

# THE HEALTH REFORMER.

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

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## Old Age: Its Diseases and Its Hygiene.

BY LUNSFORD P. YANDELL, M. D.

*(Concluded.)*

Of few men can it be affirmed with truth that "of no disease they died, but hung like autumn fruit that ripened long." The great majority are cut off prematurely by disease or accident. The diseases of declining life may be inferred from the account given of the structural changes of the body which occur in old age. How to avert or alleviate them is the interesting question which hygiene proposes to solve.

"We are continually surrounded," says Hufeland, "by the friends and the enemies of life; he who keeps company with its friends will become old, but he who prefers its enemies will shorten his existence." It has been remarked of nearly all the instances of extreme longevity, that the subjects were of a cheerful temper, loquacious, hopeful, susceptible of love and joy, and insensible to the impressions of hatred and avarice. In other words, their digestion was good; for it is impossible to suppose that such a temper could ever consist with dyspepsia. Imperfect mastication, resulting from loss of teeth, is often the cause of indigestion in the aged, and is to be remedied by good cooking, one object of which is to soften the food and prepare it for the action of the digestive fluid in the stomach.

Apoplexy, as has been remarked, is eminently a disease of advanced age. Of the persons who reach seventy in London, and no doubt it is equally true of most cities, one-fourth are shown by bills of mortality to die of apoplexy, or paralysis, which is its result. Heberden declared that the number of cases of this disease was doubled in London during the eighteenth century; and there is reason to believe that it everywhere increases with advancing civilization. By keeping the bowels free, one source of danger is obviated in the crippled condition of the arteries which makes an attack imminent.

The enfeebled power of generating heat renders aged persons extremely sensitive to cold, and liable to the complaints which cold engenders. Many old people, especially among the poor, fall victims to pneumonia every winter. Dr. Cooke, who was long a teacher of medicine in Kentucky, suffered from repeated attacks of pneumonia, and finally died of one brought on by exposure to cold on his farm. If he stood on a cold pavement, at any time, until he began to shiver, he was sure, as I have often heard him remark, to have an attack.

With old people one great study is how to keep warm in cold weather. Boerhaave, it is related, renewed the vigor and activity of an old burgomaster by having him sleep between two young persons. A hot brick to the feet at night aids greatly in maintaining the heat of the body, and in this way favors sleep. Among modern inventions I know few which have added more to the comfort of people of every age, who find it necessary to be out on the cold, sloppy ground or pavements, than gum-elastic overshoes.

The ancient Romans, it has been stated, prolonged their lives by retiring to Naples, as soon as they felt the infirmities of age coming upon them. We have in the southwestern part of Texas, around San Antonio and Seguin, an elevated and healthy region to which the aged of our colder States might find it advantageous to retire during the winter.

With a failing memory and other indications of senile decay, the querulousness of second childhood is expected to come on; and yet peevishness is not necessarily an attendant of old age. We have had in our own day and in our profession an instance of cheerfulness, with great bodily and mental strength and activity, maintained at an age which not many men reach. Few books composed in a more charming spirit have ever emanated from medical men than the "Recollections" of Sir Henry Holland, written after he had passed his eighty-second year. Cicero



probably over-estimated the power of the mind to preserve its integrity against the wear of time, but there cannot be a question that much may be done to delay the failure of its powers. Not only memory, but serenity of disposition may be improved and maintained by suitable appliances, one of the most important of which is pleasant occupation. If not kept in constant exercise, the memory soon fails; and the mind, if not occupied, not only parts soon with its activity, but is almost sure to grow discontented, impatient, and sour.

Few greater mistakes could be made than the one often committed by old men, of retiring too early from business. They soon learn, as Pascal expressed it long ago, that "what their minds require is not rest but perpetual excitement." The mind must have something upon which to fix its anticipations, or it is unhappy. One of the reasons why married people live longer than maids and bachelors, and are less liable to insanity, it may be, is that they find this source of happiness in their offspring. Dr. Rush thought he had observed that old people who lived with their children, and were surrounded by grandchildren, enjoyed better health and spirits than when they lived by themselves. And there cannot be a doubt as to the truth of his observation. Children to the aged are, indeed, "what leaves are to the forest," bringing a glow of sunshine into their hearts which otherwise would never reach them.

The changes that take place in the brain as life advances involve necessarily a decay of the intellectual faculties and with it a failure of the animal spirits, so that old age, unless counteracted by all the happy agencies that can be brought to bear upon it, is apt to become selfish, peevish, impatient, and unamiable. Some of these agencies have been mentioned, but much the most powerful of them all must be reckoned the promises and hopes of the Christian religion. These, where they have been firmly embraced, remain in the memory of the old man when nearly every other impression has faded from his mind. Instances are related of men who had forgotten the faces and even the names of their children, but who warmed up at once at the name of their Redeemer. "In the course of my inquiries" (concerning old age), says Dr. Rush, "I heard of a man of one hundred and one years of age, who declared that he had forgotten everything he had ever known except his God." In possession of a strong religious faith, the old man is serene under the accumulating infirmities of age, for he is looking forward to a life near at hand in which infirmities have no place. He observes with-

out anxiety or concern the failure of his mortal powers as he sees it going on from day to day, because he is assured that in a little while these powers will be clothed with immortality. And he approaches the valley of the shadow of death without fear, for he feels that he is leaning on an Almighty arm, and is persuaded that he has an eternal home in the heavens beyond.

The employments of old men, while they should be such as to fill the mind with gentle excitement, and save it from that weariness of life from which men have sometimes sought relief in suicide, ought never to be of a character to put either the body or the mind on the strain. Violent bodily exertion is attended, at that period of life, with dangers which have been pointed out. Equally ought the aged to avoid gusts of passion, which involve similar dangers; nor can the studious safely keep up "that painful thinking which corrodes the clay." The brain soon becomes fatigued, and sleep, the only restorer of lost nervous energy, must be indulged for longer periods. The sense of fatigue warns the laborer when his mind or his muscles require rest. But the thought with which I would close this essay is that the danger which most imperils the comfort of old age is, not overwork, but the want of enlivening occupation.

### Smart Doctors.

BY W. J. FAIRFIELD, M. D.

I REMEMBER of hearing when I was a small boy of a wonderfully smart doctor who could tell just what was the matter with a person who was sick, by simply looking at him, without asking any questions, or learning the symptoms, or making any physical examination whatever. As I have grown older I have had the privilege of meeting some of these smart doctors. Some of them, I find, are "natural born" doctors; their intuitive knowledge is so great that they have no need to study medicine. The human system, in health and disease, is open to their marvelously intuitive perceptions, so that a glance of the eye, a touch in the dark, or even the sight of a lock of hair, will reveal to the smart doctor the most obscure and perplexing disease; and by his intuitive knowledge of remedies, he selects the one *par excellence* for the occasion.

Now, smart doctors are not all alike. Some do not depend wholly on their intuitive knowledge, but having been captured by the Indians when children, they have, by resid-



ing with them many years, become endowed with a knowledge of all the wonderful and mysterious arts of the "medicine man." This, together with their naturally great abilities, has given them power over all disease.

Others imagine they have spent years in arduous professional research abroad—in Paris and Vienna. Their confidence in their medical skill is so great that though they diagnose the most incurable diseases in their patients, they nevertheless give them the comforting assurance that a complete cure will result by following their prescription.

The smart doctor is philanthropic. He wants to benefit his fellow-men. He advertises. He sends abroad word of his marvelous skill. His consultations are free. He will discover for you the disease that, unsuspected by any one else, is invisibly sapping the life-spring; and for the mere pittance of a few hundred dollars (a mere nothing compared with the value of life) will in a few weeks, or months at most, restore you to health again!

I once heard of a smart city doctor who was attending a patient in a private hotel. He pronounced the case one of the worst cases of enlargement of the heart he ever saw. Ordinary doctors, you know, consider this condition incurable; but after daily visits for a few months this doctor assured the grateful man that his heart was reduced to the normal size. Passing to and fro daily, of course the doctor saw other boarders. In a young man he soon observes unmistakable signs that at some time or other he has strained his heart; and, though the young man does not realize it, that he is now suffering seriously from the effects of it. A few friendly words, a statement of his perilous condition, a free examination, and the smart doctor has another patient. In another, he discovers by a peculiar tint of the complexion, incipient kidney disease. Of course, it is his duty to inform this person that his life is in jeopardy. This doctor had such an eye to the welfare of his fellow-men, that in a short time he was a daily visitor to six patients in that hotel.

Such smart doctors are easily distinguished from ordinary doctors; first, by their skill in detecting a disease of which there is no evidence to our senses; second, by a promise of a sure cure for a stipulated sum, half of which is to be paid in advance; third, by claiming to hold a secret remedy; fourth, by having no standing among regular physicians. Other distinguishing points might be mentioned, but these will suffice.

FOOLISH fear doubles danger.

### Smoking.

[WE are glad to be able to reproduce the following excellent remarks on this subject from an English periodical, the London *Christian World*. It would be a most happy day for humanity if all Christian nations would concur in a thorough-going opposition to the vile habit of smoking, now become so prevalent in every part of the globe. The slight movement in this direction refreshingly reminds us of the almost universal opposition offered by the governments of Europe, and even some Asiatic governments, to the use of tobacco as a narcotic stimulant at its first introduction. We can almost imagine that we see the modern youthful Teutons, like their predecessors of two centuries ago, being ignominiously led away as culprits to suffer imprisonment or other punishment for indulging in the amusing pastime which Columbus, the discoverer of America, described when he wrote in his diary that he "saw the naked savages twist huge leaves together and smoke like devils." What a powerful effect it might have on the mind of Young America should a few Boston boys be punished after the fashion of the Turks of Constantinople, who discouraged at its first introduction the now universal national vice by causing every smoker to be led through the city in disgrace with his nose slit and his pipe-stem thrust through it.—Ed.]

Nothing has become more painfully noticeable of late than the increase of smoking not only among young men, but among mere boys. No sooner has a lad left school and been placed in a shop or office, than he invests in a meerschaum, arms himself with a cigar case, and struggles, through much nausea and many headaches, into something like a relish for bird's-eye and a "weed." He may not venture to parade his smoking apparatus and indulge his newly acquired tastes at home, especially if his male seniors in the family are non-smokers; but as he goes to business in the morning, or returns from it at night, you may see him on the top of the tram or bus, or in the railway carriage, trying, with ill-directed energy, to puff away the bloom from his youthful cheeks.

But the habit of smoking is becoming thus common in England, it may be said, because we are getting rid of our old-fashioned insu-



lar ideas, and are adopting a practice almost universal on the continent. In fact, it may be said to harmonize with, and be, as it were, expressive of, that imperialism which is just now rampant among us. Unfortunately, however, for those who may be disposed to adopt this heroic line of defense, Germany, the paradise of smokers, where smoking has grown to be almost a trait of national character, is beginning to lay strong hands upon juvenile devotees of the pipe. In several cities of the Fatherland the police have received strict orders to stop all smoking by boys under sixteen. These youthful smokers are threatened with fines, and even imprisonment. The reason given for this summary treatment of young smokers is essentially based on physiological considerations. Every German must be a soldier, and as tobacco is declared to be injurious to health, its use, at least during youth, has been forbidden.

The State and military grounds for the present action against the boy-smokers of Germany, and the immediate causes for the adoption of repressive measures as regards smoking, rest, therefore, upon medical testimony. We are just now inclined to adopt everything of Teutonic origin, and our English lads, who think their young nerves require the aid of nicotine to enable them to get through the troubles incidental to the early stages of business life, may be before long tapped on the shoulder by the policeman.

Already the action of Germany has produced an interesting correspondence in the leading journals concerning the evils, physical and mental, personal and social, which follow the use of tobacco. Among others, Dr. Drysdale, the Senior Physician to the Metropolitan Free Hospital, in a calm but forcible letter, denounces smoking as a practice "deleterious to health and vitality." Smokers and chewers of tobacco are, he affirms, "subject to most annoying palpitations of the heart, to hoarseness, to blackening of the teeth and swelling of the gums, to weakness of sight, going on to blindness, and to various forms of dyspepsia, with or without diarrhea." A form of cancer is also caused, he remarks, by the irritation of tobacco on the tongue and of pipes on the lips. His own experience, he adds, makes him "put down the causation of quite a host of ailments to the use of tobacco in some form." The statistics given by Dr. Drysdale, both in reference to the amount of tobacco consumed and the number of diseases and deaths caused by it, are full of warning.

In this adverse judgment upon smoking, Dr. Drysdale is sustained by many of the most eminent of medical men, living and dead. The *Times* has thought the subject of

sufficient importance to devote a leading article to it, commenting more especially upon the selfishness and general want of consideration for others, which smoking engenders. Whatever value may be attached to the medical opinions we have referred to, all must admit that the smoker is a social nuisance. In the streets we are condemned to inhale the rejected smoke from his mouth; and even in our churches and houses we are not free from the lingering smell of his unsavory pipe. Many other are the objections which might be urged to the practice of smoking. How many are the fires it has caused, and how closely associated is it with drinking and kindred vices! But if our youth can be impressed with the fact that it is destructive of all that is essential to true manhood, we may hope that the debasing habit will have received its death-blow.

### Health of Teachers.

Good health is to teachers their chief capital stock, without which all other investments in professional power are of little value. The demands upon this vital capital are so constant and pressing that the holder is liable to lose his best possessions ere he is aware of it, and before he has reached the meridian of life and usefulness. The trouble lies not so much in the mere work of teaching as in the worry, fret, and nervous strain, which keep the teacher constantly unduly exercised in the regions of the brain, and too little occupied in pursuits which send the blood through the extremities, the lungs, and the heart. As a result, we find our teachers suffering, first from dyspepsia, then from sleeplessness, then from severe headaches, and flushed faces by day and by night; then comes on a whole troop of diseases, not singly, but in companies, to take possession of the body which has suffered the invaders to enter, without his knowledge at first, but, having gained possession of the citadel, are kindred and allies to the great body of foes without, which now clamor for an easier entry, and, in nine cases out of ten, unless great care is taken, will gain their point.

The figure aside, "the teacher breaks down," and his first effort to restore his health is by an alliance with the neighborhood physician, who maybe prescribes chloral for sleeplessness, and some stimulus of foods or drinks for the troubles of the stomach, nerves, and brain. The very things that ought not to be done are done, and the sufferer makes a temporary improvement in feeling, only to be made really worse in fact. Now there is a



better way out of these physical ills than through physicians' medicines, of whatever sort, and every teacher should know how to return to the good old ways of health and happiness. "Dr. Diet, Dr. Quiet, and Dr. Merryman," are among the best physicians of the old school and the new.—*Sel.*

### The Diet of Children.

[THE very excellent article which we quote below is from the *Journal of Health*, the first health journal ever published of which we can find any account. The volume from which this article is taken was printed at Philadelphia in 1831. It was chiefly conducted by Dr. Bell, author of the best work on the bath ever written, and a very accomplished physician. He was for many years a professor in one of the best medical colleges in America. We shall take pleasure in quoting frequently from the volumes of this excellent journal, which we have been able to obtain.—*Ed.*]

During the early stages of life all heating and stimulating foods and drinks should be strictly forbidden, as they tend more certainly to produce disease in the readily excited system during childhood than perhaps at any other period of life.

Vegetables should, in fact, constitute the principal diet of children, especially the farinaceous substances, such as bread, rice, arrow-root, potatoes, etc. To these may be joined milk, soft boiled eggs, and a very moderate allowance of plain and simply cooked animal food [the less the better.] Children have, in general, very excellent appetites, and a sufficiency of nourishing food is absolutely necessary, not merely to renew the waste of their systems, but also to supply materials for their daily growth.

Three meals a day will be found a good allowance during childhood. Only at one of these, the dinner, or midday meal, should animal food be allowed, if at all; for the others, bread, or potatoes and milk, various preparations of rice, or rice and milk, or plain bread pudding, will form a proper and wholesome diet. All salted and highly seasoned food should be forbidden. Some object to butter for children. Of vegetables, potatoes, carrots, turnips, beets, and cauliflowers will be found the most wholesome. They should be well boiled, and the potatoes and turnips eaten without being mashed or mixed with butter and fat gravy. Children should never be indulged in pastry of any kind; they may

occasionally take a little of the cooked fruit of a pie, but even this should be in moderation.

The drink of children should be simply water, milk, milk and water, whey, or milk and sugar. All stimulating and fermented liquors are not only unnecessary, but positively injurious: by increasing to an improper extent the circulation of the blood, they induce fever, indigestion, inflammation, or convulsions, to say nothing of the danger of their use during childhood giving rise to habits of intemperance in after life.

The period of the meals should be strictly regulated, and in such a manner that the intervals between them should not be so great as to permit the children to experience, for any time, a sensation of hunger. Supper should always be taken at least an hour or two before bed-time.

Children should get their breakfasts as soon after they have risen, and have been properly washed and combed, as possible; their stomachs are then empty, and the appetite keen. If food be too long withheld, the cravings of the stomach become either too importunate, or the appetite fails, either of which would be injurious.

As little variety of food as possible should be set before children, since every extraordinary article becomes a new incentive to appetite. They should never be indulged with a second course. If they sit down with an appetite they will always satisfy it by eating freely of the first article presented to them; hence all the rest is superfluous and therefore injurious. If the appetite be trifling, the less they eat at the time the better, as by taking but little the appetite will more certainly return at the next meal. But should this instinct of nature for an observance of moderation be neglected, or be attempted to be overcome by variety, repletion, with all its evils, will follow. Instead of a renewed and healthy appetite following, as would have been the case had the instinct been obeyed, it will be found diminished, and most probably attended with headache, fever, oppression, or even vomiting.

Children should not be allowed to eat frequently of bread, bread and butter, bread and molasses, cakes, or fruit, between meals, for this will either destroy the regular appetite, or induce them to eat too much. In the first case, the stomach will be interrupted in its regular routine of function, consequently the appetite will become either irregular or capricious; in the second case, all the evils attendant upon an over distension of the stomach must follow.

They should, therefore, not be suffered to



carry food in their pockets, to eat between meals or during school hours, as this produces the injurious habit of requiring food at improper times, by which the digestion of the previous meal is interfered with, a fresh quantity of food being forced upon the stomach before it has properly digested that which had before been received.

Children are to be restrained from any violent exercise immediately after dinner. If not kept in a state of perfect rest, they should, at least, be prevented from engaging in any pastime which requires considerable bodily exertion. They should also be early taught the importance of eating slowly, and chewing their food well. On this account alone the habit of resting after a meal is of importance, as it prevents them from swallowing their meals hastily, in order that they may return more quickly to their play.

In regulating the diet of children, care should be taken not to force any particular article upon them, after it is found by a fair trial not to agree with their stomachs. The contrary practice is both cruel and injudicious; cruel, because the poor child is forced to swallow what is disagreeable to it; and injudicious, because it is liable to perpetuate a disgust which, most probably, would have subsided, had no forcible attempt been made to overcome it. At the same time, however, great care must be taken that permanent dislikes are not formed at this period of life against certain wholesome articles of food. This, however, is often a matter of very great difficulty, a great deal of close observation and discernment being required in order to distinguish between a wayward prejudice and an actual disgust. The former, if indulged in too long, may be converted into the latter, while the latter may often, by judicious and well-adapted means, be entirely removed.

Children should never be suffered to eat alone, unless the proper amount of food be meted out to them; otherwise they will almost always eat too much.

If a child demand more than is judged proper for it, its importunities should always be resisted with firmness, or it will too certainly acquire habits of gluttony.

**Chinese Medicine.**—The medical man of the Celestial Empire is fond of compounding the most extraordinary remedies for his patients. It would seem that the more filthy and unheard of the origin of a remedy the greater its potency as a curative agent. The *London Globe* gives a brief account of some of these remarkable nostrums shown at the Paris exposition :-

"The larvæ of grasshoppers, for instance, dried and roasted, are prescribed for headaches; dried fowls' gizzards for indigestion; the inside of a stag's horn for rheumatism and bronchitis; a glutinous decoction of donkey's skin is labeled as having a great reputation, being taken in cases of pulmonary diseases; while a powder prepared from the skin of the elephant is recommended for rheumatic pains. One of the stimulants is a tincture of scorpions; and for tonic purposes, the best, though a very costly medicine, is the gelatinous decoction of tigers' bones. For a general antidote, in many cases, the bear's gall is much admired. The gem of the whole collection, however, is curious enough. A number of live toads are imprisoned in a jar half filled with flour, and when the flour is moistened with the saliva which these creatures emit, it is dried and kept as powder. The special use to which this preparation is put is as snuff to produce sneezing, and in that way it is regarded as invaluable in restoring persons suffering from fainting fits, convulsions, or hysterics."

### Heart Disease.

WHEN an individual is reported to have died of "disease of the heart" we are in the habit of regarding it as an inevitable event—as something which could not have been foreseen or prevented—and it is too much the habit, when persons suddenly fall down dead, to report the "heart" as the cause; this silences all inquiry and investigation, and saves the trouble and inconvenience of a repulsive "post mortem." A truer report would have a tendency to save many lives. It is through a report of "disease of the heart" that many an opium-eater is let off into the grave, which covers at once his folly and his crime; the brandy-drinker, too, quietly slides around the corner thus, and is heard of no more; in short, this report of "disease of the heart" is the mantle of charity, which the politic coroner and the sympathetic physician throw around the graves of "genteel people."

At a late scientific congress it was reported that of sixty-six persons who had suddenly died an immediate and faithful post mortem showed that only two persons had any heart affection whatever; one sudden death only in thirty-three from disease of the heart. Nine out of the sixty-six died of apoplexy, one out of every seven; while forty-six, more than two out of three, died of lung affections, half of them of "congestion of the lungs"—that is, the lungs were so full of



blood they could not work, as there was not room for air enough to get in to support life.

It is, then, of considerable practical interest to know some of the common every-day causes of this "congestion of the lungs"—a disease which, the figures above being true, kills three times as many persons, at short warning, as heart disease and apoplexy together. Cold feet, tight shoes, tight clothing, costive bowels, sitting still until chilled through and through, after having been warmed up by labor or a long and hasty walk; going too suddenly from a close, heated room as a lounge, or listener, or speaker, while the body is weakened by continued application, or abstinence, or heated by the effort of a long address—these are the fruitful, the very fruitful causes of sudden death in the form of "congestion of the lungs," but which, being falsely reported as "disease of the heart," and regarded as an inevitable event, throw people off their guard, instead of pointing them plainly to the true causes, all of which are avoidable, and very easily so, as a general rule, when the mind has been intelligently drawn to the subject.—*Sel.*

### Dr. Hosack on Temperance.

THE following excellent remarks, quoted from an old journal, were made by Dr. Hosack at the anniversary of the New York City Temperance Society at the early date of 1831. It is really refreshing to encounter such a truthful state of the fundamental principles of temperance. The doctor seems to have possessed the right sort of a spirit to make a really thorough and efficient temperance reform:—

In hot climates the very liberal use that is made of the fashionable condiments, mustard, soy, catsup, shallots, cayenne pepper, and turmeric, is to be considered in connection with the climate and the excessive use of vinous and spirituous liquors, among the sources of those diseases (particularly of the stomach and bowels), which so frequently afflict the inhabitants of the torrid zone; but which are improperly ascribed to the heat of the climate as the exclusive cause. That this is not the case, it is sufficient to remark, that the *women* are comparatively healthy and long-lived in those climates; not only because they are less exposed to the direct rays of the sun, but by reason of their relative temperance. Water is, for the most part, the drink of the females in hot climates; hence we account for the common fact that in the West

Indies one woman generally survives two or three husbands.

Dr. Mosely also observes that those persons who drink nothing but water are but little affected by the climate, and can undergo the greatest fatigue without inconvenience, and are, comparatively, never subject to troublesome or dangerous diseases. Indeed, I would remark as a general truth, that pure water is the beverage best calculated to promote health, to preserve the vigor of the intellect, and to secure long life. As an incentive to temperance, let it be recollected, that Sir Isaac Newton, when composing his celebrated treatise upon Optics, confined himself to *water* and a *vegetable diet*. To this abstemious mode of living probably may be ascribed the great age, viz., *eighty-five* years, to which he attained. John Locke, too, died in the 73d year of his age; his common drink was water, which he justly considered as the cause of his life being prolonged to so great an age, notwithstanding the original feebleness of his constitution, and the distressing disease, the asthma, under which he labored for many years. To this temperate mode of life, too, he was probably indebted for the increase of those intellectual powers which gave birth to his incomparable work on the *human understanding*, his treatises on *government* and *education*, as well as his other writings, which do so much honor to his memory.

In the life of our countryman, the late President Edwards, the author of the celebrated work on the *freedom of the will*, a work which will ever remain as an extraordinary example of correct reasoning and of the powers of the author's mind, we have abundant illustration of the beneficial effects of temperance in preserving and improving the faculties of the mind, and fitting it for the greatest achievements. In his diary, that distinguished divine remarks that he carefully observed the effects of both the quantity and quality of the various kinds of food which best suited his constitution and rendered him most fit for mental labor; and most scrupulously confined himself to the prescribed limits, which, as he remarks, at the same time that they sustained his bodily strength, left his mind most sprightly and active.

Dr. Franklin, and the late Dr. Rush, afford additional examples to show how much may be accomplished (in the latter case, even in a slender frame of body) by temperance, both in eating and drinking. Dr. Cheyne also emphatically observes, of the connection between the state of the intellect and the condition of body, that "he who would have a *clear head* must have a *clean stomach*."



In no case whatever, in which there is health and vigor of constitution, is the use of distilled spirit ever beneficial for their preservation, or for the endurance of fatigue or hardship.

The continued use of ardent spirit cannot be indulged in without the *certainty of injury*.

*Never* does ardent spirit operate as a preventive of epidemic and pestilential diseases; very *generally* it is an exciting cause of such diseases.

The effect of a frequent moderate use of such liquors is to create an appetite for an *increase* of the noxious draught.

The prostration of the system by intemperance is, manifest in aggravating the character of every disease, is readily discerned by the observant physician, and demands all his skill in the management of the existing malady.

The effect of alcohol on those who use it is to impair and vitiate the moral sense.

On the intellectual powers the effects of alcohol are feebleness and exhaustion, degrading them to madness and idiocy.

The disease of an habitual drunkard will, for the most part, run its course *uninfluenced* by medical treatment, in the EXHAUSTION produced by intemperance; medicines are oftentimes useless, and the disease, for the most part, proves fatal; whereas, the diseases of the *water drinker* are comparatively few in number; in general readily controlled, and, when the malady is removed, the constitution is easily restored to its original health and vigor.

A very large proportion of the deaths of adults, particularly from inflammatory diseases, dropsies, and hemorrhages, are produced by the use of alcohol.

The chances for vigor, health, and long life are in favor of him who altogether abstains from the use of ardent spirits.

Spirituous liquors are the most common cause of insanity.

Even their moderate use has a tendency to create the drunken appetite.

As a family medicine, distilled spirit is very dangerous, and should only be employed when prescribed by a *physician*.

ALCOHOL AN IRRITANT.—Dr. Willard Parker, in a recent lecture in this city, denied the common impression that alcohol is a stimulant. He said, "It is simply an irritant, like a grain of sand in the eye. It may act as a stimulant in this way, but only by overtaxing the nervous system, and proving a waste instead of a help in the end."

## The Nonsense about Intemperate Men of Genius.

WE read every few days in our exchanges that some man has died from intemperance who was unusually capable in his particular line, and would have done something remarkable but for his unfortunate habit. This sort of sentiment is so common that one might believe that clever men have a natural tendency to dissipation. Such an opinion, in fact, has been prevalent, and is still prevalent to a moderate extent; but it is apt to be erroneous. It is no longer the fashion for genius to be profligate, wildly eccentric and lawless. Genius now-a-days is regulated by common sense—indeed, common sense is the foundation of real genius—understands cause and effect; is apprehensive and takes note of all facts; adapts means to ends; is, in a word, clear-headed, many-sided, practical.

The old notions of genius largely date from the Byron mania. Because Byron wrote strong, beautiful, often licentious poetry, and got very drunk from time to time, he had many imitators, so far as drunkenness was concerned, and the crop has not yet been quite gathered. The imitators did nothing like Childe Harold or Manfred or the Giaour, to be sure, but they drank more gin than their author; therefore, in their view, they were more than half as gifted as he. They forgot that when he wrote his best things he was entirely sober, and when they did their worst things they were, no doubt, entirely tipsy. It is all a mistake. Really clever men seldom drink to excess. If not restrained by moral, they were by prudential considerations. They know they can't afford it; that drunkenness is in no sense indemnifying.

When you see a man habitually intoxicated, be he mechanic, accountant, artist, journalist or author, you can safely conclude that, so far from being master of his calling, he is a tyro, if not a bungler. Dissipated fellows very frequently get a name for proficiency and skill from the mere facts of their dissipation. It is the world's way of distributing justice. It is willing to admit that a man is intellectually capable, when it is palpable that he is morally disqualified. Any one may acquire reputation for capacity by showing that he is chronically in a condition not to exercise his capacity. Whether reputation is worth having at that price may be a question; but all sensible persons will decide it in the negative.—*New York Times*.

TOO MUCH SHADE.—An Italian proverb says, Where the sun never comes, the doctor must.



### A Religious Sect Based on Dietetics.

THE basis of religious sectarianism is usually diversity of opinions respecting the interpretation of Scripture; and the difference of views usually relates to some theoretical point hardly worthy of being the cause of so great divergence of feeling and interests.

A sect certainly has no right to exist unless there is some real cause for disagreement with others who entertain allied sentiments. Of the numerous newly fledged sects which are constantly making their appearance, most are unnecessary, and many are unpardonable. But a new sect has recently made its appearance in England which certainly has as good a claim to existence as is possible for a sect to have. Recognizing the intimate connection between man's moral and his physical nature, the founders of this sect have made an innovation in the composition of their creed, as will be seen from the following description of it given by a member, a lady now representing the order in this country, in a letter to the pastor of the Bible Christian Church in Philadelphia:—

"DEAR SIR:—It gives me great pleasure to learn that there is a Christian Church established in Philadelphia which not only believes in, but practices, purity of diet and simplicity of life; and I am happy to comply with your request respecting the order of 'Danielites,' which has its headquarters at No. 40 Brunswick Square, London, England. This order was intended to draw into a closer bond of union those vegetarians who do not exclude Scripture quotations from the argument in favor of their principles, while it purposely shuts out those who are neither hot nor cold in the matter, who, professing its doctrines do not always adhere to its practice. The conditions of membership are:—

"*First.*—A declaration of belief in the existence and power of Almighty God.

"*Second.*—A pledge of total abstinence from fish, flesh, fowl, alcohol, and tobacco during membership.

"*Third.*—A pledge of obedience to the rules of the order, these not conflicting with civil or religious duties, and not to betray the interests of the order.

"*Fourth.*—Payment of entrance fees and quarterly dues.

"The founders of the order, considering that many persons approached the subject with fear and distrust, based, it is true, upon ignorance, but nevertheless sincere and unfeigned, decided to admit such, on trial, to a first degree garden (the Garden of Eden), where they might meet with encouragement

and instruction, and benefit by the experience of others, and yet be at liberty to retire on giving seven days' notice; that thus they might be spared the failures and disappointments of those who ignorantly fancy that vegetarianism means merely potatoes and cabbage.

"The ruling idea which governs the extent of the 'Danielite' pledge is the Nazarite Vow (Numbers 6). These self-denying, God-fearing Nazarites were privileged to worship in the Temple, nearest the Holy of Holies, and the Divinely framed pledge which they took required them to abstain from wine and strong drink, and from coming at (i. e. touching) anything that had breathed and was dead, as the words are in Hebrew. The tobacco clause is based upon Deut. 29:18, where in the margin it is rendered a 'poisonful herb,' and the context seems to point to its being used to add drunkenness to thirst in the idol temples, where drugged wines were used, until men's consciences were lulled to sleep, and they glided easily into the commission of abominable acts, that if fully sober they would have abhorred. Tobacco does just this in our day, and besides, leads its votaries to absent themselves from the Sanctuary in order to indulge in their unnatural propensity; and where it does not prevail quite so far as to keep them out of God's house, inveterate habit makes them long for the pipe, even while sitting under the preached word, and thus they feel the sermon wearisome and are impatient for its conclusion, that they may again stupefy their brains and ruin their health and create unnatural thirst. The sins of the fathers are, in this matter, most distinctly visited upon their children, causing idiocy to a fearful extent to the innocent offspring of the smoker.

"The second degree, that of the Garden of the Rose of Sharon, admits none but those who are prepared to take a life-long pledge, of whom I am one, as is also my husband, although I still retain membership in the preliminary Garden of Eden.

"The instances of Nazarites recorded in Scripture are very encouraging. Daniel, in honor of whom the order is named, and to whom was revealed what was to come to pass in these latter days, is spoken of in Scripture as a man greatly beloved—Dan. 9:23, and 10:19. Paul, whose Nazariteship is referred to in Acts 18:18; 21:23, 24; 26:5, was so strongly imbued with our principle that he exclaimed, 'How beautiful is the not eating of flesh nor drinking of wine.' Rom. 14:21."

—Be sober and temperate and you will be happy.—B. Franklin.



# LITERARY MISCELLANY?

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

## REVENGE OF INJURIES.

THE fairest action of our human life  
Is scorning to revenge an injury;  
For who forgives without a further strife,  
His adversary's heart to him doth tie;  
And 't is a firmer conquest, truly said,  
To win the heart, than overthrow the head.

If we a worthy enemy do find,  
To yield to worth it must be nobly done;  
But if of baser metal be his mind,  
In base revenge there is no honor won.  
Who would a worthy courage overthrow?  
And who would wrestle with a worthless foe?

We say our hearts are great, and cannot yield;  
Because they cannot yield, it proves them poor;  
Great hearts are taxed beyond their power but sold;  
The weakest lion will the loudest roar.  
Truth's school for certain doth this same allow:  
High-heartedness doth sometimes teach to bow.

A noble heart doth teach a virtuous scorn:—  
To scorn to owe a duty overlong;  
To scorn to be for benefits forborne;  
To scorn a lie; to scorn to do a wrong;  
To scorn to bear an injury in mind;  
To scorn a free-born heart slave-like to bind.

But if for wrongs we needs revenge must have,  
Then be our vengeance of the noblest kind.  
Do we his body from our fury save,  
And let our hate prevail against his mind?  
What can 'gainst him a greater vengeance be,  
Than make his foe far worthier than he?  
—*Lady Elizabeth Carew (1613).*

## A Lesson for the Times.

NUMBER FIVE.

BY MRS. E. G. WHITE.

PARENTS who would properly rear their children need wisdom from Heaven in order to act judiciously in all matters pertaining to home discipline. The education should begin at an early period in the life of the child. Few realize the effect of a mild, firm manner, even in the care of an infant. The fretful, impatient mother or nurse creates peevishness in the child in her arms, whereas a gentle manner tends to quiet the nerves of the little one.

Perverse temper should be checked in the child as soon as possible; for the longer this duty is delayed, the more difficult it is to accomplish. Children of quick, passionate dis-

position need the special care of their parents. They should be dealt with in a particularly kind but firm manner; there should be no wavering or indecision on the part of the parents, in their case. The traits of character which would naturally check the growth of their peculiar faults should be carefully nourished and strengthened. Indulgence of the child of passionate and perverse disposition will result in his ruin. His faults will strengthen with his years, retard the development of his mind, and overbalance all the good and noble traits of his character.

If you wish your children to possess enlarged capacities to do good, teach them to have a right hold of the future world. If they are instructed to rely upon divine aid in their difficulties and dangers, they will not lack power to curb passion, and to check the inward temptations to do wrong. Connection with the Source of wisdom will give light, and the power of discernment between right and wrong. Those so endowed will become morally and intellectually strong, and will have clearer views and better judgment even in temporal affairs.

The first care of the parents should be to establish good government in the family. The word of the parents should be law, precluding all arguments or evasions. Children should be taught from infancy to implicitly obey their parents. This is the first lesson in teaching them to obey the requirements of God. Self-control is absolutely essential to the proper education of our children. The want of this quality of character is the key to the horrible records of crime chronicled every day by the press. The sins which curse mankind, which are found in high places, and which are concealed by a cloak of assumed godliness, as well as the open crime which runs riot among the lower strata of society, can be almost wholly traced to the bad training, or lack of training, of the children under the home roof, and the indulgence and perversion of their appetite around the family board.

Parents yield themselves to a blind fondness, which they misname love, and, by indulgence and a neglect to do their duty in restraining their children, actually foster evil traits of character in them. In after years they wonder, with grief and disappointment,



at the development of those traits, but fail to trace their origin to their own wrong course as parents. Wherever we go, we see children indulged, petted, and praised without discretion. This tends to make them vain, bold, and conceited. The seeds of vanity are easily sown in the human heart by injudicious parents and guardians, who praise and indulge the young under their charge, with no thought of the future. Self-will and pride are evils that turned angels into demons, and barred the gates of Heaven against them. And yet parents, unconsciously, are systematically training their children to be the agents of Satan. Parents frequently dress their children in extravagant garments, with much display of ornaments, then openly admire the effect of their apparel, and compliment them on their appearance. These foolish parents would be filled with consternation if they could see how Satan seconds their efforts, and urges them on to greater follies.

Such a course can hardly fail to make the youth vain, extravagant, and selfish, willing to even sacrifice principle rather than fail to make the display which, it seems to them, is necessary to insure a proper regard from the world. They prefer the superficial splendor of costly adornment to the ornament of a meek and quiet spirit, which in the sight of God is of great price. Parents should strictly guard against encouraging the vanity which is productive of so much evil, and should promptly check the openly expressed admiration of their friends for their children, even at the risk of displeasing the former.

Be careful how you relinquish the government of your children to others. No one can properly relieve you of your God-given responsibility. Many children have been utterly ruined by the interference of relatives or friends in their home government. Mothers should never allow their sisters or mother to interfere with the wise management of their children. Though the mother may have received the very best training at the hands of her mother, yet, in nine cases out of ten, as a grandmother she would spoil her daughter's children, by indulgence and injudicious praise. All the patient effort of the mother may be undone by this course of treatment. It is proverbial that grandparents, as a rule, are unfit to bring up their grandchildren. Men and women should pay all the respect and deference due to their parents; but, in the matter of the management of their own children, they should allow no interference, but hold the reins of government in their own hands.

The mother must ever stand pre-eminent in this work of training the children. While

grave and important duties rest upon the father, the mother, by almost constant association with her children, especially during their tender years, must always be their special instructor and companion. She should take great care to cultivate neatness and order in her children, to direct them in forming correct habits and tastes: she should train them to be industrious, self-reliant, and helpful to others; to live, and act, and labor as though always in the sight of God.

Parents seem to be in a lethargic sleep in regard to the responsibility of their position. They see the world teeming with sin and corruption, the newspapers full of reports of crime and wretchedness; yet they are not roused by these things to extra vigilance in bringing up their children to right habits, and with correct views of life and its requirements. People are shocked at the low moral condition of the youth of this age, and their tendency to evil; but few realize where the chief blame lies. We shall see no reform in society till parents rouse to an appreciation of their solemn, God-given responsibilities, and feel that their children are lost to themselves, to the world, and to God, unless they take up and fulfill their long-neglected duties.

Parents should look about them and see the temptations to intemperance and vice of every kind, spread in the paths of their children, and, in anguish of heart, should call on God to help them in their emergency, and give them wisdom and strength to guide aright the young whom God has placed in their charge. This precious trust must be accounted for by them in the day of final Judgment.

Many parents actually teach their children to disobey them, by excusing their disobedience, and glossing over their willful faults. That only child, the son or daughter whose life has been a series of indulgence, petting, and praise, has grown only to obey his own will. Every whim has been gratified until he has become imperious, exacting, and intolerable to all but his blind and erring parents, who seem to consider it their first duty to minister to his enjoyment, and anticipate every desire. The child thus reared has no respect for his parents, since they have always been subservient to his wishes, and have never exacted from him the obedience due from a child to his parents. God has placed disobedience to parents side by side with blasphemy.

Disobedience to parents leads directly to disobedience to God; there is hardly a step between. The parents who neglect to exact obedience from their children virtually teach them to disobey the requirements of God, to sin against high Heaven, and jeopardize



their souls. Such a course brings agony, disgrace, and ruin to both parents and children, both here and hereafter. When the work is complete and irreparable, the parents sometimes see too late the error of their lives, and trace the ruin of their child to their own neglect and culpable folly toward him from the cradle to manhood.

If parents would realize that they are answerable to God for every child committed to their trust, they would not dare to spend their precious time in the wearying round of fashion, pleasure, or even in business, to the exclusion of their family duties. One soul neglected, or indulged in wrong habits, serves to greatly increase the sin already existing in the world. The defects that have been fostered by the indulgence of thoughtless parents create in their child a morally deformed character; this, in an aggravated form, may in turn be transmitted to their offspring, and so on till the evil effects of the first error of indulgence or neglect are incalculable.

Parents, remember that you are training your children not only for this life, but for the future, immortal life. No taint of sin will enter the abode of bliss. See that you do not, by sinful indulgence, fasten in the toils of Satan the children whom you regard so dear. What fearful guilt rests upon parents in this age of the world! what folly and cruelty toward the tender, susceptible creatures given to their charge! It is theirs to train souls for eternity; but how do they fall short of their duty! What woe will be theirs when the day of awakening comes all too late; and what retribution when the just Judge shall investigate their case, and inquire of them, Where are the children that I gave thee to train up for the courts of Heaven?

Parents in general are doing their best to unfit their children for the stern realities of life, for the difficulties that will surround them in the future, when they will be called upon to decide for right or wrong, and when strong temptations will be brought upon them. They will then be found weak where they should be strong. They will waver in principle and duty; and humanity will suffer from their weakness. Christian parents, make the word of God your rule of action in the rearing of your children. Teach them to respect your will, and to obey the requirements of God. Endeavor to shape their characters after the pattern of Christ Jesus. Be firm, kind, patient, and God-fearing, and your children will be an honor to you in this world, and wear a crown of rejoicing in the kingdom of Heaven.

VIRTUE has happiness for her daughter.

## The Doctor's Word.

(Concluded.)

AFTER a few minutes I followed the carpenter to his home, my conscience ill at ease, as I well knew that I was in great degree responsible for the great trouble which preyed upon him from day to day, driving all the happiness from his once cheerful home, and darkening all his future prospects. The sensible advice of my wife came back to me with impressive force, and I heartily wished that I had followed it. When I arrived at the house, my aroused conscience was in no way quieted. I found the child suffering, as the carpenter had said, with a fever. Its little lips were parched, and its delicate cheeks were glowing with the inward heat. The case was evidently a serious one.

But, serious as was the case of the child, which had been the idol of its parents, being bright and intelligent beyond its years, a glance at the mother, as soon as I withdrew my attention from the child, sent a pang of remorse to my heart that I shall remember to my dying day. Instead of the intense motherly interest which one would expect, and which the maternal instinct would naturally excite, she was evidently so far stupefied by drink as to be almost indifferent to the perilous condition of her darling child. My most earnest tones and repeated repetitions in giving the careful directions which were so essential to the safety of her little one were insufficient to impress upon her anything like a proper sense of her duty in the case. Her stupid indifference was as apparent to her husband as to myself, and he hastily retired into an adjoining room to hide his grief and shame.

I resolved to do my duty faithfully at last, and if possible to redeem the error I had committed. I admonished her most faithfully, and with tears in my eyes besought her for the sake of her sorrowing husband and her suffering child, if not for her own sake, to reform. All my appeals seemed to make no impression on her rum-poisoned brain. She appeared utterly indifferent to all my arguments and representations of the calamitous results she was bringing upon herself and her family. At last I arose to go, feeling that my effort had been in vain; and with a heavy heart I sought my home.

I had tried many times before to reform the victims of intemperance, but my experience had not been of an encouraging character. I can hardly remember an instance in which I had even a partial success. In the most malignant diseases, if the will of the pa-



tient acts with the physician, as is usually the case, and seconds all his efforts to arrest the malady, the chances are largely in favor of a cure; but when, as in drunkenness, a vice or appetite takes possession of the will, and either turns the patient against his physician or leads him into an utter disregard of his instructions, the chances in favor of a cure are very small indeed.

What was to be done? I grew sick at heart as I pondered this question, and the conviction became stronger and stronger that this case was already beyond the reach of any skill I possessed. I found the child very sick when I called the next day, and with more clearly defined symptoms than were apparent at my first visit. It was a case of scarlet fever, and a bad one. As I bent over my little patient, who was in her mother's lap, the odor of something stronger than beer or ale came to my nostrils.

"Your little girl is very sick, ma'am," I said, almost sternly, for I felt half angry with the woman. She immediately began to cry, and I soon became aware that, early in the day as it was, she was already in a state of partial inebriation! But I made no remonstrance, for I felt sure that it would avail nothing. After doing what I could for the child, I went away with a still heavier weight on my feelings—might I not say on my conscience?

As I feared, the case ran rapidly to a fatal termination. In all my visits I did not once find the wretched mother wholly free from the influence of drink. After the funeral I called to see Mrs. Kirk, hoping that she might be in a tender and impressible state, and that I might be able to say something to rouse her sluggish will into an effort to break the bonds that were daily growing stronger.

Alas! alas! When I went away from the carpenter's pretty little home—once so bright and happy, but now so dark and cheerless—it was with the sad conviction that it was doomed to a deeper desolation still; for I had found the miserable wife and mother in a state of nearly unconscious inebriation.

From this time the downward course was rapid and without pause. In the case of my patient, the aroused appetite, latent from birth through inheritance, was as insatiate as the tiger's thirst for blood, and grew stronger with each indulgence. Her husband tried every means to hold her back, and when he at last withdrew all supplies of money, she began to pawn or sell clothing and household furniture to get the means by which to meet the demand of a thirst which grew by what it fed on. For nearly two years this went on, and then the sad ending came.

I was sitting in my office one cold December night, thinking over a difficult case I had on hand, and trying to determine the course of treatment next to be pursued, seeing that I had not yet been able to touch the worst symptoms, when the bell rang violently. Not waiting for the tardy servant, I went myself to the door. I did not at first recognize the haggard face that met me as I drew it open.

"Doctor! come right away, please! Jenny has fallen down stairs, and there's a great cut on her temple, and she's lying dead-like!"

It was Mr. Kirk, the carpenter. I did not answer a word, nor even give utterance to his name; but only looked at him for a moment or two in a kind of blank dismay. If he had said, "And it's all your work!" I would have bent my head before him and made no reply.

"How did it happen?" I asked as I followed him into the street, after drawing on my fur cap and heavy overcoat.

"Oh, I can't tell, Doctor!" he answered in a half-despairing voice. "It's only God's mercy that it has n't happened before."

Nothing further was said. I had not the courage to press him with questions. He might turn upon me in the bitterness of his anguish with accusations that I could not repel.

I found Mrs. Kirk with a deep cut on her right temple, which had bled profusely, lying in a state of coma from which I was unable to arouse her. The room in which she lay upon a settee, had but scanty furniture, not a single picture on the walls or ornament of any kind on the mantel, and was in a condition of wretched disorder. As soon as I could close the ugly wound on her temple, and get her face and neck free from blood, I set myself to the work of restoring the almost completely suspended vital action; but soon became aware that it was becoming more and more depressed every moment.

"What do you think of her, Doctor?"

I almost started with surprise; the voice was so calm, and the tone so steady. I looked up into the carpenter's face. It had a strange, fixed expression; the eyes set wide open, and gazing, it seemed, at something afar off.

Without answering, I turned my eye back to the face of my patient, and saw a change passing over it, the meaning of which my practiced eye knew too well. She was dying! In less than a quarter of an hour, she lay with a stiff, white face and a quiet pulse—the tragedy over!

I wish I could forget what followed, but I could not if I were to live a thousand years. The scene is before me now as vividly as when it was enacted. It was not one of wild



passion, but of the most tender and touching pathos.

I had not answered Mr. Kirk's question, and I hardly think he expected an answer. We both turned our eyes back upon the face of his wife at the same moment, and I knew by the way he bent forward over her, and the intentness of his attitude, that he saw the change that I had seen, and understood its meaning. Neither of us spoke or stirred until all was over. She died as quietly as an infant going to sleep, save for the death-rattle that came once or twice at the end.

When it was all over, Mr. Kirk put his arm beneath her neck, and raising her up, drew her head against his breast and laid his face down upon hers with such tender and loving emotion that I cannot find words to describe it.

I offered no vain words of comfort. What could I say that would not have been a mockery of his grief? In a little while he laid her back upon the settee, and turning to me said, in a voice that was singularly calm, but in which I could discern an under thrill of intense suffering,

"It is better so, Doctor; better for her, better for me, and better for the children—that I should have to say it of my Jenny! No man ever had a truer wife until—until—" He broke a little, but went on again steadily. "And no man had a happier home. I do n't blame her. I tried to be patient with her; and if I was a little rough and cross sometimes, God knows it was n't in my heart. I was only trying to hold her back; but she'd been set going, and could n't stop. It's an awful thing, Doctor, when a man who loves his wife as I have loved mine, has to say, as he sits and looks at her dead face, 'It is better so!'"

"You'll forgive me," he added, "for what I'm going to say."

"Not now, my friend!" I cried out as I took his hand. "Not now! I know it all! May God comfort you; for man cannot!" And I broke from the death chamber and hurried away.

Since then I have never given a patient an alcoholic stimulant, and never mean to give one again as long as I live. A close investigation, and a knowledge of new facts, have changed all my opinions on the subject; and I hold, with a large and increasing class of eminent physicians and chemists, that its introduction into the human system is always hurtful.—*T. S. Arthur.*

—A quiet conscience sleeps in thunder, but rest and guilt live far asunder.

### Bad Names Without Proof.

BUT that bad name—how widely we scatter it without thought of how it sticks! and how loosely we throw it without knowing whether it is deserved or not! We know nothing positive. We have only heard this little rumor and that small report; but we make out of the two little breaths one big blast, and with it blow the bad name which can never be got rid of again. We say those L's are a bad set; no good can ever come of them!—those A's are abominable, and all evil may be expected from them! No good could come out of Nazareth, they once thought in cynical, polished Jerusalem; and when words such as man never spake before were given to the world, they refused to listen to them because the speaker was a Nazarene, and his countrymen had a bad name for rustic density of wit.

Give a woman a bad name, and you practically destroy her social career in all its value and beauty. She may live it down; but living it down is weary work, and it is easier to die one's self than to kill a slander. And how easily a woman is slandered. No one knows how it came about.

It was one of those mysterious bad names that spring up like fungi on an autumn night—suddenly, silently, apparently without cause; but Mr. Blank who was something in the city, and who had always hitherto passed for a man of probity enough, one fine day found the label of doubtful honesty pinned to him, and was never able to rid himself of the mark. No one knew what he had done, and, although every one asked, no one could tell his neighbor; nevertheless every one said that he had done something, that he was not a man to be trusted in his business, and wanted sharp watching. It would have been some satisfaction if the i's could have been dotted and the t's crossed in this indictment; if the mist would have gathered itself into at least the definiteness of a cloud; if only the feeblest kind of hook could have been given on which to hang this dead weight of ill-repute. But, as the givers of bad names are generally chary of reasons why, and dread nothing so much as to be asked for proofs, to his dying day poor Blank never understood the odd way in which certain people treated him, nor what he had done to justify the evident suspicion of some with whom he had business dealings. It was all as mysterious to him as was the rise and growth of his bad name. He was unconscious in his own mind of having done anything at any time to create want of confidence in his probity; and, as no one had a definite charge of which to tell



him, no one told him anything at all. So he lived out his life with the bad name pinned to his city coat, all the while ignorant of the label, and why those who read it behind his back looked at him askance as they passed.

If only some one had had the frankness and the courage to tell him! to say, "Blank, they say of you—"! But what did they say? Well, that he was not to be trusted when money was about—that he was not straight in matters of business—that his word was not so good as his bond, and that those who had dealings with him had better see to the wording and stamping and legal formalities of their agreements. And the proof? the reason why all this was said? the instance that would strike the accusation home? There was none.—*London Queen.*

### History of Printing.

THE art of printing is thought to have originated in China, where it was practiced long before it was known in Europe, to which country, indeed, the hint may have been imported by some traveler. Immovable printing types, resembling our hand stamps, were in common use among the Romans for stamping pottery, and it must always remain a wonder that so ingenious a people did not use the process for printing their literature. Not a hint of it, however, appears in all their writings, and so the greatest of all the arts lay hidden for fourteen centuries. Had it been thus early developed, and learning put within reach of the common people, the Romans might yet remain a powerful nation, and the world's history be widely different from what it now is. From so simple a process as the stamping of names on unburned clay might such great results have arisen!

Eight cities of Europe claim the honor of being the birth-place of the inventor of printing, and three deserve some attention, as they were the native places of those who developed the art. These three are Haerlem, Mentz, and Strasburg. John Coster of Haerlem is generally acknowledged to be the first who "printed with blocks a book of images and letters." This was about the year 1438. Coster also invented the common printing-ink, which does not blot. At first the leaves were only printed on one side, and afterward the blank sides were pasted together so as to appear like one leaf. At first their blocks were made of soft wood, and the letters were carved; but these were continually breaking, and the great trouble and expense of gluing them or preparing new blocks caused the

substitution of movable types, after which the art progressed with marvelous rapidity. This last discovery was a very important one; for, whereas with the carved blocks only one work could be produced, after which they were of no use until a second edition was required, the movable types could serve for hundreds. These carved blocks much resembled our stereotypes, which, being composed of a solid sheet of metal and not liable to break, are of great value in printing works which require perpetually to be reproduced. When their editions were designed to be curious, the first letter of a chapter was left unprinted, that it might be colored or illuminated at the fancy of the purchaser. Several of these ancient volumes have been found in which these letters were wanting, as they neglected to have them printed.

Cut metal types were invented by John Gutenberg, who used them in printing the earliest edition of the Bible, about 1444. A copy of the "Mazarin Bible," as it was called, of which only twenty are in existence, has been sold for as much as \$2,500.

Peter Schaeffer, in the year 1452, cast the first metal types in matrices such as we now use, and may therefore be said to have invented complete printing.

Among the early printers, the only points used were the comma, parenthesis, interrogation, and full stop. To these succeeded the colon; afterward the semicolon; and last the note of exclamation.

The sentences were so full of abbreviations and contractions in order to economize space, that a treatise was actually written on the art of reading a printed book. In order to get rid of these contractions without increasing the bulk of the book, a learned printer by the name of Aldus introduced a new kind of letter called, after him, Aldine, but which we now term *Italic*.

In these early times it was the chief object of the printer to keep his works as free as possible from errors. Physicians, lawyers, and even bishops, gloried in being correctors of the press to eminent printers. Robert Stephens, whose books are celebrated for the correctness of their text, hung up his proofs in public places, and offered large sums to those who should detect any mistake.

This carefulness did not continue long, however. The love of gain succeeded their desire for reputation; and in 1653, an edition was printed, called the Pearl Bible, in which were six thousand errata.—*Sel.*

—"Johnny, would n't you like to be a doctor?" "No, mamma." "Why not?" "Because I could n't even kill a fly."



### Discovery of the Circulation of the Blood.

SOME of the greatest discoveries seem so simple and obvious after they have been made that the wonder seems that they have not been made before, since the facts and principles upon which they are founded are often known long before. Boyle, a contemporary of Harvey, thus describes a conversation in which the latter recounts the method of his celebrated discovery:—

"I remember that when I asked our famous Harvey, in the only discourse I had with him, which was but a little while before he died, what were the things which induced him to think of a circulation of the blood? he answered me, that when he took notice that the valves in the veins of so many parts of the body were so placed that they gave free passage to the blood towards the heart, but opposed the passage of the venal blood the contrary way, he was invited to think that so provident a cause as nature had not placed so many valves without design; and no design seemed more probable than that, since the blood could not well, because of the interposing valves, be sent by the veins to the limbs, it should be sent by the arteries and return through the veins, whose valves did not oppose its course that way."

### Amusements of Great Men.

NEARLY all learned men and hard students have resorted to some amusement, however trifling, to unbend the mind after the strain put upon it by severe study. It was a standing rule among the Jesuits that not more than two hours should be spent in study without relaxing the mind by some simple recreation. Spinoza is said to have amused himself by setting spiders to fight each other, and sometimes he became so interested in their queer performances that he would burst into immoderate fits of laughter. Descartes would lay aside his profound speculations to work in the flower garden. Samuel Clarke, the great logician, was fond of violent exercise, and was several times found leaping over tables and the backs of chairs, by visitors to his study. De Grammont, entering suddenly the private room of the Cardinal de Richelieu, found the minister jumping up against the wall. To catch a prime minister in so undignified an occupation was oftentimes dangerous; but De Grammont, with true courtier's tact, instantly cried out, "Two to one I can jump the highest," and joined in the sport with great zeal, taking care however to let the Cardinal jump the highest. To this

stroke of policy he is said to have owed his advancement.

Contemplative and quiet men seem to have been fond of amusements which accorded better with their habits. To such the game of chess, and angling, "the contemplative man's recreation," have afforded delight and amusement. Others have turned from works requiring the most profound study, to writing on the most odd, and often ridiculous subjects which would occur to them, and in this way have rested their wearied brains.

**Meanings of Words.**—Many of the most common words in our language once had very different meanings from what they now bear. Many others which were in common use two centuries ago have been dropped from the language. Our common word *lunch* was unknown to the best society a few years ago. The word *knave* formerly meant merely a servant, being derived from the German *knabe*. In old Bibles the apostle Paul is called the *knave* of Jesus Christ. The word *charity*, still found in the New Testament, means properly "a loving spirit." A writer of prose was once called a "proser"—just as one who writes poetry is now called a poet—without the uncomplimentary sense which is now attached to the term. Many expressive words have been suffered to die out of the language; as, *deathsmen* for executioner; *scatterling* for vagabond; and *moonling* for lunatic.

**Proper System of Reading.**—A proper and judicious system of reading is of the highest importance. Two things are necessary in perusing the mental labors of others; namely, not to read too much, and to pay great attention to the nature of what you do read. Many persons peruse books for the express and avowed purpose of consuming time; and this class of readers forms by far the majority of what are termed the reading public; a habit more injurious in its influence on mind and character can hardly be imagined. Others, again, read with the laudable anxiety of being made wiser; and when this object is not attained, the disappointment may generally be attributed, either to the habit of reading too much, or of paying insufficient attention to what falls under their notice.—*Blakey*.

—**AMBIGUOUS.**—The recently-published report of an Irish benevolent society contains the following ambiguous paragraph: Notwithstanding the large amount paid for medicine and medical attendance, very few deaths occurred during the year.



## Popular Science.

—A German physician kills tape-worms in two hours by passing a tube into the stomach of the patient and pouring down two or three pints of a strong decoction of pomegranate root. He claims to be uniformly successful.

—Many persons will be surprised to see it asserted that ants possess a vocal speech which, although inappreciable by human ears, enables them to attain that high state of social development which they manifest; yet this assertion is made and pronounced beyond all question.

—In some furnace-heated houses in New York City, the air becomes so dry that it is a common amusement of the children to light the gas by a spark of electricity from their fingers. By rubbing the feet along the carpet the body becomes so charged with the electric fluid, that, on approaching the finger to the gas-burner, a spark is drawn forth sufficient to light the gas.

—Marble is a limestone that has become crystalized and hardened by heat so as to be capable of receiving a high polish. The action of heat on ordinary limestone is seen wherever such strata have come in close proximity to granite, the heat from which, when in a molten state, having converted the limestone into crystalline marble. The various colors of the marble are due to the admixture of the oxides of metals, iron giving the red and brown tints, copper the green, and manganese the black.

**Age of Man.**—Prof. Newcomb opposes the modern geological idea of the great antiquity of the human race, by announcing his belief that man has probably existed on the earth "less than ten thousand years."

**New Use of Railroads.**—An eminent scientist of California accounts for the recent scarcity of earthquakes in that State by the supposition that the iron rails of the overland railroad conduct away the surplus positive electricity of the Pacific Coast, which is developed in tornadoes and other meteorological disturbances east of the Rocky Mountains.

**Effect of Gas on Fabrics.**—Dr. William Wallace, of Glasgow, by a series of experiments has determined that the sulphuric acid left in the air by the combustion of coal gas

is a great cause of the destruction of the color of cotton goods. Even the fabric itself is often rendered so tender by the destructive action of the acid as to be utterly useless. It is on this account that it is deemed by our best authorities very injurious to people with very sensitive lungs to inhale air which has been poisoned and rendered irritating by the combustion of coal gas. If the use of the gas is unavoidable, the most thorough ventilation should be secured.

**Drunken Jelly Fishes.**—The following from a scientific journal is evidence that alcohol produces upon animals and fishes the same poisonous effects as upon the human animal:—

"At the recent meeting of the British Association at Dublin, Mr. Romanes read a paper to prove that jelly fishes are endowed with a nervous system. Among other experiments he told how he had made some drunk by pouring some whisky into a vessel in which they were kept. The effects were most demoralizing. The previous sober swimming motions became highly excited and hilarious, and the animals tumbled about in a rollicking manner. Later on, a drowsiness began to come over them, and eventually they subsided to the bottom of the vessel in a state of beastly drunkenness. They recovered rapidly when removed to fresh water."

**Carnivorous Caterpillars.**—A striking peculiarity of the caterpillars of Patagonian *Lepidoptera*, namely, their cannibalism, is noticed by Prof. Carl Berg. All caterpillars in Patagonia, of whatever family or group, prey upon their own kind. He kept them in captivity, and found that, even with an abundance of food-plants at hand, they preferred to devour one another, "hair and hide;" they even tear open the cocoons and prey on the chrysalids. One was observed to devour, in twenty-four hours, six or seven individuals of its own species. This peculiarity of Patagonian caterpillars is thus explained by the author: During the summer there are extreme heat and drought in Patagonia, and these causes, together with the prevailing dry winds, parch the vegetation, scanty at best. The caterpillars are in consequence greatly straightened for food, and the struggle for life has led them to seek some other means of subsistence. Hence their cannibalism, which, being transmitted by heredity from generation to generation, becomes a second nature, and the practices to which they were at first driven by want they now perpetuate through habit.—*Pop. Sci. Monthly.*



# THE HEALTH REFORMER

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

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## Men at their Best.

DR. GEO. M. BEARD not long since published the results of an analysis of the lives of one thousand men who were each eminent in some one of the principal human pursuits, most of which were represented in the list. The Doctor states that by this comparison he made the "discovery that the golden decade was between thirty and forty, the silver between forty and fifty, the brazen between twenty and thirty, the iron between fifty and sixty. The superiority of youth and middle life over old age in original work appears all the greater, when we consider the fact that all the positions of honor and profit and prestige—professorships and public stations—are in the hands of the old. Reputation, like money and position, is mainly confined to the old. Men are not widely known until long after they have done the work that gives them their fame. Portraits of great men are a delusion; statues are lies. They are taken when men have become famous, which, on the average, is at least twenty-five years after they did the work which gave them their fame. Original work requires enthusiasm. If all the original work done by men under forty-five years were annihilated, they would be reduced to barbarism.

"Men are at their best at that time when enthusiasm and experience are most evenly balanced; this period on the average is from thirty-eight to forty. After this the law is that experience increases, but enthusiasm declines. In the life of almost every old man there comes a point, sooner or later, when experience ceases to have any educating power."

One important fact which the Doctor does not mention, and to which we would call attention, is that it is possible to greatly lengthen the most useful period of life by giving proper

heed to the observance of the laws of physical and mental hygiene. Avoidance of stimulants and excitants of every sort, adherence to a simple dietary, and general simplicity of life, will keep a man in his prime long beyond the period at which most men lose their greatest capacity for usefulness. Old age is almost always premature. There is no reason why man's best working period should be curtailed to only ten years. With proper care and temperance, he might just as well enjoy fifty years of highest usefulness as ten.

## Germ in the Body.

ONE of the greatest advances of medical science in modern times has been the establishment of the germ theory of disease, which supposes that many diseases, like typhoid fever, diphtheria, malarial fevers, yellow fever, etc., are produced by the reception into the system of living germs, which multiply in the blood and interfere with the life processes of the body, occasioning a vigorous effort on the part of the body to expel them,—a remedial effort, which is termed the disease.

It is the belief in this theory which gives so great importance to ventilation, disinfection, and all sanitary precautions, as by these means the poisonous germs and their sources are removed. A thorough carrying out of the principles developed by this theory will accomplish more for the relief of human suffering than all other agencies combined.

Obvious as the theory seems, there are still many able physicians who oppose it very strenuously, and its advocates are called upon for evidences of its truth which cannot be refuted. To afford such evidence has required an immense amount of careful and laborious observation on the part of numer-



ous scientific workers. One of the most active of these has been Prof. J. G. Richardson, M. D., professor of hygiene and demonstrator of histology in the medical department of the University of Pennsylvania. Dr. Richardson actually demonstrated the possibility of the presence of germs in the blood by drinking four ounces of a liquid which was calculated to contain 27,000,000,000 germs. A short time after, he drew from his finger a drop of blood, and upon examination found it to contain multitudes of the same germs which he had taken into his stomach. A few hours later he again examined a drop of blood, and found that the germs had undergone the same process of development which they showed in the liquid, a portion of which he had swallowed. This seems to be as complete demonstration of the theory as could be desired.

### Stammering.

THIS peculiar disease or habit, as it is sometimes one and sometimes the other, has been receiving considerable attention from medical men and others, of late years, with reference to its effectual treatment. The disease, or habit, is regarded curable, and the treatment is so simple that almost any one can conduct it successfully. Perhaps our readers will be interested in the following facts respecting the disease, its causes and treatment, translated for a leading medical journal from a French work on the subject, by Dr. Jules Godard:—

“Dupuytren was accustomed to recommend stammerers to adopt a method of speaking more like an operatic recitative than ordinary conversation. Itard, a French physician, devised a metal fork to be worn under the tongue. Rollier adopted the theory, highly satisfactory to the stammerers themselves, that their trouble was due merely to the fact that their vivid imaginations went too fast for the machinery which was to give utterance to their ideas. According to McCormac, the chief cause of stammering was the attempt to phonate with empty lungs, and the cure consisted in causing a deep inspiration to precede the act of speaking. Serres considered that to the respiratory

trouble there was added the choreic inco-ordination of the muscles of articulation. Colombat adopted an elaborate classification of stammerers. Thus he divided them into two chief classes—(a) the labio-choreic, and (b) the gutturo-tetanic. The labio-choreic admitted of four sub-classes; viz., (1) deforming, grimacial, (2) aphonic (of women), (3) loquacious, with spluttering, and (4) lingual, with lisping. The gutturo-tetanic admitted six sub-classes; thus: (1) dumb; (2) intermittent; (3) chorieform; (4) canine, in which the sound emitted resembles barking; (5) epileptiform, with excess of limb-movement; and (6) idiotic.

“Hervey thought he saw the cause of stammering in the tongue being too short for the mouth, or the frænum too rigid. His treatment consisted in snipping the frænum or in wearing a metallic arc inside the lower dental arch, so that the tip of the tongue might be brought in contact therewith. Dieffenbach adopted the heroic measure of dividing certain of the muscles going to form the root of the tongue; and Velpeau, following in the same direction, had recourse to the division of certain muscles, and Amussat also advocated similar severe surgical measures.

“The classification adopted by Godard and Chervin is as follows: 1. Inspiratory stammering; 2. Expiratory stammering; and, 3. Mixed stammering; and each of these three classes is divided into a grimacial and a non-grimacial sub-class. The method of treatment adopted by Chervin is such as common sense dictates, and such as has been in ordinary use in this country. It consists in a systematic drilling of the muscles used in phonation and articulation, the pupil being made merely to imitate the movements of the master. The simple movements of respiration are first practiced rhythmically and systematically, and if the patient be a very bad stammerer, absolute silence is enjoined during the early days of his tuition. Then follow lessons on the simple vowel sounds, and then the rhythmical utterance of words and sentences is adopted. With many stammerers the success of this method of treatment is considerable, and we doubt not that a large proportion may be practically cured by a patient drilling of this kind. Instances are tolerably common of stammerers who have broken themselves of



their unfortunate habit by systematic drilling, and in extreme cases it might be necessary to follow the graduated system advocated by M. Chervin."

### Application of Science to Surgery.

IN these days of rapid progress the different professions, arts, and sciences are so closely allied that a new discovery in one is likely to make most important changes in some or all others. This relation is especially evident between practical medicine and surgery and the physical sciences. Only a few months ago by a fortunate discovery the microphone was invented. This marvelous little instrument possesses the power to augment sounds to a very remarkable degree. In a short time after its invention it was seized upon as a means for aiding the hearing of deaf persons. A few weeks ago, Sir Henry Thompson, an eminent surgeon of England, conceived the idea of using this delicate instrument for detecting stone in the bladder, and after having one constructed for the purpose by the inventor, employed it for this use. The following is a report of the trial:—

"The slightest touch of the stone, or contact with a small fragment, inaudible to a listener close to the patient, was distinctly heard by those who stood round the telephone at any distance; while, if the telephone were brought to the ear of any one individual, the sounds were notably loud and distinct. The note produced does not always resemble that which we hear in striking the stone itself, but is a distinct click, which at once conveys the impression that a foreign body has been struck, and, when met with by any exploratory movements of the sound within a bladder, reveals the presence of some hard foreign body there. Rubbing sounds of a wholly different character, quite subordinate to the click, are heard also. These are produced by friction of the instrument against the walls of the bladder and urethra, but do not interfere with the power of appreciating the note from the hard body. When I say that this particular microphone which I employed is sensitive enough to make audible the march of a house fly over a piece of net, it will be understood that the smallest piece of stone, if

struck, will certainly reveal its presence by a note.

"One remark may be added. We have only to substitute a probe for the sound, when desiring to explore a sinus or wound, and the slightest scratch on a piece of dead bone, on a leaden bullet, or other foreign body, beyond the reach of the finger, will be rendered audible in the same manner."

### A Law Against Long Dresses.

ONE of the most sensible acts accredited to any nation of modern times is the passage of a law against long dresses by the German government. In the palmy days of the Roman empire, sumptuary laws forbidding excesses in diet and dress were enacted as a check upon the tendency to luxury which was increasing with the opulence of its subjects. These laws have generally been looked upon with disfavor, as being unjust limitations of individual rights. But when we consider that such laws benefit the individual who is restricted more than any one else, there seems to be no reasonable objection after all.

The law to which we refer was not enacted as a sumptuary law, but as a sanitary measure. We quote the following comments from the *N. Y. Sun*:—

"A contemplation of some forms of apparel for women, however, has doubtless often provoked in man an ardent wish for the restoration of sumptuary laws. No sort of attire has offended him more than the long dresses with which too many women of the nineteenth century apparently delight to sweep the sidewalks and crossings of the public streets and thoroughfares in cities. The persistence with which women have clung to these dresses has almost dispelled any hope of their ultimate rejection, and wearied man has ceased to argue or rail against what he cannot help.

"It is with great pleasure, therefore, that we hail a ray of promised reform in this respect, which comes to us across the sea from two cities of Germany. Women have been forbidden by public ordinance to wear dresses which touch the ground in the streets of Prague and Leipsic. The municipal authori-



ties do not assert any power to pass sumptuary laws. They justify the measure on sanitary grounds alone. Their right to promote the preservation of the health of the community by suitable police regulations is conceded; and in the exercise of this right they have prohibited long dresses for the express reason that the dust raised by the trains is unquestionably injurious to the health of persons who are exposed to it."

### Treatment of Convulsions.

A PATIENT asks for the treatment of convulsions in children. We suppose that by convulsions is meant the disease known as internal convulsions, commonly called fits. On this subject we can scarcely do better than to quote the words of Dr. Smith in his excellent work on the diseases of children, as follows:—

"Hygienic measures are of the utmost importance. The infant should reside in dry and airy apartments, and should be kept much of the time through the day in the open air. Remarkable success sometimes attends this simple expedient, when medicines have entirely failed. In the *London Med. Gazette*, January 14th, 1865, Mr. Robertson, of Manchester, relates five severe cases in which this malady was cured by exposure of the infants several hours daily to a cool atmosphere. . . . Mr. Robertson recommends also, as part of the tonic treatment, 'free sponging of the body every morning with cold water.'"

"The mother or nurse may abridge the paroxysm by raising the infant, blowing upon it, sprinkling water in the face, or gently stroking it. Dr. Hall recommends tickling the nostrils with a feather, to produce respiration, or the fauces, to occasion vomiting, and thereby interrupt the paroxysm. Anything which produces a sudden and profound effect upon the system may abridge the attack. This was effected in one case, in the practice of Dr. C. D. Meigs, by applying a cloth wrapped around ice over the epigastrium and the lower part of the sternum. The chief danger during the attack is from congestion of the brain, with effusion of serum or extravasation of blood. If the attack is

severe, and the features congested, so that there is evident danger of such a result, cold applications should be made to the head, derivatives used for the extremities—as sinapisms, or mustard foot-baths—and the bowels should be speedily opened by enemata."

A warm full bath or a hot blanket pack will also often be found a very useful measure. Of course great care should be taken to see that the cause of the disease is removed. If it arises from indigestion, the stomach must be emptied if possible at the time of the paroxysm, and the evil corrected.

**Opium-Eating in Michigan.**—At the last meeting of the Michigan State Board of Health, the secretary, Dr. H. B. Baker, "presented a communication from Dr. O. Marshall, of North Lansing, relative to opium-eating and the opium habit, which included a summary of replies by 96 prominent physicians in Michigan to a circular of inquiry as to the number of opium and morphine eaters of both sexes in their localities. There were reported from these places, mostly villages and smaller cities, 1,313 habitual eaters of the drug. It also included a statement from the U. S. treasury department, showing that there have been imported during the 27 years from 1850 to 1877, 5,299,774 lbs. of opium, valued at \$26,142,085, besides 22,565 oz. of morphine, valued at \$73,433 imported during the 17 years from 1861 to 1877; also, showing that the imports for the ten years ending with 1877 exceed by 2,057,080 lbs., or nearly 200 per cent. the imports for the ten years ending with 1859. In addition it is believed that there has been at least 10 per cent. of the amount above stated smuggled into the country. The estimates for Michigan based on these replies, and the statements of a wholesale drug-house in Detroit, show the consumption of opium to be very large."

—Female practitioners of medicine do not receive much encouragement in England. At the last meeting of the British Medical Association, that society so changed its by-laws that no female physician can become a member.



### Adulterated Graham Flour.

WE have occasionally heard complaints of ill effects arising from the use of Graham flour, and have sometimes been at a loss to account for the apparent injury following its use. The facts which are well set forth in the following paragraphs from the *Trade Journal* are well worthy the consideration of all who value health:—

"Graham flour is rapidly coming to be as much an article of suspicion as ground coffee or spices, or any other of the thousand and one articles so frequently adulterated. The commonest form in which Graham flour is seen is that made from a medium or poor class wheat, and while not properly adulteration, it may be justly characterized as swindling of the meanest kind, for the reason that the product is largely used by dyspeptics and others in imperfect health.

"The miller who palms off on his customers Graham flour made from anything but the choicest of wheat is one of the meanest of all villains, and if he is not aware of it, should be told so. Graham flour, properly made, is nearly as costly an article as bolted flour ground from the same wheat, and, therefore, when you are offered Graham at much less than the best bolted flour, you are being victimized; it is either adulterated, or it is made from inferior wheat. A common form of adulteration, and one that is practiced by at least one retail flour dealer in this city, is to take a barrel of flour costing about five dollars, add to it about sixty pounds of bran, twenty-five pounds middlings, and the same quantity of corn meal. The result of the mixture is three hundred and six pounds of stuff costing about six dollars and forty-five cents, or a fraction over two cents a pound; while Graham flour, made from the best wheat, cannot be sold now at less than three and one-half to four cents a pound. And yet this vile stuff is being swallowed by people in search of better health, when they would do about as well on a diet of hot white biscuit."

**Growing Healthy.**—It will doubtless be gratifying to the American citizen who loves his native land, to learn that the death rate in the United States is diminishing. Dr. H.

A. Johnson shows in the *Chicago Medical Journal and Examiner*, by a comparison of the U. S. census for 1850, 1860, and 1870, that the general death rate is decreasing; that is, that a smaller number of persons per each one thousand of the population annually die at the present time than ten or twenty years ago. It appears, however, from the same comparison, that deaths from consumption are increasing, especially in the north-western States.

**Popular Errors.**—We are very glad to see that the public press is showing more and more of a disposition to favor reform in the direction in which this journal has for many years been working. Even the scheme for money making which some ingenious printer invented a few years ago, known as "patent outsides" or "insides," by which fifteen or twenty newspapers in different parts of the country are supplied with the same reading matter, has become a most powerful aid to reform. It so happens that the individuals who prepare this reading matter are themselves favorable to reform, and so they now and then sandwich in a spicy paragraph which tersely touches off some of the most glaring follies of the age and enlightens many thousands by the extensive reading audience which it commands. The following paragraph is good enough to publish again, although it has already gone the round of the patent insides, under the caption which heads these remarks:—

"To think that the more a man eats the fatter and stronger he will become. To believe that the more hours children study the faster they will learn. To conclude, if exercise is good, the more violent it is the more good is done. To imagine that every hour taken from sleep is an hour gained. To act on the presumption that the smallest room in the house is large enough to sleep in. To argue that whatever remedy causes one to feel immediately better is good for the system, without regard to more ulterior effects. To eat without an appetite, or to continue to eat after it has been satisfied, merely to gratify the taste. To eat a hearty supper for the pleasure experienced during the brief time it is passing down the throat, at the expense of a whole night of disturbed sleep and a weary waking in the morning."



### Yellow Fever.

ALTHOUGH much mitigated, this devastating malady still continues its ravages in a few localities in the South. This has proved to be one of the most extensive and fatal epidemics which has ever visited this country. Many thousands have suffered. The reports

an idea of the great extent of territory visited by this destructive malady.

We have been pleased to note, in various published accounts of the most successful treatment of the disease, that the class of remedies known as hygienic have received a good degree of attention. Indeed, many have freely acknowledged that simple hygienic



of the health commissioners at Washington show that at least thirty thousand persons have suffered with this disease, and about one-third of the number afflicted have died. The amount of financial loss and consequent suffering, in addition to the actual suffering from the disease itself, is almost incalculable. The accompanying cut will give something of

means, with good nursing, and the application of water in such a manner as to aid in regulating the temperature, has done more toward limiting the ravages of the disease than all other measures together.

Last month we published an article on the treatment of yellow fever, calling especial attention to the efficacy of water when rightly



applied, in reducing the excessive temperature of the patient suffering with this malady, and so increasing his chances for life. A week or two after, we received from a correspondent in Iowa an account of the experience of a physician who was able to save nine cases out of ten of his patients by using water freely as a means of reducing the temperature. His method, although a crude one and liable to abuse, was to have ready for each patient a hogshead of water. Whenever the fever rose high, the patient was immersed in the water up to his neck, his head being wet at the same time. After drying the patient, he was put back to bed again, the operation being repeated as often as the temperature rose. This the physician referred to thought to be a "sure cure." It doubtless worked well in many cases; but it is a plan very liable to abuse, and is in every way inferior to the equally effective and more careful methods recommended in our article last month.

**Teeth-Filling Made Easy.**—No one particular in the requirements of hygiene is of greater importance than the most scrupulous care of the teeth. Decaying teeth should be promptly filled unless so far advanced in decay as to make it impossible to save them. When we have advised patients suffering with intractable neuralgia, nervous irritability, dyspepsia, or some other disorder which evidently originated in unhealthy teeth, to have their teeth treated and properly filled by a dentist, we have often been met by the objection that they were unable to endure the pain and taxation incident to sitting several days in a dentist's chair with jaws apart and mouth crammed with lint, choking with superabundant saliva, nauseated with creosote, excruciated with nerve killing, and the scraping, rasping, filing, boring, punching, burning, grinding, malleting, and mouth-stretching, of the no-doubt skillful operator.

Having had some little personal experience in the same line, we always feel a large degree of sympathy with persons who are dreading such an ordeal. Others complain of lack of time, and so neglect to take the little precaution necessary to save a fine set of teeth, allowing themselves to neglect the matter until it is too late to save the worthless stumps

which once were beautiful and useful masticators. To all such, the following paragraph from the London *Lancet* will be interesting:—

"The horrors of teeth-stopping, with the preliminary gouging and filing, are to many the most unpleasant of the sufferings which dental necessities impose. Many persons prefer the pain of extraction, and to get rid of the offending member, to the annoyance of stopping. In future it would seem they may take their choice without the necessity of a sacrifice of the tooth if they prefer extraction. Dr. Weil, of Munich, has employed and advocated the method of first extracting the tooth, stopping it with amalgam or gold, and then replacing it. He states that the results are excellent, and that the teeth can be freely used. He keeps the tooth out of the socket for one or two hours, as may be necessary, and yet the tooth ultimately is firmly fixed. He finds the method quite applicable to both bicuspsids and molars. Since extraction can be performed under anæsthetics better than stopping, many persons will prefer the new method to the old, provided (and that is probably the doubtful point) the subsequent refixing does not involve more than complementary pain, and provided also the method is found as successful in other hands as in those of the inventor."

**Boston Still Ahead in Education.**—Boston has long enjoyed pre-eminence as the foremost city in all improved educational schemes. Now she is leading off in a new educational experiment, the establishment of "whittling schools." These schools are not wholly devoted to the use of the pocket-knife, as the name might imply; but each student is supplied with a work bench and a set of common tools, hammers, planes, saws, chisels, files and squares, together with a jig saw, and he is given systematic instruction in the use of these various useful implements.

It is hoped that schools generally can be induced to establish a department devoted to the practical mechanical arts which will be a means of recreation for literary students, and will also give them a kind of training which is of the most practical value to every human being. We say, success to the "whittling schools."



**Good for the Patients.**—It is stated that in China, that strange country which, while so far behind in what we call modern civilization, has been foremost in many of the most important branches of invention and discovery, physicians are paid, not for helping their patients or patrons to get well, but to keep well; consequently, the less the patient is sick, the better for the doctor. Sickness is a disadvantage to the doctor, as well as to the patient, instead of an advantage, as here. It has often occurred to us that the adoption of a similar plan would be found an advantage to invalids in this country.

It seems, according to the *Detroit Lancet*, that the practice referred to is already beginning to come into vogue in an Eastern city. We quote from the *Lancet* as follows:—

“From a secular paper we learn that a physician in Springfield, Mass., gets paid for giving hygienic advice, and suggesting preventatives of disease. He has fifty patients to keep well, at \$3.00 a year each. If he is required to visit them, half the usual fees are charged.”

#### **Vitality; How Lost and How Gained.**—

A correspondent asks us to say something about vitality, and asks if it can be regained when lost.

There has been a vast deal of confusion about the nature of vitality or vital force. Indeed, not until very recently, has it been regarded in anything like a rational light. Formerly it was supposed that vital force or vitality was some peculiar force which pervades the human form and maintains its life. If by any means this force was diminished, the loss was regarded as irretrievable. So long as it lasted a person lived, and only died when it was exhausted, unless by accident or other violent means.

Modern scientific researches in biology and allied subjects have presented good evidence for believing that there is no such thing as a distinct, peculiar force properly known as vital force, but that the peculiar manifestations of living bodies are due to organization, to peculiarity of the arrangement of matter, not to any peculiarity of force.

This fact, of course, entirely overthrows the theory of those who suppose that it is possi-

ble for a person to lose his vital force by imparting it to another person or otherwise. There is no such thing as augmenting a person's vital force except by increasing the character of his tissues. It is only through food that force of any kind can be added to the system.

What is termed the vitality of an individual may very properly be considered as the integrity of his organic structures which enables them to perform with efficiency the various life processes. So long as the integrity of the tissues remains intact, the individual is in good health; when it becomes in any way impaired, disease and finally death are the results. Vitality is a condition, not an entity.

**The Early Rising Delusion.**—We are glad to quote the following very sensible words from a contemporary. There is no particular virtue in getting up in the morning before one has secured more than half a proper allowance of sleep. An adequate amount of sleep is indispensable, even if it must be taken in the middle of the day.

“For farmers and those who live in localities where people can retire at eight or nine o'clock in the evening, the old notion about early rising is still appropriate. But he who is kept up till ten or eleven or twelve o'clock, and then rises at five or six, because of the teachings of some old ditty about ‘early to rise,’ is committing a sin against his own soul. There is not one man in ten thousand who can afford to do without seven or eight hours' sleep. All the stuff written about great men who slept only three or four hours a night, is apocryphal. They have been put upon such small allowances occasionally and prospered; but no man ever yet kept healthy in body and mind for a number of years with less than seven hours' sleep.

“If you can get to bed early, then rise early; if you cannot get to bed till late, then rise late. It may be as proper for one man to rise at eight as it is for another to rise at five. Let the rousing bell be rung at least thirty minutes before your public appearance. Physicians say that a sudden jump out of bed gives irregular motion to the pulses. It takes hours to get over a too sudden rising. It is barbarous to expect children to land on the center of the floor at the call of their nurses, the thermometer below zero. Give us time after you call us, to roll over, gaze at the world full in the face, and ‘look before we leap.’”



# FARM AND HOUSEHOLD?

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

**Sunflowers as Fuel.**—It has been discovered by Minnesota farmers that two acres of sunflowers will supply a family with fuel through a long winter. The wood of the stalk and the oil of the seed make roaring and cheerful fires.

**Weeds.**—Most of our most troublesome weeds have been introduced from Europe, Asia, or South America. They have been brought in foreign garden or field seeds, in the wool of sheep, and in a great variety of other ways. It is reported that several new weeds made their appearance soon after the Centennial Exhibition, the seeds having been introduced in the packing of foreign exhibits.

**Man and Beast.**—An experienced swimmer, when about to go into the water, wets his head, so as to prevent a rush of blood to it when he puts in his feet. In the same way there may frequently be danger in driving a horse into very cold water when his head is hot. A little water thrown on a horse's head will give him a great deal of comfort in hot weather. It is much like putting ice on the head of a fevered man. Besides, evaporation tends to carry off heat.

**To Clean Coat Collars.**—Take two ounces of rock ammonia, two ounces of alcohol, one ounce each of spirits of camphor and transparent soap. Put all together in a large bottle, cover with one quart of soft water, and when well mixed and dissolved, it is ready for use. Spread the coat on a clean table, take an old nail-brush, or one of the small scrubbing brushes sold as toys, dip it in the mixture, and thoroughly scrub the dirty parts. Apply plenty of this, and then take clean, warm water and go over it again. Hang out till partly dry, and press with a heavy iron on the wrong side.

**Starting a Fire.**—It is so easy to start a fire right that it is a marvelous wonder how so many people grow up who have no luck at all building a fire. The neat-handed girl who cleans off the grate nicely, takes a wisp of shavings or an old newspaper, and lays it loosely in, puts her fire kindlings "criss-cross" at the bottom and builds up the sacrificial pile in the same fashion, leaving plenty of cracks and holes for the eager flames to dart

through; who puts on no more wood than "just enough;" who lights a bit of paper or shavings on top, to start the air-current up the chimney and avoid a smoke, if there is a tendency that way, before applying the match at the bottom (at both ends and the middle, of course)—why, we should rather have her in the house than a young lady who could work a blue worsted dog with scarlet eyes, on canvas, or even play a hand-organ tune on the piano. Not that such accomplishments are useless, but every mother's son and daughter ought to be able to build a fire.—*Golden Rule.*

**Horse-Shoes.**—The *London Lancet* avers that from a physiological point of view nothing can be more indefensible than the use of horse-shoes. The mode of attaching them by nails it believes to be injurious to the hoof, and the probable cause of many affections of the foot and leg which impair the usefulness, and must affect the comfort, of the animal. It thinks that it would be found that the natural structure would adapt itself to any ordinary requirement. There is, however, a wide difference of opinion upon this point among authorities on horse management, and the problem is not likely to be finally solved until the experiment has been tried. There can be no doubt as to the additional power of *grasping* road-surfaces which would be secured, to the advantage of the rider or driver and the relief of the horse, if shoes were not used. The experiment, to be at all a fair one, must be tried with colts that have never been shod.

**Home-Mended Tinware.**—The process is simple, and the materials necessary for the work inexpensive; and where one lives at a considerable distance from town, it is frequently more convenient to make sound a leaky boiler, coffee-pot, basin, or pan, than to send the same to the tin-shop and await the tinner's pleasure for repairs. The tin must first be scraped clean and bright around the place to be mended, some soldering fluid applied, then a small piece of solder laid on and melted in place with a hot soldering iron, and the work is done. We make our own soldering fluid, as follows:—Procure ten cents worth of muriatic acid; put this into an old teacup or bowl, throwing in a few little pieces of zinc, and when it has ceased to effervesce,



turn into a bottle and cork tightly. This, with ten cents worth of solder, and a small soldering iron, costing perhaps twenty-five cents, will be sufficient outfit for a year or two, and costing not more than you would have to pay the tinner for two or three small jobs.—*Herald*.

**European Housekeeping.**—In the way of immediate personal comfort—that is, what a man finds inside his own house—Americans are better provided than any other people. The English have more servants and better ones, the French superior cooks; but the superiority ends there. The Italians have little more conception of personal comfort than their Roman ancestors; and the Germans have, until recently, lived, moved, and had their being in the midst of intolerable and all-pervading stench. The smells of Cologne have passed into a proverb; but I encountered the same odors, with varying intensity, in all German cities and towns, large and small, and in German Switzerland as well. The difficulty, if it may be called by so mild a name, proceeds from a neglect of drainage and a clumsy arrangement of water-closets indoors minus the water—a system which led a member of the German parliament, not long since, to declare in open session that the capital of the German empire was *ein grosser Abtritt*, or words to that effect. All new houses are now constructed on the American plan, and good sewerage has been introduced in most of the cities; but it must be that the houses of older construction have not yet conformed themselves to the new system, for some of the streets in the great and prosperous cities of Cologne and Frankfort, though clean to external appearance, are redolent of mephitic gases, and the nose of the traveler is liable to be saluted with the same, whichever way he turns in the city or country.—*Horace White*.

#### **Danger in the Use of Tinned Fruits.**—

The London *Lancet* contains the following startling revelations respecting the danger from poisoning in the use of fruits put up in tin cans:—

"Having lately had occasion to examine some liquid vomited during sudden sickness, with the view of detecting a poison of an unknown nature, either organic or metallic, I submitted it to a very complete chemical analysis. The absence of any poisonous alkaloid was proved by the method of Stas. Arsenic, antimony, and mercury were proved to be absent, as well by Reinsch's process as by subsequent operations. A small quantity of

a brown metallic sulphide was obtained, soluble in sulphide of ammonium, and reprecipitable from this solution by acids. The actual amount of precipitate was inconsiderable; only sufficient, in fact, to cover a very small filter. It was impossible to attempt any quantitative estimation of this substance, but it was decided to put its identity beyond doubt. This was done by reducing the sulphide to the metallic state by means of the blow-pipe. The minute globules of metal, which could not have weighed more than a few thousandths of a grain, possessed the color, hardness, malleability, and other properties of metallic tin. The minute quantity found was that only which had escaped absorption by the system, and in all probability much less than the whole amount taken. Having no further information concerning the case, I cannot say decidedly what was the source of this metal, but I was previously aware that it is occasionally present in the juice of fruit preserved in tins, as, for instance, peaches.

"My friend, Dr. C. R. A. Wright, Lecturer on Chemistry at St. Mary's Hospital, informed me that he had detected it in the remains of a can of fruit, to the eating of which in a tart an attack of sickness was attributed. One of the students in the chemical laboratory of King's College—Mr. A. E. Menke—has lately been estimating, under my direction, the amount of metal present in two or three samples of tinned provisions. In the syrup from a tin of pineapple, of about a pint in capacity, there was found a grain of tin. In a large tin of apples, a little less than four one-hundredths of a grain, and in the liquor from a tin of lobster, mere traces of the metal were found. (See *Chemical News*, July 6th.)

"No information of importance concerning tin-poisoning has been recorded; hence it is difficult to say what quantity of the substance may be looked upon as dangerous. It will be advisable in future to throw away the syrup contained in fruit tins, and indeed the whole contents of every such vessel, the surface of which is at all corroded. Regarding the cause of the occasional solution of the tin, a careful examination has shown that at the point where the drop of solder seals the aperture made for the escape of steam during the preserving process, a galvanic action is set up between the lead of the solder and the tin of the tin-plate. A possible remedy exists in sealing the can with a drop of pure tin."

HE who loves the good and looks for the good, finds the good and gathers the good.



## News and Miscellany.

- Camel raising is proving a success in Texas.
- Paper teeth were exhibited at the recent paper fair at Berlin.
- Scales that will weigh a grain of dust are used in the Philadelphia Mint.
- Some Western schools are introducing newspapers instead of reading books.
- Thursday, Nov. 28, has been appointed by the President as a day of general thanksgiving.
- The public debt was decreased during the month of October a little more than \$1,700,000.
- Vesuvius is in active eruption at a new point, sending up enormous volumes of lava 300 feet into the air.
- The population of Memphis was reduced by the yellow fever during the panic from 40,000 to 2,500 whites, and 6,000 blacks.
- It is proposed to build a ship canal across the peninsula of Florida, a distance of 75 miles, from Matanzas Inlet to Suwannee River.
- Salvador, South America, was visited on the evening of Oct. 6 by a terrible earthquake, which destroyed several cities, with immense loss of life.
- That mammoth vessel, the Great Eastern, has been purchased for use as a cattle boat for transporting Texas cattle to England. It will carry 2,200 cattle and 3,000 sheep.
- The discovery of Mr. Edison's, that buildings can be lighted by electricity for less than one-thirtieth of the cost of gas, has caused a decline in gas stocks in England as well as in America.
- The Republicans are carrying the elections almost everywhere in a manner which has rarely been equaled in the political experience of the country. The greenbackers are feeling a little "blue," but hope for better success next time.
- Fears are expressed that the coming winter will be a very distressing one for the poor and improvident who have nothing laid aside for a rainy day. There are now about 40,000 people out of employment in the city of Brooklyn alone.
- The production of iron has increased so much more rapidly than its consumption that there is almost an entire stagnation in the business in many localities. In England 500 blast furnaces and 3,000 puddling furnaces are lying idle.
- Another Pompeii has been unearthed in Italy, at the foot of Mt. Gargano. The city now lies twenty feet beneath the surface. A temple of Diana has been discovered, and a portico of columns without capitals. Measures have been taken by the Italian government to continue the excavations on a very large scale, which,

among other interesting things, have recently brought to light a monument erected in honor of Pompey after his victory over the pirates. The town is believed to be the ancient Sipontum mentioned by Strabo. It was buried by an earthquake.

— A San Francisco paper says that the convicts in the State prison have contributed more to the relief of the yellow-fever sufferers than the State officers at Sacramento; the newsboys more than the railway officers, and the theaters more than the churches.

— One of the greatest failures of modern times, and one which is the most wide-spreading in its effects, is that of the Glasgow bank, which suspended payment with liabilities for \$13,000,000. It is rumored that the failure is due to the rascality of the directors of the bank.

— There seems to be a possibility that the whole Eastern question will be opened out again, the "peace with honor" which Lord Beaconsfield declared he had secured at Berlin having turned out a hollow mockery. The Bosnians are holding their own against the Austrians, and seem to be determined that none of their territory shall be occupied by Austria, Berlin treaty or no Berlin treaty.

— Mr. Edison's discovery of the possibility of lighting small areas to advantage with electricity has made a panic with the gas companies. Gas stocks have depreciated twenty-five per cent. already. An ingenious inventor has proposed a plan for relief, however, in suggesting that the gas companies turn their attention to the manufacture of a non-luminous gas for heating purposes, which can be made at a cost of about ten cents per 1,000 cubic feet.

## Literary Notices.

TREATMENT OF FRACTURE OF THE FEMUR. By Franklin Staples, M. D. Winona, Minn.

This interesting paper, of twenty-two pages, is a reprint from the Transactions of the Minnesota State Medical Society. The aim of the author is to defend the general verdict of medical men of experience that fracture of the thigh cannot usually be cured by any known method of treatment without some shortening. A very accurate description is given of what is termed the "American Method" of treating fracture. It is a valuable paper, and will be received with favor by all candid physicians.

SCIENCE NEWS. Salem, Mass.: S. E. Cassius.

The first number of this new scientific journal is received, and we judge from its appearance that it will be well received by all interested in scientific progress. We wish it abundant success, as it may become, by right management, a necessary to the great mass of busy workers in the practical branches of science who



wish to keep up with the advancements made in the scientific world, and yet have not the time to labor through the great body of literature necessary for keeping well posted on the various branches of science.

HOW TO MAGNETIZE; OR MAGNETISM AND CLAIRVOYANCE. New York: S. R. Wells & Co.

This pamphlet, which has just made its appearance from the well-known publishing house whose imprint it bears, takes for its text an ancient superstitious vagary referred to by Hippocrates, when he wrote that "it is known to some of the learned that health may be implanted in some of the sick by certain gestures, and by contact, as some diseases may be communicated from one to another." The effort of the work is to show that animal magnetism is a valuable means of healing the sick, acquiring knowledge, etc. Say the publishers, in their preface, "The practical application of animal magnetism affords a means of using nature's laws without the danger that so often follows the use of drugs." Says the enthusiastic author: "Over all suffering will it hold empiric mastery;" and adds, quoting the Bible language, "Then shall the eyes of the blind be opened, and the ears of the deaf shall be unstopped," etc. He also believes that the use of magnetism will prove to be a valuable aid in the conduct of a newspaper; and suggests that by its wonderful aid the possessor will be able "to explore intelligence from every part of the world daily." If this expression means anything, and we confess to some difficulty in arriving at any definite idea of its sense, it must mean that an editor, possessed of animal magnetism in a large degree, may sit in his office and chronicle the events of each day in every part of the world without the aid of the telegraph, the telephone, or any other means of communication. If there is any possibility of the realization of such stupendous results as these, what a foolish and useless expenditure is the immense outlays which are annually made in the perfecting and developing of the various means for acquiring knowledge, and securing the rapid transit of thought. From the length of time that these wonderful claims have been made, we should expect now to have some practical application of the principles of this marvelous science. We ought to have magnetic astronomers who could predict an eclipse, calculate the orbit of a comet, and solve the mysteries of the universe without the aid of slow and cumbrous mathematics. We should have chemists who could determine the qualitative and quantitative qualities of bodies by making a few passes over them, instead of being obliged to obtain the wished for knowledge by such slow and tedious methods as those of chemical analysis.

One of the peculiarities of the pretended science elucidated in this book is, that it never attempts to enter the province of the exact sciences. It never renders aid to the geologist, the astronomer, the inventor, or the mariner. It

does pretend to make an able and efficient physician out of an uncouth ignoramus; but this is very easy to do, apparently, since there are so many thousands of people whose superstitious minds lead them to respect pretentious ignorance much more than modest wisdom, and since the imagination is the ruling element of the body.

We can see no possible apology for the presentation of such a book as this to the public, except the fact that it was written, according to the publisher's statement, more than thirty years ago. Although its vagaries may not have been so apparent then, in the sight of modern physical and mental science, as developed within the last few years, the theories set forth in this work are the vaguest of vagaries and the thinnest of attenuated moonshine.

ON THE PLAINS AND AMONG THE PEAKS. By Mary Dartt. Philadelphia: Claxton, Remsen & Haffelfinger.

Everybody who attended the Centennial Exhibition will certainly remember the marvelous exhibition made by Mrs. Maxwell, in the Colorado department of the Colorado and Kansas State building. The display consisted chiefly of birds and four-footed animals of all descriptions found in Colorado. The great variety of attitudes in which the different members of the groups were arranged, and the surprising taste and ingenuity manifested in their preparation, evinced very clearly the fact that the designer had studied nature for herself, and had made most faithful copies of the lessons to be learned. The words in everybody's mouth were, Can it be possible that a woman has done all this?

The book before us is an account of "How Mrs. Maxwell made her natural history collection." The work is written by her mother, and is undoubtedly a faithful account of the untiring perseverance necessary to accomplish so great a work. The book is gotten up in good style, and is very entertaining reading. We hope it will have a large sale.

PUBLICATIONS RECEIVED. — *The Salt-Eating Habit.* By R. T. Colburn. Dansville: Austin, Jackson & Co. *Manual of the McAuley Water-St. Mission.* 316 Water St. New York. *The Magazine of Art.* New York: Cassell, Petter & Galpin. *Hygiene of the Brain and Nerves.* By Dr. M. L. Holbrook. New York: M. L. Holbrook & Co. *How to be Plump.* By T. C. Duncan, M. D. Chicago: Duncan Bros.


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


## Items for the Month.

 A large number of energetic agents are wanted to engage in canvassing for the **HEALTH REFORMER** and other hygienic publications during the next three months. Good inducements are held out to all who will make a business of this work.

 We have regretted exceedingly the necessity for the very great tardiness in the issue of this month's number. Chief among the causes has been the great amount of extra labor necessitated by the annual meeting of the stockholders of the Sanitarium, the making out of annual business and other reports, etc.

 Having used a large number of the Comstock spring beds, manufactured at Adrian, Mich., the managers of the Sanitarium take pleasure in recommending the same to persons desiring to purchase, as an article which will be sure to give satisfaction. The manufacturers received the first premium for their beds at the last State fair. They have an agent now canvassing in this part of the State.

 Subscribers should remember that now is the time to renew their subscriptions for another year. The January number will appear in an entirely new dress, new type, and a renovated appearance generally. Arrangements have been made for making the next volume the most interesting volume yet published. It will be full of the most eminently practical matter, and everybody will want it. Let the subscriptions come in. We do not want to drop any of our old names.

### A Year's Work at the Sanitarium.

In accordance with the published appointment, the annual meeting of the stockholders of the Sanitarium was held at Battle Creek, Oct. 4. The number of shares represented was 1099, a majority of the stockholders. The Treasurer's Report showed an increase during the year of \$21,712.25. The present value of the property of the institution is \$141,000.85.

The report of the medical superintendent showed a continued increase in patronage, especially from the neighboring cities. The whole number of patients during the last year was 615, more than half of whom were from Battle Creek and neighboring cities. There has been

a special increase in the number of surgical cases.

Attention was also called to the fact that there has been a decided improvement in the general status of the patients visiting the institution. This was attributed to the recent improvements which have been made, and which have placed the institution far in advance of all others in the country as a thoroughly equipped medical institution.

The Board of Directors elected for the ensuing year consists of the following persons: James White, J. Fargo, W. C. White, W. B. Sprague, W. C. Sisley, J. H. Kellogg. At a meeting of the Board of Directors, the following organization was effected: Pres., James White; Vice-pres., J. H. Kellogg; Sec., W. B. Sprague.

**A SPLENDID ARTICLE.**—As the present volume is about closing, we would suggest to our readers that, if they have not already done so, they should now take the pains to collect all the different numbers of the **REFORMER** for 1878 and bind them together for future reference. The cheapest way to do this will be to send fifty cents to this office and get in return, post-paid, an elegant cover, which is all ready to put on, and can be adjusted by any one in half a minute. This is not only the quickest and neatest, but the cheapest way to secure the back numbers together for future reference. Everybody ought to have a cover for 1878, and another for 1879.

**A NEW PAMPHLET.**—We have in preparation a pamphlet on the subject of diphtheria, a disease which is raging to a fearful extent in many parts of our country, and which is often exceedingly fatal. We are convinced, from considerable observation, that the enormous fatality of this disease is due to incompetent or improper treatment. With efficient treatment exceedingly few cases will run to a fatal termination. The treatment described in the work referred to has been successfully used in several hundred cases, and with uniform success. We have treated more than fifty cases during the last two years by the method described, with no deaths. The pamphlet will be ready in two or three weeks.

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**Health and Diseases of Woman.** By R. T. Trall, M. D. 15 cents.

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

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

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**Health Tracts.** The following tracts are put up in a neat package, and aggregate, in all, nearly 250 pp.: Dyspepsia; Healthful Clothing; Principles of Health Reform; Startling Facts about Tobacco; Twenty-five Arguments for Tobacco-Using Briefly Answered; Tea and Coffee; Pork; True Temperance; Alcohol: What is it? Alcoholic Poison; Moral and Social Effects of Alcohol; Cause and Cure of Intemperance; The Drunkard's Arguments Answered; Alcoholic Medication; Wine and the Bible. 30 cents per package.

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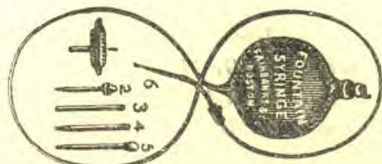
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