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Plutarch—Essay on Flesh-Eating.

[THE following translation from Plutarch, an ancient writer of note, we quote from the *Dietetic Reformer*. It is a fitting rebuke to those who indulge in the use of animal food as a luxury, rather than as a necessity, and ought to have some influence in checking the excessive consumption of flesh food, which is, undoubtedly, a cause of many diseases.—Ed.]

“You ask upon what grounds Pythagoras abstained from feeding on the flesh of animals. I, for my part, marvel of what sort of feeling, mind, or reason, that man was possessed who was the first to pollute his mouth with gore, and allow his lips to touch the flesh of a murdered being; who spread his table with the mangled forms of dead bodies, and claimed as his daily food what were but now beings endowed with movement, with perception, and with voice.

“How could his eyes endure the spectacle of the flayed and dismembered limbs? How could his sense of smell endure the horrid *effluvia*? How, I ask, was his taste not sickened by contact with festering wounds, with the pollution of corrupted blood and juices? ‘The very hides began to creep, and the flesh, both roast and raw, groaned on the spits, and the slaughtered oxen were endowed, as it might seem, with human voice.’ This is poetic fiction; but the actual feast of ordinary life is, of a truth, a veritable portent—that a human being should hunger after the flesh of oxen actually bellowing before him, and teach upon what parts one should feast, and lay down elaborate rules about joints and roastings and dishes. The first man who set the example of this savagery is the person to arraign; not, assuredly, that great mind which, in a later age, determined to have nothing to do with such horrors.

“For the wretches who first applied to flesh-eating may justly be alleged in excuse their utter resourcelessness and destitution, inasmuch as it was not to indulge in lawless desires, or amidst the superfluities of necessities, for the pleasure of wanton indulgence in unnatural luxuries that they—the primeval peoples—betook themselves to carnivorous habits.

“If *they* could now assume consciousness and speech, they might exclaim, ‘O blest and God-loved men who live at this day! What a happy age in the world’s history has fallen to *your* lot, you who plant and reap an inheritance of all good things which grow for you in ungrudging abundance! What rich harvests do you not gather in! What wealth from the plains, what innocent pleasures is it not in your power to reap from the rich vegetation surrounding you on all sides! *You* may indulge in luxurious food without staining your hands with innocent blood; while as for us wretches, *our* lot was cast in an age of the world the most savage and frightful conceivable. *We* were plunged into the midst of an all-prevailing and fatal want of the commonest necessities of life from the period of the earth’s first genesis, while yet the gross atmosphere of the globe hid the cheerful heavens from view, while the stars were yet wrapped in a dense and gloomy mist of fiery vapors, and the sun [earth] itself had no firm and regular course. Our globe was then a savage and uncultivated wilderness, perpetually overwhelmed with the floods of the disorderly rivers, abounding in shapeless and impenetrable morasses and forests. Not for us the gathering in of domesticated fruits; no mechanical instrument of any kind wherewith to fight against Nature. Famines gave us no time, nor could there be any periods of seed-time and harvest.

“‘What wonder, then, if, contrary to Nature, we had recourse to the flesh of living beings, when all our other means of sub-

sistence consisted in wild corn [or a sort of grass], and the bark of trees, and even slimy mud, and when we deemed ourselves fortunate to find some chance wild root or herb? When we tasted an acorn or a beech-nut, we danced with grateful joy around the tree, hailing it as our bounteous mother and nurse. Such was the gala-feast of those primeval days, when the whole earth was one universal scene of passion and violence, engendered by the struggle for the very means of existence.

"But what struggle for existence, or what goading madness, has incited you to imbrue your hands in blood,—you who have, we repeat, a superabundance of all the necessities and comforts of existence? Why do you belie the ground, as though it were unable to feed and nourish you? Why do you despite to the bounteous [goddess] Mother Earth, and blaspheme the sweet and mellow gifts of Dionysius, as though you received not a sufficiency from them?"

"Does it not shame you to mingle murder and blood with their beneficent fruits? Other *carnivora* you call savage and ferocious—lions and tigers and serpents—while yourselves come behind them in no species of barbarity. And yet for them murder is the only means of sustenance; whereas to you it is a superfluous luxury and crime."

"For, in point of fact, we do not kill and eat lions and wolves, as we might do in self-defense—on the contrary, we leave them unmolested; and yet the innocent and the domesticated and helpless and unprovided with weapons of offense,—these we hunt and kill, whom Nature seems to have brought into existence for their beauty and gracefulness."

"Nothing puts us out of countenance, not the charming beauty of their form, not the plaintive sweetness of their voice or cry, not their mental intelligence, not the purity of their diet, not superiority of understanding. For the sake of a part of their flesh only, we deprive them of the glorious light of the sun,—of the life for which they were born. The plaintive cries they utter we affect to take to be meaningless, whereas, in fact, they are entreaties and supplications and prayers addressed to us by each, which say, 'It is not the satisfaction of your real necessities we deprecate, but the wanton indulgence of your appetites. Kill to eat, if you must or will, but do not slay me that you may feed *luxuriously*.'

"Alas for our savage inhumanity! It is a terrible thing to see the table of rich men decked out by those layers out of corpses, the butchers and cooks: a still more terrible

sight is the same table *after* the feast—for the wasted relics are even more than the consumption. These victims, then, have given up their lives uselessly. At other times, from mere niggardliness, the host will grudge to distribute his dishes, and yet he grudged not to deprive innocent beings of their existence!

"Well, I have taken away the excuse of those who allege that they have the authority and sanction of Nature. For that man is not, by nature, carnivorous, is proved, in the first place, by the external frame of his body—seeing that to none of the animals designed for living on flesh has the human body any resemblance. He has no curved beak, no sharp talons and claws, no pointed teeth, no intense power of stomach or heat of blood which might help him to masticate and digest the gross and tough flesh-substance. On the contrary, by the smoothness of his teeth, the small capacity of his mouth, the softness of his tongue, and the sluggishness of his digestive apparatus, Nature sternly forbids him to feed on flesh."

"If, in spite of all this, you still affirm that you were intended by Nature for such a diet, then, to begin with, kill *yourself* what you wish to eat—but do it yourself with your own *natural* weapons, without the use of a butcher's knife, or ax, or club. No; as the wolves and lions and bears themselves slay all they feed on, so, in like manner, do you kill the cow or ox with a gripe of your jaws, or the pig with your teeth, or a hare or a lamb by falling upon and rending them there and then. Having gone through all these preliminaries, *then* sit down to your repast. If, however, you wait until the living and intelligent existence be deprived of life, and if it would disgust you to have to rend out the heart and shed the life-blood of your victim, why, I ask, in the very face of Nature, and in despite of her, do you feed on beings endowed with sentient life? But more than this,—not even after your victims have been killed will you eat them just as they are from the slaughter-house. You boil, roast, and altogether metamorphose them by fire and condiments. You entirely alter and disguise the murdered animal by the use of ten thousand sweet herbs and spices, that your natural taste may be deceived and be prepared to take the unnatural food. A proper and witty rebuke was that of the Spartan who bought a fish and gave it to his cook to dress. When the latter asked for butter, and olive oil, and vinegar, he replied, 'Why, if I had all these things I should not have bought the fish!'

"To such a degree do we make luxuries of bloodshed, that we call flesh 'a delicacy,' and forthwith require delicate sauces for this same flesh-meat, and mix together oil and wine and honey and pickle and vinegar with all the spices of Syria and Arabia—for all the world as though we were embalming a human corpse. After all these heterogeneous articles have been mixed and dissolved and, in a manner, corrupted, it is for the stomach, forsooth, to masticate and assimilate them—if it can. And though this may be, for the time, accomplished, the natural sequence is a variety of diseases, produced by imperfect digestion and repletion.

"Diogenes the Cynic had the courage, on one occasion, to swallow a *polypus* without any cooking preparation, to dispense with the time and trouble expended in the kitchen. In the presence of a numerous concourse of priests and others, unwrapping the morsel from his tattered cloak, and putting it to his lips, 'For your sakes,' cried he, 'I perform this extravagant action and incur this danger.' A self-sacrifice truly meritorious! Not like Pelopidas, for the freedom of Thebes, or like Harmodius and Aristogeiton, on behalf of the citizens of Athens, did the philosopher submit to this hazardous experiment, for he acted thus that he might *unbarbarize*, if possible, the life of human kind.

"Flesh-eating is not unnatural to our physical constitution only. The mind and intellect are made gross by gorging and repletion; for flesh-meat and wine may possibly tend to give robustness to the body, but it gives only feebleness to the mind. Not to incur the resentment of the prize-fighters [the *athletes*], I will avail myself of examples nearer home. The wits of Athens, it is well known, bestow on us Bœotians the epithets 'gross,' 'dull-brained,' and 'stupid,' chiefly on account of our gross feeding. We are even called 'hogs.' Menandez nicknames us the 'jaw-people.' Pindar has it that 'mind is a very secondary consideration with them.' 'A fine understanding of clouded brilliancy' is the ironical phrase of Herakleitus.

"Besides and beyond all these reasons, does it not seem admirable to foster habits of philanthropy? Who that is so kindly and gently disposed toward beings of another species would ever be inclined to do injury to his own kind? I remember in conversation hearing, as a saying of Xenokrates, that the Athenians imposed a penalty upon a man for flaying a sheep alive, and he who tortures a living being is little worse (it seems to me) than he who needlessly deprives of life and murders outright. We have, it

appears, clearer perceptions of what is contrary to propriety and custom than of what is contrary to Nature.

"Reason proves, both by our thoughts and our desires, that we are (comparatively) new to the reeking feasts of kreophagy. Yet it is hard, as says Cato, to argue with stomachs that have no ears; and the inebriating potion of Custom has been drunk, like Circe's, with all its deceptions and witcheries. Now that men are saturated and penetrated, as it were, with love of pleasure, it is not an easy task to attempt to pluck out from their bodies the flesh-baited hook. Well would it be if, as the people of Egypt, turning their back to the pure light of day, disemboweled their dead and cast away the offal, as the very source and origin of their sins, we, too, in like manner, were to eradicate bloodshed and gluttony from ourselves, and purify the remainder of our lives. If the irreproachable diet be impossible to any by reason of inveterate habit, at least let them devour their flesh as driven to it by hunger, not in luxurious wantonness, but with feelings of shame. Slay your victim, but at least do so with feelings of pity and pain, not with callous heedlessness and with torture. And yet that is what is done in a variety of ways.

"In slaughtering swine, for example, they thrust red-hot irons into their living bodies, so that, by sucking up or diffusing the blood, they may render the flesh soft and tender. . . . Again, it is a common practice to stitch up the eyes of cranes and swans, and shut them up in dark places to fatten. In this and other similar ways are manufactured their dainty dishes, with all the varieties of sauces and spices [Lydian sauces, composed of blood and spices]—from all which it is sufficiently evident that men have indulged their lawless appetites in the pleasures of luxury, not for necessary food, and from no necessity, but only out of the merest wantonness, and gluttony, and display."

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### Maternity.

[NOTES from a lecture delivered by Dr. Kate Lindsay before the ladies at the Sanitarium.—A. M. C.]

Maternity is the chief end of woman's life. Woman should be taught the duties of motherhood, and that it is in the home, however humble, that is found her highest calling, and that, when she is rightly mated, maternity becomes a crown and a blessing. The noblest lives that have been lived have been those hedged in by the domestic circle; and the women who have

made deepest footprints on the sands of time are those whose children can rise up and call them blessed. While we say that maternity is the highest calling, we do not mean that because a woman is not a wife and a mother her life should be useless—far from it. We have had women who have excelled in the arts and sciences, who have labored successfully in works of charity and in the hospitals. We have had our Florence Nightingales and our Grace Darlings.

It is only when woman is in her normal condition, is healthy, mentally, morally, and physically, that maternity is a blessing; otherwise it is a curse, not only to the mother, but to her child. For a woman to enjoy maternity in its true sense, she should be healthy physically, on her own account, that she may escape the pain and suffering incident to her condition during gestation and parturition, on that of her child, that she may impart to it a sound constitution. In order to generate sufficient vital force, her food should be good, and her stomach healthy, that digestion may be perfect, in order to so nourish her body that all her tissues may be maintained in good condition, and that the protoplasm which is at work building up her tissues may find suitable material to do its work in a perfect manner. Protoplasm is renewed from the food; and if the digestion is faulty, the woman's whole system is at fault, and the child, during gestation and lactation, as well as herself, must suffer the consequences. The mother has a double work to do, and it is of the utmost importance that her food should be properly assimilated.

Next to digestion in importance comes respiration. Sufficient oxygen must be supplied to burn up the waste material of the body and maintain warmth. The blood passes through the arteries into the capillaries, and there becomes loaded with waste matter from broken-down tissue; and were it not for the supply of oxygen which inspiration furnishes, the body would be poisoned. It is necessary that respiration should be perfect, from the peculiar manner in which the woman must breathe. During gestation the abdominal organs are crowded upward, thus retarding the action of the diaphragm, so that respiration must be carried on chiefly in the upper part of the thorax. All bands should be removed, in order that the ribs may expand, and the lungs, which should be well developed, not hampered in the extra work they have to do in supplying extra oxygen to oxidize the waste material throughout the system which comes from the breaking down of tissue in the drain upon the woman's system for the nutrition of her child.

The body may be compared to a great house, in which every department must be complete, and presided over in the right manner, else the economy of the whole suffers. Hence, the nervous system must receive proper nutrition, as it presides over and regulates all bodily functions, and from feeble nerves the whole body suffers. If the chief nerve of the arm be severed, the arm becomes paralyzed, or the connection between the arm and the brain is severed and we have no power to move the arm; so, if the nervous system is feeble, the whole body is feeble, and there is little nerve force.

The circulation should be good, for if not the body is imperfectly nourished, as the nutrient material is not carried alike to all parts of the body through the arteries and capillaries, and derangement of the system ensues. The organs for specific purposes should be in good condition; the organs of secretion, the parotid glands, the sub-maxillary and sublingual, for instance, in the mouth, for the purpose of secreting fluid to moisten food and turn starch to sugar, and the gastric juice in the stomach. All food must be changed into liquid before it can be absorbed by the body, and the use of gastric juice is to fluidize food. There are also the mammary glands. When the secretory glands are diseased, the mother and child must suffer. The excretory glands, which act as drains in the system to carry off waste material, must also be in good condition. These are the liver, lungs, kidneys, and skin. If these fail to act, the body is poisoned. All have heard of parturient convulsions. These are generally caused by the kidneys acting imperfectly. This terminates in uremia, caused by retained urea which irritates the nerves. The nerve centers of the spine are affected, and convulsions in mother and child ensue. In pregnancy it is necessary that the sexual organs be in healthy condition, that the mother may impart physical and moral health to her child. People are born with traits of character; and the taints of insanity, vicious temper, and disreputable character, are as often inherited as grown into.

To be a good mother, woman must possess mental ability. In fact, to exist at all outside or above mere animal life, the mental faculties must be cultivated; they must be developed. Very much comes from study and observation, although Nature must do something, and the closest application cannot make up for what she fails to give. You may scour a pewter spoon, but it will be pewter still. The eyes should be used, and the power of observation have continual practice. In going through the world, one person will go with the eyes of his understanding shut. The beau-

ties of nature, and the uses to which things may be applied, are as closed doors to him, and he learns little. Another sees, thinks, and reasons; so comes the philosopher. Newton watched the simple falling of an apple to the ground, asked the question why, and reasoned concerning the falling of bodies toward the earth instead of from it; hence followed the knowledge we have of the gravitation of bodies toward a common center. Watts saw his mother's teakettle boil, and the force of the steam raise the lid, and, reasoning, wondered if the force generated by steam could not be utilized for practical purposes. Hence come all the appliances of steam,—the engines that take the place in our factories of an army of men, that carry the nations and the commerce thereof across the waters in steamers, and compass the continents with the locomotive. It is the careful observers who gather up the hidden knowledge and make it their own.

After observation comes reflection, which shows the relation of one thing to another. Through it we see the relation of cause to effect, the system that balances the planets and keeps them in their places, as well as the principle of Nature that the violation of her laws must result in sickness and death.

No knowledge is unnecessary to a mother. She, of all persons, should be well educated. The mother is the type, to the child, of all that is pure, of all that is perfect, morally, mentally, physically; and for the proper instruction of her children, all knowledge is to her not as an accomplishment, but as a necessity. History is essential to her that she may trace the rise and fall of nations, and the effects upon them of food, clothing, climate, and atmosphere. Chemistry is necessary, that she may know how to prepare food, that she may detect the adulterations in it, that she may recognize poisonous gases, and know how to use disinfectants. Human beings are complex machines; and to develop a higher race, continual improvement is necessary. Many think all the education necessary for woman is that she may know how to wash, dress, and feed a baby. Yes, that is all; but to do this rightly, to train a human mind, and prepare a human soul for eternity, requires an education most complete in all its departments, a body sound in endurance, and a moral character of the very highest type; and to fit herself for this work, should 't come to her, is the duty of every woman. Life is a grand thing, to be laid hold of with earnest hands, a prayerful heart, and a clear head; and she who makes the most of this life, is best prepared for another life beyond this.

### What People Eat.

WHEN urging reform in diet both in public and in private, we have often been met by the assertion that so much trouble about diet was altogether unnecessary, since the appetite was an all-sufficient guide. We have never found a better answer to such arguments than is afforded by the following account of "What People Eat" in different parts of the globe:—

"In the East Indies, white ants are eaten in vast quantities by the lower orders. In that country, ants are the special plague and torment of rich and poor alike; and though the number annually disposed of in fries and roasts and fancy dishes is enormous, it does not seem to lessen the swarms that penetrate everywhere. The flavor of these insects, when rightly cooked, is said to be peculiarly pleasant and agreeable. Ants are also used in Sweden in the manufacture of brandy.

"The East Indians are also partial to the grub of weevil, which grows to the size of a man's thumb. They are disgusting looking objects to a European, but by those who have been accustomed to eating them they are regarded as unusually toothsome. They are roasted over a moderate fire by means of a long, slender stick thrust through them lengthwise. When done, they are served up with grated crumbs of bread flavored with pepper, salt, and nutmeg.

"In the West Indies, a favorite dish with epicures is the maggot of the snout beetle. In both countries there is a certain sort of caterpillar which is extensively eaten, and which is said to taste like sweet almond paste.

"In New Caledonia, spiders are regarded as a luxury, and the inhabitants feed them for the purpose of making them fat. Some kinds grow to an enormous size, and they are as often eaten raw as cooked. There are recorded instances of Europeans who have shown a partiality for them. Lalange, the distinguished French astronomer, used to catch them and greedily devour them. So did the celebrated authoress, Anna Mair Schurmann; and a certain well-known German philosopher, now living, has so depraved an appetite that he spreads them upon his bread and butter.

"In Germany, and in some parts of England, the famous black puddings are eaten by the laboring classes. They are made of lumps of fat and pigs' blood boiled together, and make, to one who has never seen anything of the kind, one of the most detestable of dishes."

## The Hydrotherapy of Typhoid Fever.

BY W. J. FAIRFIELD, M. D.

THERE has been a great change in the treatment of fevers since the days of Boerhaave. His theory of the cause of fever was that there was a lensor in the blood. The use of water either externally or internally was strictly proscribed, as productive of great harm. Indeed, we might say there has been a remarkable change in the treatment of fevers within the last few years. Perhaps in no department of disease has assiduous study been attended with more happy results than in that of fevers. As the different fevers have become better known, the treatment has been modified to the variety. In that of malarial origin, quinine has become almost the specific remedy. Although it is valuable in typhoid, we have another, more abundant, and cheaper remedy, which is always at hand, and which, if not now, is destined to become an important factor in the treatment of this prevalent and most formidable disease. If it is a fact that the principal element of danger is the high temperature, and the majority of fatal cases would seem to show this, certainly an antipyretic is indicated. Water, the most abundant element in nature, stands at the head of antipyretics, and proves itself a very efficacious remedy in the treatment of typhoid fever.

Currie, in his day, was very successful in the treatment of fevers; and who can avoid the conclusion, after reading his medical reports, that his success was largely due to water, which he employed? His, we should say, was rather harsh and heroic treatment, yet effective we can hardly doubt, from the attending results. An affusion of several bucketfuls of sea-water at a temperature of 44° F. or thereabouts, one might reasonably consider as too much of a shock for even a well person to endure; and it is not surprising that such a use of water has not become more popular. No one, however, can accuse Currie of being rash in the use of water, or ignorant of its power. He was very careful as to the conditions that indicated its use. He considered it beneficial to apply the douche at any time of the day under the following conditions, which, he states, are of the utmost importance: "When there is no sense of chilliness present; when the heat of the surface is steadily above what is normal; when there is no general or profuse perspiration." These considerations led him to adopt the hours from six to nine in the evening as the safest and most advantageous time for the treatment. However, under these restrictions, the cold affusion

may be used at any period; but its effects will be more salutary in proportion as it is used earlier in the fever.

During the course of his experience, Currie found that tepid water, by causing a more copious perspiration, lowered the temperature more effectually than cold. As a further explanation of this fact, he says: "The tepid affusion is little if at all stimulating, and does not, like the cold affusion, rouse the system to those actions by which heat is evolved and the effects of external cold resisted." His method of treatment was almost if not wholly confined to the cold or tepid douche. This he applied vigorously while the fever was at its height, discontinuing it only when the temperature became sufficiently reduced. In this manner he treated seven cases of continued fever at the Liverpool infirmary, all of which resulted in recovery. About four years later, in a regiment of troops during an epidemic of typhoid fever, he treated fifty-eight cases. Fifty-six, being treated with the cool or tepid douche, recovered; and with more than one-half of these the disease was greatly shortened. The remaining two, who were not treated with the douche, died.

For some reason, his method fell into disuse, and it was not until late years that water was made prominent by the profession as a remedial agent in fevers. But however much has been advanced upon this subject since the time of Currie, the conditions which he pointed out as a guide to its use are the guide to its use to-day. The advancement made is almost, if not wholly, due to improved methods of application, whereby the inconvenience and shock to the patient are lessened, while at the same time the full benefit of this agent as a reducer of heat is secured.

The full bath is at the present time regarded as one of the most effective forms of using water. In Liebermeister's article on typhoid fever, preference is given to this form of bath as being the most effective. The temperature for the bath he recommends at about 68° F., and the duration about ten minutes. Yet variations from this may be demanded according as the case may be. Very fleshy patients can bear the bath cooler and longer than is ordinarily given, and *vice versa* for very lean persons. Women, as a rule, are less susceptible to the cool bath than men, owing probably to the greater amount of adipose tissue just beneath the surface. It is recommended by some that the bath, beginning with 95° F., be gradually cooled down to 72° or below. This is rather a milder form of the bath, and should be employed with nervous and very weak patients. Liebermeister in severe cases recommends the

employment of the bath every two hours, continuing it night and day so long as necessary to control the fever. One case he mentions in which two hundred baths were given during the course of the disease. As a rule, the temperature should not be allowed to exceed  $103^{\circ}$  per rectum, or  $102^{\circ}$  per axilla, this degree of heat, as ascertained by the thermometer, being the guide for the use of the bath as recommended by Liebermeister. As stated by Ziemssen and Immerman, about seven o'clock p. m. is the time the bath produces the greatest fall of temperature. This is about the time the daily exacerbation has reached its height, and declination has begun. They consider early in the morning, between the hours of five and eight, as the next best time; and after this, between one and two p. m.

Next to the full bath, the wet-sheet pack may be mentioned; and although the lowering of the temperature may not be so quickly obtained, yet it is a very effective mode of treatment, and has its advantages over the full bath in that it requires no bath-tub, and but a comparatively small amount of water, and can be given without removing the patient from the bed. It can be made as effective as the cold bath by sprinkling cool or tepid water over the body while in the pack with the hand or with a watering-pot. In doing this it would be well to protect the bed from the water by putting a rubber blanket under the patient.

Frequent sponging of the body with cool or tepid water may be made very effective. Indeed, when sufficiently often repeated it may not be necessary to employ any other form of bath; but should it not be sufficient to control the fever, there should be no delay in using the full bath or the pack. Cold compresses to the head, chest, abdomen, and spine, are of no little service in modifying symptoms, and no doubt have some influence in reducing the general temperature. The abdominal tenderness, tympanites, etc., are greatly relieved by thorough fomentations over the part, changed once in three to five minutes and continued fifteen or twenty minutes at a time. This should be repeated once or twice or oftener during the twenty-four hours, as the symptoms demand. During the intervals, the cold compress should be kept on over the abdomen, and changed frequently enough to keep cold. Ice, finely broken up, may be put in between the folds of the compresses if the fever is running high.

Cold water may be drunk as frequently and freely as the patient desires; and though after the early stage of the disease his blunted sensibilities may not lead him to call for it, yet his parched lips and feverish condition

should be sufficient evidence to the intelligent nurse that he needs draughts of cool, fresh water from time to time. Water to be used by the patient should never be allowed to stand in the sick-room.

One objection to the use of the water treatment, raised alike by physician and laity, is that it exposes the patient to danger of catching cold; and the fear of such a result debars its use many times. But we have the weighty authority of Liebermeister, Jürgensen, Flint, and others, that there is no danger whatsoever of producing such a result, and that the direct abstraction of heat in this way is the proper treatment. Jürgensen refers directly to this point in speaking of a case of pneumonia. He says: "A patient with pneumonia requires, in the first place, fresh air. This should be provided if possible without producing a current of air; but if I have to choose between bad air and a draught, I choose the latter, and my patients do well. I allow them even to bathe under these circumstances, and find that the exposure of the naked skin to a draught as they come out of the bath does them no harm. The circumstances of my polyclinic patients frequently compel me to put up with such primitive methods in the presence of a draught from a broken window or an open door, and yet I comparatively rarely see the classical 'complications from cold,' bronchial catarrh, pleuritis, pericarditis, etc. Nor have I noticed that such sequelæ as chronic pneumonia, phthisis, etc., were apt to occur from this cause. Hence, in case the abstraction were necessary and no water were to be had, I would not hesitate to expose my patient to cold air until the necessary amount of cooling was obtained. This procedure would subject him to much more discomfort than would result from the water-bath, but I am certain it would do him good."

Last summer I particularly observed the good effects of the water treatment, as seven cases of typhoid fever came under my observation, with all of whom the water treatment was employed. The plan of treatment throughout in these cases was good nursing with proper hygienic surroundings, wet-sheet packs occasionally as the temperature would indicate, frequent sponging of the body with tepid water, and cold compresses applied to the head, chest, and abdomen, and in a few cases, to the spine. Fomentations to the abdomen were applied from time to time. The thermometer was frequently used as the indicator of the intensity of the fever, and the treatment modified accordingly.

In all these cases, though the fever ran its regular course, and was quite severe, there

was scarcely any delirium, and the heart was not weakened so that it demanded supportive treatment; hence no stimulants were used. There were no important complications in any instance, and all made rapid recovery when convalescence was once established.

From a study of these cases we would draw the following conclusions:—

1. That the application of the cold compresses together with the frequent sponging, though comparatively ineffectual if intermitted, have, when continuously applied, a controlling influence upon the temperature, keeping it within moderate bounds.

2. That the continued application of the cold compresses to the head and spine seldom fail to prevent delirium, and greatly add to the comfort of the patient by subduing the severe headache which is so constant a symptom.

3. That probably the fomentations over the abdomen, followed by the cold compresses constantly applied, have an influence to prevent hemorrhage and perforation.

4. That the brain, heart, and other organs, are by this treatment so protected from the high temperature that their tone and vigor are in a great measure preserved; thus guarding against the danger of a failure of the strength of the patient, and a death from asthenia.

5. That the general strength being so preserved, the patient, when convalescence is once established, rapidly recovers his wonted vigor of both mind and body.

#### The Candy-Maker a Poisoner.

[WE have often called attention to the dangerous poisoning of candies by the use of poisonous coloring matters. Numerous instances of sudden and serious illness have occurred in consequence of eating candies of this sort. Many have been contented to be satisfied with the assurance of the confectioner that his candies were pure. The following article from the *Scientific American* shows by the testimony which it quotes that all colored candies are thus poisoned. Certainly few will be so obtuse to the vital interests of life and health as to continue to indulge in the use of deadly poisons, even though they are served up in such fascinating forms as "cream drops," "lozenges," etc.—Ed.]

Should the dealer in paints for decorative purposes, tiring of his vocation, suddenly

conceive the idea of exposing for sale bucketfuls of brilliantly colored, ready-mixed paints as newly discovered but extremely toothsome and healthful substitutes for our present articles of dessert, as well as harmless and delicious offerings to the candy-loving maiden and child, it is quite probable that the public, with its own convictions as to "the eternal fitness of things," would promptly spurn the proffered products of this new-fledged industry, and look with extreme pity, if not contempt, on the chemist who should rashly lend his name to testimonials asserting their harmlessness. And yet, if we are to believe the testimony of "experts" recently given in the Supreme Court of Massachusetts, at Boston, the trade of the confectioner would seem, in some cases, to be separated by but few removes from that of the colorman; the paints of the latter being mixed with linseed oil, while those of the former—identical in composition—are prepared for "internal use" with the more palatable materials, sugar and starch. This, of course, is a distinction; but, as far as the health and safety of the public are concerned, with very little difference.

The trial referred to was that of a Boston firm of confectioners on the charge of manufacturing and selling candy adulterated with chrome yellow, or, more accurately speaking, chromate of lead. In view of the poisonous nature of this pigment, to which we shall presently refer, the evidence elicited from the witnesses was remarkable. A former member of the firm, who had been in the confectionery business for twenty-five years, stated that he had made a specialty of the lozenge department, and had never known a case of injury to a person arising from chromate of lead, and had never heard of any complaint against it. He had always been in the habit of eating lozenges freely, and although he should probably not relish a grain and a half of chromate of lead, yet at the same time he should not consider it dangerous. One of the workmen testified that chrome yellow was used in nearly every large establishment in New York, and he, together with other workmen, had been in the habit of eating the raw article. He had no doubt that he had eaten between one and two grains at a time, and never considered it dangerous to the extent it was used in making lozenges. One of the members of the firm testified that he was familiar with the confectionery business, both in this country and in Europe; he had always taken the greatest precautions to have lozenges made pure (?), and, to the best of his knowledge, chrome yellow was very extensively used in this country; it was used to



produce a harmony of color. By inquiry and observation he had taken pains to ascertain if chrome yellow was injurious, and among the chemists he had consulted was Dr. Liebig, in Europe.

The object of the defense in this trial seemed to be to prove that not only is chromate of lead (which includes "chrome yellow," "chrome green," "orange chrome," and the "American vermilion" of some manufacturers) not poisonous, but that even if it were so, the small quantities in which it is used would render it harmless. In regard to the first proposition we may refer to a very recent case reported in the *Boston Medical and Surgical Journal* under the head of "Toxicology," where we find the following cases of poisoning by the inhalation of dust containing chrome yellow. The *Journal* says:—

"Leopold reports five cases of this form of poisoning, one of which proved fatal. The patients were employed in weaving cloth, colored with chrome yellow (chromate of lead), which was quite loosely applied to the thread, so that a portion of the pigment was easily detached and became diffused throughout the air of the room. The patients were affected with a yellow-coated tongue, yellow sputa, loss of appetite, malaise, in some cases vomiting, pain in the region of the stomach and umbilicus, obstinate constipation, and debility. The feces were yellow. These symptoms disappeared in a few weeks after the removal of the cause, except in the case of an infant nine weeks old, who died in six or eight days after the beginning of the symptoms, which, however, did not appear until three weeks after exposure to the infected atmosphere. The symptoms in this case were fever, restlessness, shrieking, several yellow fluid stools daily, redness of the skin over the chest and abdomen, parched lips, and, just before death, short respiration.

"After death there were found inflammation and perforation of the stomach, the same appearances which were seen in the two cases previously reported by Dr. Von Linstow, caused by ingesting the chrome yellow. None of the poison could be detected in any of the organs except the lungs, in which 3.6 milligrammes (0.055 grain) were found."

As to the second proposition, the small quantity used; there are but two or three salts of lead that as medicines are adapted for internal administration; and, when it becomes necessary for the physician to employ them in this manner, he uses them cautiously, and in what are called "medicinal doses," for it is well known that continued doses of exceedingly small quantities are the

very ones that produce all the dangerous constitutional effects of the lead.

Familiarity with poisons, as with other things, is apt to breed carelessness in handling, if not contempt for their effects; and, because the worker among them testifies to their innocuousness to his own system when self-administered, it by no means follows that the practice is a safe one to recommend to the public. At all events, no such testimony as we have referred to above will serve to remove the prejudice that exists in the minds of parents against allowing their children to be fed on substances that are known to be injurious.

### Grapes as Food.

ALTHOUGH not containing a large percentage of nutrient matter, grapes are among the most wholesome as well as palatable of all the fruits. Their cooling properties are very grateful to patients suffering with fever; and they will often be tolerated when all other food is rejected.

The grape reaches its perfection under the sunny skies of Southern climes; yet many varieties may be successfully cultivated in this latitude, with proper care. Many who attempt the cultivation of the grape, with small fruit of various kinds, become discouraged by failures, which might be wholly obviated by giving a little attention to the art of grape culture. The following very practical rules for the management of this most excellent fruit were presented by Dr. Whiting at the Farmers' Institute, recently held at Saginaw, Mich. :—

"The soil best suited for the grape is decomposing shale, but any good clay soil thoroughly drained will do.

"The ground should be carefully prepared, and only well-rotted manure used.

"Decomposing turf is one of the best fertilizers; when it can be obtained, no other will be required.

"The vines selected for planting should be good one-year-old layers or cuttings. They may look small, but will make the best vines.

"Good culture is as necessary to the vine as to corn or cabbage.

"Mulching and watering the first year should not be neglected if drought is excessive. One good soaking is better than many sprinklings. More water can be saved with a hoe than can be put on with a sprinkler.

"In planting, cut the vine back to two buds, whatever its strength or age.

"Summer pruning consists in pinching off weak and straggling shoots in order to confine the sap to the main branches.

"The first summer allow but one main shoot to grow. In the fall, after the first frost, cut all the summer growth back to within two buds of the ground.

"The second year confine the sap to two branches, and in the fall cut back to three buds each.

"The third year, if your vine has made vigorous growth, a few stems of grapes may be allowed to mature, but better take off all the fruit than to suffer too much to grow.

"Too heavy bearing while young will weaken the vine for all future time. The trimming now depends on what kind of trellis you wish to cover.

"After you have obtained a good, vigorous root, you can make it grow in almost any place or shape you wish, by keeping the branches desired tied up, and all the others pinched back.

"Each year a few of the strongest branches should be allowed to grow as bearers of fruit the following year.

"In trimming, cut away as much of the old wood as possible, and save the new, as all the fruit-buds are on the new wood.

"You can easily tell how much to cut away by holding your new wood up to the trellis, and imagining a branch with three stems of grapes for each bud.

"If you do not cut off enough in the fall, and you find that the vine is going to be too thick, do not fail to attend to it when the new shoots are from three to six inches long, in the spring, or while in blossom. As soon as the fruit is set, examine the vine; spread out the new wood so that each bunch of grapes will hang free and clear; pick off all the small stems of fruit, and fasten the vines securely, so that the wind will not destroy your crop by breaking the young and tender branches.

"When the wood has grown so that there are three leaves beyond the last bunch of grapes, examine the vine, select the branches you wish to save for fruit-bearing the coming year, and keep them tied up until they have grown as long as you wish to make use of. The ends of the other bearing branches should be pinched off as soon as they reach this point, 'three leaves beyond the last stem of grapes.'

"Break off all shoots and laterals as fast as they make their appearance, but on no account injure the leaves on the bearing canes.

"The fruit will color but not ripen if the leaves are destroyed.

"Grapes for fall and winter use should be picked as soon as ripe, and when perfectly dry packed in fine, dry sawdust. Select your box or jar, cover the bottom with sawdust, then put in layers of grapes and sawdust alternately until full. Keep them in the coolest place you can find free from frost, until wanted for use."

**Eating Horse-Flesh.**—"Hippophagy" is announced to be formally introduced into England. Horse-flesh was a staple article of diet, we are told, even in Europe, before the introduction of Christianity, and was only relinquished at the earnest desire of the early Christian missionaries, who opposed its use "as a mark of paganism." Owing to M. De-croix, horse-flesh is now sold in a number of shops in all the large towns in France, and a shop is opened or to be opened for its sale in Leicester Square, London. The "movement" comes in a humanitarian dress—it is out of pure friendliness for the horses and for the poor. The horse, they say, is of all animals the cleanest feeder. He is "most fastidious as to food and water—in these respects contrasting most favorably with the pig or even the ox." His flesh is also "less liable to diseases." Every precaution is to be taken. Before the animals are slaughtered "they will be carefully examined, and the carcass will be closely inspected when dressed—a guarantee which is not given with the flesh of other animals sold in the meat market." Indeed, if we are to believe Mr. Alfred Fleming, a veterinary surgeon in Her Majesty's Life Guards, who has been advocating hippophagy in the columns of the *Animal World*, "we could not give greater proof of the esteem in which we hold this noble and useful animal than by consuming his flesh, and thus transforming him into part and parcel of ourselves"!—*Dietetic Reformer* (England).

**Apple Superstitions.**—The ancient Arabians believed that the apple had some mysterious relation to health. In England and Germany it has been deemed potent against warts. Sometimes it is regarded as a bane: in Hessa it is said an apple must not be eaten on New Year's day, as it will produce abscess. In Pomerania it is eaten on Easter morning against fevers; in Westphalia (mixed with saffron), against jaundice; while in Silesia an apple is scraped from the top to cure diarrhea, and from the bottom to cure constipation.

**A Startling Picture.**—The New York *Medical Journal*, a high authority, gives the following statistics:—

“Within the last ten years the use of spirits has,

“1. Imposed upon the nation a direct expense of six hundred millions.

“2. Has caused an indirect expense of seven hundred millions.

“3. Has destroyed three hundred thousand lives.

“4. Has sent one hundred thousand children to the poor-house.

“5. Has committed at least one hundred and fifty thousand people to prisons and work-houses.

“6. Has determined at least one thousand suicides.

“7. Has caused the loss by fire or by violence of at least ten millions' worth of property.

“8. Has made two hundred thousand widows and one million orphans.”

**Poisonous Wall-Paper.**—The frequent warnings given to the public during the past few years against the use of green wall-paper (the colors of which are usually arsenical) have produced the popular impression that in the selection of paper for interior decoration this color was the sole one to be feared. But in a lecture on “Poisonous Wall-Paper,” delivered a short time since before the Manchester Chemists and Druggists' Association, by Mr. Siebold, the lecturer stated that out of sixty or seventy papers of various colors—blue, red, brown, pink, etc.—analyzed by him, ten only were harmless, the rest containing arsenic. The result, therefore, of Mr. Siebold's investigations should have the effect of rendering the heads of families suspicious of some of the most innocent looking colors.

**Delightful Disinfectants.**—We are informed that some of our most fragrant flowers are really disinfectants. Those which develop the largest quantity of ozone are said to be clover, lavender, cherry, laurel, and bergamot. Flowers having no perfume are said not to develop it, and those having but little perfume develop it only in small quantities. These facts have been discovered by an Italian professor, and a writer commenting on them says that the cultivation of flowers in marshy districts and in all places infested with animal emanations would be highly favorable to health.—*Health Monthly*.

**Keep the Baby Cool.**—To squall is the prerogative of the baby. Especially does it insist on its prerogative in the cars. Why is it? Look at the average baby in arms that goes on a journey. It is fairly bundled to suffocation. At home, baby goes bare-legged and bare-necked, and is happy because it is cool. On a journey, baby is wrapped and bundled and swaddled and swathed and flanneled, and cloaked, shawled, and hooded, until there's scarce an ounce of baby to a pound of swaddle. Mothers do not seem to have any notion that a baby can be too warm. Let them try the cooling-off process, unbundle the child, give it lung room and limb room, get its blood down to a normal temperature, and give it a drink of water; stop its frizzling and frying, and observe the effect. Babies aren't salamanders. They don't require as much heat as an adult, within ten degrees. But the average mother, in her mistaken kindness and ignorant love, does not stop to consider that fact, but piles on an amount of clothing that would be unendurable to an adult, and then wonders, and perhaps scolds, because her infant remonstrates against the torture her own hands have inflicted.—*Sel.*

**To Sweeten the Breath and Cleanse the Teeth.**—Always clean the teeth at night, just before retiring. Scrub the teeth with a hard brush, using little, if any, soap; sprinkle on a very little pulverized borax; until the gums are hardened, and become accustomed to the use of borax, rinse the mouth often with borax water; it prevents it from becoming sore or tender. If artificial teeth are worn, cleanse them thoroughly with borax, and when convenient, let them remain in borax-water all night; it will purify them and help to sweeten the breath.—*Philadelphia Times*.

—The following “death-notice” is translated literally from a Zurich newspaper:—

“I communicate to all my friends and acquaintances the sad news that at 3 P. M., tomorrow, I shall incinerate, according to all the rules of art, my late mother-in-law, who has fallen asleep with faith in her Lord. The funeral-urn will be placed near the furnace.

“The profoundly afflicted son-in-law,  
“BRANDOLF-LICHTLER.

“Zurich, Aug. 3.”

—A clergyman has said that modern young ladies are not the daughters of Shem and Ham, but of Hem and Sham.

# LITERARY MISCELLANY?

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

## UNSPOKEN WORDS.

THE kindly words that rise within the heart,  
And thrill it with their sympathetic tone,  
But die ere spoken, fail to play their part,  
And claim a merit that is not their own.  
The kindly word, unspoken, is a sin,—  
A sin that wraps itself in purest guise,  
And tells the heart that, doubting, looks within,  
That not in speech, but thought, the virtue lies.

But 'tis not so: another heart may thirst  
For that kind word, as Hagar in the wild,—  
Poor unished Hagar,—prayed a well might burst  
From out the sand to save her parching child.  
And loving eyes that cannot see the mind  
Will watch th' expected movement of the lip:  
Ah! can ye let its cutting silence wind  
Around that heart, and scathe it like a whip?

Unspoken words, like treasures in the mine,  
Are valueless until we give them birth:  
Like unished gold their hidden beauties shine,  
Which God has made to bless and gild the earth.  
How sad 'twould be to see a master's hand  
Strike glorious notes upon a voiceless lute—  
But oh! what pain when, at God's own command,  
A heart-string thrills with kindness—but is mute!

Then hide it not, the music of the soul,  
Dear sympathy, expressed with kindly voice;  
But let it, like a shining river, roll  
To deserts dry,—to hearts that would rejoice.  
Oh! let the symphony of kindly words  
Sound for the poor, the friendless, and the weak,  
And He will bless you,—He who struck these chords  
Will strike another when in turn you seek.

—Sel.

## The Apostasy of Solomon.

### THE LESSON OF HIS LIFE.

BY MRS. E. G. WHITE.

THE book of Ecclesiastes was written by Solomon in his old age, after he had fully proven that all the pleasures earth is able to give are empty and unsatisfying. He there shows how impossible it is for the vanities of the world to meet the longings of the soul. His conclusion is that it is wisdom to enjoy with gratitude the good gifts of God, and to do right; for all our works will be brought into judgment.

Solomon's autobiography is a mournful one. He gives us the history of his search for happiness. He engaged in intellectual pursuits; he gratified his love for pleasure; he carried out his schemes of commercial en-

terprise. He was surrounded by the fascinating splendor of court life. All that the carnal heart could desire was at his command; yet he sums up his experience in this sad record:—

"I have seen all the works that are done under the sun; and, behold, all is vanity and vexation of spirit. That which is crooked cannot be made straight; and that which is wanting cannot be numbered. I communed with mine own heart, saying, Lo, I am come to great estate, and have gotten more wisdom than all they that have been before me in Jerusalem; yea, my heart had great experience of wisdom and knowledge. And I gave my heart to know wisdom, and to know madness and folly; I perceived that this also is vexation of spirit. For in much wisdom is much grief; and he that increaseth knowledge increaseth sorrow. I said in mine heart, Go to now, I will prove thee with mirth, therefore enjoy pleasure; and, behold, this also is vanity. I said of laughter, It is mad; and of mirth, What doeth it? I sought in mine heart to give myself unto wine, yet acquainting mine heart with wisdom; and to lay hold on folly, till I might see what was that good for the sons of men, which they should do under the heaven all the days of their life. I made me great works; I builded me houses; I planted me vineyards. . . . So I was great, and increased more than all that were before me in Jerusalem; also my wisdom remained with me. And whatsoever mine eyes desired I kept not from them, I withheld not my heart from any joy; for my heart rejoiced in all my labor; and this was my portion of all my labor. Then I looked on all the works that my hands had wrought, and on the labor that I had labored to do; and, behold, all was vanity and vexation of spirit, and there was no profit under the sun."

The errors and follies of the present time are an exaggerated repetition of those of past ages. One generation after another give themselves up to the vain pursuit of peace and happiness in the world, a pursuit which ends in disappointment, and too often in despair. The way of true happiness remains the same in all ages. Patient continuance in well-doing will lead to honor, happiness, and eternal life.

Solomon sat upon a throne of ivory, the steps of which were of solid gold, flanked by six golden lions. His eyes rested upon highly cultivated and beautiful gardens just before him. Those grounds were visions of loveliness, arranged to resemble, as far as possible, the garden of Eden. Choice trees and shrubs, and flowers of every variety, had been brought from foreign lands to beautify them. Birds of every variety of brilliant plumage flitted from tree to tree, making the air vocal with sweet songs. Youthful attendants, gorgeously dressed and decorated, waited to obey his slightest wish. Scenes of revelry, music, sports, and games were arranged for his diversion at an extravagant expenditure of money.

But all this did not bring happiness to the king. He sat upon his magnificent throne, his frowning countenance dark with despair. Dissipation had left its impress upon his once fair and intellectual face. He was sadly changed from the youthful Solomon. His brow was furrowed with care and unhappiness, and he bore in every feature the unmistakable marks of sensual indulgence. His lips were prepared to break forth into reproaches at the slightest deviation from his wishes.

His shattered nerves and wasted frame showed the result of violating Nature's laws. He confessed to a wasted life, an unsuccessful chase after happiness. His is the mournful wail, "All is vanity and vexation of spirit." "Woe to thee, O land, when thy king is a child, and thy princes eat in the morning. Blessed art thou, O land, when thy king is the son of nobles, and thy princes eat in due season, for strength, and not for drunkenness! By much slothfulness the building decayeth; and through idleness of the hands the house droppeth through. A feast is made for laughter, and wine maketh merry; but money answereth all things."

It was customary for the Hebrews to eat but twice a day, their heartiest meal coming not far from the middle of the day. But the luxurious habits of the heathen had been engrafted into the nation, and the king and his princes were accustomed to extend their festivities far into the night. On the other hand, if the earlier part of the day was devoted to feasting and wine-drinking, the officers and rulers of the kingdom were totally unfitted for their grave duties.

Solomon was conscious of the evil growing out of the indulgence of perverted appetite, yet seemed powerless to work the required reformation. He was aware that physical strength, calm nerves, and sound morals can only be secured through temperance. He

knew that gluttony leads to drunkenness, and that intemperance in any degree disqualifies a man for any office of trust. Gluttonous feasts, and food taken into the stomach at untimely seasons, leave an influence upon every fiber of the system; and the mind also is seriously affected by what we eat and drink.

The life of Solomon teaches a lesson of warning not only to the youth, but also to those of mature age. We are apt to look upon men of experience as safe from the allurements of sinful pleasure. But still we often see those whose early life has been exemplary being led away by the fascinations of sin, and sacrificing their God-given manhood for self-gratification. For a time they vacillate between the promptings of principle, and their inclination to pursue a forbidden course; but the current of evil finally proves too strong for their good resolutions, as in the case of the once wise and righteous king, Solomon.

But Solomon addressed himself especially to the young in this urgent appeal: "Remember now thy Creator in the days of thy youth, while the evil days come not, nor the years draw nigh, when thou shalt say, I have no pleasure in them." He concludes thus: "Let us hear the conclusion of the whole matter: Fear God, and keep his commandments; for this is the whole duty of man. For God shall bring every work into judgment, with every secret thing, whether it be good, or whether it be evil."

Dear reader, as you stand in imagination on the slopes of Moriah, and look across the Kidron valley upon those ruined pagan shrines, take the lesson of the repentant king home to your heart, and be wise. Make God your trust. Turn your face resolutely against temptation. Vice is a costly indulgence. Its effects are fearful upon the constitutions of those whom it does not speedily destroy. A dizzy head, loss of strength, loss of memory, derangements of the brain, heart, and lungs, follow quickly upon such transgression of the rules of health and morality.

Genius and crime make a sad combination, which we too frequently see in those who have given up God in pursuit of the world. Many of our youth who are highly gifted go astray. Falling under temptation, they become the slaves of appetite and passion. Virtue and integrity are destroyed in them; vice becomes a tyrant, driving its victims from one excess to another, until reason, self-respect, family affection, and eternal interests, plead in vain for reform. It is not easy to regain the reins of self-government, when they are once surrendered to the baser passions.

Parents may learn a lesson from the history of Solomon. Their course of action in training their children for the duties of life, will remain as a living testimony of them when they are in their graves. There is no surer way to ruin children, both in body and soul, than to surround them with luxuries, provide them with plenty of money, allow them to frequent billiard tables, theaters, festivities, and other demoralizing scenes of amusement, to drink wine, and spend their time in delicate idleness. Reared in this way they do not feel the necessity of being able to support themselves, are devoid of energy in useful employment, avoiding systematic labor, having no respect for parents, or attachment for home. What will be the future of society and the State, if such men are chosen to offices of responsibility and trust? With no proper balance of conscience or principle, they will become the leaders and instigators of iniquity in high places, or the tools of other unprincipled and more daring men. The interests of community will not be held sacred by them; and they will sacrifice everything to their ruling desire.

Parents, let us rear our children in such a manner that our memory will not be to them as a Mount of Offense, as they look back upon a misspent life, the result of their injudicious training at our hands.

Let them rather look back upon a happy parental home, where vice of any sort was not tolerated, and where the law of kindness and right ruled, and the fear of the Lord was taught to be the beginning of wisdom.

Abraham pitched his tent, and by its side erected his altar. The tent was afterward removed, but the altar was enduring. Those memorable stones remained as a monument of his righteousness and devotion, and commemorated in the minds of his children, and children's children, the integrity of their father Abraham. There he had prayed, and made his vows to God. There angels had visited him with messages of mercy. Sacred spot indeed, where the weary pilgrim might send up his cry to Heaven for purity and holiness of heart. Mark the contrast between those memorials, and the ruins upon the Mount of Offense, which testified, for many generations, to the apostasy of Solomon.

Christian parents, shall the testimony of your lives, in the persons of your children, speak honorably of you when your voice is silent in the grave, or shall your mistakes and sins be perpetuated in your children, as a warning to others, and a blot upon your memory?

### Peter's Training.

[MANY who peruse this may console themselves that they are not guilty of encouraging drunkenness in the way described; but it is worth while to consider if it may not be possible that by daily indulgence in the use of highly seasoned articles of food, stimulating condiments, and "rich" pastries, the foundation may not be laid for the same terrible evil.—ED.]

"Ah, sir, but it is a comfort that he never saw drunkenness under his father's roof!" was the remark made to me a short time ago, by a young lady, as I stood gazing upon the perfect wreck of a young man who lay on a pallet of straw, suffering from an attack of *delirium tremens*. It was her brother, to whom she still clung with sisterly affection, notwithstanding his profligacy. Finding I could render no relief, with a sorrowful heart I withdrew from the affecting spectacle, pondering over the words, "He never saw drunkenness under his father's roof!" Was it true that his father's house had nothing to do with his present condition? Let us look at the training he there received; for to become a drunkard it is not necessary to see drunkenness.

The habits of that family, as subsequently learned, were as follows:—

It was the custom of the parents to use intoxicating liquors in what is called moderation, and occasionally to allow their children to partake with them. These drinks were always introduced at dinner, in the form of ale, porter, and wine, when the children had their share of some of them. Then when parties were invited to dinner or supper, and this habit of drinking was carried to its fullest extent, the children were led to believe that the persons invited on these occasions were the particular friends of their parents; and the preparations made induced them to suppose that it was their wish to make the visit as happy a one as possible, and that to do so the drink must be circulated.

This course went on from year to year; but as the children grew up, the fruits of the system were seen in the irregularities and bad conduct of some of them. One of the sons, the oldest, had formed a strong appetite for intoxicating liquors, as well as for the gay society of companions like himself; and sometimes he came home late at night under the influence of liquor. The poor mother was the first to perceive the evil courses of her favorite son, and hoping to be able to stop him before he went farther, concealed

them for a while from the father. But all her tenderness and persuasion could not induce the young man to stop, and he proceeded farther and farther, until she could no longer hide the case from her husband. With tears she now disclosed the awful facts of the conduct of their unhappy child, and the fruitlessness of her efforts to reclaim him. The father then became angry with both wife and son, and declared that if he did not reform he should quit the house.

The young man was called in, examined, entreated, and at last threatened. Making some confessions, he promised to amend. For a while there was an improvement in him; but the temptations to which he was still exposed in his father's house, and the love of his former indulgences, were too powerful; he soon went back to his old habits, and became worse than before. At last, the enraged father could bear with him no longer, and in a passion drove him from the house, telling him to go where he pleased, but not to disgrace him. The young man, now left to himself, and reckless of all consequences, having lost all self-respect, as well as all regard for the good opinion of others, plunged deeper and deeper into the vortex of pleasure, until he was brought down by *delirium tremens* to the gates of death.

In this condition I was called to see him. The parents were informed of the situation of their outcast child, and would now do anything to save him. But it was too late! Most devotedly did his sister wait upon him, till she closed his eyes in death. True, it may have been that "he never saw drunkenness in his father's house." But was there no connection between his training in that father's house and his miserable end? On the following day—the heart-stricken mother being unable to endure the sight—the father alone went with me to the bedside of the dying youth; but what an object there presented itself to his view! He could hardly recognize the features of his own son, and for a while could give no expression to the feelings which agitated his breast. But he must speak, for it is the last opportunity which he shall ever have of addressing this lost child—and he must speak as becomes a man and a father under such circumstances.

"Son," said he, "you have fallen low indeed, by the evil life you have followed. Where did you learn the habit of intemperance, which has reduced you to this condition?"

"Father," the young man replied, with a faltering voice, "I learned it in your house. Not that you tempted me to be a drunkard, but you taught me to like intoxicating drinks,

and you showed me, by your example, that I could safely use them. I acquired the love for such things at your own table, but I have not been able to keep within those bounds of moderation which you have preserved, and I die a victim to intemperance first begun in my father's house!"

Was it right to put all the blame upon the unhappy son, and to refer to his evil companions as the cause of his disgraceful career? Sad, indeed, was the meeting between father and son—as the latter was about to enter the eternal world! Educated as this young man had been from his infancy, regularly trained as he was, by a father's example, to be a lover of strong drink, surrounded by so many ensnaring influences, who does not see that the parents themselves were the prime teachers of his bad habits?

The case of this young man is not a rare one. Innumerable are the homes and hearts ruined by the fireside usages and examples of inconsiderate parents,—parents otherwise estimable, loving, tender, prayerful;—but they will drink, moderately it may be, but nevertheless they drink, and have reared up those who drink under their own roof-tree, and unintentionally hastened many an ardent young soul to destruction. "A teaspoonful of rum toddy brought me to this," said a young man a few days before his execution; and on being asked to explain himself, continued: "When a child, my father was in the habit of taking me on his knee at dinner time, and giving me one teaspoonful out of his glass; and by this means the taste for drink was acquired, under the influence of which I committed the crime for which I am about to suffer."

*Parents!* can you ponder such facts as these and feel that your children are safe while they see you drink? Think you that this father, after having laid in a drunkard's grave the wrecked form of his first-born, would again touch the intoxicating cup? Surely not!

A young lady was lately reckless enough to reach over Table Rock, which overhangs the Falls of Niagara, that she might pluck some flowers that grew upon its edge; but as she stooped she lost her balance, and—dreadful thought!—was dashed from that awful height to the abyss below! We almost think we hear her wild shriek and feel her giddy whirl. By-and-by a father comes to the spot, to gaze on that scene of unrivaled sublimity. The flowers attract the notice of his little child, and she too steps forward; but quick as thought the parental hand drags her back, while with all the eloquence of a father's voice he tells the fatal story.

*Fathers and mothers!* thousands of little ones have gone down a more awful gulf! Will you sport on its brink as if danger there were not? Or will the hand that drags back from temporal death furnish the means of more dreadful ruin?—*Temperance Tract.*

### The Murder of the Innocents.

[THE following, from the *Chicago Post*, presents one of the most glaring evils of the day in so vivid a light that we are glad to give it to our readers.—ED.]

It is questionable if the nineteenth century has much improved on the ways of Charles Lamb's "great and good King Herod." His was the summary method; ours is the slow, protracted agony that results in the "survival" of the strongest, if not of the "fittest." It would, at least, seem that mothers were then nearer the heart of Nature than mothers are now—"they mourned for their children, and would not be comforted, because they were not." The molding process had not begun. Those mothers were content, or would have been if their children had been left to them, with the little ones God had made. Now Fashion is called in to improve Nature; the training commences in the cradle, and ends either in the grave or the production of little men or women, with little vices of envy and jealousy, little affectations and little heartburnings, that ripen and grow until all the grace and sweetness and simplicity of childhood are lost.

Children are eminently imitative—the original monkey was not more so; they are close copyists of the models given them. Mrs. Smith does not look more jealously or critically at Madame Jones' diamonds than Baby Smith, under the high civilization forcing process, does at Baby Jones' bonnet. "The children's teeth are set on edge." We should have to preach a lay sermon longer than our limits allow, to demonstrate the almost incalculable ills that follow this training. The extravagance, the rottenness of society, the false glitter and show; the beginning of the end by which men and women are ruined, the sapping of the very foundations of truth, and honor, and honesty, are the natural and inevitable consequences of this *unchilding* of the children.

They are forced in hot-beds physically, intellectually, and morally. Clothes are instruments of torture; not a law of health or comfort is observed in the construction of their garments; they seem to be adopted from their very want of adaptability to any wise or san-

itary purpose. A pinched little foot, a naked or insufficiently covered leg, a bow or sash doing duty for warmth, with a profuse finish of laces, furbelows, embroideries, and the silly mother is content with the manikin she has made of the little child that came from Heaven "trailing clouds of glory."

Worse than all is the heated brain that stirs unhealthfully to receive and hold impressions that utterly falsify and poison life. The morals are corrupted before the first teeth are shed. After this, comes a crowning effort to intensify evil; the intellect is forced, and forced in unnatural channels and currents. Take as example the boy phenomenon, Shannon, who is so flamingly advertised as the wonder to burst upon us in another week,—a baby Chesterfield, a Burke in small clothes, a Webster in knee breeches; in plainer English, a startling and terrifying example of what can be done in the way of rapid and forced development by cupidity and over-training. There is a child, exceptionally bright and clever but a mere baby in years, astonishing senators and orators and critics with the perfectness of his eloquence. Blind Tom was less painful, for Tom was confessedly a musical freak of idiocy—his training was his own—it was a persistent endeavor for human outcry, so that we were measurably glad of his success. But there is no such sympathetic, spontaneous congratulation in the case of young Shannon. His is a rich young intelligence stretched to its very utmost. We do not wonder that Boston contemplates interference.

So, day by day, the current of artificiality in the lives of children swells, until a perfectly natural child seems a lost art. There are miniature Flora McFlimseys and Mrs. Grundys—there are sad-eyed Paul Dombey and overdone young phenomenons—but there are God's little children only in shanties and cottages and far-away sheltered farm-houses.

### Nothing to Do.

No complaint is more common in these days of "hard times" than that of "nothing to do." We never hear it without a feeling of envy springing up in our hearts for the precious time which the complainers are unable to utilize. To us it is incomprehensible how that in this busy world, with so many opportunities for doing offered on every hand, any one can for a moment be at a loss for something to do. The world is full of opportunities for useful labor, even for the



most unskilled, if their eyes are only open to see them, and their hearts and hands willing to embrace them. The *True Citizen* has the following good words on this subject:—

“The brave man or woman will always find something to do. I know a little woman who, by her husband’s illness, has been reduced to work for a livelihood. She will do anything which is honest. One week she does some copying. The next week she is at her sewing-machine; a friend’s eyes are weak, and she happened to say she was looking for a seamstress. At once our heroine (for are not such heroines?) stamped on her pride, which squirmed horribly and said, ‘Remember she was your bridesmaid, and does n’t know how very poor you are; you’d better pretend you know of a seamstress.’ Down came the foot, and the words were spoken bravely: ‘If I may take the work home, I shall be very glad to do it.’ Another time there is sudden sickness, and a nurse is required. She goes; and so, gradually, she acquires a reputation for intense earnestness in fulfilling her duty—that of earning money for her children—and, one thing leading to another, she learns how to support her family comfortably and with ease. Where there’s a will, one can generally find a way.”

**True Economy of Life.**—The true economy of human life looks at ends rather than incidents, and adjusts expenditures to a moral scale of values. De Quincey pictures a woman sailing over the water, awakening out of sleep to find her necklace untied and one end hanging over the stream, while pearl after pearl drops from the string beyond her reach; while she clutches at the one just falling, another drops beyond recovery. Our days drop one after another by our carelessness, like pearls from a string, as we sail the sea of life. Prudence requires a wise husbanding of time to see that none of these golden coins are spent for nothing. The waste of time is a more serious loss than the extravagances against which there is such loud acclaim.

There are thousands who do nothing but lounge and carouse from morning till midnight,—drones in the human hive, who consume and waste the honey that honest workers wear themselves out in making, and insult the day by their dissipation and debauch. There are ten thousand idle, frivolous creatures who are doing nothing but consume and waste and wear what honest hands accumulate, and entice others to live as useless and worthless lives as they do. Were every man and woman an honest toiler, all would have

an abundance, and half of every day for recreation and culture. The expenditure of a few dollars in matters of taste is a small matter in comparison with the wasting of months and years by thousands who have every advantage society can offer, and exact as a right every privilege it affords.—*Sel.*

**Easily Attained.**—There is not a house so shabby that it may not be improved by simple outside floral decorations, and converted into a bower of roses. Take that unsightly old rock, or that ancient stone wall that marks the straggling line of the ancestral acres next to the highway—a few roots of woodbine or ivy would convert it into a thing of beauty. Look at the unpainted wood house, its rough, gray boards suggesting unthrift as well as unloveliness; set a grape-vine clambering over it, and you transform it into a bower, and have fruit for your table or jelly for the good housewife’s store. There is no beauty at once so cheap and so blessed as the light of the sun; therefore, cut down some of the trees in your yard, if necessary, and let the health-giving sunshine into your dwelling. The girls can convert the stumps into pillars of morning-glories, or crown them royally with flower-baskets. On one side of the house mass a generous space with roses, and have beauty and fragrance from June till October. Do not leave even the back porch naked and desolate, but coax blossoming bushes or trailing vines over it, and in their shade the farmer can get new comfort from his evening rest and his paper. If all these little opportunities are improved as they offer themselves, the plain homestead will gradually develop into a thing of beauty, exercising a refining influence on the lives of its occupants.—*Sel.*

**What Happens when the Tide Comes in.**—The following selected paragraph gives a hint of the natural proclivities of the hog:—

The tide on the coast of Nova Scotia rises sixty feet. Every farmer on the lower land has a dike to keep the Atlantic Ocean from stealing his chickens. When the tide is out, many miles of fine pasture offer a tempting bite to the cattle. They have learned, however, to be cautious, for, when it comes in, the herd are put to their mettle to keep ahead of it. The pigs of Nova Scotia, differing from all their cousins, are especially shrewd on this subject. They follow the tide out closely to feed on the fish it strands in its rapid retreat. The finest runner takes the lead, keeping nearest the outbound wave, with one eye on

the crabs, and the other on the tide. The instant the tide turns, and takes its first landward steps, he sounds a shrill note of alarm. The moment it is given, the whole herd, without waiting for another bite, start for the highland, making such time as only Nova Scotian pigs can. They never get fat, as that would interfere with their agility and their mission in life, which is to keep ahead of the ocean.

**Grand Old Trees.**—The *Horticulturist* gives the age of some historical trees as follows:—

“In 1810, a noted tree, the Golynos oak, was felled near Newport, Monmouthshire. It was 28½ feet in circumference. Its bark sold for £200, its timber for £670. The rings (400) encircling its trunk indicated that it had been growing 400 years. The far-famed red oak of Mount Etna was precisely the same age. Four hundred years appears a venerable age even for a tree. Still there are many the longevity of which was greatly in excess of it, among the most celebrated of which were the following: Fig-tree of Damascus, 648 years; the Persian olive-tree, 700; olive-tree in Palestine, 719; olive in Asia Minor, 850; the Louisiana oak (still living), 1,000; yew-trees of Fountain Abbey, 1,200; yew-trees of Crowhurst, Berkshire, 1,400; sycamore of Heliopolis, 1,805; cedar of Mount Lebanon, 2,112; yew-tree of Fotheringay, Scotland, 2,500; yew-tree of Braburn, Kent, 3,000; sycamore of the Bosphorus, 4,010; the cypress of Taxodine, in Mexico, is said to be more than 5,000 years old. Its circumference was 117 feet, 10 inches.

**Friends.**—People who have warm friends are healthier and happier than those who have none. A single real friend is a treasure worth more than gold or precious stones. Money can buy many things, good and evil. All the wealth of a world could not buy a friend or pay you for the loss of one. “I have wanted only one thing to make me happy,” Hazlitt writes, “but wanting that, have wanted everything.” And again, “My heart, shut up in a prison-house of this rude clay, has never found, nor will it ever find, a heart to speak to.” We are the weakest of spendthrifts if we let one friend drop off through inattention, or let one push away another; or if we hold aloof from one for petty jealousy or heedless slight or roughness. Would you throw away a diamond because it pricked you? One good friend is not to be weighed against the jewels of the earth.—*Sel.*

**Be Cheerful if you Would Be Healthy.**

—Happy dispositioned people are generally healthy people. The mental condition has far more influence on the bodily health than is generally supposed. It is true that the ailments of the body cause depressing and morbid conditions of the mind; but it is no less true that sorrowful and disagreeable emotions produce disease in persons who, uninfluenced by them, would be sound in health. Agreeable emotions set in motion nervous currents which stimulate blood, brain, and every part of the system, into healthful activity; while grief, disappointment of feeling, and brooding over present sorrows or past mistakes, depress all the vital forces. To be physically well we must, in general, be happy. The reverse, however, is not always true; for one may be happy and cheerful, and yet be a constant sufferer in body. Still, even in those cases, cheerfulness will be found a wonderful lightener of pain.—*Sel.*

**A Great Evil.**—The foe of American social life is in the tendency to luxury and effeminacy among the well-to-do young women of our American cities and large towns. They do not realize how this dreadful mania for expensive pleasures, and a life of alternate idleness and amusement, is destroying their health, abolishing true marriage, feeding the flame of gross sensuality and intemperance among young men, and saddening the hopes of the best parents in the land. Some of them will never know it in this world. But most of them have no real purpose to waste their lives in this wretched way. And it is a high crime in mothers, teachers, ministers of religion, and the public press, to pander to this insanity. Thousands of good-hearted young girls are sacrificed every year when a little wise and loving guidance could save them. But we feel that they should be told that unless they change this life they will pass away like the flowers of June, and a more hardy and resolute class occupy their places.

American society will shed every class of triflers, male or female, that does not do its work, as the forests shed their withered leaves. Let them awake from their dream of social indulgence; learn to live out of doors; to build up their health; to cultivate more simple tastes in dress, and more moderation in pleasure; study domestic economy; study social skill and tact; fit themselves for the noblest positions ever yet offered to their sex, and learn that woman is the soul of American life, not the tinsel on its garment.—*Sel.*

## Popular Science.

—M. Forsman thinks that he has discovered a new force in the sun's rays.

—The film of gold which covers the threads of gold lace is only one three-millionth of an inch in thickness, and only one-tenth as thick as gold-leaf.

—Engraving on glass is now done with the aid of electricity. The glass is first covered with concentrated solution of potassium nitrate, and the design is traced with a fine platinum point connected with one pole of a battery.

—An ingenious process has recently been invented by which slabs of slate can be made to imitate marble so closely as almost to defy detection, the manufactured article being not only quite as beautiful as the genuine, but much stronger.

—On a high bluff near the Iowa River are some wonderful Indian mounds, with the remains of circular floors made of baked clay and the trunks of trees, covered with earth. Underneath the earth are human bones, copper axes with handles of polished horn and petrified wood, stone hammers, flint knives, and images of animals accurately carved and polished, made of a hard, reddish stone.

—Travelers in South America have had wonderful stories to tell of a tree indigenous to that part of the world, which during certain parts of the year continually "rains," or sprinkles the earth beneath by showers of water. The mystery has at length been solved by the distinguished botanist, Dr. Spruce, who finds the tree to be *Pithecolobium Saman*. It does emit showers, but, he finds, not of rain. Large insects, similar to our summer locusts, have a special fondness for the tree, and the "rain-drops" are nothing but the fluid excreta of the insects!—*N. Y. Independent*.

—A new use has been found for dynamite, in the slaughter-house. Experiments made at Dudley, England, show that a small quantity of dynamite—a thimbleful—placed on the forehead of an animal and exploded, instantly causes death. In one experiment, two large horses and a donkey, unfit for work, were placed in a line about half a yard apart, the donkey being in the middle. A small primer of dynamite, with electric fuse at-

tached, was placed on the forehead of each, and fastened by a string under the jaw. The wires were then coupled in circuit and attached to the electric machine. The three charges were exploded simultaneously, the animals falling dead instantly without a struggle.—*Sel.*

**Rhythmical Movements in Plants.**—A singular rhythmical motion has been discovered by Rodier, of Bordeaux, in a water plant (*Ceratophyllum demersum*). The axis curves to one side and to the other every four hours. It was clearly ascertained that light made no difference in the act. Last year similar motion was noticed in *Liatris*, in our own country, and it may be more common in plants than is generally supposed.

**Remarkable Discovery.**—A lot of hands while recently digging marl in a North Carolina swamp, near the Cape Fear River, found imbedded, some eight or ten feet below the surface of the earth, a schooner or vessel in its natural shape, sixty feet in length and forty in width. It was of the same consistency as the surrounding marl, and the nails or spikes with which it was put together were made of wrought iron. There were various kinds of bone and teeth around and near it.

**Two Sounds Make a Silence.**—The natural supposition would be that two sounds of equal intensity would make a noise twice as loud as one, and, ordinarily, this is true; but, under peculiar circumstances, two sounds may make a silence. The principle involved is the same as that in the easily understood fact that a hill of given magnitude will exactly fill a valley of the same depth and width, making an even plain. A simple experiment very beautifully illustrates this curious fact. If a tuning-fork be struck and placed near the ear, its note will be distinctly heard. Now if the fork be slowly rotated by turning the handle in the fingers, it will be observed that when the fork is in a certain position, its note is no longer heard, but re-appears when the position is changed in the slightest degree. This is due to the fact that the vibrations from the fork tines reach the ear in such a manner as exactly to neutralize each other.

In the same manner we may have two rays of light producing absolute darkness.

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

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Two Meals a Day.

SOME conclude that the New Testament recognizes three meals a day because the Saviour speaks of supper and supper-time; but this fact should be borne in mind, that our Lord mentions only dinner and supper. Who knows that supper was the third meal of the day? and who knows that the meal called dinner by the ancients was not taken at an early hour in the forenoon, and supper at a seasonable hour in the afternoon? The fact that breakfast is not mentioned, certainly seems to favor this view. We still affirm that the New Testament recognizes but two meals a day.

JAMES WHITE.

The testimony of ancient history is very plain on this subject, showing that the "two-meal system," as it is called, was generally practiced among the ancients. The Greeks, who were the best type of the civilization of antiquity, and who made the fashions for many other nations, ate but two meals a day, according to Hippocrates, the father of medical literature, who lived between three and four hundred years before the Christian era.

Many people have the idea that dinner must necessarily be eaten in the middle of the day; an evident error, since the general fashion in our large cities has for some years been to take dinner at any time from 6 to 10 p. m. There would certainly be no greater impropriety in attaching the name dinner to a meal taken early in the forenoon than to one taken so late in the afternoon.

The two-meal system of eating is by no means a modern fashion, as will be seen from the foregoing. The revival of the custom among some classes within the last few years is only a return to the good old custom of our forefathers rather than a "new departure."

The following paragraph from a work en-

titled "Personal Care of Health," by E. A. Parkes, F. R. S., we copy from an exchange:—

"PLAIN FARE AND LONG LIFE.—'About one hundred years ago, in the Northern Highlands of Scotland, where there was always an unusual number of old people, the custom was to take only two meals a day, about nine in the morning and five or six o'clock in the evening. The people appear also to have been very temperate in those days, and the diet was largely farinaceous.'"

The two-meal system has quite recently been adopted by congressmen and others in Washington, as more convenient for business breakfast being taken at 8 a. m. and dinner at 4 p. m. Some take lunches, but many do not.

There can be no question that two meals a day is not only the best, but the most ancient mode of eating. It is especially advantageous for literary people.

The State Medical Association.

WE had the pleasure of attending the annual meeting of the State Medical Association, May 15 and 16. A large concourse of the physicians of the State gathered in the senate chamber of the old capitol building and engaged in the various entertaining and useful exercises which constitute the usual programme. One of the most notable features of the meeting this year was the discussion of a question which has now been pending for several years, and which involved the "regularity" of the graduates of the Medical Department of the University of Michigan, together with that of the professors of that institution. In case of the passage of a proposed amendment, all who have graduated at the University of Michigan since the full establishment of homeopathy

in that institution, would be excluded from the society. Many applications for membership were pending the settlement of this question, which has been tabled for a year or two. Eloquent and earnest speeches were made on both sides; and when the question was put to vote, the motion for the amendment was lost by a vote of forty-two in favor to sixty-two against.

Some very able papers were read. One of the most interesting and instructive ones was a paper by Dr. Reynolds, of Detroit, on "Medical Education." The author maintained that one of the greatest needs of the time is education of the people on subjects pertaining to life and health. He maintained that people ought to be taught the importance of observing the laws of health, and so avoiding sickness, rather than depending so much on drugs to cure their various ailments. The Doctor thought that too much confidence was placed in drugs as curative agents; that more dependence should be placed on Nature and her curative power.

By all odds the ablest effort of the session was the address of the President, Dr. Foster Pratt, of Kalamazoo. His subject related chiefly to the relations of physicians to existing civil laws. He showed very clearly that the laws of this and other States respecting the management of the insane, were eminently liable to involve physicians in great difficulty and do them great injustice, as in the case of the recent prosecution of Dr. Van Deusen, of Kalamazoo, late Superintendent of the State Insane Asylum at that place, who was recently fined \$6,000 by a jury for alleged illegal proceedings in the reception of an insane patient, when it was clearly evident not only that no wrong had been intended, but that no wrong or injustice had been done, advantage being taken of a mere technicality of the law.

We had the pleasure of forming the acquaintance of many excellent members of the profession, and were greatly pleased to observe many evident symptoms of increasing liberality of opinion and broadness of views among the most intelligent members of the Association.

—Professors of hygiene are to be appointed for the universities of Holland.

### Pulmonary Diseases in the Arctic Regions.

CONSUMPTION, the great scourge of civilization, is also the cause of the greatest mortality among many barbarous nations. The Innuits, Esquimaux, and other natives of the Arctic regions, are being rapidly decimated by this fatal disease, according to the observations of Dr. Hall. From this fact we may learn two very useful lessons:—

1. Respecting the cause of the disease. Some of the most eminent English physicians have recently asserted that the most potent cause of consumption is the inhalation of air which has been previously breathed; in other words, breathing air which contains the poisonous products of respiration, which are chiefly carbonic acid, or carbon di-oxide, and organic matter, the latter being the most active poison. The houses of these Northern nations are so constructed that scarcely a particle of ventilation is possible. In order to exclude the cold, every crevice is stopped, and only such small quantities of fresh air find entrance as can pass through the icy walls, or enter at the exit and entrance of the occupants of the dwelling. In this arrangement, then, we find just the conditions that are well known to be most favorable for the development of tuberculous disease, and it is not surprising that a process of extermination should be actively at work among all those Northern nations who live in so unhygienic a manner.

2. The second fact of importance which is learned by Capt. Hall's observation, is that the use of animal fat will not prevent consumption; and if it will not prevent it, certainly it cannot be relied upon as a remedy. There has been a fashion quite prevalent among medical men of late years of treating all cases of consumption by the use of cod-liver oil. However other treatment might vary with different physicians, nearly all have agreed in the use of the extracted fat of the cod's liver. Recently, however, not a few members of the profession have become very suspicious that the fat of cod livers is in no way preferable to other kinds of fat; and many assert in bold terms that it possesses no specific virtues.

Some very eminent men, among whom we may mention Prof. Edward Janeway, M. D., of Bellevue Hospital College, and others of the same school, even declare themselves decidedly in favor of the use of sweet cream instead of so nauseating and irritating a fat as the oil of diseased and half putrescent livers of the cod. Further observation and experience may possibly confirm the fact, which is at least hinted by the frequency of consumption among the most abundant consumers of fat in the world, that this element of diet possesses no power to stay the ravages of one of the most dreaded diseases to which humanity is subject.

#### Source of Muscular Power.

ONE of the most interesting physiological problems of the age has been the source of muscular force. The general tendency of late has been toward the theory that the elements of food undergo combustion in the body and liberate force which appears as muscular power, nerve force, etc. We have never been satisfied with this view, and are greatly pleased to see that Prof. Austin Flint, Jr., of Bellevue Hospital College, has, by a careful study of a series of carefully conducted experiments, developed the truth on this subject of very great practical importance, as affecting various dietetic problems. The following are a few paragraphs from his monograph on this subject, recently issued by D. Appleton & Co.:

"All that is known with regard to the nutrition and disassimilation of the muscles during work teaches that such work is always attended with destruction of muscular substance which may not be completely repaired by food, according to the amount of work performed, and the quality and kind of alimentation.

"My experiments upon a man [Weston] walking 317½ miles in five consecutive days, who at the beginning had no superfluous fat, show that the loss of weight was actually 3.44 pounds, while the total amount of nitrogen discharged from the body in the urine and feces, in excess of the nitrogen of food taken for these five days, assuming that three parts of nitrogen represent one hundred parts of muscular substance, as has been shown by

analysis to be the fact, was equivalent to 3.037 pounds of muscular substance.

"Finally, experiments upon the human subject show that the source of muscular power is to be looked for in the muscular system itself. The exercise of muscular power immediately involves the destruction of a certain amount of muscular substance, of which the nitrogen excreted is a measure. Indirectly, nitrogenized food is a source of power, as, by its assimilation by the muscular tissue, it repairs the waste and develops the capacity for work; but food is not directly converted into force in the living body, nor is it a source of muscular power except as it maintains the muscular system in a proper condition for work. In ordinary daily muscular work, which may be continued indefinitely except as it is restricted by the conditions of nutrition and the limits of age, the loss of muscular substance produced by work is balanced by the assimilation of alimentary matters. A condition of the existence of muscular tissue, however, is that it cannot be absolutely stationary, and that disassimilation must go on to a certain extent, even if no work be done."

#### Oxygen vs. Scolding.

SOME time since, a lady remarked to us after undergoing a medical examination, "There is one symptom, Doctor, which I have not mentioned." A slight embarrassment in her manner showed that she hesitated to mention the subject in her mind; but she finally, with tears in her eyes, and with many self-reproaches, stated that she had become a great scold. She knew that she was not naturally cross and irritable, but she had found that within the last few years she had become cross and passionate, being easily perturbed, and deficient in that evenness of temper which she had previously possessed. She had regretted the matter and mourned over it for a long time; never thinking that the change might be due to her state of health, of which we at once assured her.

Chronic scolding is a real disease; at any rate, it is a certain symptom of disease. A person whose nervous system is in a normal condition does not scold habitually. When a naturally amiable, kind-hearted mother be-

comes ill-natured and petulant, you may be sure that there is something at fault with her health. She is suffering from the effects of overwork, or too much confinement in-doors, and deprivation of fresh air. The invigorating, life-giving oxygen, which is so free and abundant out-of-doors, is one of the best of all antidotes for scolding.

An Iowa paper tells of a lady who discovered this fact, and by adopting the appropriate remedy effected a speedy cure. We would advise all "scolds" to go and do likewise. We copy the following from the paper referred to:—

"I had not seen Mrs. — for a week, and supposed her either sick or away from home, when she drove up to my gate one morning with all her children in the carriage, and stopped to exchange salutations. She really looked less bright and blooming than usual, and I said, 'You have been ill.'

"'There it is again,' exclaimed she, laughing; 'everybody sees the want of oxygen in my blood. The truth is, I have been sewing steadily for a week upon the children's dresses, and have not allowed myself a breath of fresh air, which I have always deemed essential to my health, and on which I am now convinced my good nature depends entirely.

"'At the end of three days' unbroken sedentary employment, I begin always to falter, and can hardly eat or sleep; but on this occasion I held on to my work, and finished article after article, till my head was in such a whirl I could hardly count the garments as I laid them away.

"'But yesterday I became desperate. I scolded poor Bridget for some slight mistake until she looked at me in unutterable amazement. I ordered every child out of the house, even baby Benny here, because I could n't bear the sound of a footfall within it; and when my husband came home at night and told me I looked really ill and nervous, it was the last feather that broke the camel's back. I was sure it was only a courteous way of saying I looked cross and ugly, and I burst into a fit of uncontrollable sobbing, and went to bed like a naughty child at eight o'clock.

"'This morning I locked up the unfinished pile of sewing. We have a dinner basket

there in the carriage, and are off for the woods. The children say they are in pursuit of fun, but I am after oxygen.'"

**Cree Vapor-Baths.**—The vapor-bath is a favorite remedy among the Cree Indians, a tribe which inhabit the Hudson Bay Territory of British America. Where the medicine man prescribes this sort of a bath he shuts himself up with the patient in a small sweating-house, which is simply a small wigwam made of skins, and constructed as close as possible. In this hut are placed beforehand a number of stones which have been heated to a high temperature. Water is sprinkled upon these stones as frequently as is necessary to keep the small room densely filled with heated vapor. Meanwhile the patient is rubbed and shampooed in a most vigorous manner by the medicine man. The atmosphere soon becomes stifling in the extreme, but still the steaming and shampooing are kept up, so long as the operator, the medicine man, can hold out. Finally, when he becomes quite exhausted, both operator and patient, if the latter has life enough left to enable him to crawl, plunge into the river, which is always near by. If the patient is too feeble to do this, he is left to die. This mode of treatment possesses at least one advantage, that if it does not cure it must be quite certain to kill, so that the patient is in either case released from his suffering.

After all, there is not so much difference between the Cree bath and many of the poorly conducted Russian and Turkish baths which are becoming so abundant in this country. The high temperature employed indiscriminately with feeble and with vigorous patients, together with the poor ventilation of rooms, where there is even an apology for ventilation, often results disastrously to persons of feeble constitution. Frequent instances of death in these baths under bad management have occurred within the last few years. Under proper medical supervision, with a careful discrimination respecting the class of patients with whom they are employed, the vapor, Russian, and Turkish baths are most powerful and valuable remedial measures. No doubt they occasionally do good even when taken Cree fashion.

**A Suggestive Observation.**—According to the *London Lancet*, recent observations upon the human brain show that the amount of blood present in it may be greatly diminished by repeated and deep respirations. This is a good hint to authors, editors, and writers generally, together with all others who through sedentary employment suffer from congestion of the brain. When the head is throbbing with a surplus of blood, and the mind is confused in consequence, lay aside the work in hand and take a few long, deep inspirations. This will not only relieve the pressure of blood upon the brain, but will renovate the life current by giving it an increased supply of oxygen.

Nervous people who cannot sleep on account of too much blood in the brain, producing too great mental activity, will find the same suggestion a good one to aid in getting to sleep.

**The Turkish Bath.**—Within the last ten years much has been said both for and against the Turkish bath as a remedial agent. While it has found numerous and enthusiastic advocates, it has been by some opposed in the bitterest terms. No doubt both parties have been extreme in their views. The bath has its place, and when judiciously employed is very useful indeed; but it cannot be regarded as a panacea. The great danger in its use is from its too frequent employment and from too high temperatures. When used at moderate temperatures it is not only free from danger, but is a most admirable remedy. The following, which we quote from a scientific journal, is a testimony in its favor:—

“Some interesting observations were related at the last meeting of the British Medical Association, by William James Fleming, M. B. (Glasgow). These experiments were performed by the author upon himself, and consisted of observations on the effect of the Turkish bath at temperatures of from 130° F. to 170° F., upon the weight, temperature, pulse, respiration, and secretions. The results showed that immersion of the body in hot dry air produced loss of weight to an extent considerably greater than normal, amounting, on the average, to the rate of above forty ounces an hour. This was accompanied by an increase in the temperature

of the body and a rise in the pulse rate, with at first a fall and then a rise in the rapidity of respiration. The amount of solids secreted by the kidneys was increased, and coincidentally the amount of urea. The sweat contained a quantity of solid matter in solution, and among other things a considerable amount of urea. The most important effect of the bath was the stimulation of the emunctory action of the skin. By this means the tissues could, as it were, be washed by passing water through them from within out. The increased temperature and pulse rate pointed to the necessity of caution in the use of the bath when the circulatory system was diseased.”

**Remarkable Human Development.**—The *Detroit Lancet* quotes from a Nashville medical journal a description of one of the most remarkable cases of human development ever observed. The subject is a girl, who at four years of age, March, 1877, was five feet in height, measured eighteen inches across the chest, and was in all respects, except mentally, as fully developed as a young woman of twenty. The whole surface of the body is so completely covered with a soft, downy hair that the skin is invisible. “Her voice is coarse, like a man's, and sounds as though she was speaking in a barrel. Her strength is equal to that of a full-grown man. Her intellect is much beyond her years, and her form is perfect.”

**Infant Mortality in India.**—The enormous mortality of English and American children under five years of age has been a cause of deep anxiety to all philanthropic sanitarians. It is stated, however, that in India ten times as many children die under one year of age as under five in Europe and America. This fact would seem to argue in favor either of the climate of the last-named countries, or of the advantages of a more advanced civilization.

—The lovers of salt will be made happy by the news of the discovery of a salt river in Arizona. The river gets its brackishness, which gives it its name, from a tributary stream which flows out of the side of a mountain. The latter stream is twenty to



thirty feet in depth, and most intensely salt. The mountain from which it flows is supposed to be composed chiefly of salt rock. There is salt enough in this one spot to supply the markets of the world if other sources should fail.

**Speech without Vocal Chords.**—It has long been known that the tongue is not necessary for speech; but it has until recently been supposed that the vocal chords, by the vibration of which the voice is produced, were absolutely essential to the production of vocal sounds. This opinion, however, has been shown to be erroneous by the fact that a man, both of whose vocal chords were recently removed by Dr. Leister, is still able to speak, though in a gruff and monotonous voice.

—The mosquito is already unpopular enough, but a microscopist who has been inspecting this tiny bird of prey has discovered that it is a means of communicating parasitic disease. Death to the mosquito.

**A Toast.**—The following is a toast picked up in the dining-room at the dedication of the new Sanitarium, which is quite too good to be lost:—

Sunshine through thy windows glancing,  
 Bearing health on golden wing,  
 Heaven's pure air in zephyrs dancing,  
 The vital fountains cause to spring.  
 Cheerful halls and smiling flowers  
 Bid forgotten sorrow's sting;  
 Healthful diet, baths refreshing,  
 Precious blessings ever bring;  
 Kind attentions, hopeful, cheering,  
 O'er pain-blanch'd cheeks the roses fling.

## Questions and Answers.

**Java Coffee.**—M. C. H., N. H., asks: Will good Java coffee make blood for the system where it has been lost from any cause?

*Ans.* It will not. Coffee is not a food, but a stimulant, and it will not nourish the body either in health or disease.

**Hard Water.**—L. S. B., Neb., asks: Is it best to use hard water to wash the hair when it makes it sticky and injures the texture, or not to use any?

*Ans.* Do not use hard water. Soft water

may be obtained by filtering rain-water or by boiling hard water.

**Eye Diseases.**—A. F. C., N. H., asks: Do you publish any work on the eyes?

*Ans.* We do not. Eye diseases can only be successfully treated by educated and skillful physicians, hence a book on that subject would be of no practical use in a family.

**Oleander Blossoms—Surface Water.**—F. D., Wis., asks: 1. Is the smell of oleander blossoms poisonous in a sleeping-room? 2. Is surface water, coming through clay in a well, healthy?

*Ans.* 1. No. 2. It is not for drinking and cooking purposes.

**Bathing in Albumen.**—A. L. B., Ohio, asks: Will you explain through the REFORMER the effect, if there is any, of bathing weak muscles with the white of egg? Is the albumen absorbed, or is it the friction of rubbing it in, which strengthens?

*Ans.* The albumen is not absorbed. The friction improves the circulation, and thus strengthens the muscles.

**Wen.**—M. P., Cal., says she has a lump on her right side, known as a wen, and asks how it may be cured.

*Ans.* It can only be cured by a surgical operation.

**Intestinal Worms.**—A. B., N. Y., asks: What is the best way to exterminate intestinal worms?

*Ans.* If the worms are lumbricoides or round worms, the fluid extracts of spigelia and senna, equal parts, is one of the best remedies. It should be taken fasting, or with a very spare diet an hour before meals; a teaspoonful for a small child, or a tablespoonful for adults, two or three times each day, is the dose.

**Pulvermacher's Belt.**—J. M., Wis., asks: What are your views on the use of Pulvermacher's electric belt for the cure of disease?

*Ans.* It is of very little value.

**Inflammation of the Bladder, etc.**—O. H. T., Minn., asks: 1. Is it possible for a babe of four months to have inflammation of the bladder? 2. Will it hurt a child or grown person to go out in the open air if the extremities are well protected? 3. What is the cause of cold sweating in infants?

*Ans.* 1. Yes. 2. No. 3. There are numerous causes. Indigestion and general debility are among the principal causes.

# DIETETICS.

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

—The Germans have discovered a way of making cheese of potatoes, using a little sour milk. It is said that this sort of cheese has the advantage that skippers do not thrive in it.

**Rhubarb.**—So much has been written about the poisonous character of the pie-plant that it is worthy of frequent notice. Whatever may be the theoretical argument in the case, experience goes to show that there is no need for apprehension of any grave effects of a poisonous character from this source. We consider it a healthful acid vegetable, and would recommend that those who have a surplus should lay in a good supply for use in early spring. It keeps very easily, and requires very little skill in canning. It may be stewed and canned, like fruit, or is said to keep equally well if simply cut in pieces, the pieces being placed in a fruit can, and the can filled with water and sealed.

**Greek Diet.**—The boatmen of Greece, a numerous class in that country, subsist almost wholly on their native fruits, figs, raisins, and grapes, with brown bread. It is said by those well acquainted with their habits and character that they are the most graceful, active, cheerful, merry people in the world. There are plenty of melancholy people in the world who would soon become happy on the same dietary. We would earnestly recommend all hypochondriacal, desponding people to try the diet cure for their mental malady. We feel safe in guaranteeing a cure in ninety-nine cases out of a hundred.

**Canning Strawberries.**—There is no fruit which pays better for canning than the strawberry. Its mild flavor makes it a favorite with invalids. Many are prejudiced against it on account of the reputed difficulty of keeping; but there is no difficulty whatever if the canning is done properly. Strawberries are not harder to keep than other fruit, but they are harder to can. This fruit

is so very succulent that when its juices are abstracted by stewing, the pulp of the berries rises to the surface and floats. In consequence of this, air is entangled with the berries as they are dipped into the can, and unfilled spaces are left among the berries in the can which may contain air and germs. In consequence of this, fermentation takes place, and the fruit is lost. To obviate this difficulty, do this:—

1. Be careful not to overcook the fruit. Strawberries require very little cooking; none, in fact, but just sufficient to heat them through and destroy the germs.
2. Use extra care to leave no unfilled spaces in the can, and fill with boiling hot juice just before placing on the cover.

**The New Process of Flour-Making.**—Almost every one knows of the flour, but not every one understands what it is. Stripped of technicalities, this is perhaps about the story of its manufacture. The best flour used to be made of winter wheat. Spring wheat yielded either much less in quantity, or else so much of the bran got into the flour in its manufacture that its color was intolerably dark. The wheat would be ground and then bolted. In the refuse—the bran and middlings—would be included a large proportion of the weight of the spring wheat, and this would sell more particularly for feed for horses. Now, the best of flour, and the most expensive, is made from this very refuse of the old-fashioned process. It all came out of the discovery of a way to draw out the bran. Under the new process the wheat is ground about as before. The first result is an ordinary flour sold for exportation. Then the remainder is taken and put upon great horizontal sieves, and while agitation is going on there, an ingenious system of draughts, rushing up through, carries off the bran. What is left is the glutinous portion of the wheat, the most nutritious and most productive, and out of this, purified now by the drawing off of the bran, we get our new-process flour.

The result of the discovery of the process has been to make the poor spring wheat of Minnesota and Upper Wisconsin the most valuable kind of grain, and to make the fortunes of the inventors of the method.—*Hartford Courant.*

# FARM AND HOUSEHOLD?

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

**Cisterns.**—Those who have not already done so, ought to look sharply after their cisterns at once. Receptacles of stagnant water often become potent sources of disease.

**Bathing.**—One of the best means of insuring immunity from the numerous and dangerous maladies incident to the summer season is frequent bathing. A daily bath is a most excellent preventive of diseases of all sorts.

**Acid-Proof Paint.**—A most excellent paint which will stand not only fire but also acids, may be made by adding any mineral pigment to soluble glass, or silicate of soda. The surface to which the paint is applied must be free from oil or rust, and must be perfectly dry.

**Unscientific Hygiene.**—A paragraph has been going the rounds of the papers to the effect that a pail of water in a sick-room will absorb all the foul odors and so completely disinfect it. Much mischief may be done by such unscientific instruction. While the pail of water would do no harm in itself, it might be productive of great harm by preventing the employment of more effective remedies. Water does absorb gases in sufficient degree to render water standing in a sick-room unfit to drink; but its value as a deodorant is too inappreciably small to be of any practical service.

**Disease in Milk.**—Farmers, and all others who have the charge of cows, ought to use the most scrupulous care respecting the provision of pure water for their animals. This matter is generally neglected, milch cows, as well as horses and sheep, being allowed to drink from stagnant pools, filthy ponds, and other unfit places. In consequence of this, disease is frequently transmitted to those who employ the milk. The English journals frequently report cases of this sort. The *Medical Gazette*, of London, reports an exam-

ination of milk in which there were found "four samples in a state quite unfit for food, as they contained the germs of disease, traceable, no doubt, to the contaminated water in the cowkeepers' yards. The wells from which the water was drawn were often mere receptacles of diluted sewage; and a sample had just been examined, taken from one of these wells, which was fourteen times as foul as the London drainage that was daily discharged into the river at Crossness."

**Test for Organic Matter.**—It is of the greatest importance that all waters used for drinking or cooking should be free from organic matter. The purity of water cannot always be determined by its appearance; hence a chemical test may be of great value. Here is a good one, but care is needful to make it of practical utility: Dissolve in one ounce of distilled water eight grains of permanganate of potassium. Add one drop of this deep red solution to a half-pint of the suspected water. If the faint red tinge which is given to the liquid disappears in half an hour, the water is impure. Continue testing the liquid by adding a drop at a time of the red solution. For every drop that disappears, the water under examination contains organic matter in the proportion of two grains to the gallon.

**Look out for Fever-Nests.**—From this month onward, till the advent of the frosts of autumn, germs will abound in every locality favorable for their production; and in consequence, typhoid fever, ague, bilious fever, and most other febrile diseases, will also abound. People who wish to escape these maladies would do well to look after the fever-nests, and see that no collection of organic filth of any sort is allowed to remain within damaging distance from any human habitation. The means of disinfection are very fully described in the useful little handbook published at this Office, entitled, "Household Manual," price 75 cents.

## News and Miscellany.

- A famine prevails in Eastern Russia.
- Iron mines have been discovered in Syria.
- A Chicago man named his twins Adam and Eve.
- Thirty-seven men have been hanged in New York in four years.
- An oil tank at Bradford, Pa., burst May 17, and 22,000 barrels of oil were lost.
- A one-man power is the raising of seventy pounds one foot high in a second for ten hours.
- The new military engine, a gatling gun, was recently fired, on trial, over four hundred times a minute.
- The world is not likely to be overstocked with diamonds, as the whole supply comes from a seven-acre mine.
- The financial record of New York for April showed seventy-three failures for seven and one-half million dollars.
- There is still considerable agitation in political circles respecting the investigation of the electoral vote for the presidency.
- A woman caught the high French heels of her shoes in a railroad track in Meriden, Minn., and was held fast while a train cut off her legs.
- A Texas lady saw in a New York paper an advertisement of an opium cure. She sent for it, took a dose, and died in convulsions in less than an hour.
- The British Government has ordered 1,000,000 lbs. of lint and other appliances for the wounded. A procedure which does not look much like peace.
- A mine in California has been estimated to contain silver enough to make a solid block with an acre of surface and three feet thick, valued at \$2,700,000,000.
- Mrs. Ben. Pitman, wife of the author of "Pitman's Phonography," recently died in Cincinnati, leaving orders for her body to be sent to Washington for cremation.
- An exchange is wicked enough to say that a lady who practices medicine is guilty of two faults,—she increases the number of doctors and diminishes the number of women.
- A paper read before an insurance men's convention recently, showed that less than one-half of all fires are caused by accident, the larger share being the result of incendiarism.
- The famine in Northern China still continues. Famine-stricken natives and corpses line the roads. The inhabitants are vainly seeking to lengthen out a wretched existence by eating husks and clay.
- It is now stated that a European congress for the settlement of the threatened difficulty between Russia and England will take place June 11. Russia has consented to have the whole treaty discussed. There is good prospect of peace.

—The telephone has been introduced into China, and is meeting with great favor there. It is especially useful in that country, as their language is too complex to be easily represented in telegraphic characters. It has also been successfully used in Persia.

—A monstrosity in the shape of a boy twenty-three years of age with a head thirty-three inches in circumference is now on exhibition. In infancy his head was no larger than natural; but it has steadily increased in size until the present enormous development has been attained.

—One of the most remarkable of the wonders of that land of wonders, China, was the famous porcelain tower, which was 261 feet in height, being composed wholly of porcelain, with the exception of the gilded brass ball which surmounted it. The tower was destroyed by insurrectionists.

—A Mr. Holly, of Lockport, N. Y., has originated and put into practical operation a plan of distributing heat, as water and gas are distributed. He finds that by means of conveying steam in pipes underground, from central boilers, an area of four square miles can be heated from one point.

—Dr. R. V. Pierce, the champion quack of the nineteenth century, has just completed a mammoth building in Buffalo, N. Y., which he calls an "Invalid's Hotel," the significance of the name lying in the adaptability of the institution to the making of invalids. A portion of the structure is devoted to the manufacture and sale of "Pierce's Pleasant Purgative Pellets," "Favorite Prescription," and other nostrums, while bath rooms, smoking rooms, dining rooms, lounging rooms, sleeping rooms, etc., compose the remainder. The tables are supplied with the usual dietetic abominations of the day, wines, confectionery, etc., and yet the institution is dignified with the name "Sanitarium." Another illustration of how knaves will "steal the livery of Heaven to serve the devil in."

## Literary Notices.

THE BEE-KEEPER'S MAGAZINE. New York: A. J. King & Co.

An ably conducted monthly, which is full of information on the subject of bee-keeping. All who are engaged in the business ought to have it, for it is always full of suggestive hints and information.

MEDICINAL PLANTS OF MICHIGAN. By A. B. Lyon, M. D., Detroit.

The author of this paper, which was read before the Detroit Academy of Medicine, enumerates a large number of plants which are native in the woods and meadows of Michigan, and are quite as valuable as drugs as the foreign roots and herbs, which are chiefly used for medicinal purposes. The author has evidently bestowed a great amount of time upon his subject.

THE JOURNAL OF NERVOUS AND MENTAL DISEASES. New York: G. P. Putnam's Sons.

This able quarterly is one of the best of its kind in the world. Its editor, Dr. Jewell, is a man who has long been eminent as a professor in the Chicago Medical College. The present number contains a large number of very interesting and instructive articles on subjects pertaining to the nature of the work. Among the most important papers is one by Palmer, on Suicide, in which the author maintains the contrary of the common view, that suicide is an evidence of insanity. Dr. Geo. M. Beard also makes a very valuable contribution on the hygiene of chronic nervous diseases.

DISEASES OF THE DIGESTIVE SYSTEM. By Daniel Lewis, M. D. New York.

This valuable paper, which is a reprint from the New York *Medical Journal*, contains a report of 1,611 cases treated by Dr. Lewis, at Dewitt Dispensary, New York. The summary of the cases shows that about one-third of the whole number were suffering from dyspepsia. Diarrhea, dysentery, malarial diseases, chronic diseases of the kidneys and of other abdominal organs, made up the remaining cases. A fact worthy of note is that notwithstanding the alleged frequency of cancer of the stomach, only one case of this disease was observed in the whole number.

Dr. Lewis is an indefatigable worker in his profession, and is destined to become distinguished among the professional lights of New York. He has for many years been physician to the two principal Dispensaries of New York City, the "Dewitt" and "Northeastern."

ELEMENTS OF CHEMISTRY. By S. A. Norton. Van Antwerp, Bragg & Co., Cincinnati.

We have no hesitation in saying that this, the newest, is undoubtedly the best text-book on the science of chemistry adapted to general use in schools and academies. The author aims at the practical and useful. In illustrations of experiments, he describes only such as can be performed by apparatus which is readily attainable. The text is clear, concise, and comprehensive. The book contains no superfluous matter, and omits nothing really essential. We are pleased to notice that it is fully up to date, and contains the very latest results of research in chemical science, not even excepting the very recent and most remarkable discovery of the fact that the so-called permanent gases, oxygen, hydrogen, etc., may be condensed to the liquid state. We heartily commend the book, and shall be glad to adopt it as a text-book in our teaching. It cannot fail to meet with a warm reception everywhere.

ELEMENTS OF PHYSIOLOGY AND HYGIENE. By R. T. Brown, M. D. Van Antwerp, Bragg & Co., Cincinnati.

The author of this work has performed his

task in a manner which deserves the highest compliments. It certainly comes more nearly up to our ideal of a perfect text-book on this subject than any we have ever had the privilege of examining before. One of its best features is the liberal space devoted to the subject of hygiene, and the sensible manner in which this class of subjects is dealt with. In the treatment of physiology proper, we are pleased to observe that the author begins by showing man's position in the world in relation to dead matter and to other living creatures, animal and vegetable.

The work is a model of typographical neatness, is well bound, and printed on fine, well calendered paper. We predict for the work a wide popularity as a text-book for schools.

THE COMING MODEL TOWN. By Azel Ames, Jr., M. D.

This is an abstract of a lecture delivered by Dr. Ames, before the Lansing Scientific Association last winter. Dr. Ames has been a special sanitary commissioner in the State of Massachusetts, and has by special studies and investigation fitted himself to stand in the front rank of sanitary scientists in this country and in the world.

In his description of a model town, the Doctor finds no place for tobacco nor alcoholic drinks of any sort. As he says, very emphatically, "rum and tobacco will disappear from our streets, and as a consequence, pauperism, crime, and insanity be but little known, as is the case at St. Johnsbury, Vt., where these conditions exist."

The Doctor maintains that if the conditions which he describes for his model town could be realized, the annual mortality might be reduced to five persons in a thousand, instead of the present ratio of seventeen to forty per thousand.

Dr. Ames is an indefatigable worker in the cause of sanitary science, and is making it a success financially, as well as from a philanthropic standpoint. We are glad to learn that he contemplates starting a sanitary journal soon.

SEASONING.

—Patient to the doctor: "And is it really true that I shall recover?" "Infallibly," answered the man of medicine, taking from his pocket a paper full of figures. "Here, look at the statistics of your case; you will find that one per centum of those attacked with your malady are cured." "Well," said the sick man, in an unsatisfied manner. "Well, you are the hundredth person with this disease that I have had under my care, and the first ninety-nine are all dead."

—A young man suffering from "hereditary gout," said he didn't mind the pain of it so much, "but," said he, "the thought that some old ancestor had all the fun of acquiring this precious heirloom is what takes hold of me."

—When a man sees his wife shedding a cataract of tears, it well-Niagravates him beyond endurance.

## Items for the Month.

As we go to press, the beautiful fountain presented to the Sanitarium is being put in place, and will be in running order in a few days.

Dr. L. W. Carr is actively engaged in the canvass of the State for "Plain Facts," and enters into the work with an enthusiasm which is sure to render him successful.

Just as we go to press, a telegram announces that Eld. White is on his way to this place from Oakland, Cal. His health is still far from good, and he expects to place himself under treatment at the Sanitarium.

The month of June is the most healthful of the year, and is a good time for people to lay in a stock of vitality to enable them to endure the trying ordeal of sultry July and sickly August and September.

Our little tract entitled, "Pork," of which many thousands have been circulated within the last three years, has been out of print for a few weeks, as we could not find time to revise it; it is now reprinted, after thorough revision, and all orders can be promptly filled.

Mr. Oliver, of Kalamazoo, the well-known landscape gardener, has just completed the ornamentation of the Sanitarium grounds, in which he has displayed such skill and taste as to excite the admiration of every one who sees his work. He begins, very soon, the task of laying out and embellishing the grounds about the new State capitol at Lansing.

The recent meeting of the Michigan State Medical Association was very largely attended, and was in most respects a very successful session. Some good points were gained in favor of liberality of thought, by the lively discussion which occupied quite a portion of the time of the meeting. Drs. Fairfield, Sprague, and Lindsay, of the Sanitarium, were present, and were elected members of the Association.

We learn that the California Sanitarium at St. Helena is completed, and was to open June 1. We wish it abundant prosperity, and doubt not that with judicious management it may be very successful. There are certainly plenty of sick in California as well as elsewhere, and they will soon acquaint themselves with the merits of the institution and give it the patronage which it deserves. We would recommend all invalids west of the Rocky Mountains who find it necessary to go abroad for medical

treatment to patronize the new Sanitarium, assuring them that they will receive honest and careful treatment.

We are now prepared to furnish patent self-binding covers for the HEALTH REFORMER, so that every one can keep both the successive numbers and old volumes on file. The clumsy arrangements with awls, needles, etc., are discarded. All that is necessary in filing a copy of the REFORMER, or any other magazine, is simply to draw it in between the lids, and it is bound. Price, post-paid, 40 cts. Every subscriber to the REFORMER ought to have one.

All who have learned to regard the laws of health should recollect that the next two months are among the most trying in the year to human life and health. Careful attention to the dietary and to regularity and temperate habits in all respects, will insure immunity from sickness, while those who are careless and lawless will certainly suffer. This is a good time to call the attention of the people to the subject of health by the circulation of periodicals and small tracts.

AN OMISSION.—In the account of the dedication of the new Sanitarium which appeared in the last number, quite an important omission accidentally occurred in the haste of hurrying to press. In the afternoon, at the conclusion of the toasts, a very large and life-like portrait of Eld. James White was exhibited, having been presented to the institution by the artist, Miss Lillie Abbey, of New York. The portrait was a very faithful copy, executed in crayon. In the presentation of the picture, the physician-in-chief referred to Eld. W. as the one chiefly instrumental in the great improvements which have been made at the Sanitarium within the last year.

We have received for notice a copy of a new journal, entitled, "The Laws of Health," edited by Dr. Robert Walter. The journal contains many good and true things; but in spite of its claims to advocate and elaborate "a new philosophy of disease and its treatment," we are utterly unable to discover any new principle or fact, or any truth which we have not been actively teaching for several years. Most of the so-called "discoveries" of the age are old truths dressed up in new forms. Here is one of the chief failings of nearly all reformers in this direction. They have arrogated to themselves too much and too superior wisdom; and have made their claims too preposterously large, so that while fascinating and dazzling a certain class of minds, they have in general excited only contempt and disgust on the part of the more intelligent classes in community. Why not be sensible and reasonable, and be content

with a recognition of our real merits, without attempting to pass ourselves off for more than we really are?

We hope to excite no enmity by a frank statement of our feelings. We speak from a sense of duty. We believe that the Doctor will accomplish good, and that he would be capable of still greater good if he would put himself on a better basis, a foundation consisting less of self, and more of science; less of "discovery," and more of common sense.

## AGENTS WANTED! 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

## 500 Canvassers are Wanted

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

## A PREMIUM BOOK

to every new subscriber, the HOUSEHOLD MANUAL, which is of itself really worth more than the subscription price for both. The name of the book indicates its practical character; and the fact that more than 5,000 copies of the work were sold in three months, is sufficient guarantee of its popularity. Everybody needs the book, and every one who sees it wants it, and, of course, a copy of the HEALTH REFORMER with it.

### TERMS.

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.

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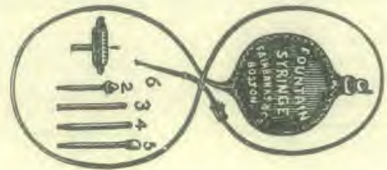
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