two or three, to twelve or thirteen hours. The patients treated were of all ages, from childhood to old age, and had suffered with the disease for periods varying from a few days to several years. The thorough treatment administered cured the patients in from two to eighteen days from the beginning of treatment. The average duration of the disease in ten cases reported, after the commencement of treatment, was seven and one half days.

In one case, cod-liver oil, iron, and digitalis were given for eight days, but the patient grew steadily worse. Upon the application of the pack, the patient improved rapidly.

In another case, the patient was placed under full alkaline treatment for five days before the pack was employed. Concerning the result the reporter writes, "No relief from alkaline treatment, which was stopped, and patient placed in pack for six hours, which relieved the rheumatism."

The only other treatment employed was one or two doses of quinia in three cases, showing that the pack was the efficient agent in relieving the disease. We have found similar results from the use of the prolonged full bath and vapor bath in this disease. It is not necessary that the pack should always include the whole body. It is often sufficient that the painful parts should be covered by the hot flannels, which is really equivalent to a fomentation.

**Bungling Practice.**—Many people suppose that what are termed hygienic remedies are so simple that they "will do no harm, if they do no good." This is a grave error, sometimes a fatal one. Water, so soothing and kindly in its effects when intelligently employed, becomes, in the hands of the bungler, a most dangerous remedy. Electricity may be made equally productive of harm if used in a careless manner. And we might say the same in detail, of each of the various remedies termed hygienic.

Some months ago we were called to see a patient at a distance. The telegram which summoned us said in curt terms "very sick." And we found the patient very sick, partly from malarial poisoning, and partly from bungling treatment. A day or two previous, the pa-

tient had had an ague chill of rather unusual severity. In accordance with the advice of friends who professed to know considerable about "water treatment," he was put into a wet-sheet pack during the cold stage of the paroxysm. Of course the chill increased, rather than diminished, and continued to increase in severity during the hour that the patient was kept in the pack. After an hour he was removed and put in a sitz bath, where the chill continued for some time longer.

The patient recovered, but only after a protracted illness, which we think was due in part, at least, to the shock which his system received from "bungling" treatment.

In another case we knew a hospital patient who was suffering from pneumonia and was very feeble, to be placed in a full bath the temperature of which was lowered to about 60° F., where he was kept for a full hour. He was put back into his bed shivering, and died within two hours.

We have often known patients, acting under injudicious advice, to wear a rough wet girdle about the body until nearly the whole skin had been destroyed, causing an open, offensive, discharging sore from six inches to a foot wide and reaching around the entire body, thus draining the system of its best and most vital elements, and depleting the vital forces in a most damaging manner.

"Bungling" is bad enough anywhere; but in the practice of medicine, in which such vital interests as human life and health are at stake, blunders are unpardonable. A person who does not know *what* to do, has no business to do anything; for the patient will be much safer in the hands of nature than in the hands of a bungling, blundering doctor.

**Light and Respiration.**—Dr. Lettenkofer, an eminent European physician, has, by an extended series of observations, ascertained that sunlight has a direct effect upon respiration. While in complete darkness the respiratory movements become greatly diminished, so that the breathing is superficial and slow; exposure to sunlight speedily quickens the movements of the chest, and produces a corresponding quickening of all the vital forces.

In this interesting fact we have another argument for the free admittance of sunlight



into our dwellings. Respiration is one of the most important of all the vital functions. One *lives* just in proportion as he *breathes*. The vital forces of the person who breathes little are always at a low ebb. He will be quite likely to be weak, nervous, spiritless, and possessed of little vitality. An abundance of sunshine brings, through a quickened respiration, a quickened pulse, a stronger heart-beat, a more vigorous and equable circulation, a more perfect digestion, firmer muscles, stronger nerves, and a general renovation and vitalization of the entire system. If parents wish their little ones to grow and develop into perfect manhood and womanhood, they should allow and encourage them to bathe in the sunshine like the birds, the squirrels, the frisking lambs, and most others of nature's happy and healthy creatures. Darkened rooms are excellent to preserve the brilliancy of the colors in Turkish tapestry and damask curtains, and the luster of polished mahogany furniture; but they are sure to fade out the roses from the cheeks of mothers and little ones, and the light and joy from bright eyes. Thousands of children have faded quite away under the deadly influence of the darkness and dampness of fashionable drawing-rooms.

**Tippling Nurses.**—The *Boston Journal of Chemistry* offers the following pertinent remarks on this subject:—

"There can be no doubt that nurses' bottles may be worse for children than nursing-bottles. M. Anarian, in the *Archives de Toxicologie*, reports two cases in which children, at the breast of apparently healthy and well-to-do nurses, were suffering from convulsions, and in which the children were saved by depriving the nurses of alcoholic potations, in which they were found to be freely indulging. As the *Philadelphia Reporter* remarks, it is a pernicious delusion of nursing mothers and wet-nurses, that, when suckling infants, they require to be 'kept up' by alcoholic liquors; and women who are little given to alcohol at other times become, for the nonce, determined tipplers,—this being, perhaps, of all times that when alcohol is likely to do most harm and least good."

The common use of alcoholic liquor in the form of brandy, wine, or beer, by nurses, doubtless originated in the supposition that such drinks are "strengthening;" but since

it has been most conclusively proven that alcohol is in no sense a food, and that instead of adding to the strength it actually diminishes the forces of the body, this reason can be no longer offered.

Undoubtedly there have been many cases in which the taste for liquor which led a poor man to a drunkard's grave was imbibed with his food in his earliest infancy, through the habitual use of the drug in some form by the nurse. It is time that the glaring evil was corrected; and we are glad to see so distinct an expression from so high an authority on this subject as the journal quoted.

**Another Evil of Tobacco-Smoking.**—The *Scientific American* says that "vulcanized red rubber dental plates are turned black by tobacco-smoke. The plates regularly color by degrees, after the fashion of meerschauum-pipes. This will account for numerous cases of deteriorated plates, the owners of which have asked us to explain, and at the same time exhibits a new evil of the deleterious habit of tobacco-smoking."

If the poison of tobacco will produce such a chemical effect upon vulcanized rubber, what must be its damaging effect upon such delicate tissues as the minute fibers of the nerves, the cells of the brain and spinal cord, and the corpuscles of the blood?

**Origin of Whooping-Cough.**—The origin of diseases is one of the most interesting and useful of modern subjects of investigation. Since the discovery of disease germs, there has been a growing tendency to consider specific germs as the origin of many of the common diseases which afflict humanity. Among other diseases, whooping cough has been referred to this origin. This theory is supported by the following account of a curious discovery by a German physician, quoted from the *Sanitary Record*, of London:—

"Dr. Tschamer, of Gratz, has discovered that a fungus grows upon the skins of apples and oranges, precisely similar to the fungus which forms the peculiar germs of infection in whooping-cough. He writes that on oranges and apples which have been kept some time may be found dark brown and black specks, which, when scraped off, appear as a damp powder. Under the microscope this



powder is seen to consist of the spores of a fungus, identical with those of the whooping-cough fungus. Taking two of these specks from the skin of an orange, Dr. Tschamer introduced them by a strong inhalation into his lungs. The next day tickling of the throat began, which gradually increased, until, at the eighth day, a thoroughly developed whooping-cough set in. Should the discovery be confirmed, there is an additional reason to see that children abstain from eating apples with the skin on, and from chewing orange peel, which many are so fond of doing."

**Opium-Eating.**—A Maine paper says that the evil practice of opium-eating has increased so rapidly in that State within the last few years that it now exceeds all other States of its size in the amount of the drug annually consumed. Indeed, the practice has become so common everywhere that *morphinism* has become recognized as a distinct disease, with alcoholism and absintheism. It is, moreover, one of the most difficult diseases to treat successfully; so difficult, indeed, that few of its victims ever escape from the fatal consequences of the dreadful malady. But the disease is susceptible of cure by proper treatment; and the plan of management adopted in such cases at the Sanitarium has proven successful in a number of most intractable cases. The attention of physicians everywhere ought to be called to the causes and treatment of this grave malady, for it already begins to assume the proportions of as great a national calamity as the effects of liquor-drinking, which is directly accountable for at least two-thirds of the cases of chronic, incurable diseases in our large cities.

**Tougher than Brutes.**—It has long been known to physiologists that if the skin of an animal is covered with an impermeable coating, it will speedily die, owing to the checking of the perspiration, which is the means of removing from the system a large amount of poisonous matter daily. It has been supposed that a similar experiment with man would result fatally also for the same reason; but a German *savant* claims to have exploded this idea by an experiment in which he almost completely covered the skins of two men with impermeable plasters without injurious re-

sults, even though they were worn for a whole week. Of course all the experiment proves is that the men were tough, not that the wearing of such clothing is healthy.

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**A Strange Remedy.**—A medical journal states that in Austria whooping-cough is treated with the rod. When a child is seized with a coughing fit he is immediately severely chastised. The remedy is applied with the belief that the malady is a purely nervous affection which can be cured by vigorous counter irritation upon the outside. We do not recommend the remedy, and would advise none to try it unless they are desirous of receiving a visit from an agent of the Society for the Prevention of Cruelty to Children.

## People's Department.

### Unfounded Prejudice.

AN honest and well-meaning, though misguided, friend of ours has been much exercised over our remarks respecting the School of Hygiene, and has taken us severely to task in several letters concerning the same. (His name we withhold from personal regard.) Like many others, the individual referred to has been led astray through harmful influences, and has been taught to see only through colored glasses. He has been trained to believe that the great mass of medical men, at least all members of the "regular" school, are fools, knaves, charlatans, misers, and in all respects unworthy of the confidence of the people. This spirit our correspondent manifests very clearly when he says, "I had rather risk the treatment of the most bungling 'hygienic physician' than that of the most profound (?) drug medical professor." In making this statement, our friend shows a great lack of information on the subject of which he speaks in so confident a manner. He is evidently laboring under an unfortunate bias of mind which renders him incapable of candid judgment. If he would take the pains to inform himself by a thorough course of medical study, he would feel quite ashamed of the narrowness of his views and the injustice of his prejudices. If our friend were ill we should not wish to have him



treated by a "bungling" tyro of any school, unless we wished to have him hastened out of the world, as we do not, for there is a grand chance for him to do much good if he will. "Bungling" physicians have no business with such powerful remedies as water and electricity, any more than with strychnia, arsenic, phosphorus, and the long list of poisons employed by what our correspondent calls "drug medical professors." We have seen people killed by the wet-sheet pack, and by the full bath, when used injudiciously.

As to "profound drug medical professors," we are not quite certain that we understand to whom our correspondent refers. If he means the professors of our "regular" colleges, he does them injustice in terming them "drug medical," since from personal acquaintance with a number of eminent professional men we are certain that their liberality of spirit and the rationality of their practice is far more conducive to the interests of their patients than would be the "bungling" efforts of the majority of those who load them with abusive epithets upon every opportunity.

"Bungling" doctors never will succeed in the long run, no matter how good may be the principles of which they have a smattering, whether they be graduates from the *alma mater* of our critic, or from some other superficial school. An unlimited amount of brass and bigoted enthusiasm may secure success for a time; but failure will be sure to come ultimately. Our candid advice to every man who wishes to become anything more than a "bungling" quack, is to obtain a thorough, scientific, medical education at the best regular medical school in the country.

It is, unfortunately, true that our medical colleges do not give that attention to hygiene which they ought, and that they undoubtedly lay an undue proportion of stress upon other subjects of minor importance. But if we are forewarned upon this point, all we have to do is to fortify ourselves by special studies upon hygiene. One object in the institution of the School of Hygiene is to supply an opportunity for a more thorough and scientific study of hygiene than can be made elsewhere.

**Taxidermy for Parents.**—If you want to preserve your children, do not stuff them.

**Suicidal Mania.**—An exchange offers the following sensible remarks on this subject, which we commend to our readers:—

"The number of suicides has greatly increased during the last four years. The causes which have led to this increase have been much discussed and various remedies suggested. The chief causes are disappointment in love, loss of fortune, sin and shame. These things disturb the mind, bring on melancholia (a species of insanity), and turn man into a mortal enemy of himself.

"One of our contemporaries, discoursing on the subject, thinks that indigestion has much to do in bringing on suicidal tendencies, and recommends antibilious pills to keep the bowels open, clean skin and proper food. There is some force in these suggestions, excepting the pills.

"We don't think much good comes from frequent doses of antibilious pills. There is, however, much good sense in the advice of the good old Scotch divine, who told his people if they wished to be truly happy they 'must fear God and keep the bowels open.'"

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## The Sanitarium.

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**The School of Hygiene.**—This new school recently opened at the Sanitarium, is prospering beyond our most sanguine expectations. We had anticipated a very scanty attendance at our opening, and so were much surprised to meet an audience of over eighty assembled in our new lecture-room in the new Sanitarium buildings. Supposing that the large audience on the first evening was due to the novelty of the enterprise, we were still more surprised to find our audience increased to over ninety the second evening, and to observe a steady increase night after night until last evening, the tenth, an intelligent audience of about one hundred and fifty filled our little lecture-room to its full capacity.

We are not only surprised, but greatly encouraged to note such a lively interest in a subject which has been so generally ignored; and though we labor under most embarrassing difficulties in starting the school just at this time, we hope that a large amount of good may be accomplished through this agency, by the scattering of germs of truth in many communities as the numerous members of the school return to their several homes imbued with enthusiasm for the dispersion of the health-giving precepts of hygiene.



—The present number of patients at the Sanitarium is more than double the number at this season of the year at any previous time. Notwithstanding the unfavorable character of the weather for most varieties of disease, all are doing well, and many are making rapid progress toward health. The Sanitarium family numbers to-day just one hundred and sixty-five. The old main building and all the cottages are filled to their utmost capacity, and over a dozen patients with forty boarders have rooms in the new buildings. We begin to entertain fears that even the addition of our new building will be inadequate to accommodate the numerous patients who are making preparations to spend the summer with us.

—It is now definitely settled that the dedication of the new building will be held in the month of March. It is expected that the building will be completed, ready for occupancy, by the middle of the month. Every effort is being made to push the work as rapidly as possible, and every day marks very noticeable changes. The exact time of the dedication will be announced in next number.

## Questions and Answers.

**Health Annual Muddle.**—G. W. P., Vt., writes, "On page 9 of the Health Annual for 1878 are two paragraphs which we here are utterly unable to harmonize. Think there *must* be some mistake. They are the eighth and tenth. Please to explain."

*Explanation.* We are very happy to be able to relieve the mind of our friend and his companions in distress with reference to the seeming inconsistency referred to. The explanation is simply this: a man actually takes into his lungs at each breath only about two-thirds of a pint of air, or twenty cubic inches; but this small quantity of air, when exhaled, or breathed out, is so densely laden with poisons from the blood that it renders three cubic feet of outside air unfit to breathe. So it is plain that we really use at each breath, *three cubic feet of air*, although we take only *two-thirds of a pint* into the lungs. We respire eighteen to twenty times a minute. Eighteen multiplied by three, multiplied by sixty, the number of minutes in an

hour, gives us 3,240, or more than 3,000 feet of air used per hour by each human being. In the short paragraphs in the Annual we had not room to explain all the details, and so seemed to make a contradiction. We are obliged to our correspondent for calling our attention to the matter, thus giving us the opportunity to explain. We are also glad to know that somebody reads the Annual closely.

**Disinfecting Lotion for the Teeth.**—A friend of reform wishes to know how to make a good disinfecting lotion for cleansing the mouth.

*Ans.* There are several good lotions. Any one of the following is quite satisfactory:—

Solution of chlorinated soda; use one part of the solution to three parts of water.

This is a very effective lotion. Its efficiency depends on the presence of free chlorine in the solution. It should be fresh when procured of the druggist. If it does not smell strongly of chlorine it is worthless.

One ounce of glycerine, twenty drops of carbolic acid, and half a pint of soft water. Add a little very fine soap when using.

A solution of ten grains of permanganate of potash in a half-pint of pure soft water is also a good lotion, but it does not keep well. When fresh it is of a rich purple color; when it becomes brownish it has lost its efficiency.

These simple lotions are quite as good as any that can be purchased at the stores, and are much less expensive.

**Pain in Chest.**—J. N. D., Pa., says: For some time I have had a pain in my chest and lungs, the pain not being very severe only when compelled to sit still a long time or when stooping. What disease is it? and what will cure it? or will it lead to some dangerous disease if not attended to?

*Ans.* There is a general tendency to attribute to disease of the lungs every pain felt in the chest, and to speak of such pains as being in the lungs. With the exception of pleurisy, disease of the lungs occasions little or no pain. In the present case we apprehend that the chief difficulty is in the intercostal nerves or muscles, and that attention to the general health is the means essential for cure. We would advise the patient, however, to have his lungs examined by a competent physician, as little can be told about those organs without a careful physical exploration of the chest.

J. W. R.: You are probably suffering either from internal hemorrhoids or thread worms. You ought to be under treatment.



## DIETETICS.

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

**Artificial Milk.**—It is often necessary to feed patients when solid food is rejected and milk cannot be digested. In such cases, an artificial milk made of rice water and almond flour will often answer the purpose admirably. Upon a table-spoonful of almond flour pour a pint of rice water boiling hot, stirring well for five minutes. Strain through a sieve when cool. A very little sugar may be used to render it more palatable when necessary.

**English Diet and Intemperance.**—The English *Dietetic Reformer* says that "a native Indian paper, the *Sulabha Samachar*, is eloquent in its denunciations of flesh-eaters and wine-bibbers. English food, it says, produces unnatural heat. It has proved particularly injurious to the Bengalese, as it tends to produce hypocrisy, aggravate gluttony, and finally to cause premature death. To suppose that it imparts physical strength or inspires the heart with valor, is altogether a mistake. Beef-eating Bengalese are not a whit stronger or braver than their rice-devouring brethren. Then, beef demands beer, and even brandy, as it produces a thirst that cannot be otherwise quenched, and which is not quenched even so."

**Pertinent Sarcasm.**—The unphilosophical style of expression used by many writers on physiology in treating of the proportionate quantity required of the various elements constituting the body, is very justly satirized by Max Adeler in the following paragraph:—

"Dr. Wilkes, in his recent work on physiology, remarks that, 'it is estimated that the bones of every adult person require to be fed with lime enough to make a marble mantel every eight months.' It will be perceived, therefore, that in the course of about ten years each of us eats three or four mantel-pieces and a few sets of front door-steps. And in a long life I suppose it is fair to estimate that a healthy American could devour the Capitol at Washington, and perhaps two or three medium-sized marble quarries besides. It is awful to think of the consequences if a man

should be shut off from his supply of lime for a while and then should get loose in a cemetery. An ordinary tombstone would hardly be enough for a lunch for him."

**Paralysis in the Peas.**—The London *Punch*, alluding facetiously to the popular scare on poisonous canned peas, adds a few lines of chemical facts worth remembering. Beware, says the writer, how you try the effect of strychnine, prussic acid, or any other poison, on a rabbit or a guinea pig. Have the fear of the Anti-Vivisection Act before your eyes. If you want to try experiments with poisons on a living animal, try them on yourself. Should you kill yourself, unintentionally, the law will acquit you of suicide, as it does not forbid any donkey to experiment on a donkey. Suppose, for instance, you want to know what is the effect of repeated small doses of copper upon the human system, take a fraction of a grain of the sulphate or acetate of that metal once a day continually till you discover. Ultimately you will find it produce paralysis. You will lose the use of your hands or legs, or one side, or more, of your body. Salts of copper will paralyze you sooner than even salts of mercury. But you must take them in minute quantities. In large doses they mostly rid you of themselves—copper acting like anti-mony. In order to take your copper pleasantly, your best plan will be to swallow it at dinner time, daily, along with green peas. This you can do all the year round, as peas are always to be had preserved in tins. You can mix your copper with your peas if necessary. If the peas are of a dull, grayish, faded, ugly color, there is probably no copper in them, and you may have to put some in. But when their tint is a beautiful bright green, then you may suspect that there is plenty of copper in them to cause paralysis if persevered with sufficiently long. The copper is mingled with the peas to make them look pretty; and few people seem to be deterred by the fear of poison from preferring pretty-looking peas to plain ones. It is possible, however,



that it may become rather less easy than it has been heretofore to procure tinned peas, which besides being tinned are also coppered. Of course the multitude ignorantly eating peas greened with copper must be, all of them, greener than any peas. Bright green tinned peas may always be suspected of containing copper. If there is any question on that point, it may be summarily settled by pouring on the peas a little strong liquid am-

monia, which, if copper is present, will make them turn bluer than even their seller will look when he is fined \$250. So also with pickles, only the vinegar of the pickles will require a large excess of ammonia. In case there is no ammonia or other means at hand of determining whether the greenness of peas or pickles is owing to copper or no, a philosopher would give copper the credit of the color, and himself the benefit of the doubt.—*Sel.*

## FARM AND HOUSEHOLD?

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

—An excellent cement for rubber bags is made of one part glycerine to four of glue.

—A thick coat of paint or asphaltum varnish will prevent hoops on barrels from rusting, even when stored in a damp place.

—Dry buckwheat flour, if repeatedly applied, will entirely remove the worst grease-spots on carpets, or any other woolen cloth, and will answer as well as French chalk for grease-spots on silk.

—The best quality of mucilage in the market is said to be made by dissolving clear glue in equal volumes of water and strong vinegar, and adding one-fourth of an equal volume of alcohol, and a small quantity of a solution of alum in water.

—A burning chimney, when the soot has been lighted by a fire in the fireplace, can be extinguished by shutting all the doors in the room, so as to prevent any current of air up the chimney; then, by throwing a few handfuls of common fine salt upon the fire in the grate, or on the hearth, the fire in the chimney will be immediately extinguished. The philosophy of this is that in the process of burning the salt, muriatic-acid gas is evolved, which is a prompt extinguisher of fire.

**To Remove Rust.**—Cover the metal with sweet oil, rubbing in well. After forty-eight hours, rub with finely powdered quicklime.

**Good Cement.**—An excellent cement for uniting broken porcelain is made by mixing to the thickness of cream, quicklime and the white of an egg

**Cement for Coating Acid Troughs.**—Melt together one part pitch, one part resin, and one part plaster of Paris. The ingredients must be perfectly dry.

**Food for Cows.**—Mr. Miller, of Stockton, N. Y., an experienced stock raiser, has published a pamphlet in which he claims to show by the results of actual experiments, that corn meal is better food for cows than hay. He shows that three quarts of corn meal will afford a cow as much nutriment as 20 pounds of hay, or as much as an animal will eat per day. Figuring from this basis he shows that a cow can be wintered on corn meal at about one-half the expense incurred in the use of hay, when the price of corn is 60 cents a bushel, and that of hay is \$10 a ton. Mr. Miller's experiments have been repeated and confirmed by a committee of experienced farmers who report in favor of his plan.

**Keeping Roots.**—To keep roots sound and plump, Mr. Benjamin P. Ware, of Marblehead, Mass., a successful gardener, cuts off the fine roots close to the body, and pares away the crown of the turnip or beet sufficiently to destroy all buds or rudiments of buds. The thus doctored roots are then placed in barrels of sand or covered with earth in the cellar to prevent wilting. Removing the buds and rootlets prevents that corkiness so common with these roots when kept till late in winter, which is caused by the support of sprouts and rootlets, using up much of the more tender and edible substance of the roots. Turnips and beets thus treated are as nice for the table in late winter or early spring as when first harvested.—*Scientific Farmer.*



## News and Miscellany.

—Arrangements for an armistice are being made in Cuba.

—Printing types are made in Paris from toughened glass.

—It is rumored that there is another Indian outbreak in W. T.

—Mrs. Gen. W. T. Sherman is writing letters to the newspapers, denouncing round dances.

—M. Thier's entire fortune is valued at \$3,200,000. He made \$400,000 by his history.

—England is making active preparations for war, so as to be in readiness for such an emergency.

—The threatened outbreak of war between the United States and Mexico is no longer probable.

—It is stated that the spring styles of fashionable street dresses will have short skirts; sensible at last.

—A steamer was destroyed on the Chilean coast, Dec. 30. More than one hundred persons were drowned.

—A very severe storm recently occurred on the Massachusetts coast, which resulted in the loss of several lives.

—The winter in Michigan thus far is one of the mildest ever known; but there is an unusual amount of sickness in many localities.

—A serious famine prevails in Eastern Russia. The people are subsisting upon berries and acorns, the food of the ancient Greeks.

—Victor Emmanuel, king of Italy, is dead. The event has filled all Italy with the greatest sorrow. His son, Prince Humbert, will succeed him.

—Two Turkish officers have been sent from Constantinople to meet the Grand Duke Nicholas. They have been invested with full power to negotiate a peace.

—Of the 14,300 Michigan men who perished in the late war, 2,820 were killed in battle, 1380, died of wounds, and 10,100 died of camp and hospital diseases.

—A terrific explosion of nitro-glycerine recently occurred near Negannee, Mich., which occasioned the death of several persons and the destruction of a large amount of property.

—A case of rabies has recently occurred in Washington. A young man was bitten by a mad dog and died in consequence in about four weeks, after the most heart-rending suffering.

—A garrison stationed on the Straits of Magellan mutinied recently, and committed the most horrible outrages. The mutiny is reported to have involved the largest numbers of any on record.

—The amount of opium imported into this country last year was 2,589,924,386 grains. Allowing one-fifth for medicinal purposes, there still remains enough to supply 200,000 opium-eaters with the moderate allowance of 30 grains a day.

—It is stated that a regular business of shipping human jaws is carried on at the seat of war in Bulgaria. The jaws are sent to Paris, where they find a ready sale at \$2.00 each if the teeth are well preserved.

—The internal revenue returns of New York show a gratifying decrease in the manufacture of liquor and cigars, which is a favorable omen, indicating the operation of some cause which is acting in the interest of reform.

—The following awful warning is going the rounds: "A few years ago Mrs. Kate Chase Sprague paid \$2,000 per yard for dress material. To-day her husband's paper sells for two and a half cents on the dollar.

—Reports state that the financial condition of Russia is as bad as possible. It is even doubtful whether the government would be able to secure funds to continue the war much longer even if a treaty is not speedily made.

—Accurate statistics show that \$19,000,000 in silver coin was last year exported from San Francisco to China and Japan. The yield of the Pacific coast in the precious metals was \$98,000,500, an increase of \$7,500,000 over 1876.

—Stanley, the African explorer, is now in Paris, and is the recipient of many honors. The late Victor Emmanuel presented him with a gold medal, and an autograph letter expressing the highest admiration for his brilliant discoveries.

—A San Francisco firm buys every dog killed at the public pound in that city, and proceeds to utilize it. The skin goes to the tanner, the hair to the plasterer, the bones to the sugar refiner, while the flesh helps to build up Celestial tissue.

—Miss Julia Smith, the eldest of the Glastonbury sisters, who have been conspicuous of late years on account of their refusal to pay taxes unless allowed to vote, has completed a translation of the Bible from the original Hebrew and Greek.

Agents of the Russian and Turkish governments happened to meet the other day in the office of the Bridgeport (Ct.) steel works, whither they had gone to make contracts for bayonets for each of the contending armies. One finally ordered 300,000 of the weapons, and the other 600,000.

—Much alarm has been created at Moscow by the appearance of the Siberian plague, which is more disastrous than either small-pox or cholera, and the police are now taking energetic measures to prevent the disease from spreading. It is believed that the seeds of the plague were brought from Tiflis either by Turkish prisoners or by Russian invalids.



## Literary Notices.

### MARYLAND MEDICAL JOURNAL. Baltimore.

This journal is constantly improving in interest, and already compares favorably with the other older medical magazines of the North. The number for January contains many valuable articles which furnish abundant evidence of the progressive character of medical science.

### THE ONTARIO JOURNAL OF HEALTH. London, Ont.

This new health journal, now in its first volume, is gotten up in neat and tasty style, and although it contains very little information directly relating to health, it is so lively and jovial that its perusal cannot be otherwise than conducive to health.

### TRUTH FOR THE PEOPLE. Detroit, Mich.

This lively reformatory journal maintains itself in spite of the "hard times," which have caused the suspension of many older and stronger periodicals. It is a thorough-going temperance journal, waging an energetic warfare against tobacco as well as rum, and speaking out boldly upon all questions relating to social reforms. It is perfectly chaste in tone, and might be read with profit in every family.

### VICK'S ILLUSTRATED MONTHLY. Rochester, N. Y.

Mr. Vick has won a world-wide reputation as the great florist of America by his untiring enterprise and industry. The monthly is a racy magazine, brim full of information about seeds and flowers, is a fine specimen of good printing, and is well worth the subscription price of only \$1.25. Every person interested in flowers, and every one ought to be, should have Mr. Vick's monthly.

### DISINFECTION IN YELLOW FEVER. By C. B. White, M. D. New Orleans.

This valuable contribution to sanitary science is a reprint of a report submitted by the author on disinfection in yellow fever as practiced at New Orleans, in the years 1870 to 1876, to the American Public Health Association at the Boston meeting last year. The disinfectant employed was chiefly crude carbolic acid, which proved to be very serviceable and effective.

### THE FLAGS OF MICHIGAN. By John Robertson. Lansing: W. S. George & Co., State Printers.

This neat little volume should be possessed by every citizen of the State who either engaged in the conflict for freedom, or sacrificed friends in the bloody strife. It portrays in eloquent language the part which Michigan soldiers acted in the war, and contains full lists of the regiments which went from the State. It really does credit to the author as well as to the

printers, who have won an enviable reputation by the uniform neatness of style by which their works are characterized.

### CONTRIBUTIONS TO THE HISTORY OF MEDICAL EDUCATION AND MEDICAL INSTITUTIONS IN THE U. S. By N. S. Davis, A. M., M. D. Washington: Government Office.

This paper consists of a special report prepared for the U. S. Bureau of Education by Prof. Davis. The author has accomplished his task in a manner to reflect credit not only upon himself, but upon the profession of the United States. We are especially pleased with the succinct manner in which the necessity for greater thoroughness is urged by the author. Dr. Davis maintains, and it seems to us very justly, that the granting of licenses to practice is no part of the legitimate work of the medical college, which should content itself with the bestowal of certificates of study and qualifications. The violation of this principle has, more than almost anything else, tended to depreciate thoroughness of preparation. We hope that a reform may be instituted in this particular.

### SEX IN INDUSTRY. By Azel Ames, Jr., M. D. Boston: J. R. Osgood & Co.

The learned author of this interesting monograph has presented in it the results of long and patient thought and investigation, making the work a very appropriate companion and complement of the valuable work by Prof. Clarke entitled, "Sex in Education." Dr. Ames has undoubtedly studied the subject which he considers in this work more profoundly than any other author, which fact gives to his conclusions a degree of authoritativeness which it is not safe to vouchsafe to every author.

The following paragraphs from the introductory portion of this work give a hint of the ideas of the author on the subject named in its title:—

"But woman, elevated by the advances of civilization, could not escape participation in its incident evils. These have assailed the very citadel of her strength. Imaginary wants have exacted from her an exhausting tribute; and delusions as wild as those of

'The crazy Queen of Lebanon'

have caused her to build from the pure gold of her possessions and privileges an altar to false gods. Seeking for her sex distinctive honors, she has proposed to give up for them that which alone could insure their possession. Extremes meet. The demands of savage barbarity held woman in an unsexing servitude. The abnormalities of our civilization are demanding anew of woman a kind and degree of labor similarly militant against sex.

"Whether it comes from barbarity, or has its origin in false ambitions or disarranged economy, the result is the same against woman, and her highest work in the world,—the perpetuation and ennobling of her race."



## Items for the Month.

**PREMIUM TO NEW SUBSCRIBERS.**—The offer of a copy of the *HOUSEHOLD MANUAL* with the *REFORMER* for \$1.25 is made only to new subscribers. We hope that our old patrons derived benefit enough from the journal during the year 1877 and previous years to induce them to subscribe again; but those who are not acquainted with us need a little inducement in the shape of a premium, for which we offer the *MANUAL*. We make this explanation as some old subscribers have applied for the premium when simply renewing their subscription. Those who wish a premium, but are not entitled to one as new subscribers, can earn one by a very slight effort in obtaining a few new subscribers.

**New subscribers** are coming in by hundreds. The present prospect is that the circulation of the *REFORMER* will be increased at least ten thousand names before the first of June. Our agents, especially the canvassers of the T. and M. societies, are doing energetic work, and are meeting with most excellent success. The people are hungry for knowledge. All they want is some one to tell them where and how to get it, and they are ready to invest their dimes and dollars, even though the times are a little hard. People are beginning to understand that sickness and doctor bills are, in a great measure, a needless and useless expense. It is much cheaper to keep well, even if it is necessary to expend a little in learning how to do so, than to suffer illness with all its attending expenses and inconveniences.

**AN ELEGANT THING.**—Every one who has seen the special edition of the *HEALTH ANNUAL* for 1878 pronounces it a beautiful specimen of the printer's art, besides being a complete calendar and containing a large amount of useful information on subjects of most vital concern to every human being. It is just the thing for public libraries, reading-rooms, banks, counting-rooms, hotels, and other public places.

Any one who wishes to expend \$5.00 in behalf of humanity could not lay it out to better advantage than in the purchase of these silent missionaries. No one can estimate how much good may be accomplished by these simple means. The seeds of truth are sown and the fruit appears years after. We are constantly in receipt of letters from persons who are seeking further truth, having gained their first knowledge from a copy of the *Annual* seen in the house of a friend or in some public place.

The special edition is printed on heavy, tinted, calendered paper, with enamel cover printed in colors, and is really a very handsome thing. The retail price is 15 cents per copy; but those who wish copies to distribute, and will order ten or more copies at a time, can have them at one-half discount. Special rates to charitable associations or societies.

**The *HOUSEHOLD MANUAL***, which is offered as a premium with the *REFORMER* this year, is meeting with an almost unprecedented degree of favor. An order for a thousand or two comes in every few days, and smaller orders are constantly received. Ten thousand copies have already been ordered by agents who are obtaining subscriptions for the *REFORMER*. We shall be able to fill all orders in a few days.

**Our articles on quacks and quackery**, some time since, seem to have aroused the animosity of a certain charlatan, whose name was not mentioned, in a very notable degree, so much indeed that he unwittingly threw off his innocent sheepskin garb and showed his real character by attacking us with vulgar epithets and a contemptible tirade against the whole medical profession of the county.

We have been immensely amused, and, we confess, a little flattered, that so small a stone, aimed so carelessly, should have produced so great consternation in the camp of error, bigotry, humbuggery, and quackery. We certainly feel quite complimented by the fact that quacks and knaves do not like us. We are quite willing the people of Battle Creek, and of the whole world, should know that we have no fellowship with the works of darkness, nor venders of secret remedies. We regard such persons as the foes of humanity; and we deem it our duty, as a philanthropist, and as a physician, to expose the rottenness of every such scheme for filching the pockets of honest, confiding, unsuspecting men and women of their hard earnings.

We regard it as a creditable testimony to the high standing of our county press that the publication of the scurrilous article referred to was only secured as a paid advertisement.

We are perfectly willing to have it understood most distinctly that we regard persons who employ and vend secret remedies and engage in the usual concomitant practices, as quacks, knaves, charlatans, swindlers, thieves. They are worse than forgers or burglars. They are more dangerous than foot-pads and assassins. They are heartless vultures and vampires who fatten on the sufferings of the afflicted and the unfortunate.



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## PREMIUMS!

THE publishers of the HEALTH REFORMER are determined to increase the circulation of the journal to at least 50,000 within the next two years, and to attain that end

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to engage in the work immediately. The present season of the year is the most favorable for this kind of work, and any one who engages in it with energy and perseverance is sure to make a success.

To encourage canvassers to make a business of getting subscribers for the REFORMER, the publishers offer as

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To those who secure ten to fifty subscribers, the REFORMER with premium will be furnished for 87½ cents.

To those who secure fifty or more subscriptions, the two will be furnished for 80 cents.

No one will be considered an agent who does not obtain at least ten subscribers.

The subscription price of the REFORMER with premium is \$1.25.

## CANVASSER'S OUTFIT.

An outfit consisting of a copy of the HOUSEHOLD MANUAL, specimen copies of the REFORMER, with blank subscription book, blank order lists, agent's certificate, circulars, and a package of envelopes addressed to this office, will be sent, post-paid, for \$1.00. Address,

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Battle Creek, Mich.

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THE managers of the Sanitarium have decided to put into immediate execution their long-cherished plan of establishing an educational department in connection with that institution.

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Which will be illustrated by models, charts, blackboard drawings, microscopic demonstrations, and chemical experiments.

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Sanitarium, Battle Creek, Mich.



## OUR BOOK LIST.

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

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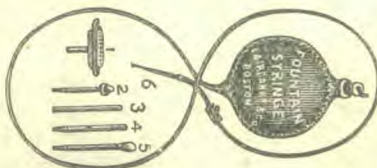
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