

GOOD HEALTH.

A JOURNAL OF HYGIENE.

MENS SANA IN CORPORE SANO.

VOL. 14.

BATTLE CREEK, MICH., JUNE, 1879.

NO. 6.

THE THREATENED EXTENSION OF THE PLAGUE.

CONSIDERABLE apprehension is being felt in some quarters that the "plague," or "black death," which is now prevailing to some extent in Russia will extend to other parts of Europe, and possibly to this country. The most vigorous means are being used for its restriction and extermination; but when it is considered that the most remote parts of Europe are, through the extensive railroad connections, but a few hours apart, it will be seen that there is great liability of the wide dissemination of this horrible disease. Thinking that our readers may like to know something about the history and character of this formidable malady, we present the following extracts from a valuable article on the subject which has recently appeared in the *Sanitary Journal* :—

"The term plague is derived from the Latin *plaga*, a derivation of the Greek *plēgē*, a stroke; *i. e.*, inflicted by the gods—the derivation indicating the ancient belief as to the source of the disease.

"The plague, in well-formed typical cases, is a febrile disease, characterized by buboes, or swellings of the lymphatic glands, by carbuncles and petechiæ. The premonitory symptoms are chilliness, weariness, languor or debility, precordial uneasiness, occasionally nausea and vomiting, headache, vertigo, a hot and dry skin, and a frequent pulse. These conditions are soon followed by the peculiar symptoms of the plague; darting pains are felt in the

groins, arm-pits, and other parts of the body, which are soon followed by enlargements of the lymphatic glands, or by inflammation of the subcutaneous tissue, constituting carbuncles. As the disease advances the swellings increase; the tongue becomes furred, often dry, brown, or blackish, and fissured; a dark sordes collects upon the gums and lips; and there is often great thirst, and an internal sensation of burning heat. The bowels, which are at first constipated, become relaxed, the stools being dark, offensive, and sometimes bloody; and the urine is generally scanty, turbid, yellowish, or blackish, and tinged with blood. The general strength is greatly prostrated; the patient has a staggering gait, and attacks approaching to syncope are not uncommon. The power of the will is impaired, the intellect is confused, and delirium or coma may supervene. There are usually remissions in the morning and evening, and exacerbations during the day and night; the morning remissions and nocturnal exacerbations being commonly the greatest. Buboes may appear at the commencement of the disease, or after one or more days, or not until near the close. Carbuncles usually make their appearance later than the buboes, and may occur on any part of the body. Petechiæ, or purplish spots, like flea-bites, which usually become livid as the disease advances, occur only in bad cases; and sometimes along with these spots there are vibices, or irregular purplish or livid patches, like bruises. Convalescence generally begins between the sixth and the tenth days, and is

frequently much protracted by suppuration of the buboes."

"Plague is the most fatal of all epidemic diseases, and a very large majority of those attacked die, the mortality often amounting to from 70 to 90 per cent of those attacked, and being rarely less than 60 per cent.

"The city of Toulon had, in August, 1720, according to an accurate census, 26,276 inhabitants. In 1721 the city was attacked by the plague, and the number of deaths, so far as the lists indicated, amounted to 13,283, or more than one-half of the entire population. In reality, however, the number was greater. After the close of the epidemic a new census was taken, which returned only 10,493 inhabitants. The chief burgomaster of the city, who is the authority for the statement, and who was the only one of the municipal officers who survived the epidemic, does not deny that emigration may have contributed to the decrease in the population, but calculates that, including the strangers, more than 16,000 died. Of the survivors, there were not more than 6,000 who had not had the disease. There were, accordingly, out of the population of 26,000 human beings, about 20,000 who had been taken sick, and of these 16,000 died. For the whole of Provence, in which, at that time, more than 60 large and small places—the names of which are all stated—were visited by the plague, the number of the dead is estimated at 200,000. No accurate estimate has been made of the mortality in the other towns. Nevertheless, it seems to have been a rare occurrence, even in the worst plague seasons, for more than half the population of a large town to die of the disease, while the complete extinction of individual houses and neighborhoods occurred very often."

In the fourteenth century the plague visited Europe, and destroyed, according to Hecker, at least 25,000,000 lives within the space of about four years.

"The mortality arising from the black death was unparalleled. Europe, Asia, and Africa were desolated, and many places were almost entirely depopulated. The moral effects were also extraordinary, and characteristic of the barbarity and ignorance of the age. The panic was universal. The popu-

lace attributed the mortality to poison, and the Jews were everywhere suspected of having poisoned the wells or infected the air. In Germany, especially, the springs and wells were built over that nobody might drink of them, or employ their contents for culinary purposes, and for a long time the inhabitants of numerous towns and villages used only river and rain water. All the Jews in Basle were enclosed in a wooden building, constructed for the purpose, and burnt with it, upon the mere outcry of the people, without sentence or trial. At Spire, the Jews, driven to despair, assembled in their own habitations, which they set on fire, and thus consumed themselves with their families. The dead bodies of the murdered, which lay about the streets, were put into empty wine casks and rolled into the Rhine, lest they should infect the air; and, at Strasburg, 2,000 Jews were burnt alive in their own burial ground, where a large scaffold had been erected for the purpose. At Mayence alone, 12,000 Jews were put to death; and the persecution against them was so severe that, driven to despair, the whole Jewish community at Eslingen burned themselves in their synagogue."

During the fifteenth, sixteenth, seventeenth, and eighteenth centuries there were frequent outbursts of disease, some of which were of very considerable severity. During the present century thus far, also, there have been frequent, though limited, appearances of this grave disease, chiefly confined, however, to the country bordering on the lower Danube and the Black Sea. In 1876 the plague broke out in Persia, and this seems to have been the starting point of the present epidemic.

"From recent information we must accept the fact that the plague has broken out in the province of Astrachan in Southern Russia, and that Europe is threatened with an invasion of the disease. We have every reason to believe that energetic steps have been taken by the Russian authorities to stamp out the disease in Astrachan and the neighboring provinces to which it has already spread. The German and Austrian authorities have already taken vigorous action to prevent the invasion of their territories; and an international commission met at Vienna on the 24th of January, at which it was decided to send

medical men as speedily as possible to the districts visited by the epidemic, and to instruct the government representatives in Russia to send home regular and constant reports on the subject. It was further resolved to require that the passports of travelers from Russia should bear an authenticated declaration that for twenty days previous to the declaration being made the bearer had not sojourned in the provinces suspected of plague; that goods from those provinces should be disinfected; that traffic from Russia should ultimately be allowed to be carried on only through certain specified stations on the frontier; that arrangements should be made to purify passenger carriages and railway-stations, and finally to close the frontier altogether, in case the extension of the epidemic should become more threatening than at present."

HYGIENIC VALUE OF LABOR.

OPEN-AIR labor is the most effective cosmetic, an almost infallible panacea against all kinds of bodily deformity. But the remedial virtue of labor, *i. e.*, sound bodily exercise, is greater than that of open-air life *per se*; for among the rustic population of Scandinavia, Scotland, and Northern Germany, who perform a large portion of their hard work indoors, we frequently find models of health and vigor,—far more frequently than among the inhabitants of Italy, Spain, etc., who pass the greater part of their indolent lives in the open air.

But, besides all this, athletic exercises have a moral value, which our social reformers have strangely failed to recognize; they afford a diversion and a vent to those animal energies which otherwise are sure to explode in debauch and all kinds of vicious excesses. The sympathetic thrill by which the mind accompanies a daring gymnastic feat and the enthusiasm of athletic contests form the most salutary and, perhaps, the only normal gratification of that love of excitement which is either the legitimate manifestation of a healthy instinct, or else a wholly irremediable disease of our nature. The soul needs emotions as the body needs exercise, and the exciting sports of the *palaestra* met both wants at once. We try to suppress these instincts,

but their motives remain, and if thwarted in their normal manifestations they assert themselves in some abnormal way, chemically instead of mechanically, as Dr. Boerhaave would say, by convulsing the organs of digestion, since the organs of motion are kept in unbearable inactivity. In times of scarcity the paupers of China and Siam silence the clamors of their hungry children by dosing them with opium; and for analogous reasons millions of our fellow-citizens seek relief in alcohol; they want to benumb a feeling which they cannot satisfy in a healthier way.

After finishing his day's work, the Grecian mechanic went to the gymnasium, the Roman to the amphitheater, and the modern European and American goes to the next "saloon," to satisfy by different methods the same instinct—a longing for a diversion from the dull sameness of business routine. There is no question which method was the best—the only question is which of the two bad substitutes may be the worse: the brutalizing, *i. e.*, soul-hardening spectacles of bloodshed of the Roman arena, or the soul and body destroying poisons of the liquor-shop?—DR. OSWALD, in *Popular Science Monthly*.

A New Theory about Diet.—The *Pall Mall Gazette* says that a German physician has started a new theory with regard to food. He maintains that both the vegetarians and meat-eaters are on the wrong track. Vegetables are not more wholesome than meat, or meat than vegetables, and nothing is gained by consuming a compound of both. Whatever nutritive qualities they may possess, he says, is destroyed in great measure and often entirely by the process of cooking. All food should be eaten raw. If this practice were adopted, there would be little or no illness among human beings. They would live their apportioned time, and simply fade away, like animals in a wild state, from old age. Let those afflicted with gout, rheumatism, or indigestion, try for a time the effect of a simple uncooked diet, such as fish and fruit for instance, and they will find all medicines unnecessary, and such a rapid improvement of their health that they will forswear all cooked articles of food at once and forever. Intemperance would also, it is urged, no longer be

the curse of civilized communities. The yearning for drink is caused by the unnatural abstraction from what are termed "solids" of the aqueous element they contain—uncooked beef, for example, containing from seventy to eighty per cent, and some vegetables even a larger proportion of water. There would be less thirst, and consequently less desire to drink, if our food were consumed in its natural state, without first being subjected to the action of fire.

Clothing, our adviser also thinks, is a mistake, but he admits that the world is not yet far enough advanced in civilization to go about undressed. Whatever differences of opinion may exist as to this anti-cooking theory, there cannot be a doubt that in getting rid of the kitchen with all its abuses—including the cook—housekeepers would be spared a vast amount of worry, and probably on this account alone would live to a greater age than at present.

THE THERAPEUTIC USES OF COLD, COOL, TEMPERATE, AND TEPID WATER.

BY J. H. KELLOGG, M. D.

(Concluded.)

THERE are numerous modes of administering baths of all temperatures, each of which produce some modification of the general effect of the given temperature. For example, such baths as the douche, the spray, and the shower bath, are much more cooling in their effects than a full bath at the same temperature; since in the latter case nearly the whole body would be submerged in a medium of equable temperature, while in the case of the spray, etc., the body would be additionally cooled by the rapid evaporation taking place upon its surface. Many other peculiar effects are obtained by particular modes of administration which could only be described in an elaborate work on this subject.

In the light of the foregoing considerations, let us now consider some of the more important of the medical or therapeutic properties of water of a temperature less than ninety-two degrees F. And, first, let us consider as the most important of all, its refrigerant, or antiphlogistic properties.

To Drs. Currie and Jackson, two physicians who lived in the latter part of the last century, are we chiefly indebted for calling attention to this invaluable property of water. Each of these physicians achieved extraordinary success in the treatment of all classes of febrile disease by means of the cold or tepid affusion. Dr. Currie wrote a very able work on the subject; nevertheless, the profession seems to have lost sight of the important facts to which he called attention, leaving the use of water almost wholly to irrational quacks and ignorant empirics and charlatans until within the last twelve or fifteen years. Within this period, however, largely through the influence of Dr. Brand, the subject has been very thoroughly investigated in Germany, and the hydropathic mode of treating fevers has now become so popular there, and has been attended by such excellent results, that the medical profession everywhere are adopting it in their practice. Brand, Hagenbach, Ziemssen, Stöhr, Immerman, Mosler, Wilson, Fox, Bartels, Liebermeister, Ludwig, Schræder, Fiedler, Hartenstein, Weber, Greenhow and Thompson, are a few of the many world-famous, scientific, medical men who have adopted, and urgently recommend, water as almost the sole reliance in the treatment of all febrile diseases characterized by a marked rise in temperature. The results which the record in favor of this remedy shows are such as have never been approached by any other.

For example, Dr. Brand treated 170 cases of typhus without a single death. Dr. Bartels treated 30 cases of typhoid without a single fatal case. Dr. Hagenbach and others reduced the mortality of their typhoid cases from thirty per cent to five or six per cent. In connection with my colleagues at the Sanitarium, I treated, a little over a year ago, sixty typhoid and typho-malarial cases without a single death. Of sixty-one cases treated, one died of hemorrhage from the bowels after the temperature had become normal, and convalescence was apparently well established. As there was pretty good reason for believing that this patient was suffering with incipient consumption before the typhoid attack, the case is not included in the list.

Dr. Bartholow, in his admirable treatise on

materia medica and therapeutics, states that "not only is the mortality of typhoid greatly less under hydrotherapy than under any other method of treatment, but the complications which belong to it occur less frequently."

When it is recollected that the danger of a fatal issue in typhoid is in general about proportionate to the elevation of the temperature, it will be readily understood why the employment of so powerful an antiphlogistic secures such excellent results. In consequence of the prolonged high temperature, great depression of all the vital functions occurs, together with fatty degeneration of the liver, spleen, heart, kidneys, and even the voluntary muscles. Control of the temperature prevents these almost necessarily fatal results.

The question raised by some as to whether the *production* of heat is really lessened by hydropathic treatment seems to be answered very conclusively by Ludwig and Schröder, who assert that this treatment greatly lessens the amount of carbon di-oxide exhaled from the lungs, and also of the amount of solids in the urine, which is certain proof of lessened tissue change, and, necessarily, of diminished heat production. Another fact of importance is that the decline in temperature and in pulse action is much more marked and permanent after a cold bath when the system is in a febrile state than when in a state of health.

Dr. Bartholow also remarks as follows respecting the use of cold baths in scarlatina:—

"In mild and uncomplicated cases of this disease, no remedies are required, and simple sponging of the body, followed by inunctions of oil, is all that is required. When, however, the temperature rises to 104°, 105°, 106° F., and higher, and there is delirium or stupor, the rash being dark and indistinct, and the urine scanty, the cold wet pack will often render most signal service. The rash will reappear and become vividly red; the pulse, respiration, and temperature, will decline. The cold wet pack to the neck, and frequent gargling of the throat with warm water, relieve the sore throat, and are really more effective than the caustic applications so commonly resorted to. When the urine becomes scanty and highly albuminous, hot fomentations to the lumbar region, with or without addition of medicants, are often very

serviceable. The vapor bath, or the warm wet packing, by determining free diaphoresis, relieves the brain when convulsions are threatened, or have actually occurred from uræmia."

In the treatment of diphtheria, cerebro-spinal meningitis, remittent and intermittent fevers, erysipelas, measles, small-pox, pneumonia, and in fact all other febrile disorders, the antiphlogistic properties of water are admirably displayed, and when this remedy is faithfully employed, the fatality is greatly lessened. Indeed, at the risk of being considered somewhat rash, but because our observation, not very lengthy, but somewhat extended, seems to warrant it, we venture to state our firm conviction that when we become sufficiently well acquainted with this potent remedy to employ it in such a manner as to secure its full degree of efficiency, death from any acute febrile disease, except in cases of very great malignancy and with patients of an exceedingly low state of vitality, will be very rare indeed.

As the subject of the treatment of erysipelas is one of particular interest at present, perhaps I will be excused for offering a word further upon that point. Notwithstanding the grave warnings given by Erichsen, Gross, and other eminent authorities, against the use of cold applications in this disease, personal experience with it in a number of cases has convinced me that the prejudice against its use is an unfounded one. Very likely it has grown out of an indiscriminating use of the remedy. There is no remedy which can compare with this in limiting the extension of the local inflammation, and in controlling the general fever. It is of very great importance, however, to discriminate carefully respecting the age, temperament, and general condition of the patient, as much harm may be done by neglect of these points. The effect of the remedy upon the local manifestation of the disease must also be carefully watched. So long as there is a state of active congestion, as indicated by heat and redness, with a tendency to extend, the cold applications are safe; but so soon as the active congestion begins to give place to passive congestion, as indicated by a diminution of temperature and the characteristic change in color, the cool applications must be mod-

erated or suspended. It is even important in many cases to substitute hot fomentations, or poultices, whether of cranberries or of some other unirritating substance we imagine is not important. Hot fomentations or poultices should always be resorted to when the surface has a bluish appearance. At first, the object is to restrain vital activity; now, it is to encourage vital action, and so prevent sloughing. Too long continuance of the cold applications, even for a few hours, when the activity of the disease is stayed, may produce extensive sloughing. In aged and weakly patients especial care is necessary.

We scarcely need mention the value of cold applications in surgical diseases and after surgical operations. Its great utility in strangulated hernia, and after operations for hemorrhoids, as well as operations upon the large joints, is too well known to require more than mention. However, the same caution must be here observed, that the applications are not made so severe, or continued so long as to reduce the vitality of the part too much, as sloughing may result. This is especially liable to result in hernia and hemorrhoids.

As a *sedative*, water is second to none. By its use, the heart's action can be controlled as certainly as by the use of any of the well-known sedatives, and with far less danger of detriment to the patient. By a cool bath, or a graduated bath, the pulse may be lowered several beats per minute within a few minutes; and the temperature will be correspondingly lessened in febrile cases, which is a great additional advantage in its favor.

In hysteria, chorea, acute mania, general nervousness, wakefulness, and all conditions requiring a sedative effect upon the nervous system, cool applications to the head and spine will almost invariably act with magical rapidity in securing the result desired. The cold head-pour and the ice-cap are really invaluable remedies in delirium tremens. By their aid we have seen the very worst cases make most surprising progress toward recovery, being brought from a condition of the wildest excitement to convalescence within three days of the onset of the disease. The same remedies are of great value in cases of

melancholia. We have succeeded in relieving a number of inveterate cases of insomnia by rubbing the spine with cool water at bedtime.

Cold, cool, temperate and tepid applications of water are as useful for their *tonic* as for their sedative effects. For this purpose the application must be short. A short, brisk rubbing of the body with water a few degrees below the normal temperature—it is not necessary that the water should be cold, though some prefer it so—has a powerful effect to stimulate tissue change. Under its influence the patient will gain in flesh and in strength; his circulation will improve, his thin pale cheeks will become plump and ruddy, his eyes bright, his step elastic, and his appetite keen. Beef, wine and iron, phosphorus, strychnia, bitter tonics, alcoholics, even “vinegar bitters,” will not do for him half so much. But the remedy must be used with caution. Some will be as much harmed by it as others are benefited.

As a local tonic, there is none better, as illustrated by its excellent effects in paralysis, both motor and sensory, in all forms of disturbance of the nerves of sense, as in anæsthesia, hyperæsthesia, etc., in rectal and vaginal prolapse, in atrophy of muscles and other organs, and in a great variety of similar conditions. In general, the tonic effects of cold may be greatly increased by rapidly alternating its use with hot applications. Alternate hot and cold applications are among the most powerful of all tonic remedies. When applied to the spine, they constitute an exceedingly valuable means for resuscitating apparently hopeless cases of opium poisoning, uræmia, sun-stroke, lightning stroke, and persons who have been suffocated by inhaling an irrespirable gas, by drowning, or otherwise. In opium poisoning we have witnessed effects from this application which were most surprising. In one case it was, we think, the means of saving the patient's life. The effects obtainable by rapid alternation are much greater than can be obtained by electricity, either galvanic or faradic, unless used with such powerful currents as to be productive of great injury to the tissues.

As a *resolvent* of such morbid growths and deposits as those found in goiter, enlarged

lymphatics, enlarged spleens, and other forms of glandular enlargement, fibrous deposits, and even in the recent deposits of chronic rheumatism and gout, cold applications, especially when used in alternation with hot applications, effect results which are vastly superior to those which can be obtained by iodine, mercury, or any other external application. Indeed, we have never seen more remarkable effects of this kind produced by the most thorough use of iodine and mercury internally than we have witnessed from the external use of water. An eminent German physician has recently called attention to the utility of the alternate hot and cold douche in reducing chronic enlargement of the spleen resulting from long-continued malarial poisoning.

We need say nothing of the use of cold water in preventing and restraining hemorrhage, since its use for this purpose is so well established.

We might dwell at considerable length upon the *laxative, diaphoretic, diuretic, antispasmodic, detergent, and diluent* properties of water, but we have made this paper much longer than we intended at the outset. Had we space, we should deem it important to add a few suggestions respecting the best modes of applying water, and cautions respecting its use; but this we must defer for some future occasion. In conclusion, we would remark that although we do not rely upon water as a specific or a panacea in any disease or class of diseases, and by no means consider useless the numerous other remedies at the command of the scientific medical man of to-day, yet if we were obliged to relinquish all remedies but one which we might select at will, we should have no hesitation in deciding that on account of its potency and its varied properties, making it applicable in such a diversity of conditions, *aqua pura* should be our choice.

—In Germany, the school teachers are required to see that the children coming under their care are kept in a wholesome condition as regards personal cleanliness. A good suggestion for American teachers.

—Time wasted is existence; used, is life.

AIR.

BY A. POWER, ESQ., C. B.

TIME was—a long time before Adam had birth—
When animals could not exist upon Earth;
The Plants then had plenty of light, heat, and food,
But the Air wanted power to vitalize Blood.

In the time through which this world's mutations
have ranged,
The conditions of Air have essentially changed;
And the Plants which were once so gigantic in size,
Have been dwarfed down to what we behold with our
eyes.

In our coal-mines, extended such depths under ground,
The solidified growths of that period are found;
Light and heat were thus stored, on a provident plan,
For the future convenience and comfort of man.

Air now is a fluid all animals breathe,
From the insect above to the worm underneath;
And the deep-swimming fish, far remote from the sky,
Without Air in its Water would instantly die.

To draw in a full breath is the work of about
Two seconds of time, and the same to breathe out;
But, before it comes back, the Air taken in
Has been changed by its contact with Blood through
the Skin.

The Skin I now speak of, adapted to line
The inside of the Lungs, is a membrane so fine,
To and fro through its texture it suffers to pass
Components of Air, by the learned called Gas.

Thus the Air, in the course of the moment it dwells
Diffused through the Lungs, in the millions of cells,
Losing Oxygen Gas, in exchange, one may say,
Receives Carbonic Acid and takes it away.

The use of these Gases will shortly transpire,
When we come to discourse upon Water and Fire.
Meanwhile the Carbonic to Plants conveys food,
But is poison if breathed into animal Blood.

When people stay long pent up close in a room,
Replacing what Oxygen Gas they consume
With Carbonic, the Blood which requires to be fed
With Oxygen, gets the Carbonic instead.

Hence, alas! comes the Typhus, our deadliest pest,
That steals on its prey while securely at rest;
Hence, chiefly, Consumption, that scourge of the
Lung,

Which so often the human nest robs of its young.
—Sanitary Rhymes.

—A newspaper says there are three degrees in medical practice: positive, ill; comparative, pill; superlative, bill.

NATURE rights the injuries done her;
Drugs and doctors get the honor.

ALCOHOL NOT NEEDED.

THAT alcohol is a necessity in any department of human science is fast becoming an exploded idea. Not only is the medical profession in its highest circles now seriously debating whether alcohol is absolutely essential in the materia medica, but advanced science is taking still higher ground, and asserting it totally unnecessary in any case, a terrible injury to mankind, a deadly poison, the production of which should by powerful legislation be at once arrested and forever prohibited. We hail the aid which enlightened savans are proffering the good cause of temperance as auguring the overthrow of the most monstrous evil under the sun.

Once alcohol was deemed needful by the medical profession. But this was prior to those rigid tests through which this abnormal substance passed at the hands of skillful scientists. None, save the miserable rum doctor, now regards alcohol as a panacea and food for human ills. Such ignoramuses deserve expulsion from the true medical ranks. Since the researches and provings of Lallemand, Perrin, Duroy, Smith, Duprey, Lehman, Liebig, Anstie, Youmans and others, have demonstrated alcohol to be destitute of food qualities, inimical to the vital processes, and poisonous in its nature, it is getting to be more and more in disuse among well read physicians. As I write, I have before me the testimony of nearly half a hundred eminent medical men who write denouncing alcohol as a burning, inflaming, blistering, poisonous fluid, only injurious to human constitution and destructive of energy and life. Their opinion of it is well expressed in the language of Dr. Forbes Winslow, of England, who, before the select committee of the British House of Commons, forcibly said: "I look on alcohol as a poison. Every means should be had recourse to, to limit or restrict the sale of a poison, as you interfere with the indiscriminate sale of opium, prussic acid, or arsenic. Alcohol is not a necessary of life; it should be dealt with by the Legislature as a poison."

Further testimony to the need of cautious use, the inefficacy, or hurtfulness of alcohol as a medical remedy is easily produced. The views of the celebrated Sir Astley Cooper, M. D., of England, are well known. He regarded

ardent spirits as only evil spirits, unfit to use internally or even to have in the house. Dr. William Sweetser, of Vermont, thirty years ago, told the profession they gained nothing by the employment of ardent spirits, but rather lost. Dr. Gilman said twenty years ago, in the Boston Medical and Surgical Journal, that alcohol, when given as a medicine, imparts no strength, but, on the contrary, in the end wastes the vital powers. Dr. George B. Wood, in the United States Dispensatory, now in use among medical men for a period of forty years, only recommends it in acute cases characterized by excessive debility, and advises the doctors to be very cautious in prescribing its use even then. This Dispensatory is found in the hands of every druggist and physician in the land, and is indispensable to the practice of medicine. Query: Why don't the whisky and brandy doctors follow its sage advice? Fifteen or twenty years ago Professor A. T. Thomson declared that the use of alcohol as a medicine had "recently greatly diminished, and that inasmuch as we had useful substitutes it should seldom be prescribed." In the same strain wrote Dr. Isaac V. Mullen, in 1857, who asserted that it should never be used except in extreme cases of disease marked by extraordinary exhaustion, when it only served as a fuel to the system for the momentary crisis. Dr. Stephen Smith, of New York, says that alcohol should never be used as a stimulant when any other available remedy will answer the same end. And William A. Hammond, M. D., in his recent defense of it in certain cases, made before the New York Neurological Society, then said, "I would not prescribe alcoholic liquors if I could do without them," and again, "I often try to do without them, for I am fearful of exciting a thirst which will not stop at my bidding." So, likewise, Dr. J. C. Peters, at the same meeting, told the faculty that he was exceedingly cautious in recommending alcohol to any sick person, particularly to females, and when he did, he prescribed it in fixed quantities as he would arsenic, and when its work was finished he ordered it stopped at once.

With these authorities agrees Dr. Francis E. Anstie, who before the Select Committee on Drunkenness, of the British House of

Commons, in 1872, said: "The medical profession are bound to exercise great caution in prescribing alcohol," and in his great work on "Stimulants and Narcotics" he further says, "I hesitate to order its employment by any but a person of great intelligence and firmness of mind." P. 371. Nearer home, and more thorough still as a forcible medical protest, are the resolutions passed by the American Medical Association, the highest, scientific tribunal in this country, in convention June 4, 1874. Hear them:—

"Resolved, That in view of the alarming prevalence and ill effects of intemperance, with which none are so familiar as members of the medical profession, and which have called forth from eminent English physicians the voice of warning to the people of Great Britain concerning the use of alcoholic beverages, we, as members of the medical profession of the United States, unite in the declaration that we believe that alcohol should be classed with other powerful drugs; that when prescribed medicinally it should be done with conscientious caution and a sense of great responsibility.

"Resolved, That we are of opinion that the use of alcoholic liquors as a beverage is productive of a large amount of physical and mental disease; that it entails diseased appetites and enfeebled constitutions upon offspring, and that it is the cause of a large percentage of the crime and pauperism of our large cities and country."

And they add that they would confine intoxicating liquors to the uses of Science, Art, and Medicine, alone. In the light of this high authority, what shall we say of that class of third-rate doctors who recklessly prescribe alcoholic beverages in indefinite quantities, tintured with a few drugs, alike to Christians, intemperate persons, females, and even children.

But more radical still and wiser in its abandonment is Dr. Henry Munroe, of Hull, England, who a few years since wrote, "It is now seven years since I have ordered any alcoholic drinks either as a medicine or diet," and who recommends its entire disuse as an internal remedy. The conclusion of Dr. Carson, President of the Medical Association of Pennsylvania, is equally decided. He would

never permit its use as a medicine in any case. He wrote, "Neither wine, malt liquors, nor alcohol, are necessary for medicinal purposes; there are more harmless agents in the laboratory which have all the virtues attributed to alcohol." This is right to the point, and with this view agree many eminent physicians both in Europe and America. Dr. Brinton, physician in St. Thomas Hospital; Dr. Higginbottom, of the Royal College of Surgeons, England; Prof. Lehman, the skillful chemist; Dr. Markham, editor of the *British Medical Journal*, and others equally eminent, all of high authority, have either expressed doubts whether it should be used as a medicine at all, or are out against such use in every form. Dr. Charles A. Story, of Chicago, in the best work on alcoholism now extant, after proving this poison to be entirely worthless as a medicine for any good, concludes that the best plan is to abolish the whole business of making and selling it. In 1873, the principal paper read before the Albany Co. (N. Y.) Medical Society, was by Dr. Devol, and was entitled, "Intoxicants Dispensed with in Medical Practice," in which these destructive fluids were cried down as of no use, but rather injurious in the medical art.

In addition to the foregoing, we observe that the physicians in masses are striking firm blows against alcohol. Not only did the great body of doctors in the city of London freely sign a paper recommending to the whole people total abstinence from all alcoholic intoxicants, but their example was followed by the principal physicians of the city of Montreal, ninety-six of whom a few years ago put forth a similar paper. In the United States, aside from the testimony of that high body, the American Medical Association, Dr. Carpenter, the celebrated chemist, and five thousand more first-class physicians, chemists, and druggists, have attached their names to a paper in which this army of medical men recommend total abstinence from alcoholic beverages of all sorts, such as ardent spirits, wine, beer, ale, porter, and cider. We also repeat here the resolution of the learned Medical Society of the State of New York, who a few years ago in annual convention strongly recommended the passage of a State prohibitory law that would effectually shut away these

poisonous drinks from the people on whose morals, health, and property (they affirmed), these enemies were fearfully raging. We add another to this formidable list: The Hudson Co. (N. J.) Medical Society, in convention, May, 1874, decided that the use of alcohol as a medicine ought to be discouraged, save in extraordinary cases; that its benefits were of an exceedingly doubtful character; that it served only as a temporary and transient stimulant, with nothing nutritious in it, and that, in view of the enormous evils resulting from its use, it would be well to discard it from the category of medicines altogether. Such is the awakening temperance testimony of the learned medical world that assuredly knows, such the conscientious convictions of growing science respecting one of the worst enemies of mankind. Thank God for these utterances and the courage they inspire.

Now the true and only use of alcohol, if it be useful at all, is as a solvent in the preparation of medical extracts. But as fluid extracts will keep without alcohol just as well as with it, there is no necessity of retaining the alcohol in them when once the virtues of the drug are obtained; consequently the alcohol can all be distilled out, and none of it mingle with the medicine to be taken. And thus, though used as a solvent, we are not compelled to its internal use, but can get rid of it altogether. And were this poison to be banished from the earth by indignant nations, whom it has nearly ruined, the science of the age would instantly prove adequate to the emergency, and discover, if they have not already done so, other solvents equally serviceable, and far less injurious to mankind. Of this we need not have the first doubt. Indeed, the expert chemist is to-day asserting it to be unnecessary to the world. We have heard the medical testimony that forbids it as a beverage. We have heard the many voices—not the voices of temperance fanatics either, this time—that would strike it from the list of medical remedies altogether; Munroe, Brinton, Higginbottom, Carson, and Story lead the van of the coming host.

But does not the artisan require it in his profession? the chemist in his laboratory? We reply: No. An experienced chemist and physician, one who prepares half the remedies

sold in the drug shops of New England, James R. Nichols, editor of the *Boston Journal of Chemistry*, in a striking article on "Alcohol," (May, 1874,) writes thus: "Carefully viewing the matter from the standpoint of the chemist, the physician, and the artisan, we unhesitatingly declare that the world in its present advanced stage has *no need* of alcohol; it is simply convenient, but not necessary." I think this is the most important fact yet furnished us by the doctors. I hail it exultingly. This able author, whose knowledge will not be disputed, advocates the utter prohibition of its importation and manufacture by Congress and the States. He declares the well-being of mankind demands this step. The annihilation of alcohol, he says, will neither harm art nor injure medicine. The reappearance of this article in the *Scientific American* argues its endorsement by that high authority. All of which being true, those rum doctors, opposed to religion and progress, who have given up the practice of true medicine, who, if not drinking themselves to sottishness, disgrace, and death, have, nevertheless, stopped reading up with the time, and gone to prescribing some kind of alcoholic stimulus to their credulous patients with indiscriminate rashness, to the injury of both body and mind, are a shame and a scandal to the profession.

Thus, true legislation, religion, morals, science, and all good, array themselves against the liquor traffic. Let, therefore, the cause of temperance take heart. Once let all these in close-linked phalanx array themselves under God against the abyss-begotten enemy, and King Alcohol will die the death. There is some reason to hope that our fair green land will one day be rid of this desolating, damning foe. It needs no prophet's eye to see the signs of the break of day; just now it seems darkest; but intoxicating beverages must cease to be.—*Rev. D. T. Taylor.*

Bread.—Bread forms one of the most important parts of the ration of the German soldier. In time of peace, while he receives only five and one-quarter ounces of uncooked meat daily, the private soldier is supplied day by day with one pound and nine ounces of bread; when fighting for the Fatherland ev-

ery officer and man of the mobilized army is entitled to a free ration of over two pounds of bread; and field-bakery trains and steam ovens for providing the large amount of bread required, form a recognized part of the equipment of an army.

POVERTY UNHEALTHFUL.

It is the common supposition that the poor man stands a much better chance of maintaining good health and attaining advanced age than the man who possesses wealth; but, according to a writer in the *Gentleman's Magazine*, an English periodical, who quotes from a distinguished American author, Dr. Geo. M. Beard, poverty is unfavorable to health, and in that light may be considered very unhygienic. It is very certain that if all people were hygienic in other respects there would be no poverty; since sickness and premature death are sources of greater loss than all other causes combined.

The quotation referred to we copy as follows:—

“Brainwork is the highest of all antidotes to worry; and the brain-working classes are, therefore, less distressed about many things, less apprehensive of indefinite evil, and less disposed to magnify minute trials, than those who live by the labor of the hands. To the happy brain worker life is a long vacation; while the muscle worker often finds no joy in his daily toil, and very little in the intervals. Scientists, physicians, lawyers, clergymen, orators, statesmen, literati, and merchants, when successful, are happy in their work without reference to the reward, and continue to work in their special callings long after the necessity has ceased. Where is the hod-carrier who finds joy in going up and down a ladder; and from the foundation of the globe until now, how many have been known to persist in ditch-digging, sewer-laying, or in any mechanical or manual calling whatsoever, after the attainment of independence? Good fortune gives good health. Nearly all the money in the world is in the hands of brain workers; to many, in moderate amounts, it is essential to life, and in large and comfortable amounts it favors long life. Longevity is the daughter of competency. Of the many elements that make up happi-

ness, mental organization, physical health, fancy, friends, and money—the last is, for the average man, greater than any other, except the first. Loss of money costs more lives than the loss of friends, for it is easier to find a friend than a fortune.”

Causes of Deformity in Females.—The Chinese of rank cripple and deform the feet of their female children, but these feet are not more deformed than the chest of a fashionable lady in any of our own cities. The lungs are compressed like a piece of sponge, the heart is crowded to one side, out of the way, the loose ribs are drawn in so that the body presents the shape of an hour-glass. It is no wonder that the spine is curved and drawn out of shape, that the abdominal viscera are squeezed, sometimes beyond the limit of endurance; that cases of rupture are so common that about one in every dozen persons you meet wears a *truss*; that establishments for the manufacture and sale of instruments for the relief or cure of all kinds of deformities, are becoming so numerous; and that institutions, both public and private, for the treatment of such diseases, are constantly increasing in number in every part of the country, but particularly in our large cities.

There are few young ladies in any of our schools that do not complain of their backs. Their lungs are incapable of breathing even the impure air by which they are surrounded; if they stand, the limbs become weak from debility; if they sit, they lean with the elbows on the knees and the head on the palm of the hand, to ease the aching back. From twelve to fifteen years of age they are subject, more or less, to headache—unnatural pressure on the different organs obstructs circulation, and fever is often the result. Just at this period, when the system is undergoing rapid and radical changes, and is apt to feel exhausted, and the mind is more or less depressed, sometimes almost to the point of melancholy, they are crammed with lessons, stimulated to keep their grade in their classes, just when they need fresh air, moderate exercise, and freedom from worry and anxiety.—*The Sanitarian*.

—Do all your biting at the table in biting your food. Don't be biting in your remarks.

LITERARY MISCELLANY.

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

SOME TIME.

SOME time, when all life's lessons have been learned,
And suns and stars forevermore have set,
The things which our weak judgments here have
spurned,

The things o'er which we grieved with lashes wet,
Will flash before us amid life's dark night,
As stars shine most in deeper tints of blue;
And we shall see how all God's plans were right,
And what most seemed reproof was love most true.

And we shall see how, while we frown and sigh,

God's plans go on as best for you and me —
How, when we called, he heeded not our cry,
Because his wisdom to the end could see;
And e'en as prudent parents disallow

Too much of sweet to craving babyhood,
So God, perhaps, is keeping from us now
Life's sweetest things, because it seemeth good.

And you shall shortly know that lengthened breath

Is not the sweetest gift God sends his friend,
And that sometimes the sable pall of death
Conceals the fairest boon his love can send;
If we could push ajar the gates of life,
And stand within, and all God's working see,
We could interpret all this doubt and strife,
And for each mystery find there a key.

But not to-day. Then be content, poor heart!

God's plans, like lilies pure and white, unfold;
We must not tear the close-shut leaves apart —
Time will reveal the calyxes of gold;

And, if, through patient toil, we reach the land
Where tired feet, with sandals loosed, may rest,
Where we shall clearly know and understand,
I think that we shall say, "God knew the best."

"A CAPITAL MANAGER."

CHAPTER I.

MRS. BARNEY sat at her window one bright spring evening, laboriously bending over her work, regardless of the birds, the flowers, and the delicious spring breezes which all seemed to say, "Come out and rejoice with us."

A lady, attended by a band of gleeful children, passed by. "Come, join us in our walk," she called out to Mrs. Barney. "We are going to get ferns and wild flowers."

"Thank you, Mrs. Lewis," replied her

neighbor with an air of conscious virtue, "I never have time to take walks. I have too much work to do."

"I have plenty of work to do also," replied Mrs. Lewis, "but my walks facilitate my work instead of interfering with it; for the fresh air and exercise, and lovely things I see in my walks invigorate and refresh me so much that I can work twice as well as when I feel dull and jaded. If you will not go with us yourself this evening, I hope, at any rate, that you will let your little boys join us."

After some demur, Mrs. Barney agreed to this, though she was very reluctant to have her boys stop gathering weeds for the pigs. In high glee the little fellows rushed off with Mrs. Lewis and her children, who were on their way to a neighboring piece of woodland, where bloomed lovely cowslips, trailing arbutus, and other wild flowers, and through which flowed a brook on whose banks arose little cliffs covered with moss and beautiful ferns. Verily this was an enchanted forest, or so it seemed to the happy children, this sweet spring evening.

"I cannot understand," said Mrs. Barney to herself, as the party disappeared from her sight, "how a housekeeper and a mother of a family can find time to read and stroll about like Mrs. Lewis. I wonder what would become of my household if I took time to read and stroll about in the evenings instead of giving myself up to house-cleaning, sewing, mending, making pickles and preserves, putting up canned fruits and vegetables, and doing other household work."

Mrs. Barney was indeed a laborious woman. She gave herself no respite from her work. Her house was kept so painfully clean that Mr. Barney and the boys felt a scruple about walking across the polished boards. Her windows were always in a high state of polish, equal to those on Broadway. Even the most secret nooks and crannies in her house were guiltless of any suspicion of dust. The amount

of pickles and preserves, canned fruits and vegetables she put up, was something marvelous, quite distancing all the achievements of her neighbors. At the end of the year, too, her hogs would largely outweigh those of her neighbors, whilst her poultry also outnumbered any stock of fowls in the village. In short, she was what would be popularly called a capital manager. She managed, indeed, to make her household (including herself) very dull and gloomy. According to her light, however, she was a conscientious woman, and thought that in pursuing this narrow round of ceaseless toil, she was doing her duty. The defect in her nature and in her life sprang from her narrowness of vision. She saw only one side of the question, and that side she adhered to and labored for with a diligence worthy of the noblest cause. She saw that it was proper for a woman to look well to the ways of her household, and to exert herself to supply its wants and promote its comfort, and so she strove to minister to the physical needs of her family with a diligence that was pathetic when we consider that it was all expended on things that so quickly pass away and perish. All these things, which are but means to an end, she came to consider as a goal, not seeing that their value came entirely from their affording a basis for the development of mental and spiritual life. And so, seeing but one phase of the truth, and separating the ideal from the practical, her life was narrow, and drear, and toilsome,—a round of utilitarian labor unsweetened by recreation or culture.

Her family would have been far happier, more cheerful, and more truly comfortable with a house less painfully clean, and a garden, poultry-yard and kitchen not so minutely and constantly attended to, had she, on the other hand, been more cheerful and more cultivated. She might thus have created a brighter and more buoyant atmosphere around her. She might have escaped suffering (and making her family suffer) from that nervous irritability which it were unjust to call ill-temper, but which closely simulates that odious, baleful trait, though, in reality, it may be traced to physical causes, to an overstrained condition of the nerves from flurry and overfatigue. A judicious amount of exercise and recreation in the open air would have enabled her to retain

a healthful tension of the nerves, and would have prevented her brow from becoming so early and so deeply furrowed. Her thoughts and her conversation would not have become narrowed down to the tread-mill of kitchen, pantry and dairy, nor would the delinquencies of her cook and maid have assumed such dark hues and large proportions, if she had learned to prize and seek the companionship of pure and noble books, whose large and lovely thoughts lift us so delightfully above the round of daily toil and care. She might have found both the leisure and the means to procure this choice companionship. Indeed, at the present day, literature is so widely diffused and at so small a cost, that no house is too lowly or too impoverished to invite and entertain beneath its roof the kingly minds of the world.

In Mrs. Barney's household you were always reminded of

“Life's ceaseless toil and endeavor.”

The practical side of life, which, when isolated from its soul, the ideal, is so narrow and unsatisfying, was constantly presented to your view. Mrs. Barney never lost sight of what she called “the realities of life,” a term which, in its ordinary acceptation, conveys so false and dreary an idea; for it is usually understood to signify the cares and toils of life, instead of being applied to such things as honor, faith, love, truth,—things whose vital and intense reality, whose unending continuance, make the so-called “realities of life” seem like dim shadows.

CHAPTER II.

If we take a peep into Mrs. Lewis's household, we shall see a brighter and more symmetrical picture than the one we have just presented to our readers, a more rational use and enjoyment of life, a wiser economy of time and vitality.

The end and aim that underlay all of Mrs. Lewis's household economy, was to introduce “sweetness and light” (as Matthew Arnold expresses it) into their home-life. She judged it to be of the first importance to have a bright, buoyant atmosphere in the household, and this atmosphere she knew could not exist where the mother of the household is flurried and

fagged out by a round of ceaseless toil. Therefore, she would not do herself, nor her husband and children, such injustice as to exhaust all her vitality on household cares. By a moderate amount of rest and open-air exercise, she kept both mind and body in a healthful condition. No one, however, could accuse her of being a neglectful housewife. She conducted her domestic affairs with due diligence. She kept her surroundings orderly and attractive, took pains to have suitable and palatable food for her household, and, in all respects, attended to their physical comfort. But in all these things she saw only a stepping-stone to something more excellent, for she saw in physical life only a basis for the development of the higher faculties. She had a wider vision than Mrs. Barney, and consequently a juster perception of the relative value of things, which enabled her to assign to each its due importance, and to subordinate the lesser to the greater. For instance, she found she could not keep up her own nor her children's culture if she attempted to make them excessively elaborate wardrobes. She therefore gave up the latter, aiming to do nothing more than dress them neatly and prettily, for if she had attempted to make them the myriads of tucks, and puffs, and knife-pleatings that many other children around her wore, their culture would have suffered seriously.

Her nice perception of the relative value of things guided her to a wise decision, however, and she set aside a part of every afternoon to read to and with her children, whose pleasure in reading was increased tenfold by their mother's participating in it. She carefully selected the volume herself, thereby helping to form a fine and correct literary taste on their part. All the morning they were looking forward eagerly to the delightful afternoon reading with mother, and the no less delightful talk and discussion that followed the reading. Mrs. Barney was inclined to look on the whole proceeding as frivolous, and would count up how many apples she could pare while the reading was going on, not realizing that the book afforded the children a finer aliment than any which is derived from "the kindly fruits of the earth." She boasted once of having made her daughter a

dress with fifty yards of tucking and a hundred yards of hemming, during the time that it took Mrs. Lewis to read aloud "Undine;" but a glimpse into this wonderful, delightful fairy-land amply repaid Mrs. Lewis's little girls for having their dresses made more simply.

Mrs. Lewis, although she made her children's clothes, put out her own, which Mrs. Barney considered an unpardonable piece of extravagance and mismanagement. As Mr. Lewis was in moderately good circumstances, and she did not waste his substance by any attempts to live or dress "stylishly," Mrs. Lewis felt herself entitled to the indulgence of putting out part of her sewing, especially as the seamstress to whom she gave it was supporting a bed-ridden mother. She contended that to give work to people who needed it was the truest charity, and ought always to be done when any one's circumstances justified it. Her course was very different from that of the wealthiest woman in the village, who did all her own sewing, and bought extra jewelry and other finery with the money her husband allowed her for putting it out.

By putting out part of her sewing, and by attending closely and systematically to her household work in the forenoon, Mrs. Lewis managed (except in times of unusual pressure) to have the better part of the afternoon at her disposal for culture and open-air exercise, and was thus enabled to keep up three pursuits she dearly loved, each of which served as a medium for her forming a high taste and conveying great enjoyment to others. These three pursuits were reading, singing, and raising flowers. She was continually enlarging and improving her own mind, along with her children's, by reading pure and high-toned literature. Though not a brilliant musician, she had a sweet, sympathetic voice, and she kept up her singing diligently because it was such a recreation and pleasure to her husband and children. Every evening the strains of some sweet ballad would issue from their little sitting-room, and Mr. Lewis, who had come home wearied with the cares and perplexities of business, would be soothed and refreshed as he listened. Their evenings were indeed very pleasant and restful, for they made it a rule that the labors and cares of the day should not be suffered to intrude on these hours,

which were devoted to music, conversation, and reading.

Mrs. Barney, on the contrary, continued to pursue her toilsome round at night; so her evenings were scarcely more refreshing than her days, and were far from bringing that

“Truce to tumult and to care,”

which the poet ascribes to eventide.

Mrs. Lewis paid a great deal of attention to the cultivation of flowers; and the time spent on her flower-garden was not only of great service to her health, but resulted in a wealth of beautiful flowers that were a constant delight to all her household and to every passer-by. She was enabled not only to keep her house adorned with these most exquisite of all ornaments, but to diffuse them all around her, thereby often cheering the sick and the sad.

As soon as Mr. Lewis returned from his business in the evening, they would all take a walk, and enjoy the refreshing evening air, and the glories of the sunset. These walks, on which Mrs. Barney passed her strictures at the opening of our sketch, greatly strengthened and invigorated Mrs. Lewis, besides yielding her that pure enjoyment which every lover of Nature feels in communing with her. Mrs. Barney looked on it as so much clear loss of time; but had she realized how it recreated both mind and body, she would have seen that it was really a wise economy of time. Moderate relaxation exemplifies the French motto, “*Réculer pour mieux sauter*” (Drawing back in order to leap better).

There was another custom in Mrs. Lewis's household which Mrs. Barney considered as frivolous as their walks and readings. This was their custom of indulging in table-talk, especially at dinner and supper, when the pressure of the day's work was abated or over. Meals were purely a business matter with Mrs. Barney, and were dispatched with promptitude, and interlarded only with brief fragments of talk. But in Mrs. Lewis's household they were seasons of social reunion and enjoyment, deriving their finest flavor from the pleasant, good-humored flow of conversation that garnished them, whereby cheerfulness and digestion were alike promoted. Their meals were plainer than Mrs. Barney's, but

they were eaten with more enjoyment. Life is too short for us to elaborate everything we undertake; therefore Mrs. Lewis did not feel justified in spending a great amount of time or money on her table. She chose to have simpler clothes for herself and children, and fewer dainties on her table, so as to have time and means for more excellent things. Her table, however, was always inviting, with its nice appointments, and wholesome, palatable food, whilst her wardrobe was always neat and tasteful. More than this she could not attempt, without subordinating the greater to the less.

Mrs. Barney and Mrs. Lewis are about the same age, both being under forty; but Mrs. Lewis is far fresher, both in mind and body, from having so much more judiciously husbanded and expended her vitality, and from her thoughts and pursuits having taken so much wider range, and from her having wisely blended the ideal and the practical in her life. Whoever disregards the ideal (which is the bright fairy world of our souls, and the fountain from which the activities of the actual are fed), shuts a noble, upper chamber in his nature, through whose doors and windows (if they were opened) would stream

“The light that never was by land or sea.”

Whilst, on the other hand, he who disregards the practical is like a man who fails to lay a foundation for his house. The true wisdom is to make provision for this twofold life of ours, and to give each its due aliment and due attention. Whoever separates the higher and the lower life, as Mrs. Browning says,

“Leads vulgar days,

Deals ignorantly with men, is wrong, in short,
At all points.”

This was just the mistake that Mrs. Barney made in her management, though, as we have said above, she was generally conceded to be “a capital manager.” If toiling and delving, without rest or recreation, to the exclusion of culture, to the shutting out of the flowers and sunshine of life, and to the injury of health, constitute a good manager, assuredly she was one. But when we consider the more healthful tone of mind and body enjoyed by Mrs. Lewis, the atmosphere of culture, and the buoyant, cheerful spirit pervading her

household, and their wider and more rational use and enjoyment of life, I hold that to her belongs in a higher and juster sense the title of "A Capital Manager."—*Arthur's Home Magazine.*

INTERESTING FACTS ABOUT GREAT NATIONS.

In a recent sermon the eloquent Rev. David Swing, of Chicago, remarked that "as nations do not rise in a day, so in a day they cannot be overthrown. There are some singular records in history. It seems that a great nation cannot turn on its axis more than once in 400 or 500 years. Some of the old States lie outside the bounds of history, but those inside these bounds show great uniformity in making the time of radical changes in dynasty. Egypt was under shepherd kings about 500 years. Her golden age, when she so flourished in art, spread over 300 years. The Hebrew Republic ran from Moses to king David—500 years; and then came the Empire to enter upon 500 or 600 years of success. The glory of Greek liberty covered about 500 years. Rome enjoyed all the splendor of a republic for the same strange period—482 years. Thus, between Cincinnatus, the farmer president, and the overthrow of the republic by Cæsar and Antony, there intervene the magical five centuries. Spain, and France, and Germany, formed out of new centuries which followed the breaking up of the Western Empire, are now living well and happy in the 400th year of their separate lives. These statements are sufficiently truthful at least to assure us that those great stars which we call 'nations,' can neither be placed in the sky in a day, nor in a day be blotted from the galaxy. Behold through what turmoils France has come! The Atheist and Communist assailed her. Napoleon drained her of men and money by wars of ambition. Other revolutions came. Then came the usurpation of Napoleon, then the German war with defeat and a fine of \$1,000,000,000; and yet to-day France comes out of those commotions a wise and powerful republic."

—He who accustoms himself to buy superfluities may before long be obliged to sell his necessaries.

ROMPING GIRLS.

Most women have a dread of them. Mothers would rather have their little daughters called anything else than romps. They say to them, "Be very quiet now, my dears; do n't run or jump, but be little ladies." As if a healthy child could be still; as if it could take time to walk, or step over what came in its way; as if it could fold its hands in its lap, when its little heart is brimful of tickle. It is absurd and wrong because it is unnatural. Children, girls as well as boys, need exercise; indeed, they must have it, to be kept in a healthy condition. They need to expand their chests, strengthen their muscles, tone their nerves, develop themselves generally. And this exercise must be out of doors, too. It is not enough to have calisthenics in the nursery or parlor; they need to be out in the sunshine, out in the wind, out in the grass, out in the woods, out of doors somewhere, if it be no bigger than the common or park. Suppose they do tan their pretty faces; better be brown as a berry, and have the pulse quick and strong, than white as a lily and complain of cold feet and headache. Suppose they do tear their clothes, suppose they do wear out their shoes, it do n't try a mother's patience half so much to mend as it does to watch night after night a querulous sick child; and it do n't drain a father's pocket-book half as quick to buy shoes as it does to pay doctors' bills.

No, mothers, do n't nurse up your little girls like house-plants. The daughters of this generation are to be the mothers of the next, and if you would have them healthy in body and gentle in temper, free from nervous affections, fidgets, and blues, if you would fit them for life—its joys, its cares, and trials—let them have a good romp every day while they are growing. It is nature's own specific, and, if taken in season, is warranted to cure all ails of the girls and woman.—*Ex.*

What a Plant Did.—A little plant was given to a sick girl. In trying to take care of it the family made changes in their way of living. First, they cleaned the window, that more light might come to its leaves; then, when not too cold, they would open the window, that fresh air might help the plant to

grow. Next, the clean window made the rest of the room look so untidy that they were led to wash the floor and walls and arrange the furniture more neatly. This led the father of the family to mend a broken chair or two, which kept him at home several evenings. After the work was done he stayed at home, instead of spending his leisure at a tavern, and the money thus saved went to buy comforts for them all. And then, as the home grew attractive, the whole family loved it better than ever before, and grew healthier and happier with their flowers. Thus the little plant brought a real as well as a physical blessing.

The Lepers of Jerusalem.—We walked across to the Zion Gate, and mounting the city wall there—an uneven and somewhat broken but slightly promenade—followed it round to its junction with the Temple wall and to Robinson's arch. Underneath the wall by Zion Gate, dwell, in low stone huts and burrows, a considerable number of lepers, who form a horrid community by themselves. These poor creatures, with toeless feet and fingerless hands, came out of their dens and assailed us with piteous cries for charity. What could be done? It was impossible to give to all. The little we threw them they fought for, and the unsuccessful followed us with whetted eagerness. We could do nothing but flee, and we climbed the wall, and ran down it, leaving Demetrius behind as a rear-guard. I should have had more pity for them if they had not exhibited so much maliciousness. They knew their power, and brought all their loathsomeness after us, thinking that we would be forced to buy their retreat. Two hideous old women followed us a long distance, and when they became convinced that further howling and whining would be fruitless, they suddenly changed tone and cursed us with healthful vigor; having cursed us, they hobbled home to roost.—*Charles Dudley Warner.*

The Postal System.—The postal system is distinctly an institution peculiar to Christian nations. Until 1874, there was no such system in Persia. A system quite similar to ours has been recently introduced there by the Shah, who imported a foreigner for the pur-

pose. That country is now ready to join with other civilized nations in the Postal Convention.

Heretofore the only postal convenience in Persia was the custom which has been in vogue since the time of Herodotus, at least, which allowed the subjects to send messages by the horsemen who carried the royal orders to the various cities of the realm.

Sagacity of Ants.—When Dr. Franklin was in Paris, as he sat quietly and alone at his breakfast one morning, he saw a number of black ants busy with the contents of the sugar-bowl. He drove them away, but they returned. Again he dispersed them, but in a few minutes they were seen climbing from lump to lump as if nothing had happened. To try their ingenuity, he had the sugar-bowl suspended by a string from the ceiling. They endeavored to reach it by standing on each other's backs; several mounted in this manner and reached upward, but in vain; the chain of ants fell down as fast as it was raised. After repeated attempts they went away, and he supposed they had given up the matter; but presently he saw them descending the string, and dropping down upon the lumps of sugar. They had scaled the walls, traversed the ceiling, and discovered another road to the treasure.

"Solemncholly" Folks.—There are not a few who, even in this life, seem to be preparing themselves for that smileless eternity to which they look forward, by banishing all gayety from their hearts, all joyousness from their countenances. I meet one such in the street not unfrequently; a person of intelligence and education, but who gives me, and all that pass, such a rayless and chilling look of recognition—something as if he were one of Heaven's assessors, come down to "doom" every acquaintance he met—that I have sometimes begun to sneeze on the spot, and gone home with a violent cold dating from that instant.—*O. W. Holmes.*

—A man in Tennessee has a wooden watch which weighs but half an ounce. The case is made of olive wood from Jerusalem; the works of boxwood; and the dial plate is horn. It keeps good time.

POPULAR SCIENCE.

—Prof. King, an experienced balloonist, states his intention to take a balloon voyage to Europe this summer.

—The electric light is now being used as a means of submarine lighting, and will greatly facilitate the labors of divers.

—A professor in an Indiana college denies that gravitation is a universal law. He attempts to prove his theory by the behavior of comets when approaching near the earth and the sun.

—A new and very curious insect has been discovered in the Northwest. The bug lies in wait, buried in the leaves of such flowers as are frequented by bees and wasps, which it seizes by the legs and destroys.

—M. Bert has been investigating human hair, and finds among other curious things that when it turns white from age, the change in color begins at the apex, rather than at the base, as is generally supposed.

—It is stated that Galileo was led to the discovery of the properties of the pendulum by watching the swinging of the chandelier in the cathedral he attended, which is an uncommonly large one, and is suspended by a rope over one hundred feet in length.

Animal Magnetism in China.—An article in *Frazer's Magazine* indicates that the imposition known in this country under the name of animal magnetism is also employed in China for the same purpose; viz., the pretended cure of the sick.

New Discoveries at Rome.—For ages, stagnant water has been allowed to accumulate in the Coliseum at Rome, the scene of many incidents of deep historic interest, breeding foul odors and malaria, and harboring countless numbers of frogs and other small reptiles. Very recently an ancient sewer has been discovered by means of which this seething pool has been drained off. "In cleansing the sewer there were found a quan-

tity of ancient lamps with gladiatorial ornamentation, human skulls, and bones of animals. Much of the old Roman road in the Foro Romano is now exposed to view, and the ruins of the shops of the goldsmiths and silversmiths are visible."

How Long it Takes to Think.—Prof. Helmholtz has demonstrated that it requires an appreciable time to think. In a frog, sensation travels along a nerve at the rate of eighty-five feet a second; in a whale, the rate of progress is one hundred feet a second; in man, the velocity is doubled. So that if a whale fifty feet in length were struck on the tail, the sensation of pain would require half a second to reach the brain of the animal.

But sensation is not felt as soon as it reaches the brain. The results of carefully conducted experiments show that the brain requires one-tenth of a second to receive a sensation. In other words, it takes one-tenth of a second to think.

Accuracy of Microscopic Measurements.—Prof. Wm. A. Rogers, professor of astronomy at Harvard University, has attained some most remarkable results in the construction of micrometers for use with the microscope. He has also carried on a series of interesting experiments respecting the limits of microscopic accuracy, from which he concludes that the measurements of a space of one five-hundredth of an inch by two equally skilled observers will not differ more than one three-hundred-thousandth of an inch.

We recently had the pleasure of visiting the professor at the observatory, where we found him hard at work with Harvard's mammoth telescope, of which he has charge, and with which he has made many discoveries, some notable ones, being equally skilled in the use of the two instruments by means of which we study the two extremes of creation.

Transatlantic Storms.—According to investigations by Prof. Loomis, of Yale College, it is shown that, on an average, only eighteen storms a year can be traced from the coast of the United States across the Atlantic; and of these, nearly all pursue a north-easterly course and pass north of Scotland; thus the probability of a storm's passing from this

country and striking the English coast is only one in nine. A storm chart recently issued by the Signal Service Bureau, which contains the tracks of eight transatlantic storms in the first two months of the present year, confirms Prof. Loomis's deductions. Of the storms noted, only one struck the English coast, two passed across France, and one over Spain; the rest passed several hundred miles to the north of the British Isles in the direction of the pole. The rate of the progress of these storms is noticeably slow, and there seems to be a special cause in the Atlantic which holds storms nearly stationary for several days; this cause, Prof. Loomis thinks may be the warm vapor which arises from the gulf stream coming in contact with the cold, dry air proceeding from the American coast.

A New Telegraphic Wonder.—The *Commercial Review* states that a new invention has been made in England "which eclipses all the wonders of the electric telegraph hitherto known. The statement seems incredible, but it is perhaps no more wonderful than the previous discoveries were when they were made. The announcement is that the Old and New Worlds are about to hail the approaching dawn of cheap telegraphy on land and sea between and through all countries of the civilized globe, but more particularly across the Atlantic Ocean between Europe and America. The American Cable Company, of New York, through its general agent, who is now in London, has just closed a contract which guarantees to send ten messages of twenty words each per minute through the conducting wire between Paris or London and New York. This is the minimum speed stated in the contract; but it is said that at a maximum speed what could be sent in thirty minutes would be equal to the number of words contained in one number of the *London Times* or the *New York Herald*. And it is also asserted that by this process an entire number of either of the above named journals could be dispatched through the cable from New York to London or Paris, or from London to New York, and be reproduced in *fac simile*, on a stereotyped block or plate, complete and ready to be printed from, in thirty minutes, and at a trifling expense. This would make an average rate of

about two thousand words per minute. A great reduction in the rates will follow."

A German "Discovery of the Soul."—

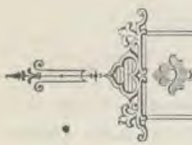
The discussion of the nature of the soul has for some time been one of the most prominent topics in scientific and psychological circles. Many years ago Descartes announced the discovery, not of the soul, but of "the seat of the soul," which he located in the pineal gland; but now we are informed by the *Nation*, from which we quote as follows, that a German professor, Jager of Stuttgart, claims to have discovered the soul itself:—

"Another still more amusing dreamery of popular science may be seen in several articles published within the last few weeks by Prof. Jager, of Stuttgart, and entitled, 'The Discovery of the Soul.' The soul, according to this naturalist, is simply (*honi soit qui mal y pense*) a smell, and consists of a 'chemical composition of albumen' called nervina. Liver, kidneys, muscle, brain, each emit a peculiar odor which the writer's olfactory nerves readily distinguish. Each of these organs has thus its own soul, and, collectively, they constitute an aura which may rise above the threshold of consciousness, and even become offensive, as in animals and in negroes, but which more commonly is a very efficient and unconscious agent mediating the instructive attractions and antipathies of temperaments and sexes. Thus small children recognize their parents. Not only hunger, but joy, love, hate, and pain emit their own peculiar odors. In people of sanguine temperament the 'soul-stuff' is most loosely bound with albumen, in choleric people more firmly. Moses discovered the scientific fact that there is a soul in the blood; Oken, that the soul, like all else in the animal body, was in the cell; but Prof. Jager claims priority in showing indubitably, 'by a long series of scientific observations,' just *what* the soul is."

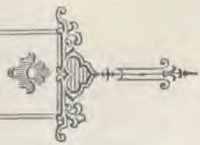
The editor of the *N. C. Medical Journal* in commenting on the above paragraph remarks:—

"More than a century ago the old negro song had embodied the essence of this philosophy in the couplet,—

"De Lord he loves good niggers well,
He often tells them by their smell."



GOOD HEALTH.



BATTLE CREEK, MICH., JUNE, 1879.

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

TERMS, \$1.00 A YEAR.

NEWSPAPER NONSENSE.

THE *New York Times* recently remarked that "if our physicians would make the matter of diet more of a study, it would fully repay them;" the learned editor then proceeds to give instruction on various matters pertaining to dietetics, presumably for the benefit of the neglectful doctors and the ignorant people. Among other statements the *Times* affirms that "one of the popular errors in this country is that which regards eating heartily in the evening as detrimental to health." In support of this statement the writer refers to the custom of the English and Germans in taking food as late as eight or even ten in the evening, from which he concludes that Americans are very unwise not to do the same thing. Probably the same writer would use exactly the same argument in favor of the liberal use of lager beer and tobacco, both of which detestable customs are extensively in vogue in England and Germany, as well as in many other countries of the globe. No doubt the *Times'* writer would assert that the opposition to these practices, which we hope is a growing one, is simply an unfounded prejudice, which he might demonstrate to his satisfaction by the discovery of some ancient individual who had existed to the age of eighty or ninety years while daily indulging in the free use of these poisons.

The writer referred to never paused to ask himself whether the English and German classes in question live longer than the majority of their countrymen who do not indulge in those habits of dissipation, whether they are more healthy, more enduring, or in any respects bettered by their gormandizing.

It is well known that the *Times* is not in any sense a temperance journal, though we are not at all acquainted with the personal

habits of its editors; however, we cannot conceive that any intelligent man could make such an astounding assertion as the one referred to in the face of the experience of thousands of sensible men and women, to say nothing of the testimony of hundreds of learned physicians backed by the plainest teachings of the laws of nature, unless he were acting under the influence of a gin toddy of unusual dimensions or some equally efficient means of mental befuddlement.

THE CURE FOR HARD TIMES.

FOR several years we have been hearing from every quarter a pathetic cry of "hard times." If a person is asked to donate for the relief of some object of charity, "hard times" is the response. If solicited to invest in some article or appliance conducive to the maintenance of health or the prevention of death, "hard times" is the apology for refusing. If requested to subscribe for a useful journal, such as "GOOD HEALTH," or some other equally good, still the reply is "hard times." The constant reiteration of this complaint has led us to become much interested in this subject, and we have taken considerable pains to consider the various causes assigned for the general prevalence of business depression. One complains about the currency, and urges the adoption of "absolute money;" another lays all the blame upon the wealthier classes, and curses "the bondholders;" another sees the evil in excessive taxation; another traces the general stagnation of trade to the rascality of politicians; still another thinks himself acute enough to discover that "decline in values" is wholly due to "overproduction."

We make no pretense to any great amount of erudition in the subject of "finance," and

yet it seems to us very clear that no one of these is by any means the real cause of the so-called "hard times." Each one of the causes mentioned, except the last, may possibly have some influence in the matter, but in our humble opinion the real cause of depression and suffering is extravagance. The useless expenditure of money in eating, drinking, dressing, and in a great variety of ways, not only squanders the earnings of the laborer, but deprives him of the healthful energy upon which he depends for the winning of his livelihood, of competence, or of wealth. The actual necessities of life really cost but little. It is the unnecessary and harmful things which cost so much and give rise to the cry of "hard times." Careful estimates of the relation of the cost of clothing, provisions, rents, groceries, fuel, etc., to the wages received for labor in the various trades, compared with estimates of the same elements in 1878, show that the present "times" are at least ten per cent better than the times of 1860.

If every man, woman, and child who feels pinched and unhappy in consequence of the pressure of the times, would at once begin to economize by abandoning all harmful and useless practices, spending money only when required for comfort or utility, there would soon be no complaint about the times. The fact is, the times are *not* "hard," but people are careless, extravagant, reckless, and improvident. The people need reforming, not the times. If every person would comply with all the laws of physical, mental, and moral health, the saving from useless expenditures, from avoidance of premature death, loss of time by sickness and doctor's bills, and from other avoidable expenses would give to all a rich competency. The poor-houses would soon be vacated, and very likely would be needed for schools. The jails would be unoccupied, or used for store-houses. The prisons would be converted into manufacturing establishments. The money used for the support of paupers and the suppression of crime could be used in developing new industries, encouraging scientific investigations, or improving the sanitary conditions of our large cities. We have no patience with people who are continually blaming the "times." Let

such persons reform themselves, and "the times" will prove to be not so bad after all.

A NEW THING FOR DYSPEPTICS.

For many years, use has been made of the digestive principle of the hog's stomach as an aid to dyspeptics suffering with deficient secretion of gastric juice. Medical opinion varies as to the amount of good which has been derived from the use of *pepsine* made from the stomach of the hog. We have rarely seen any very marked benefits from its use, and the fact that there has been a constant search for something else is pretty good evidence that it has not fulfilled its first expectations. That the hog has a strong digestion is evidenced by the impunity with which he indulges his appetite regardless of the quality of food, apparently enjoying and digesting a fragment of carrion as well as the most luscious fruit. Nevertheless, the hog's digestive juice has been found insufficient to aid the human stomach to dispose of some of the indigestible compounds which are sent into it; and so, quite recently, the pharmacists have prepared a substance which they term *ingluvin*, which is manufactured from the gizzards of fowls, and purports to be a still stronger digestive agent. And now we are informed that "the ostrich hunters of South Africa, bearing in mind the almost incredible digestive powers of that bird, extract the pepsine from its stomach, and sell it for its weight in gold to dyspeptics."

Now we suppose every glutton and epicure will feel wholly at liberty to gormandize to his heart's content. Dyspepsia, which has heretofore been a terror to dietetic transgressors, and thus a wholesome check upon those who are slaves to appetite, is now only a bugbear. Extract of ostrich stomach (we have not yet learned the scientific name) will certainly digest anything. "Pass along the pork pie, deviled crabs, stewed lobster and Welsh rarebit, waiter, dyspepsia has lost all its horrors," we imagine we hear some epicure exclaim; but we advise a little caution. Ostrich pepsine may not prove a panacea after all; and if it should, the supply is limited, for the whole ostrich family would soon be exterminated.

ALUM IN BREAD.

A FEW months ago Dr. Mott, a well-known chemist of New York in the employ of the U. S. Government, in the performance of his duties discovered that the adulteration of baking powders with alum was carried on very largely by various manufacturers, the object being to cheapen the compound. In these cases alum was used in place of cream of tartar, the saving being the difference between three cents, the cost of the alum, and thirty cents, the cost of cream of tartar, per pound. Considerable controversy having grown out of the matter, the city health boards of New York City and Brooklyn took the matter into consideration, and have given it a careful investigation. They find that Dr. Mott's assertions are to be relied upon, and unqualifiedly condemn as pernicious in the extreme, the numerous brands of baking powders which are found to contain alum.

In England and other countries alum has been long used as an adulterant of bread, it being found that its addition enabled the baker to make out of an inferior quality of flour a whiter bread than he could do without it, besides securing a very considerable gain in weight by the retention of a larger quantity of water. The pernicious effects of this adulteration have long been understood, and the most stringent laws have been enacted in England and other countries, prohibiting the use of alum in bread under a severe penalty.

Notwithstanding the attempts of the manufacturers of the cheap powders to prove the contrary, it has been shown conclusively that alum used in baking powders is much more injurious than when used in bread alone, being rendered more active by the chemical combinations with the other constituents of the powders.

We do not approve of the use of baking powders or of any other chemical preparation for the raising of bread, since most palatable, and by all odds the most wholesome, bread can be made without any such addition; but as baking powders are so very extensively employed, and as we are well aware that thousands of people will continue to use them notwithstanding our protest, we think it our

duty to call attention to the wholesale and dangerous adulteration referred to. No doubt there are many thousands of cases of dyspepsia which entail upon the victims an almost infinite amount of suffering, which might be readily traced to the use of these villainous compounds.

Dr. Mott reported that in his investigations he discovered alum in each of the following brands of powders: " ' Dooley's,' ' Patapsco,' ' Charm,' ' Queen,' ' Vienna,' ' Orient,' ' Amazon,' ' Gillet's,' ' Twin Sisters,' ' Invincible,' ' King,' ' White Lily,' ' Monarch,' ' One Spoon,' ' Imperial,' ' Honest(!),' ' Economical,' ' Excelsior,' ' Chartres,' ' Grant's,' ' Giant.' "

We are not prepared to recommend any baking powder, although it is much better to use a genuine baking powder than to employ cream of tartar and soda or salaratus, as many do; but we would heartily recommend all our readers to avoid using any one of the powders named as they value the integrity of their digestive organs. It should be mentioned, also, in this connection, that the cream of tartar sold in bulk in the stores is rarely pure, often being so basely adulterated as to contain very little of the pretended ingredient.

 THE COOL AIR AND WATER TREATMENT OF MEASLES.

EMINENT French and German physicians are making wonderful discoveries now-a-days respecting the utility of fresh air and water. For instance, it has been discovered (!) within a few years that cool or cold baths are the best means of reducing the high temperature of typhoid fever; that alternate hot and cold douches constitute the best treatment for enlarged spleen; that the prolonged bath is the most serviceable of all remedies in extensive burns; etc., etc.; and now, according to the *Medical and Surgical Reporter*, it has been discovered that cool air and water are not dangerous in measles, as once supposed, but really beneficial. We quote as follows:—

"The *Allgemeine Med. Central Zeitung*, No. 29, 1879, contains an abstract of a long article by Dr. Kaczorowski, of Posen, on the discovery (!) made by him that cool air and sponging with cool water have no such disas-

trous effect in measles as old writers taught, but, on the contrary, relieve the distress of the disease and hasten recovery. This may be news in Poland, but we hope it is not in this country. Various able writers, among whom we signalize, for his earnest statements, Dr. Hiram Corson, have for years advocated it in this journal and in the *Transactions* of the Medical Society of this State. The old treatment of close rooms and warm drinks ought forever to be banished. They cause a more intractable form of disease, retard convalescence, and render the sequelæ more serious."

ARSENICAL POISONING.

It is astonishing to what an extent many of the most important articles of domestic use are dangerously sophisticated with arsenic, one of the worst of poisons. It is still more remarkable that notwithstanding the frequent and thorough exposure of this deadly enemy of the public health, people still continue to purchase and use articles which are well known to be more dangerous in a household than serpents or vipers. People who are well aware of the fact that many of the colors used in the printing of wall-papers are chiefly made up of lead and arsenic, will yet make their purchases with as much carelessness upon the subject as though they were possessed of no knowledge of the possibility, and even the probability, of harm from this source. This same indifference is shown in the selection and purchase of dress goods; although, as the following paragraph from the pen of an eminent English physician shows most clearly, some kinds of dress goods are even more dangerous than wall-papers:—

"Dress-makers suffer from the absorption of the dust separated from the tarlatans (muslin) used for making ball dresses. Dr. Taylor informs us that two young women who were employed upon tarlatan muslin dresses complained of dimness of sight, irritation of the eyes and throat, difficulty of breathing, thirst, a profuse flow of saliva, cramps of the hands and legs, and other symptoms of poisoning, which lasted in one eight days, and in the other fourteen days after the dresses were finished. The chemist to whom a portion of the material was sent for analysis,

suffered most severely from having handled it too freely. Thirteen per cent by weight of the tarlatan consisted of arsenic. Prof. Hoffman examined a great number of muslins, and discovered the coloring matter—Schweinfurt's arsenical green—so loosely laid on the surface with starch that it separated at the rate of 20 or 30 grains per hour in a ball-room. It requires twenty yards of tarlatan to make a modern dress, and Prof. Hoffman estimated that each dress contains about 900 grains of arsenic. 'Imagine,' writes Dr. Owen Rees, 'what the atmosphere of a ball-room must be when these muslin fabrics are largely worn, and when the agitation of the skirts consequent on dancing must be constantly discharging arsenical poison.'"

DISINFECTION.

THERE are a large number of excellent agents and efficient methods of disinfection, each of which is best adapted for use under special circumstances. As much of the inefficiency of disinfectants of which many people complain is due to defects in the application of them, we doubt not that those who are interested in the preservation of sanitary surroundings will be especially interested at this season of the year in the following remarks from the Health Annual for 1879, concerning a few of the most important and practical of the numerous disinfecting agents which might be applied:—

DRY EARTH.—One of the best of all disinfectants for solid and semi-solid matters. It is a most excellent agent for deodorizing privy vaults, especially when they are not very deep. It operates by absorbing the water and foul gases. It must be very dry, and the finer the better. Sand is not good; if wet, is worthless. Powdered clay is best. Wood or coal ashes act mainly on the same principle, and are equally good. Dry earth must be used very freely to be effective. Dust from the road is a very good material. It should be gathered and preserved in boxes under cover, in readiness for use in wet weather.

LIME.—Freshly burned lime is another very efficient disinfectant for some purposes. It is useful chiefly as an absorbent. In damp

rooms having a musty odor and moldy walls, place several large, shallow vessels with a liberal supply of fresh lime broken into pieces the size of a walnut.

PULVERIZED CHARCOAL.—Excellent to absorb foul gases. It must be applied freely and often renewed. Should be powdered fine. It is so cheap that it ought to be used very extensively.

When cistern or well water acquires a foul, sour, or sulphurous smell, it is very impure, and should not be used without filtering through charcoal. Very frequently the evil can be corrected by putting down into the well or cistern a large sack containing a bushel or two of powdered charcoal. The sack should be moved about in the water several times a day for a few days.

CHLORIDE OF LIME.—Excellent to destroy putrid substances, foul gases, and diseased germs. Its efficiency is due to the chlorine gas which escapes from it when moistened.

Into a gallon of water, put a pound of fresh chloride of lime. (Be sure it is fresh. It is about worthless when old.) Stir well. Filter or turn off after settling. Use freely.

This is an excellent preparation for cleansing clothing that has been soiled by the discharges of patients. For this purpose, use one quart of the solution described to half a pailful of water. It is also very useful for cleansing the hands of nurses who may be employed in cases of loathsome or infectious disease. After preparation, the solution must be used at once or kept tightly stoppered.

SULPHUROUS ACID.—This well-known bleaching agent is also a very good disinfectant. It is even preferable to chlorine gas for disinfecting rooms and clothing, if used thoroughly. It may be used for disinfection in the same manner as for bleaching purposes. After removing from the room everything that may be discolored by a bleaching agent, as all kinds of colored cotton fabrics, and getting all in readiness to close the room quickly and tightly, place in an old iron kettle first a few ashes, then some live coals, upon which throw two or three pounds of sulphur or powdered brimstone. Immediately leave the room and close tightly for twenty-four hours. The amount of sulphur required will depend on the size of the room.

Use three ounces of sulphur for each one hundred cubic feet of space. To prevent accident from fire, place the kettle on a large, flat stone, or suspend it by a wire over a tub of water. After opening the room, ventilate thoroughly, then scrub and repaper the walls, and whitewash the ceiling.

COPPERAS.—Also known as sulphate of iron. For disinfecting drains, sewers, cess-pools, privies, and vessels containing the discharges of the sick. It must be used liberally, and is, fortunately, very cheap.

To use, dissolve in water in proportion of one pound to the gallon of hot water. Add for each gallon two ounces of commercial carbolic acid. Pour into sink-drains a pint every day. One or two quarts daily will keep a water-closet in a wholesome condition if the trap does not leak. A gallon every two or three days will be sufficient to keep a privy measurably sanitary after its contents have once been sufficiently flooded to remove all foul odor. This solution is excellent for disinfecting stables and places where horses or other animals stand.

PERMANGANATE OF POTASH.—A most excellent disinfectant, though more expensive than the others mentioned. Its best use is for disinfecting the discharges of the sick. A quantity of the solution should be constantly kept in the chamber vessel. Delicate fabrics should not come in contact with the solution, as it leaves a stain. It may also be well used for purifying a cistern, the water of which has become foul. The water should be stirred from the bottom when it is poured in.

For use, dissolve one ounce in three gallons of water. For cisterns, use one ounce to the gallon.

As is the case with copperas, sulphate of zinc, and other similar disinfectants, permanganate of potash is not volatile, hence it does little if any good to keep vessels filled with the solution standing in the sick-rooms unless it is otherwise used.

CARBOLIC ACID.—Useful for disinfecting sinks, heaps of garbage, foul grounds, drains, stables, privies, etc. In solution, mix three ounces each of crude carbolic acid and strong vinegar in one gallon of water. Apply freely. It may be very conveniently applied in many places with a garden sprinkler. A

disinfecting suds may be made by adding soap to the solution, which is very excellent for washing infected clothing.

For dry disinfection, nothing is better than a mixture of carbolic acid and lime. With three pounds of dry, pulverized quick-lime, mix very thoroughly one pint of crude carbolic acid. Apply to foul grounds, back-door areas, stable floors, about hitching posts, and similar places. Carbolic acid may be used with sawdust in a similar manner.

Hot Water for Hemorrhage.—Everybody knows that cold water is one of the most reliable means of checking hemorrhage, when properly applied; but it is not so generally known that in many cases hot water is a still more efficient remedy. A London physician asserts that no remedy is so successful in cases of epistaxis, or bleeding from the nose. In cases of this sort it is usually only necessary to apply the hot water to the face, holding the head up and bathing the face rapidly. In more severe cases the hot water must be used as a douche, being thrown into the nose with a syringe, preferably by means of some form of fountain syringe.

In cases of uterine hemorrhage, after childbirth or at other times, its action is remarkably prompt. It does not check hemorrhage from large arteries, but is an almost infallible remedy in cases of capillary oozing, even when all other remedies fail. It should be remembered, however, that *warm* water will only encourage the bleeding. The water must be as hot as the patient can bear; 112° to 120°, at least, rarely over the last named temperature. The action of hot water is to cause contraction of the small blood-vessels, the effect of its application being in this respect similar to that of cold water or ice, but more permanent.

Not long since we had the opportunity of testing this mode of treating hemorrhage. After a surgical operation upon an exceedingly delicate and vascular part of the body, in the case of a young lady, we were greatly troubled to check the flowing of blood. None of the ordinary styptics, cold water, ice, perchloride of iron, tannin, etc., gave more than very temporary relief. The parts were too sensitive to bear pressure, and we were about to apply the act-

ual cautery, applying a hot iron, when this method occurred to us. We ordered a hot douche to the bleeding part, and the bleeding promptly ceased. This method is worth remembering, it is so very simple, and may save a valuable life sometime.

Diphtheria and Foul Water.—The attention of the public cannot be too often called to the fact that diphtheria, as well as typhoid fever, typhus fever, cerebro-spinal meningitis, and many other febrile diseases, is distinctly a filth disease. Its connection with foul air, resulting from imperfect ventilation, defective drainage, and foul water, has been so clearly traced that there is no room for doubt.

An English sanitary inspector recently reported to the London *Sanitary Record* twenty-seven cases of diphtheria which undoubtedly originated in the use of impure water for drinking and cooking purposes. Of the twenty-seven cases, nine were fatal. It behooves every person to look well to the cleanliness of his premises, especially to the well, the cistern, and the cellar.

Danger of Vaccination With Humanized Virus.—Every one ought to know by this time that the danger of contamination by loathsome and ineradicable disease through this means is too great to be ignored with safety. The *Hospital Medical Gazette*, a foreign medical journal, recently recorded an instance in which fifteen girls were infected with one of the most loathsome and appalling of diseases to which the human body is subject, by vaccination with virus from an infant. The child appeared to be perfectly healthy, but its mother was afterward found to be suffering with the foul disease referred to.

Cases of this sort have occurred much more frequently than many are willing to believe. In the light of what is now known, we are fully justified in condemning vaccination with humanized virus. The same benefit is obtainable by vaccination with bovine virus, with few of the dangers. That well regulated vaccination with bovine virus is beneficial is evidenced by the fact that in New York City, where small-pox has raged for many years to

a great extent, by the thorough protection of the denizens of the huddled tenements of that great city the disease has been entirely extinguished, and the small-pox hospital closed.

Diet vs. Liquor-Drinking.—The New York *Graphic* recently called attention to the interesting experiments of Mr. Charles Napier, a scientific gentleman of considerable note in England, who claims to have discovered that the best antidote for intemperance is a farinaceous diet, and the moderate use of salt and other condiments. We have already referred to the interesting experiments of Mr. Napier, but it is well worth while to recall the remarkable results which he obtained.

Prof. Liebig, the great German chemist, had a theory that the use of alcoholic drinks is incompatible with a farinaceous diet.

“The experiment was tried upon twenty-seven liquor-drinking persons, with results substantiating the Liebig theory. Among the more striking instances of reform brought about by a change of diet, was that of a gentleman of sixty, who had been addicted to intemperate habits for thirty-five years, his outbursts averaging one a week. His constitution was so shattered that he had great difficulty in insuring his life. After an attack of delirium tremens, which nearly ended fatally, he was persuaded to enter upon a farinaceous diet, which we are assured cured him completely in seven months. He seemed to have been very thin at the beginning of the experiment. At the close of the period named he had gained twenty-eight pounds, being then of about the normal weight for a person of his height. Among the articles of food which are specified by Napier as pre-eminent for antagonism to alcohol, are macaroni, haricot beans, dried peas, and lentils, all of which should be well boiled.”

Hot Water for Gangrene.—The *N. Y. Medical Journal* adds a new testimony to the excellence of the hot water bath as a remedy for gangrene. A child of four years, who was suffering from the results of a fall which had occasioned a severe fracture of the femur, in consequence of bad treatment was threatened with speedy death from mortification, or gangrene. The whole limb was affected,

from the toes to above the middle of the thigh. A new physician was called, who ordered the continuous hot-water bath, at a temperature of 112° F. On the second day great improvement was visible, the dead portion beginning to separate from the live tissues. In ten days the limb was amputated, and the child made a good recovery.

Superiority of Unbolted-Flour Bread.—The superior character of bread made from unbolted wheat meal is now so well and almost universally acknowledged that additional testimony on the subject seems hardly necessary; but the following fact is so interesting that we cannot refrain from presenting it on the authority of the *American Woman's Home*:—

“In England, under the administration of William Pitt, for two years or more there was such a scarcity of wheat that, to make it hold out longer, Parliament passed a law that the army should have all their bread made of unbolted flour. The result was that the health of the soldiers improved so much as to be a subject of surprise to themselves, the officers and physicians. These last came out publicly and declared that the soldiers were never before so robust and healthy; and that disease had nearly disappeared from the army. The civic physicians joined and pronounced it the healthiest bread, and for a time it was used almost exclusively.”

A Curious Mode of Feeding.—For many years it has been known that in certain cases of extreme debility, from wasting disease, loss of blood, or other exhausting cause, the life of the patient might sometimes be saved by the injection into his circulation of fresh blood from another person, or from an animal, as a sheep. This process is known as transfusion; and results which seemed almost as marvelous as the resurrection of the dead have been attained by it. This operation, however, is attended by so many difficulties, and involves such serious risks that it has been used only under the most urgent circumstances, and quite rarely even then:

Not very long since, Dr. Thomas, of New York, discovered that equally good results could be obtained by the injection of warm

milk into the veins, with little or no risk, if perfectly fresh milk were employed. This operation is now being employed in many cases of exhaustion from prolonged fever, consumption, and other wasting diseases, and produces most admirable results in most cases, especially in those in which the digestive powers have become so weakened that the blood of the patient is impoverished for want of nourishment.

Effect of Tepid Baths.—We are much interested in the frequent reports which appear in various medical periodicals, especially the foreign journals, of experiments in the use of electricity, water, and other hygienic agents, which seem to indicate most clearly and unmistakably the increasing interest in this class of remedial agents. Great good is being done by these experiments, not only by calling attention to the utility of the remedies mentioned, but by the discovery of new properties and effects, and the confirmation by scientific investigation of practices long ago confirmed by empirical experience.

Very recently a German periodical of extensive circulation recorded the results of a series of experiments conducted by Dr. Von Liebig with the tepid bath. The doctor found that by the use of the tepid bath the temperature of the patient can be materially lessened, continuing to decline for several hours after, although possibly increased during the bath. The frequency of the pulse is also lessened, together with other changes which are indicated by the sphygmograph.

It appears from this to be demonstrated that temperature can be materially decreased without the use of a severe degree of cold, thus making the remedy serviceable in a great variety of cases in which cold applications cannot be borne. This fact has been long known to those familiar with the uses of water, but not heretofore demonstrated in a scientific manner.

Poisoning from Meat.—The *Battle Creek Journal* gives the following account of a case of poisoning which recently occurred in this city:—

“Thursday noon Mrs. Rogers sent to the market and purchased a quantity of pressed

corned beef for dinner. As her mother was sick, and her time was too much occupied with her to prepare a regular cooked dinner, the meat was quite generously used, together with other articles of food ready at hand. Mr. Rogers ate his dinner and returned to his work on the Driving Park. He, however, soon commenced feeling sick, and began to vomit and purge, and was finally compelled to give up work and return home. Upon reaching home he found his little daughter sick with exactly the same symptoms. Mrs. Rogers was also taken soon after in a similar manner with the other members, and a little daughter of Col. Baird, who ate dinner at Mrs. Rogers's, was also affected in the same way, although not so severely as Mr. Rogers and family. Mrs. Rogers, who finally became alarmed, summoned Drs. Cox, French, and Johnson, who administered antidotes for poison, all agreeing that it was a clear case of poisoning from something the family had eaten for dinner.”

—*The British Medical Journal* says that eleven persons died during the last winter in Ireland at the advanced age of a century or upwards. “Of these, four were one hundred years; two, one hundred and one; two, one hundred and two; one each at one hundred and three, one hundred and five, and one hundred and six. In reference to the man aged one hundred and five years, the registrar of Warrenspoint District, where the death occurred, observes ‘that his sister died about three years ago at the same age.’”

Those who insist on the importance of the large consumption of meat should note in this connection the fact that an Irishman eats no more meat in a week than an Englishman in a single day.

Industrial Schools in Russia.—Russia is ahead of every other nation in the establishment of “railroad schools,” for the purpose of securing thoroughly trained officers, mechanics, conductors, and other employees. These schools have been so successful that steamboat and other industrial schools are to be formed.

—A medical authority asserts that spinal curvature, a most common malady at the present time, is induced by the use of high chairs.

FARM AND HOUSEHOLD.

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

Rag Carpets.—Before cutting the breadths of rag carpets, stitch on each side of where you wish to cut, with your sewing machine, once or twice across, keeping the stitching on the filling. After cutting, stitch each end of the breadth several times across, then bind.

Washing Silk.—Silk goods or any fabric containing silk should be washed in water almost cold; hot water turns silk yellow. A suds made of nice white soap may be used, but no soap should be rubbed on the silk. To smooth the articles, either rub them dry with a soft cloth, or put them between towels and press them with weights; always avoid the use of hot irons.

Care of Horses' Feet.—A farmer of experience says that the feet of a horse require more care than the body. If the horse is forced to stand where its feet will be filthy, all the grooming that can be done will be of little avail, for the feet will become disordered, and then the legs will get badly diseased, and with bad feet and bad legs there is not much of the horse fit for anything.

Hanging Pictures.—It is often impossible in hanging pictures to get at a beam without deranging the desired order, and so there is great difficulty in making a picture nail or screw hold. This difficulty may be obviated by making a hole with a gimlet a little larger than you need, filling it with wet plaster of Paris, then inserting the nail in it. Smooth the surface neatly, and when it is thoroughly dry the nail will be as firm as possible.

Uses of Oxalic Acid.—Oxalic acid is a most useful cleansing agent for removing spots of ink and iron and the residues of mud spots which will yield to no other method. Ink stains may be removed from marble by washing first in clear water and then with a weak

solution of oxalic acid. This acid may also be employed for destroying the stains of fruit and of astringent juices which have become old upon any tissue. The best method of applying it for this purpose is to dissolve it in cold or lukewarm water, and let a little of the solution remain upon the spot before rubbing it with the hands. Be careful not to use the acid too strong, and see that it does no harm otherwise, as it is a powerful poison.

Gooseberry Mildew.—The larger and finer kinds of English gooseberries have always been found most difficult to grow on account of mildew. A writer for the *Home and Farm* has recently found, as the result of several experiments, that by the application of a liberal coating of common soft coal ashes the mildew may be prevented, and the choicest English kinds prove as hardy and free from leaf-blight as any of the native seedlings.

APHORISMS FOR FARMERS.

NEVER leave the work of mending your tools until the day you want to use them.

Never plant poor seed because you happen to have it on hand, nor plant more ground than you can thoroughly care for.

Never leave weak places in your fences, in hopes the cattle will not find them, and when they are discovered, do not mend with a few old rails "just for a few days" until the cattle continually become truants and cannot be kept at home by any ordinary fence.

Never put off any kind of spring work until the last moment, nor work land when it is too wet.

Never leave vegetables in your cellar to rot and breed disease; for if you have more than you can eat or sell, the stock will be profited by them.

Never work teams nor men upon short rations.

Always have at this time of year a wood pile large enough to last a twelvemonth.

Always enrich your ground liberally; nothing from nothing is one of nature's laws.

Always kill weeds wherever and as soon as you see them.

Always see the end from the beginning; then you will work from the beginning toward the end.

Always keep a place for everything and everything in its place.

Always practice kindness to stock, and always provide them good shelter and food.

Always remember that the fertilizer of any soil is a spirit of industry, enterprise, and intelligence, and that a well ordered farm, well chosen stock, comfortable buildings, a neatly kept garden, gates well hung, paint without and whitewash within,—all these are worth more to a farmer in money value than a few hundred dollars carefully scraped together and hoarded up.

THE GUEST CHAMBER.

It is the prevalent opinion among house-keepers that the guest chamber, or "spare room," must in every respect, be the best and most desirable chamber in the house. We think this a mistaken idea. Of course the room should be pleasant and inviting, furnished as tastefully, and with as many conveniences as can be afforded without curtailing the comfort and pleasure of the family, and with such regard to comfort that a guest, on entering, may feel at once, not only at home, but as if surrounded with kindness and thoughtful care. Select the furniture with such care and taste as your means will allow. It is not necessary that one should be rich to do this in the most perfect manner. Be sure that the bed is comfortably made, and always scrupulously clean. If used only for one night, by one person, all the linen should be changed for any new-comer. A white spread, even if not of the best and heaviest material, is always an improvement for any bed. Have a spare blanket neatly folded and laid across the foot of the bed, unless you have a closet in the room; then it is protection from the dust to

put it there. A low, easy chair or rocker is always desirable, for a lady friend may bring a young infant with her; then, if in accordance with your ability, furnish easy chairs, or a lounge; but no bed-chamber should be crowded with furniture.

A table with a drawer, or a small, neat writing-desk, with an inkstand, a few pens, paper, and envelopes, are desirable, as friends often come unexpectedly, and neglect to bring the needed articles. To find such conveniences ready at hand will be taken as a kindly attention, and is among the little things that make a guest's chamber home-like.

A brush and comb, a cushion and pins should be kept on every bureau, and the spare room is no exception to this rule, and in this room one or two drawers should be left open for the use of guests. The comb and brush, like those in other chambers, should be washed every week. A few drops of ammonia, put into a little soap and water, will cleanse a brush easily; rinse well in clear water, and stand it up to dry. For the wash-stand, good soap, plenty of towels, and a nail-brush should be provided. The water pitcher must be kept filled; a water bottle, with a glass turned over it, or a decanter with a stopper, is better for drinking water than a pitcher, as water left exposed to the air in a sleeping-room soon becomes impure and unhealthy. A slop-pail, or jar, is needed by the side of the wash-stand, unless the wash-basins are set to be filled from the pipes, and emptied by the waste pipe. A match-box, filled, is always an important article in every room, and a little basket or cornucopia is needed to hang by the glass, into which the hair from the comb, and burnt matches may be put. This should be emptied when the slops are taken away.

Of course, when there is no necessity for close economy, there are a thousand elegancies with which it is perfectly proper to beautify, not only the family rooms, but the guest chamber; but the things here specified are convenient, and some are really necessary for all sleeping rooms, and can be procured, or made by home ingenuity. Beautify and enrich the guest room as lavishly as good taste and your ability will allow, only let the family chamber be equally embellished.—*Christian Union*.

NEWS AND MISCELLANY.

- Chinese cooks already employ American stoves.
- Edward S. Stokes is now the chief owner of a valuable Nevada mine.
- Fifty-two French magistrates have either resigned or been discharged.
- The number of rum holes in New York City is 1,789 less than a year ago.
- An unsuccessful attempt was made to assassinate the Czar of Russia, April 14.
- The total beer product of the German Empire was 866,823,220 gallons last year.
- The revenues of Switzerland in 1878 exceeded the expenditures by 66,585 francs.
- The statement of the U. S. Public Debt shows an increase during the month of April, of \$19,952.
- Of the 1,300,000,000 inhabitants of the globe, more than 1,000,000,000 use tobacco in some form.
- At the beginning of this century, there were only about 300 Jews in Jerusalem; now there are 13,000.
- The New York Elevated Railway carried 7,539,476 passengers during the first three months of 1879.
- A project is being put forward for tunneling the Hudson River between New York and Jersey City.
- It is said that Dr. Oliver Wendell Holmes used but one pen for his literary works, from 1857 to 1878.
- The Pope has sent a circular to the Spanish Bishops warmly advocating allegiance to King Alfonso.
- The new postal law provides for a double postal card, the right half for the sender, the other half for answer.
- Russia has decided to surrender Kuldja to China, and conclude a new convention with the Chinese Government.
- The Mussulmen of Bulgaria, afraid of being left alone with their late enemies, are emigrating in great numbers.
- Work is resumed on the Brooklyn bridge, and, it is thought, will now be continued until the completion of the structure.
- The Government of Spain has decided to expel from that country all foreigners belonging to the International Society.
- Late news from Zanzibar announce the arrival of Stanley, the African explorer, on his return to his former field of exploration.
- Six of the United States Senators are Virginians by birth; viz., Senators Johnston, Withers, Hereford, Davis, Coxe, and Thurman.
- Dr. Isaac Hays, recently deceased, was the oldest editor in the country. He edited the *Journal of Medical Science* for 52 years.
- Cleveland is the first city in the United States which has made the experiment of lighting its streets by electricity. Monumental Park, in that city, was thus lighted, April 28, with very satisfactory results.
- Some English physicians visit their patients on bi-cycles, using these vehicles instead of horses.
- Since 1832, there has been surveyed at the lumber office at Bangor, Me., an annual average of 150,695,750 feet of lumber.
- The telegraphic cable to connect the European and Asiatic telegraph systems with the Cape of Good Hope will be 4,000 miles long.
- The Massachusetts House of Representatives recently passed a bill to give women the right to vote for members of school committees.
- A loan of \$2,000,000 has been subscribed in New York, for extending the Northern Pacific railroad from Bismarck to the Yellowstone.
- Gen. Joseph E. Johnston, a confederate officer during the late war, has been appointed as one of the Regents of the Smithsonian Institute.
- The English Government has interdicted the importation of American pork on account of the increasing frequency of its infection with trichinae.
- The Potter Committee's report maintains that Tilden received a true majority of the electoral vote at the last election, and was really the choice of the people.
- The rush to Leadville, Col., continues; it is said the population increases at the rate of 800 per week, although there is already great suffering among the new-comers.
- Ex-Governor Washburn, of Wisconsin, says the Greenback party is constantly weakening in that State, and thinks the Democrats will favor Tilden, and the Republicans Grant, for the next Presidential chair.
- The Smithsonian building, which now contains the collections of the National museum, having been found insufficient, Congress at the last session appropriated \$250,000 for the erection of an additional building.
- The Russian Government is having serious trouble in regard to the Nihilists. Martial law is in force everywhere, and citizens are arrested by thousands. The measures being used for the suppression of this secret organization are very severe.
- The 14th of April was memorable as the eighteenth anniversary of the announcement of the surrender of Fort Sumpter, and the fourteenth anniversary of its being re-occupied by U. S. troops. It was also fourteen years ago that President Lincoln was assassinated.
- The President has issued a proclamation warning settlers to keep out of the Indian Territory, as, in accordance with an allegiance made during the presidency of Mr. Van Buren, the United States are obliged to protect the Indians against trespassers on their lands.
- It is proposed to hold a World's Fair at New York in 1883, to celebrate the one hundredth anniversary of the acknowledgment of the independence of American colonies in 1783. A great National convention is to be held June 18, to consider matters in reference to it.
- London covers an area of 125 square miles, and measures more than forty miles in circumference. Its population is equal to Maine, New Hampshire, Vermont, Rhode Island, Connecticut, Massachusetts, and California together.

LITERARY NOTICES.

OPHTHALMIA NEONATORUM. By P. H. Lewis, M. D., Wilmington, N. C.

A very excellent little monograph on a subject of interest to every mother, that form of inflammation of the eyes which occurs within the first few days or weeks of infant life. The treatment recommended is safe and sensible, and usually effective. The author makes the significant remark that "the impure air of a room filled with excrementitious exhalations, smoke, dust, or acrid vapors, as well as the musty damp air of an unventilated room, is a frequent cause of this disease."

SOCIAL NOTES. 16 Southampton St., Strand, London.

A weekly magazine devoted to "social reforms, social requirements, and social progress, edited under the direction of the Marquis Townshend." This is one of the most valuable of our foreign exchanges. Its weekly columns are filled with entertaining and instructive articles on a good variety of subjects pertaining to social interests. It is ably conducted, and is well deserving of patronage. We are glad to note that it does not take narrow views of the great subjects with which it has to deal, and observe with especial pleasure that it does not ignore the fact that a large share of the numerous evils with which we are obliged to contend are due to dietetic and other errors which can be removed.

PROFESSOR TICE'S NATIONAL WEATHER ALMANAC. St. Louis: Thompson, Tice & Co.

The author of this little work professes to be able to predict the weather for a year in advance. This is, indeed, the special feature of his almanac. We have taken the pains to compare the predictions for March and April with our meteorological records for those months, and find the almanac correct in about three-fourths of its predictions for March, and one-half, for April. Prof. Tice has a theory of his own about weather predictions, whether correct or not we are unable to say. The work is a curious one, and is well worth the price on that account, if for no more useful reason.

COLD WATER FOR ME. Berkshire, Vt.: C. P. Whitford. Price 10 cts.

A teetotal temperance song, very appropriate and lively. The words were composed by Mrs. M. S. Avery, the music by C. P. Whitford. The piece was sung with good effect at the last meeting of the A. H. & T. Association. Printed on heavy-tinted paper in sheet form, and well worth the price.

BILL FOR THE PREVENTION OF CONTAGIOUS OR INFECTIOUS DISEASES. Washington.

This paper is a copy of the vigorous speech made by our friend, the Hon. J. H. McGowan, U. S. senator from Michigan, in favor of a bill

creating a National Board of Health. The forcible arguments presented and the lucid reasoning of the eloquent senator were unanswerable, and we were glad to see that the bill was passed. The Board has already been appointed, and has entered upon its duties. We sincerely hope that it may be the means of much good.

THE VOICE OF PEACE. Philadelphia.

A journal devoted to the inculcation of peace principles, having for its motto: "Remove the causes and abolish the customs of war." It is published by the American branch of the Universal Peace Union. We like the animus of the journal, and wish it success. The subscription price is \$1.00 a year.

AMERICAN HEALTH PRIMERS. Philadelphia: Lindsay and Blakiston.

A series of "health primers" recently published in England have become so popular that they have been reprinted in this country. In addition, there is now projected the publication of a series of American Health Primers adapted to the wants of American people. The more of this kind of literature we have the better.

THE HOSPITAL GAZETTE. New York: Dr. Ed. J. Birmingham.

One of the largest and best of the medical weeklies published. The matter contained in each number is first-class, and the subscription price is only \$2.00 a year.

THE PHILANTHROPIST. New York: 58 Reade St.

A little sheet devoted to the advocacy of the abolition of State regulation of vice, and the organ of the New York Committee of the International Federation to Promote the Abolition of State Regulated Vice. We heartily endorse its sentiments, and wish the association success in its work.

PUBLICATIONS RECEIVED.

THE ANCIENT NATIONS. Their Origin, Persecutions, and Present Condition. By J. L. Altamus. San Francisco.

ADDRESS UPON THE LIFE AND CHARACTER OF L. P. YANDELL, M. D. By B. O. Cowling, M. D. Louisville, Ky.

THE CELL-DOCTRINE IN THE LIGHT OF RECENT INVESTIGATIONS. By C. Heitzman, M. D. New York: D. Appleton & Co.

TRAINING SCHOOLS FOR NURSES. Washington.

NATIONAL BOARD OF HEALTH. Constitution and Organization of the Board. Washington.

PERINEORRHAPHY. By Prof. E. W. Jenks, M. D. New York: Wm. Wood & Co.

FIFTEENTH BIENNIAL REPORT OF THE ILLINOIS INSTITUTION FOR THE BLIND. Springfield, Ill.

A TREATISE ON THE HORSE. By B. J. Kendall, M. D., Enosburgh Falls, Vt.

CHRONIC SPASMODIC STRICTURE. By Prof. F. N. Otis, M. D., New York.

Publishers' Page.

☞ A blue cross before this paragraph indicates that your subscription expires with this number. We would be pleased to receive your renewal. Please notify us at once, that your name may not be removed from our list.

☞ The GOOD HEALTH CALENDAR, offered this year as a premium for the prompt renewals of subscriptions, met with such general approval that the demand was greater than we were prepared to meet. A large edition was published, leaving a considerable surplus above those required for premiums, but so many orders were received for additional copies to send to friends and to place in prominent public places, that the edition was soon exhausted. We have been unable to fill orders for several weeks. Next year we will print a larger edition.

TO CANVASSERS.—The general complaint of hard times should not discourage any one about starting out in the canvassing work. If money is scarce, there is all the more need of economizing; and it must be an easy matter for people to see that one of the most effectual means of saving money is to avoid sickness and doctor's bills. The sole object of GOOD HEALTH is to teach how to do this. Let the people have a knowledge of it and they will gladly improve the opportunity to learn how to economize their health.

ANNIVERSARY AT THE SANITARIUM.—April 22, a large number of the friends of the Sanitarium, many of whom were from abroad, after sharing in a sumptuous dinner in honor of the occasion, gathered in the spacious parlors of the institution and engaged in a celebration of the anniversary of the dedication of the new building one year before. Many of those who were present from abroad had been acquainted with the institution from the outset, and were prepared to contrast its present condition with the small beginning made at the founding of the institution thirteen years ago. Quite a number were able to give personal testimony to the value of the instruction and other advantages received at the institution. Many also spoke of the influence of the Sanitarium abroad, and the extent to which it is becoming known. Altogether, the affair was a very pleasant one indeed, and well appreciated by both guests and patients. A more extended account of the exercises of the day will appear in the next number of *The Sanitarium*.

Excellent music was furnished for the occasion by the Sanitarium orchestra, and a number of excellent singers who have frequently granted similar favors.

THE A. H. & T. ASSOCIATION.—This organization continues its monthly meetings with increasing interest. At the last meeting there were present a large number of delegates from various parts of the United States. All report favorably of the progress of the work in their several States. A slight opposi-

tion is encountered in various quarters on account of the strictness of the pledge, but this will be speedily overcome as the people become better informed respecting the importance of adopting thorough-going temperance principles.

There has been some delay in the preparation of the certificate promised for the teetotal pledge, on account of the difficulty in finding a competent artist who would appreciate the objects of the Association so as to infuse into the sketch the proper spirit. A very beautiful and in every way satisfactory sketch has at last been completed, and was presented to the Association for approval at its last meeting. The complete drawing is now being made in Boston by one of the best artists in the country, and will soon be finished, copies being reproduced by the photo-lithographic process, which will give it all the beauty and finish of an engraving, with some added excellences.

☞ We take pleasure in announcing the marriage of our friend and colleague, Dr. W. B. Sprague, to Miss Ella Hazen, the accomplished daughter of Hon. Ezra Hazen, of Memphis. The ceremony was performed May 1, at the home of the bride's parents, Rev. Mr. Russell officiating, in the presence of a large number of relatives and interested friends. The ceremony was simple and brief, but very appropriate and impressive.

"After hearty congratulations, the guests joined the happy couple in a sumptuous wedding dinner, and then returned to the parlors to examine the wedding gifts, of which there was a very large number, many of them very elegant and costly. A low estimate placed the value of the presents at between \$1,500 and \$2,000. Among the most noticeable were some elegant cases of solid silver ware, several silver boquet holders, three beautiful clocks, \$1,000 in cash, a number of rich oil paintings, and an elegant watch and chain for the bridegroom."

The happy couple have the best wishes of a large circle of friends and acquaintances.

"Thursday, the Doctor and his bride, accompanied by the bride's parents and aunt, passed through this city en route for Colorado, where a month will be spent on a wedding tour. The party will be joined at Iowa City by Mr. T. J. Cox and wife, Mr. C. having recently graduated with honors at the Sanitarium, where he spent several months as a patient."

PLANETARY PESTILENCE AGAIN.—We notice that a writer in a Boston journal criticizes our recent comments on the above subject under the head of "getting up a scare," though he does not undertake to show that our reasoning on the subject is incorrect. Our attention was called to the strictures referred to after it was too late for a more extensive notice of the matter this month, but we will give it attention in a future number.

☞ With the next month we shall commence the publication of a series of illustrated articles on physiology and hygiene which we believe will be a great addition to the interest of the journal.