GOOD HEALTH.

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MEASLES.

SYMPTOMS.—*First Stage:* Chilliness, followed by symptoms of catarrh of the upper air-passages; eyes red and tearful; hoarse and dry cough; pain in the head and limbs; disturbance of digestion; nausea, and sometimes vomiting; eyes sensitive to light; sometimes violent sneezing.

Second Stage: Increase of fever; in small children, sometimes convulsions; appearance of eruption about the mouth and eyes, which soon extends to the neck, chest, and over the lower part of the body; itching and tingling of the skin.

Third Stage: Fever and eruption nearly disappear; spots covered with bran-like scales.

Measles is an eruptive, contagious disease, which may occur at any age, although children are most likely to be affected by it. It generally occurs in epidemics, and is infectious as well as contagious. It begins much like a severe cold or influenza. After two to four days, the eruption appears, and consists of small, slightly elevated, reddish spots. When pressed with the finger, the red coloring disappears, and the spots soon run together, forming irregular clusters, which often have a quarter-moon shape. The eruption feels rough to the finger. Occasionally little vesicles or blister-like spots are seen. The disease reaches its height upon the third day of the eruption. At the end of the fifth or sixth day, the spots become of a yellowish tinge, and there is a marked amelioration in all the symptoms. The catarrh gradually subsides, and by the end of two weeks the patient is generally well. The period of incubation, or time which elapses after exposure before the symptoms of the disease make their appearance, is about one week.

A form of the disease in which the spots are unusually dark, is known as black measles. The disease sometimes assumes a very malignant form. Complications sometimes occur, the most dangerous of which are pneumonia and bronchitis. Inflammation of the eyes is also very common, the eyes sometimes remaining sore for a long time after the patient has recovered from the disease itself. Croup is an occasional and very fatal complication. Inflammation of the bowels sometimes occurs.

TREATMENT.

When an epidemic of measles is prevailing, great care should be taken to prevent exposure to the disease. This cannot always be done, as the popular dread of the disease is not sufficiently great to induce the entire isolation of persons who are suffering with it. Various experiments have been made which seem to indicate that a degree of protection may be afforded by inoculation with the virus of the disease, as was practiced as a means of protection from small-pox before the discovery of vaccination. Inoculation has never been extensively practiced, however, and is of doubtful propriety.

In mild cases, very little treatment is required except such as is necessary to make the patient comfortable. Good nursing is much more important than medical treatment. If the eruption is slow in making its appearance, or is re-

pelled after having once appeared, the patient should be given a warm blanket pack. The cold pack is most commonly used in Germany, but we have obtained equally good effects from the warm pack, and it is much more comfortable for the patient.

When the fever rises high, it should be subdued by tepid sponging, cool compresses to the abdomen, renewed as frequently as they become warm, and the cold enema. Cold packs and affusions, although in no degree dangerous, and highly recommended by many eminent physicians, are rarely required. Thomas, the eminent author of the article on measles in Ziemssen's Encyclopedia, says in reference to the treatment of this disease, "At present, cool baths, packings, and extensive cold compresses are the usual means employed. The advantages of a judiciously administered cold-water treatment in measles are, that it usually affords to the patient more speedily and safely than any other anti-febrile method, a certain sense of comfort; that it is not apt to weaken or otherwise act unfavorably; and that it shortens convalescence by permitting the patient to expose himself to the fresh air sooner than under any other treatment." Care should be employed in sponging the skin not to aggravate the irritation by rubbing. In drying the patient, the skin should be patted with a soft towel instead of being rubbed.

The old-fashioned plan of keeping the patient smothered beneath heavy blankets, and constantly in a state of perspiration, is wholly unnecessary, besides rendering the patient very uncomfortable. The irritation of the skin, as well as the sensitiveness to cold, may be much relieved by inunction of the skin two or three times a day with vaseline, sweet-oil, fresh butter, or any other good unguent. No fears whatever need be entertained that the eruption will be driven in by cold applications, as there is no danger whatever from the application of cold water to the surface, except in the last stages of the disease, after the eruption has disappeared. No hesitation need be felt in applying compresses and sponging to reduce the fever an account of the cough, as this will generally be found to be the best means for relief. Convulsions require warm baths. Delirium and great restlessness indicate congestion of the brain. A slight diarrhea need give no occasion for alarm. If this symptom becomes very troublesome, a cool enema should be employed two or three times a day. The occurrence of pneumonia indicates the necessity for the employment of such measures as are elsewhere recommended for that disease. If croupy symptoms appear, ice compresses should be applied to the throat. If this does not secure relief, the throat and chest should be lightly sponged with water as hot as can be borne, care being taken not to burn the skin. Hot fomentations are also useful. If severe capillary bronchitis occurs, causing greatly diminished respiration, accompanied by high fever, Ziemssen recommends the use of the cold pack, which he thus describes: "Several thicknesses of cloth wrung out of cold water are laid upon a piece of flannel of sufficient width to protect the bedclothes from becoming wet. The naked patient is then placed upon the sheets and enveloped in them. Lively kicking and screaming ensue, giving depth and force to the previously superficial inspiration. By degrees the child becomes more quiet, and soon falls asleep. The cold wrappings are to be renewed every half-hour or so, until the temperature, pulse, and frequency of respiration are remarkably diminished. This is usually the case in a couple of hours."

This treatment may seem quite heroic, but it is recommended by the highest medical authority in the world. With reference to the old sweating method of treatment, Prof. Thomas, previously quoted, remarks that "although it has been given up by thousands in the treatment of measles, notwithstanding, prejudices are still entertained by many against the use of baths, even warm, on account of the supposed possibility of their exerting an unfavorable influence

upon the cough and catarrh of the air-passages in general. It is to be hoped that the favorable results of hydrotherapeutics may overcome this prejudice, and that ventilation and cleanliness may in future epidemics gradually cause pneumonia and the other dangerous complications of measles, and, we think, their mortality, to sink to an unavoidable minimum."

The patient should be allowed cooling drinks, as much as desired. During the disease, a simple, but nutritious diet should be allowed, but stimulants of all kinds should be prohibited. Milk, fruits, and grains may be taken in sufficient quantity to satisfy the patient's appetite, but meat should be prohibited. Good ventilation of the sick-room should be maintained throughout the disease, and care should be taken to prevent, so far as possible, the contraction of the disease by those who have never had it.

After recovery, all the clothing employed about the patient, including bedding, should be thoroughly disinfected. The sick-room should first be disinfected by burning sulphur. It should afterward be thoroughly scrubbed and aired. This is not so important as in some other infectious diseases, but will do no harm, and may be the means of preventing severe illness and death.

GERMAN MEASLES—RUBEOLA.—This disease so closely resembles the preceding that its independent existence is not fully recognized by physicians. Persons not skilled in diagnosis would certainly be unable to distinguish it from measles. It is claimed, however, that an attack of rubeola affords no protection from measles, and *vice versa*. The treatment and general management of the disease are precisely the same as that of measles, however, and hence we need not give it further attention here.—*Home Hand-Book.*

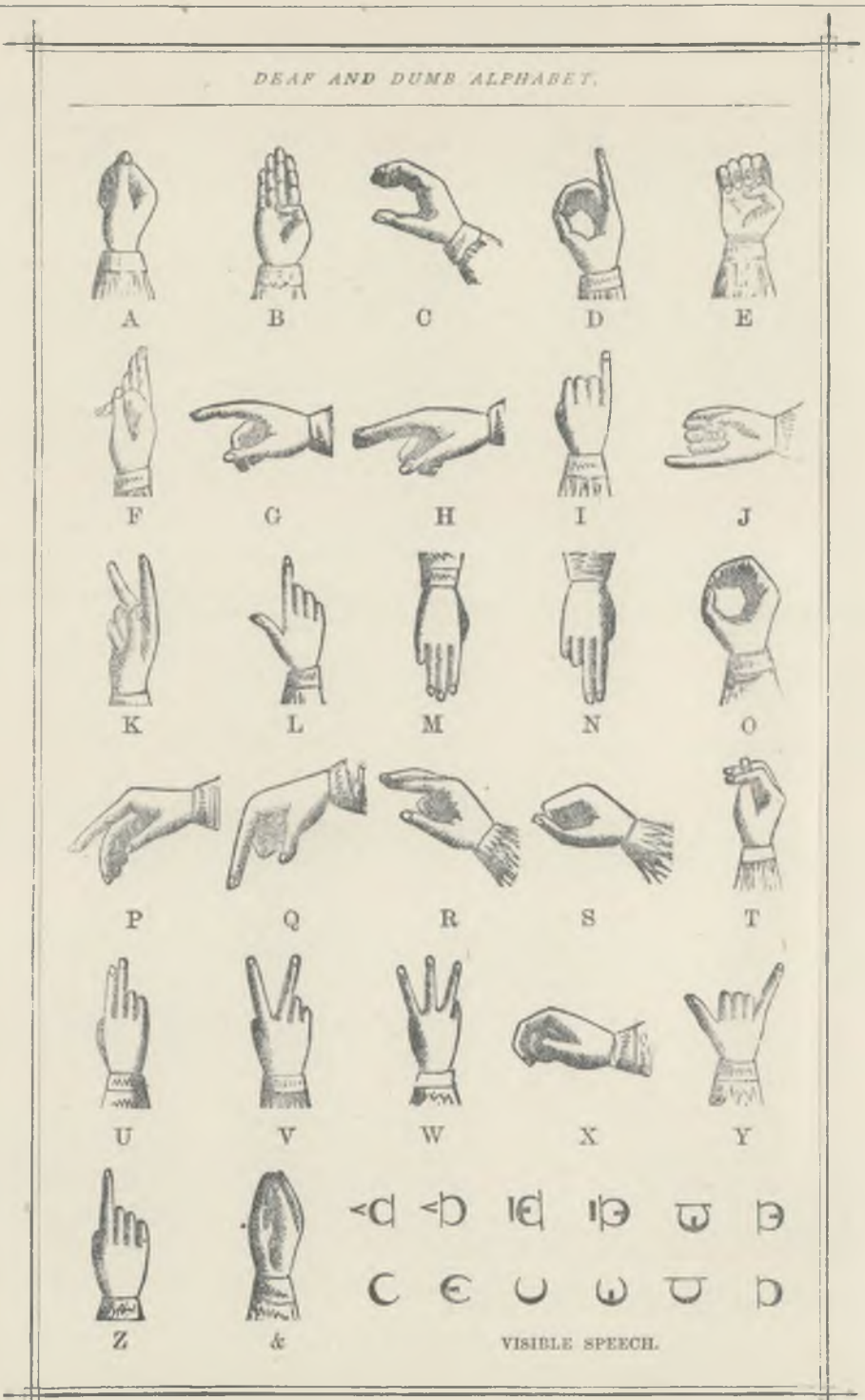
A PLEASANT THOUGHT.

THE only difference of the love in Heaven
From love on earth below
Is, here we love and know not how to tell it,
And there we all shall know.

DEAF-MUTISM.

PERSONS who are deaf and dumb are generally unable to speak in consequence of being unable to hear, which prevents their learning the significance of vocal sounds, although the vocal apparatus may be perfectly developed. Persons may be born deaf in consequence of imperfect development of the organs of hearing, or of disease of the ear previous to birth. In many cases, deafness is the result of diseases occurring in infancy or early childhood. It is not necessary that hearing should be entirely destroyed to produce deaf-mutism, as a considerable degree of impairment of hearing will often prevent a child from making the necessary attempts to learn to speak. It is thought that the marriage of persons nearly related, is a frequent cause of deaf-mutism, as it has been supposed to be of idiocy.

Although in these cases there is no call for treatment for the purpose of restoring the hearing, there is an imperative necessity for the employment of proper measures by means of which the condition of these unfortunate individuals may be ameliorated. The experience of numerous deaf and dumb asylums in this and other countries has shown beyond question that deaf mutes are capable of a high degree of mental culture and of such a course of training as will render them able to compete with their more fortunate fellows in the various departments of life. Educated mutes are able to communicate readily with each other by means of the "sign language," a sort of natural mode of speech which is in common use among the North American Indians and other savage tribes. Attention was first called to this mode of mute speech through its use by two deaf mute sisters. It has been improved and perfected, until it admits of great fluency of expression, and is capable of expressing ideas with sufficient rapidity to follow very closely an ordinary speaker. Educated mutes usually make use, to a greater or less extent, of the manual alphabet, (see illustration), by means of which words may be readily spelled out. The greatest advance in the



instruction of the deaf and dumb has been through the discovery that mutes can be taught to understand spoken language by carefully watching the movements of the lips and throat, and can also become able to speak by imitating the movements by

which various sounds are produced. This is known as the "German Method." A successful attempt has been made to illustrate the various sounds of speech by means of symbols termed "visible speech," a few illustrations of which are given in the cut.

THE HEALTH OF AMERICAN WOMEN.

ASIDE from our variable climate and the excitement of a young civilization affecting men and women alike, aside from improper dress, diet, and general habits of life, there are many social customs and restrictions which are detrimental to the health of American women.

Girls suffer the disadvantages, from ignorance in parents and teachers, that boys do, in addition to numberless deprivations inflicted on them alone. There are rules of conduct that hold them in a condition of neutrality, destroying, in time, all self-reliance and making them afraid alike of a thunder-storm and a mouse. When courage in woman proves useful to the public weal, we hail it with approval; but, to mold our daughters into the popular idea of what is "ladylike," we educate all bravery out of them. Sitting on a piazza one day, watching a girl and boy at play, their father remarked: "I am trying the experiment of educating my son and daughter alike, to see if it is possible to make them equally self-reliant." Turning, he saw them climbing a tree, and cried out, "My daughter, do not go any higher." "Why not?" said she, "Bob goes to the top; I have two legs as well as he," and on she went. I promptly called his attention to the effect of such remarks, and added, "Fortunately your daughter's confidence in herself is stronger than her reverence for your authority, and she takes her rights." The school-girls in our cities seldom have play-grounds or gymnasiums; their exercise consists in filing, two by two, down some fashionable street, duly instructed to neither talk nor laugh loud, and to move as if to the music of the dead march. A girl's impulses seem to be ever in conflict with custom, and if she chance to have some perception of first principles, and debates any of these primal rights, she is silenced with the reply that such are the customs of society, and she must submit or be ostracized.

At an early age we present our pale girl with a needle. When we consider the position necessary to sewing, can we wonder that she grows paler? Let us base our social customs on the truth that for many years our children are mere animals. Do not saddle and bridle your colt too young, or you will ruin your horse. Then, too, our girls make their *début* in society too early, often at the age of sixteen entering upon a round of social gayeties. When we think what this young life must sustain, the delicacy of American women should cause no surprise: 1st, the girl must rally under a great physical change; 2d, she must stand well in school; 3d, she must assume some care of her own wardrobe; 4th, she must obey the behests of society. Compare this with the school-days of boys,—study and play, nothing more. Even in the laboring classes, where some work devolves on boys, it is always of a healthful nature: chopping wood, making gardens, or running of errands. So unequal are the requisitions made on the sexes outside the school-room, that one of two conclusions is inevitable,—either boys are shamefully lazy, or girls are cruelly overworked. From fourteen to twenty-five is the allotted age for study. You can swallow whole and digest a Greek verb at fifteen, but, even after the most complete mastication, it gives you a mental dyspepsia at forty. Hence the importance of concentrating into the years of impressible memory all of intellectual development that is compatible with the highest physical health. I plead for the heroic in study and play and for the freedom of youth as long as possible. It is not a stoic's life I demand; a canter on horseback is more desirable for pale

cheeks and cloudy brains than an anxious hour over a cook-stove. To the declaimers against ill-health our American girls would do well to say, "We will take care of the higher education if you will let the cook-stove and needle take care of themselves."

Girlhood passes into womanhood; marriage soon follows. Immediately competition for social position is felt. This phase of life is peculiar to America, for every one wants to get a round higher on the ladder. This social competition falls mainly upon women; theirs the duty to turn to best account small incomes, by dexterity to make something of nothing. It needs the head of a diplomat to get hold of any money, and the wisdom of a commissary-general to dispose of it to the best advantage. Then, with all this responsibility, our women are mere dependents. In France, married women are saved this humiliation. In the upper classes every father must give his daughter a dowry at her marriage, and in Austria there exists a society for the purpose of conferring dowries on poor marriageable girls. In the laboring classes, the women are either in business with their husbands, or carry on some separate trade of their own. Household work is the profession without recompense,—the contract made for all time. To go through weary days, doing with all thy might what thy hand findeth to do, and at the end have nothing that you can call your own, is a sting to the spirit, a rasp to the nerves that will soon brush away the bloom from the rosiest cheek.

So far I have spoken of the life of ordinary women,—of the majority. The struggle others have made to secure education and position, and the humiliations they have endured, have been sufficiently trying to undermine the health of the strongest. No one is wholly insensible, however regardless of the customs of the world about them, however self-centered, however exalted by enthusiasm. To endure ridicule stings the spirit and reacts upon the body; to meet opposition wounds the pride and impairs the health; to suffer abuse and scandal wearies the heart and bows the head; to surmount obstacles exhausts the reserve energies of mind and body. A woman of ambition feels herself alone, and by sheer pride is pricked on to endeavors beyond her strength. If, in her struggles, her health breaks, she is called, by those who forget the hindrances they placed in her way, "a victim of higher education." Not a woman who has found an occupation outside of domestic life has escaped injustice, however small, done her simply because of her sex. The indignity may be a social slight, or it may be the closing of some medical society against a Mary Putnam-Jacobi.

But you object, and justly too, that there is a large class of women who were healthy in childhood, and have suffered from neither household drudgery nor injustice in the outside world, and yet who are confirmed invalids. This may be explained by the remark of Madame de Sévigné, that the ill-health of women is due to the fact that they are too constantly in contact with chairs.—*Elizabeth Cady Stanton, in N. American Review.*

FACTS ABOUT TOBACCO.

An exchange has collected the following valuable facts about the use of tobacco:—

"A British physician, observing the large number of boys under fifteen years of age on the street with cigars and pipes in their mouths, was prompted to examine this class of smokers, and for that purpose selected thirty-eight boys between the ages of nine and fifteen. In twenty-two of these cases he found various disorders of the circulation and digestion, palpitation of the heart, and more or less marked taste for strong drink. In twelve there was frequent bleeding of the nose, and twelve had slight ulceration of the mouth. The doctor treated them for their ailments, but with little effect until the smoking habit was broken up, when health and

strength were soon restored. The effect of tobacco in creating a taste for strong drink is unquestionably very great.

"The pupils of the Polytechnic School in Paris have recently furnished some curious statistics. Dividing the young men of that college into two groups—the smokers and non-smokers—it is found that the smokers have shown themselves, in the various competitive examinations, far inferior to the others. Not only in the examinations on entering the school are the smokers in a low rank, but in the various ordeals that they have to pass through in a year the average rank of the smokers has constantly fallen, and not inconsiderably, while the man who did not smoke enjoyed a cerebral atmosphere of the clearest kind."—*Dublin Medical Press.*

"The revenue tax on tobacco in the United States having been reduced, there was still an increase on receipts, and for nine months the amount received was $31,825,687,—say $35,000,000 a year!

"M. Andreas Hofer, the grandson of the Tyrolean patriot shot by the order of Napoleon I., has recently gone mad from an excessive use of tobacco. M. Hofer has been a member of the Austrian Parliament for several years.

"What is so fatal in this case cannot be otherwise than most formidable to the life of persons whose blood is thus poisoned. If the evil ended with the individual who by the indulgence in this pernicious custom injures his own health and impairs his faculties of mind and body, he might be left to his own enjoyments unmolested. This is not the case: in no instance is the sin of the father more strikingly visited upon his children than the sin of using tobacco. The enervation, the hypochondriasis, the hysteria, the insanity, the dwarfish deformities, the consumption, the suffering lives and early deaths of children of inveterate smokers, bear ample testimony to the feebleness and unsoundness of the constitution transmitted by this pernicious habit."

HEALTH REFORM IN THE SCHOOL-ROOM.

SURELY there is a great mistake in our plan of living, and a greater mistake in our plan of education. Where is a better place to begin to live healthfully, and to teach others so to live, than in our school-rooms, wherein habits of thought and of living are formed that cling to us throughout our lives?

Are our schools performing their mission in doing all they can to teach our youths to live properly and healthfully, so that they can go forth at graduation strong and vigorous, ready for life's battles? Ask the young men and women in our college halls to-day; get your reply from the thousands of newly-made graves that contain the buried hopes of fond teachers and bereaved home circles; 'or, more forcibly still, get your answer from the pale, puny, consumptive faces of scholars, who barely escape with their lives, who have gone forth, not to bless the world, but to burden society and friends with their brief, perhaps useless, lives.

The scholar should learn how to live, as well as what to do while he lives. Of what account is the most liberal education to the invalid, the consumptive, the prematurely old?

Now comes the practical question, Wherein do our schools lack in the training they afford?

They fail to give the student a thorough knowledge of himself. Very true, he gets a good idea of his bodily structure, the general functions of its organs, the exact number of bones and muscles, the mechanical uses of each; but of the great questions of his powers and weaknesses, of the question how to relate himself to persons and things about him, to live the most happily and successfully, of the question how to save or to waste his vital force, of all these, not a word of advice does he receive, indeed, it is all a chance, this physical life, and woe, and suffering to that one who ignorantly steps beyond the path of law and right living.

Granting it to be the mission of schools to teach people how to live, the ques-

tion arises, How can our district school-teachers benefit their scholars in this respect? They are with them but three or four months in a year; they have them but six hours in a day; have no control over their habits of life or their persons. Three things the teacher can do, each of which will have its effect. He can introduce the study of physiology and hygiene into the school-room, thus acquainting the scholars with the mechanism of their bodies. The teacher should be a student beyond the mere text-book; not everything is found written down in text-books that a teacher should impart. Habits of life, habits of thought, must be instilled into the scholar's mind, which only the true teacher can impart.

Teachers should be examples of real, healthful living; teachers should be reformers by inquiring into and obeying all the laws of their physical life, thus giving force and zest to their precepts by real, consistent example.

Not all good comes from scholars' associations with each other. Secret and pernicious habits are contracted, habits that in thousands of cases have been effectual in dragging down promising boys and girls into the lowest depths of misery and suffering. Parents fail to detect this gradual decline, or, if they do, they cannot guess its origin; friends know not how to interfere; of all others, the teacher is best fitted to speak the words of warning that shall save the boy or girl from premature weakness or death. The subject of food, of healthful dieting, has been laughed at, jeered at, and ridiculed, only to gain ground among our people, until the more intelligent and thoughtful are beginning to accept the reform in food as they are also in that of dress. Plain, healthful food, warm, healthful dress, simple and natural habits, all these, with a body well-trained and cultured, free from disease and dissipation, will afford a fitting abode for the active, well-cultured intellect of the present age. The school is the place to train the scholar in all these requirements, because the mass of the people, young and old, are yet groping in the dark on many of these questions. Schools should be beacon lights to warn the youth of the many dangerous places that threaten them. The teacher, if a true teacher, should be so thoroughly posted on all questions of physical endurance, that he can instruct his scholars as to the care of their bodies, the saving of their vital power, and the certain effects that must follow irregular habits of any kind.

One course pursued brings happiness and health, another suffering and sickness; one brings prosperity, another adversity. Learning these from experience, from research, and from reason, we cannot fail to impart instruction in a science outreaching all others in its effects, as it excels all others in its unchanging exactness. The health-reformer in the school is working for his community, his country, his kind, inasmuch as he is working to improve and strengthen mind, soul, and body.—*S. H. Goodyear.*

LONGEVITY.

BY FELIX L. OSWALD, M. D.

THE following excellent article we quote from the most popular of all modern scientific periodicals, the *Popular Science Monthly*:—

Devotion to a nobler and enduring, or even a permanently interesting object—a mere hobby, in fact—serves to enhance the value of life, and explains the success of many survivors under apparently hopeless difficulties, the victory of competitors handicapped with disease, poverty, and deficient education; they support a cause which supports them in return; they live upon as well as for a principle. Hence the apparent paradox of the longevity of busybodies, of men who seem to burn the fuel of life at an extravagant rate. Xenophon, Cardinal Richelieu, Ximenes, Benjamin Franklin, and Frederick the Great, were probably the busiest men of their respective nations, gallop-riders on a road where others kept the even tenor of their way, but they bestrode their hobbies and managed both to outride and outlive their competitors.

It is, indeed, a mistake to suppose that the tranquility, *per se*, of a man's life tends to prolong its duration; and the longevity of stagnant villagers and country parsons proves only how infinitely health outweighs all other means of happiness. The peasants of Southern Russia live almost as frugally as the Hebrew patriarchs on milk, bread, and honey, with a bit of cheese now and then, or a drop of hydromel (half-fermented honey-water); their climate is dry and favorable to perennial out-door life, and in spite of official tyranny, war, and rumors of war, feudalism, and outrageous overtaxation, they outlive the free-born British yeoman, with his strong ales and daily beefsteaks. But the coincidence of dietetic and administrative abuses cuts the thread of life with a two-edged knife, and in Northern Russia the average duration of life is ten years less than among the equally intemperate but less misgoverned natives of Northern Germany, and almost twenty years less than in the equally despotic but less poison-cursed territory of the shah.

In the century of Trajan, the Thessalian mountaineers were the macrobiotes, the long-livers *par excellence*, of the Roman empire; the natives of Asia Minor, with her overpopulated islands and luxurious cities, the most short-lived. Time has since wrought strange changes in the land of the Ephesians; the wealthy cities have disappeared, and, with the single exception of her North-Persian neighbors, the Levanters are now the longest-lived race on earth. Next come the Turks, Greeks, Arabs, Hindoos, and Southern Russians; next to these, and long before any West Europeans, the present inhabitants of the United States, for the advantages of a golden age like ours more than counteract such things as pork fritters and strawberry shortcakes. Among the separate States, North Carolina and Vermont hold the highest rank; Louisiana and New Jersey the lowest, topographically as well as biologically. As a rule, highlanders outlive their lowland neighbors, country people the city folks; and among the cities of the Caucasian nations seaport towns without swamps, are the most salubrious. New York is the healthiest large city in America; St. Petersburg, in spite of her high latitude, the unhealthiest of all cities whatever, taking the longevity of the natives as a criterion. The inclusion of foreign residents would give the highest death-rate to Singapore or Vera Cruz. The Neva swamps breed fever and rheumatism, diphtheria and consumption, turn about, and in coöperation with the marasmus of bureaucracy and political espionage. But what makes Munich such an unhealthful place? It must be lager beer, or else the tedium of Bavarian orthodoxy and Wagner's operas—the mania of the past combined with the "music of the future"—for under the same latitude merry Paris reconciles fast living with long living enough to yield to no first-class city except New York. The burghers of Vienna shorten their lives with greasy-made dishes, and the Berliners with fell schnapps and a still fiercer struggle for existence—twelve hundred thousand eupeptic bipeds, surrounded by sand-hills, and living on their wits and on each other.

London holds about the medium between New York and St. Petersburg, but should not be mentioned in the same class with other towns, since her populace has expanded into a nation, distributed over fifteen or sixteen towns and half a hundred villages. The business part of the great brick wilderness, divested of its oases and outlying garden regions, would probably prove to be the richest harvest-field of death, for coal-smoke and red-hot competition are unfavorable to longevity, and the *mens æqua in arduis* has ceased to be an Anglo-Saxon characteristic.

The cities of Italy, Spain, and Portugal have become parasites upon the starving country population; strongholds of pampered priests and titled sinecurists; but

with all his freedom from worldly cares, the *gordo sanducho*, the clerical glutton, is outlived by the rustic pariah, as a proof that the favor of nature is better than the favor of princes:—

> How small the part that laws can cause or cure,
> Of all the ills that human hearts endure!

—and human bodies, too; the tax collector, with his thumb-screws, calls around once a year, but the gout every week, and dyspepsia once or twice a day. Turks and Italians inhabit the same latitude, and nearly the same kind of mountains and semi-tropical plains, and the remarkable physical inferiority of the Trinitarians must be ascribed to their stimulating diet and greater sensuality; for somehow or other the rustic Mussulman is a truer monogamist than his Western neighbor.

In the time of Strabo, the Island of Cos was noted for the general health of its inhabitants and their longevity, which some Grecian physicians attributed to the excellence of the drinking water, and others to the genius of Hippocrates, who had taken the islanders under his special protection. That genius must have settled in the Turkish town of Janina, where drug stores are unknown, and indeed superfluous, as a sick person is at once suspected of wine drinking, and takes care to conceal his condition. The town is situated at the head of a clear mountain lake, and the longevity of the abstinent inhabitants might tempt an undertaker to indulge in the remark of Frederick the Great, at the battle of Kolin, when his grenadiers finally refused to advance: "*Ihr Hunde, wollt Ihr ewig leben?*"—(Ye hounds, are ye going to live forever?)

Frugality, in the sense of vegetarianism, is the sometimes involuntary virtue of most Orientals, and may help neutralize their narcotics; the flesh abhorring Hindoos attain to a surprising age, considering their penchant for betel poison and their ultra-Arabian poverty. Our carnivorous redskins are the most short-lived of all out-door dwellers, and clearly in consequence of their diet; for in South America, too, even the inhabitants of the malarious seaport towns survive the gauchos, whose menu is limited to three courses and one *entremet*,—dried beef, fresh beef, salted beef, and beef tallow.

Professor Schrodt, who includes horse-riding among the sedentary occupations, recommends pedestrianism as a cure for all possible diseases, since the German *Land-boten*—mail carriers afoot—generally attain to an extreme old age, and appeals to several Grecian writers who make a similar remark in regard to the Spartan *hemerodromes*.

In Prussia all government employees are pensioned after a certain term of service, and a *Land-bote* enjoys, therefore, the advantage of an insured income in conjunction with the necessity of physical exercise,—bodily motion combined with ease of mind,—the health secret of the gymnosophists and the children of the wilderness.

"Woe to them that are at ease!" says Carlyle, but his anathema does not prevent the English village parson from outliving every other class of his countrymen, not excepting the British farmer, whose peace of mind cannot always be reconciled with high rents and the low price of American wheat Where agriculture is what it should be--a contract between man and Nature, in the United States, in Australia, and in some parts of Switzerland—the plow furrow is the straightest road to longevity; in Canada, where Nature is rather a hard taskmaster, the probabilities are in favor of such half in-door trades as carpentering and certain branches of horticulture,—summer farming, as the Germans call it. Cold is an antiseptic, and the best febrifuge, but by no means a panacea, and the warmest climate on earth is preferable even to the borderlands of the polar zone. The average Arab outlives the average Esquimau by twenty-five years.

The hygienic benefit of sea voyages, too, has been amazingly exaggerated.

Seafaring is not conducive to longevity; the advantage of the exercise in the rigging is more than outweighed by the effluvia of the cockpit, by the pickle diet, the unnatural motion, and the foul weather misery; and, from a sanitary stand-point, the sea air itself is hardly preferable to mountain and woodland air. "For what length of time would you undertake to warrant the health of a seaman?" Varnhagen asked a Dutch marine doctor. "That depends on the length of his furlough," replied the frank Hollander, and it will require centuries of reform to redeem our cities from the odium of a similar reproach.

In victuals and vitality, towns consume the hoarded stores of the country, and only the garden-suburbs of a few North American cities are hygienically self-supporting. Permanent in-door work is slow suicide, and between the various shop trades and sedentary occupations the difference in this respect is only one of degree. Factories stand at the bottom of the scale, and the dust and vapor generating ones below zero; the weavers' chances to reach the average age of his species have to be expressed by a negative quantity. In France, where the tabulation of comparative statistics is carried further than anywhere else, the healthfulness of the principal town trades has been ascertained to decrease in the following order: House building, huckstering, hotbed gardening (florist), carpenter and brickmason trades, street paving, street cleaning, blacksmiths, artisan-smiths (silver, copper, and tin concerns), shoemaking, papermaking, glassblowing, talor, butcher, house-painter, baker, cook, stonemasons, and lapidaries, operatives of paint and lead factories, weavers, steel grinders, —the wide difference between brick and stone masons being due to the lung infesting dust of lapidary work, which, though an out-door occupation, is nearly as unhealthy as steel grinding. Lead paint makers have to alternate their work with jobs in the tinshop, and, after all, can rarely stand it for more than fifteen years; needle grinders generally succumb after twelve or fourteen years. The human lungs seem able to eliminate the impurities breathed by street and sewer cleaners, for, in London as well as in Paris and Marseilles, the followers of both trades rank high among the longlived classes. Hucksters somehow manage to outlive city gardeners as well as shopkeepers; among the Hecubas of the Paris market-hall, not less than two hundred and eighteen had passed their threescore and tenth year.

Preaching, and, strange to say, pettifogging, are the healthiest of all the learned professions: their lung exercise may have something to do with it, for lecturing teachers outlive the "silent" teachers (dancing masters, etc.). Physicians die early. Nature revenges herself upon her leagued adversaries, for druggists and barbers (in many parts of Europe synonymous with village quacks) are likewise shortlived; but sextons reach a good old age: there must be a mistake about the supposed danger of graveyard effluvia.

Art still increases the value of human life, but not its length; the greatest modern masters of tune and color died in their prime, like the greatest poets; inspiration, in all its forms, would seem to be a flame that consumes the human clay more quickly than the fire of affliction—if the extreme longevity of so many of the ancient masters did not suggest a different explanation, namely, that the revelations of Nature and the tendencies of established dogmas have ceased to harmonize, and that the lovers of truth have nowadays to cross a Pontus where they must prevail against a whole sea of adverse currents, or Leander-like, perish.

In the course of the last sixty or seventy years the average duration of human life has undoubtedly increased in all civilized countries, but it is not less certain that the gain of a few decades does not yet begin to offset the loss of centuries; we have saved ourselves from

the abyss of mediæval unnaturalism, but we are still far from having recovered the ancient heights of vitality; the after-effects of the Buddah poison still cramp our limbs and sadly retard our upward progress; but the tide has turned, and the main currents of the age have ceased to set deathward.

According to the demonstrations of the naturalist, Camper, the normal average of our life-term should be at least ninety years. His arguments are both biological and historical. The biological argument that in a state of nature the life of a mammal relates to the period of its growth as 6-8 to 1, would give us an average of 90-160; the Southern Arab is full grown with sixteen years, the Northern Caucasian hardly before twenty. Hundreds of ancient statesmen and philosophers outlived their three-score and ten by a full decade, though we need not doubt that then, as now, metaphysics and politics were not specially conducive to longevity, nor that even by that time vices had shortened the natural average by several decades.

But there is another *a priori* argument which, from all but an ultra-pessimistic stand-point, seems almost self-sufficient in its conclusiveness. The whereabouts of new planets have been discovered by an inductive process, based upon the observation of otherwise unaccountable disturbances in the orbits of other stars, and Camper's theory alone would account for an otherwise inexplicable contradiction in the economy of human life. Man's life is too short for the attainment of its highest purposes. Our season ends before its seed has time to yield a harvest; before a brave day's work is half done we are overtaken by the night, when no man can work. As the world is constituted, it takes a certain number of years for a new industry to take root and yield its first fruits; it requires a certain period for a new opinion to penetrate the crust of society and reach the fertile subsoil of the lower strata. Before the end of that period the planter of the tree has to fertilize the soil with his own bones; the weary tiller has to yield his plow to other hands. And the noblest plants are of such slow growth that the master of the vineyard appears to discriminate against his worthiest laborers; nothing seems wanting to aggravate the injustice and incongruity of the existing arrangement.

But a minimum life-term of ninety years would reconcile all contradictions: two-thirds of it would be enough for the adjudication of every claim, and the remaining third could be devoted to rewards or retributions. The second generation, which now can only reverse and regret the shortsighted judgment of the first, would have a chance to make amends for the injustice.

THE AMERICAN H. AND T. ASSOCIATION.

FOURTH ANNUAL SESSION.

THE fourth annual session of the American Health and Temperance Association convened at Rome, N. Y., Dec. 15, at 2:30 P. M., and was opened with prayer by Eld. S. N. Haskell. Reports were read from the State societies in California, Illinois, Iowa, Nebraska, Kansas, Texas, Vermont, Ohio, Wisconsin, and New York, showing an increase of 435 members in these States during the year, of which 285 are full members and 150 pledge members. Nearly all the new members were signers of the teetotal pledge.

The number of members reported by fourteen societies last year was 9,623. This, with the addition of membership during the year, and the estimated number of members of societies not reported, brings the entire membership to between fifteen and sixteen thousand.

Eld. Bourdeau reported for the Canadian H. and T. Society a membership of sixty-two, and an encouraging prospect. Eld. Fero also spoke encouragingly of the work in Pennsylvania. Interesting remarks were then made by the President, in which he spoke of the permanency of the work already accomplished by the Society. The pledges issued by it are in no way dependent upon the organization, and would remain binding should it become extinct. He also stated that as yet the *health* feature of the work of the

Society has received but little attention, particularly questions of diet and dress. Although thousands of people have been reformed from the use of tea and coffee, there yet remains much to be accomplished. The wearing of improper articles of dress is doing more harm than the use of tobacco, and bad diet is doing more injury in the world than both whisky and tobacco; hence the importance of taking advance steps in harmony with the principles indicated in the name, *Health* and *Temperance* Association.

Having been empowered to appoint the usual committees, the Chair named the following: On Nominations, Elds. G. I. Butler, H. A. St. John, and H. M. Kenyon; on Resolutions, Elds. S. H. Lane, J. H. Cook, and J. Fulton, after which the meeting adjourned to the call of the Chair.

SECOND MEETING.—This meeting was called Dec. 16, at 5:30 P. M. Prayer was offered by Eld. Waggoner.

The Committee on Resolutions presented the following:—

1. *Whereas*, There has been prepared a pledge adapted to the wants of children; therefore—

Resolved, That we recommend all our members, the officers and teachers of our Sabbath-schools, and the ministers, to labor earnestly to induce all children within the circle of their influence to sign said pledge.

2. *Resolved*, That the secretaries of the various State Sabbath-school Associations be requested to place in the hands of the superintendent of each Sabbath-school a sufficient quantity of Children's Pledges to meet their demand.

3. *Whereas*, It is the duty of the Health and Temperance Association to guard sacredly the principles of health as well as temperance, we hereby recommend the following additional pledge:—

"Recognizing the duty to observe the laws of health as a moral obligation, I hereby pledge myself to conform to the requirements of those laws which relate to the maintenance of health, to the best of my knowledge and ability."

4. *Whereas*, Much good has been accomplished by the distribution of health and temperance literature, and the circulation of *Good Health*; therefore—

Resolved, That we earnestly request all members of the Association to put forth greater efforts to circulate said literature, and to increase the subscription list of *Good Health*.

Following this resolution, the President stated the terms to canvassers on *Good Health*, and presented the prize offered to those who should obtain subscribers.

Resolved, That we recommend that local health and temperance clubs be organized in all our churches, and that they hold their meetings in connection with the regular quarterly meetings.

This resolution was explained as not designed to interfere with the holding of meetings oftener than once a quarter, should any club so desire. It was thought that by the means recommended the work could be sustained in small churches, where heretofore difficulty has been experienced in keeping up the club meetings.

Resolved, That we request Dr. J. H. Kellogg to prepare a series of health and temperance lessons for the use of our Sabbath-schools, to be recited at least once each quarter.

On motion, this resolution was amended so as to read, health and temperance clubs, instead of Sabbath-schools. A desire was expressed that these lessons should include synopses and notes, also suggestions concerning the best means for making club meetings interesting and profitable. It was also suggested that the lessons should be issued in a form accessible to all.

It was proposed by the President that a Health and Temperance Lesson Department be started in *Good Health*, to meet the wants of the clubs in this direction.

A resolution respecting temperance Sunday-schools was offered, which, after considerable discussion and amendment, was adopted, as follows:—

Resolved, That we recommend to the members of the Association the organization of temperance Sunday-schools.

The above resolutions were unanimously adopted.

Moved, That the Constitution be so amended as to embody the pledge adopted in Resolution 3.

Moved, That we respectfully call the attention of the General Conference to the resolution respecting club meetings, and invite its co-operation.—Carried.

Moved, That the President of the Association be requested to prepare a course of reading for its members.—Carried.

The Committee on Nominations reported as follows: For President, J. H. Kellogg, M. D.; Vice-president, A. B. Oyen; Secretary and Treasurer, Mrs. J. H. Kellogg, Battle Creek, Mich.; Executive Committee, J. H. Kellogg, Eld. S. N. Haskell, and W. C. White. On motion, these officers were elected collectively.

Adjourned *sine die*.

J. H. KELLOGG, M. D., *Pres.*
MARIA L. HUNTLEY, *Sec.*

TEMPERANCE AND MISCELLANY.

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

A SUCCESSFUL LIFE.

"WHAT shall I do, lest life in silence pass?"
"And if it do,
And never prompt the bray of noisy brass,
What need'st thou rue?
Remember aye the ocean deeps are mute;
The shallows roar:
Worth is the ocean—fame is but the brine
Along the shore."

"What shall I do, to be forever known?"
"Thy duty ever."
"This did full many who yet sleep unknown,"
"Oh, never, never!
Think'st thou, perchance, that they remain unknown
Whom thou know'st not?
By angel trumps, in heaven, their praise is blown;
Divine their lot."

"What shall I do to gain eternal life?"
"Discharge aright
The simple dues with which each day is rife,
Yes, *with thy might*.
Ere perfect scene of action thou devise,
Will life be fled.
While he who ever acts as conscience cries
Shall live, though dead."

—*Schiller.*

Written for GOOD HEALTH.

OUR TEMPERANCE IDEAL.

BY JULIA COLMAN.

NOT long since I had occasion to make some inquiries about one of our temperance workers from a mutual acquaintance, a gentleman not very familiar with our work, and I made this remark, "I suppose, then, she has married a reformed man." "Of course she has," was the rejoinder, "she would not be very likely to marry any other sort of man." A remark or two further revealed the fact that in the mind of this otherwise intelligent gentleman (who, by the way, sits under the preaching of a prominent temperance writer and worker), "reformed man" was synonymous with "temperance man," even in the character of bridegroom!

And must it not have been the same in the mind of the bride? This man who had for years been a sad drunkard, a debauchee, a theatre goer, and had reformed, must have been to no small extent the ideal of this pure, true, earnest, Christian woman, or she would not have married him. But was it not a mistaken ideal? In all the long, close intimacy of a life bond, would it make no difference to him that he had so long been a familiar habitué of the haunts of the wicked, following the devices of his own heart, and plunging into the grossest self-indulgence? *Could* all this be, and he come out as pure, sweet, generous, and noble in all his instincts and imaginings as he could have been if the halls of his memory were not hung around with such defiling pictures, and as if he had not schooled his whole being till it had become second nature to love that which is impure, and to give himself up to it? John B. Gough says he would give all he is worth if he could blot out from his memory these debasing thoughts, and yet there are few others so thoroughly reformed as he. And if a sweet, pure-minded woman could put up with it for herself, would it make no difference with the little ones to come that they should inherit the bad conditions of a man whose whole body had been debauched and poisoned, and whose nerves especially were irrecoverably out of order? For alcohol is a nerve poison, and any defect in nervous influence is surest to be handed down, though it may not appear in the descendants in any of the forms in which it existed in the parent.

But we do not intend giving here a dissertation on the heredity of alcohol, though it is a subject of intense interest, and every young man and woman ought to read upon it before the affections are entangled. I do not at present offer the sweeping proposition that all persons who ever have drank or used tobacco, and their children, should be struck off the marriageable list, though I am sure that this is the state of public sentiment to which we must come eventually. The first thing to be done is to secure the children, and mold their ideas to that shape before they begin to drink, and to so teach them that they never will take *the first drink*.

In order to do this, I would, in all kindness, suggest that the teachers of the

children, and those who address them at any time, should not be known as persons who ever have been addicted to the drink habit. Example is stronger than precept, as we see continually in the children of those who use tobacco. Their seniors scarcely ever *teach* them to use the weed, very often the contrary; but they go on and use it, all the same, for no other reason than that they see other people use it. So it is exceedingly difficult for any man, who is at all acceptable as a speaker, to make a desirable impression on the children, if he dwells upon his own sins and transgressions. He cannot influence them much either way unless he gets their sympathies, and then they will excuse him, and think the case is not very bad if they can come out as well as the speaker. Reformed men themselves insensibly cultivate that idea. I once heard one of the most noted reformed men of this country (now in England), when talking to a large number of children at a temperance camp-meeting, express great anxiety about his own little boys from whom he was obliged to be absent much of the time. But he said if they ever did fall he had one consolation, the dear temperance women would get about them, and have them reclaimed! I suppose they would then have received the necessary qualifications for entering upon temperance work, as one intelligent (!) young man very gravely assured me some years ago, that none but reformed men could really accomplish anything in that line. Of course the Crusade and subsequent developments have pretty effectively upset that theory, but the people have not yet got their eyes open to the fact that those who have never drank are the best and most suitable workers, especially among the young for many reasons. One important reason is they have never been deceived by the drink, and they know better how to judge of it, if they have made a careful study of the subject. Nobody ever thinks of arguing that people who have been insane are therefore better fitted to treat insane people either as nurses or physicians. And drunkenness is a temporary insanity.

Nor is it at all essential that the workers should have suffered from it directly in their own families. We do not need just now the details of that sort of suffering to emphasize the need of temperance work, and the current impression that it is an implied admission of that state of things has kept many worthy and influential people out of the ranks of the workers. Even the common excuse that they have more reason than others for working is without foundation. If they are grateful that their dear ones have been redeemed and snatched from the consuming flames, all scarred and blackened though they must ever be, ought not I to be infinitely *more* indebted to temperance for keeping *my* loved ones from falling into the fire? I think so, and I know of no one who is above that indebtedness not only to temperance, but definitely to the temperance cause. All our ancestors drank a century ago, with scarcely an exception, and it is due directly to the Temperance Reformation that they did not keep on drinking and bring us up in the same fashion. Very well, then: I will show my gratitude for the extraordinary favor of a life-long abstinence by extraordinary efforts to keep others in the same pure and happy condition. And in order to do that, we must take the children before they have touched the first drink, and set before them the high ideal of being able to say that they have never *once* tampered with the poison. To this complexion must it come if we are ever going to succeed in our work, for just so surely as we let the children begin, so surely some of them will go on and become drunkards. We never shall get drunkenness cleared out of our land until we stop the drinking, and stop it intelligently and voluntarily. Even the law cannot do much excepting so far as it has willing and intelligent executive officers, backed by an earnest and intelligent public opinion. Even a compulsory temperance education law cannot do much unless the teachers are taught; and the wise and far-seeing society of Friends in one of their Eastern Yearly Meetings, have therefore thought it would be doing good service to put a temperance text-book into the hands of every teacher as preparatory work.

This is one of the reasons why, for years to come, *we* professed temperance people can do more by directly teaching the children in temperance schools and other juvenile temperance arrangements than by any other one method. The more rapidly the prospect improves of getting the teaching into the public schools, the better you can help by establishing "temperance schools" to show the *kind* of teaching you want, and so give

tone to the work, and also to diffuse information on a subject which to many teachers is yet as nebulous as the clouds of stars in the milky way. They have no suspicion that there are any stars there. But get your little telescope of a temperance school into operation, and they will hear that there are stars there which, with many, will be the first step toward a desire to see them. Perhaps even some of the boys and girls trained in your temperance school, small and inefficient as you think it, will be the very first really effective teachers of temperance that you will have in your public schools. It always takes time to do "real good work" well, still that is exactly the kind of work we propose to do, and to do it so well it will not need to be done over again.

So, as soon as practicable, we wish to get this pure ideal of life-long abstinence before the young in every possible way. Not only should we talk about it, teach it, and live it (so far as we can) in the temperance school, but in the Sunday-school, in the pulpit, on the temperance rostrum and in every-day social life. Make it the frequent subject of public talks. Bring up examples as near home as you can, if not in your own person you need not make any mention of that. Some cases may be found in most communities, but let them be creditable if used at all as examples. Sometimes we read of one. Several can be found in the Bible,—Samson, John the Baptist, and Samuel. The latter especially is a fine subject. There is no purer and finer career given at any length between the lids of the blessed Bible, excepting that of our Saviour. There is not a shadow of blame attached to him in any respect during a long and exceedingly responsible life. This will naturally take you back to the vow of the Nazarite in the sixth chapter of Numbers, and perhaps to the pamphlet on that subject by Canon Farrar. This latter is probably the finest thing on the subject in the English language. Hear him:—

"Health, strength, physical beauty, wholesomeness of life, tranquility of soul, serene dominion over evil passions, follow in the path of early and life-long abstinence. . . . . We want very specially just now, this almost scornful rejection of self-indulgence, this deliberate determination to plain living and high thinking in the young. . . . We want natures strong and sweet and simple, to whom life is no poor collection of fragments, its first volume an obscene and noisy jest book, its last a grim tragedy or a despicable farce; but those to whom, however small the stage, life is a regal drama, played out before the eyes of God and men."

Read yourself full of such high and inspiring ideas, and they will take root and grow, and bring forth fruit in many practical ways. Make them the basis of talks to parents about keeping their little children from contact with this dreadful poison in every shape. Keep this little pamphlet by you, and read snatches of it to others as occasion may offer. Loan it or give it away to others, especially to young men who are just shaping their future lives. Use the ideas in every possible way in quotations, in letters, in school or social readings, or at a concert or other suitable place. Put them in rhyme on chromo cards thus—

"And these two lips of mine
Have never tasted wine."

Or,

"Oh, no, I never touch the drink,
To taste it would be wrong:
I mean to be a sober man,
And grow up stout and strong."

Or again—

"Up the pathway of life
On the white line we go,
Keeping step with the Nazarite
Purer than snow."

"As John the Nazarite, herald of our Lord,
In self denial, pure, prepared His way;
So Temperance, lift thy voice, for thou shalt be
Forerunner of the bright millennial day!"

Keep at this sort of thing in all the ways which a purified, practical mind may suggest, and you will prove to your great satisfaction the power of a pure Temperance Ideal.

THE NEW BENEVOLENT SOCIETY.

CHAPTER II.

On the next day, as Sam Green sat atop of his bench after dinner, he felt rather lost without his cigar, and for awhile he argued the question with himself, whether 't would n't be just as well for him to put an extra quarter into the box and have his cigars as usual. But he remembered his pledge. He looked forward to Saturday, when he should find himself an embassador of mercy to the sick and needy, and his resolution grew strong again. That was his last real hes-

itation, though it must be confessed he had some trials and hankerings.

And so with the rest, they had some moments of doubt and mental warfare with appetite and habit, but conquered and were true.

Saturday came, and the six youths left their work at noon, having done more than overwork enough to make up for the loss of a half day.

"Must have a time once in awhile, eh?" said Sam's boss, as the young man pointed to the work he had done, and informed him that he should not work the rest of the day.

"Some sort of a time," replied Sam.

"Very well, but you're too good a fellow to go very deep into dissipation."

"I'll be up bright in the morning, sir;" and with this he left.

The new Benevolent Society met at Walter Mason's tin-shop. Each took out his money and they had in all nine dollars, it being in thirty-six silver quarters.

"Now," said Peter, let's visit the three families we have taken under our charge. We'll go together, and expend the money as we see it is most needed. Let us go to Uncle Israel's first."

So off they went to Uncle Israel Trask's. The old couple lived in a small hut at the edge of the village, which was reached by a narrow lane, and here the six philanthropists found the old lady, who was now in her eightieth year, suffering with a severe attack of rheumatism, while the old man sat crouched over the fire, shivering with cold.

"Good day, good day, Uncle Israel."

"Aha, good day, boys, good day," cried the old man, trying to smile. "Can ye find seats? Sit down somewhere and make yourselves at home. But ye see it's a poor home that old Israel can offer ye to-day."

"But how are you getting along?" asked Peter, after the party had found seats.

"Ah, God 'a' mercy, I won't complain, for he is taking meself and Molly home fast. Only cold and hunger are not kind helpmates, Mr. Hobbs, ye ken that, eh?"

"Right well, Uncle Israel. And we have come to help you. Do you want any medicine?"

"Nay, nay, the old 'ooman's got a' the medicine laid up we want. It's only the food an' heat we need. I can't wade through the drifting snow as I could once."

"Suppose we send you a dollar's worth of food, could you live a week on it?"

"Ah, God' a' mercy, boys, meself and Molly'd live a long, long while on that. But ye'll not do it for us."

"Yes, we will."

"Ah, it's too much."

"No, no," cried Sam, "we've got to do it, Uncle Israel, for we six have sworn to help you through the winter."

"D'ye mean that?" uttered the old man, clasping his tremulous hands.

"We do," they all six answered, and then Sam added, "and while one of us lives, you shall not suffer the want of what we can give."

A moment the old man bowed his snow-white head, and then while the big tears streamed down his face, he raised his eyes and murmured:—

"Oh! God's blessin' be on ye, ye noble boys. If me heart was gold, an' I could take it out an' give it ye—for it's yours, all, all your own."

In a little while the six went away, promising to send or come back soon, and even after they had reached the yard they could hear the voices of Israel and his wife, both raised to God in blessings upon their heads.

"I say, Sam," said Peter, "this is better than cigars and ale."

"Don't say a word now," replied Sam, "for my heart's full, and I can't bear any more."

Next, they drove through the biting wind and snow to the humble cot of widow Manley. They found her in the only habitable room of her dwelling, sitting by a fire of chips and faggots, with a babe asleep in her lap, and engaged in sewing a coarse frock. Three other children were crouched by the fire, the oldest not yet eight years old.

Mr. Manley had been one of the unfortunates who are swept off by rum, and in the prime of early manhood he had gone, leaving a young wife with four children, in absolute penury.

"Ah, good day, Mrs. Manley."

The woman would have arisen, but Sam Green placed his hand upon her shoulder to keep her down.

"We have come," said Peter, seeing that she was anxious and fearful, "to see how you get along, and see if we can help you."

"Help me, sir?" uttered the widow with amazement.

"Yes; now tell us plainly how you are situated."

The woman was silent for a few moments, but at length she seemed to regain her self-control, and replied :—

"Ah, gentlemen, it is all comprised in three short words: Hunger, cold, and nakedness!"

"And if we will supply you with food and fuel for a week, can you manage to get along until that time without more clothing?"

"Oh—h—yes—sirs. But what is it? Who can help us? Who can care for the—"

"We can, we will," cried the energetic Sam, not so good to plan as Peter, but good at execution. "We six have pledged ourselves to see you safe through the winter. So cheer up and take hope, for neither you nor your children shall suffer while we can help it."

The widow's hands were clasped, and her eyes wandered vacantly from one to the other of her strange visitors. She saw tears of goodness in their eyes, and her own soul's flood burst forth.

"O God bless—bless you always."

"And shall we have something good to eat, mamma, and something to make us warm?" asked the eldest girl, clasping her mother's knee.

"Yes, yes, you shall," exclaimed Drake, catching the child and kissing her clean, pale face. "You shall have it before supper time, too."

The widow gradually realized the whole object of her visitors, and she tried to express her gratitude in words, but they failed her, and streaming tears had to tell the tale of thanks.

After this our society went to the widow Williams. Hers was a neat cottage, but they found suffering painful enough inside. Philip, a youth of about their own age, sat in a large stuffed chair, looking pale and thin, and wasted away almost to a skeleton, and his great blue eyes peered at them wonderingly as they entered. The mother, too, looked careworn and sick, and the dry, hacking cough that sounded in her throat told how much she needed proper food and care.

The youths made their business known as before, and with about the same result. The widow and her son could hardly realize that such a blessing had dawned upon them; but when they did realize it, their joy and gratitude knew no bounds.

First, our party went and bought three half cords of wood, which they sent at once to their respective destinations, and they agreed that when the other matters were attended to they would go and work it up. Then they went to the stores and purchased such articles of provisions and comfort as they could agree were best adapted to meet the wants of their charges, and, having done this, they separated into three parties of two each, so as to have each family provided for with as little delay as possible. Besides carrying provisions enough to last a week, they left with each about a dollar in change.

When the poor people saw the promised blessings—when they thus met the fruition of their newly raised hopes, their joy was almost painful. The noble youths were blessed over and over again.

"Sam," said the owner of the machine-shop, "what were you and the rest of your party doing last Saturday afternoon?"

"Converting the *heathens*," answered Sam.

It was some time before Sam would tell the secret, but his employer became so earnest that he at length told the whole story. For a while the employer gazed upon his journeyman with wonder, but gradually, as a sense of the fact came over him, he hung his head.

"Sam," he said at length, earnestly, and with a tear in his eye, "let me join your society."

"But how'll you raise the money?" inquired Sam.

"Money?" echoed the boss. "Look at my bank book."

"Ah, but that won't answer. You must save the money by depriving yourself of some superfluity or luxury you now enjoy."

"Is that the rule?"

"It is most rigidly. Our cigars and ale furnish us."

"And won't you smoke again?"

"Never, while within the reach of my influence there's a human being in want!"

"Then I'll throw away my tobacco and beer; may I join at that?"

"I'll propose you."

And the master machinist was proposed and admitted.

Another week passed away, and they went again on their mission, and there were more tears of joy, more prayers, and more blessings.

At length it became known that the poor families of Madisonville had found

friends. Before a month was out, more than fifty people had engaged indirectly in the work, by placing money, food, and clothing in the hands of the original six, for them to distribute as they deemed proper.

But there was one rule to which the "society" adhered. They would not receive a cent in money which was not the result of a cutting off of some superfluity, and thus they showed to the people how simple and easy in its work is true charity, and also how many professed Christians not only lose sight of duty, but really lose the greatest joy of Christian life.

It was a glorious day for Madisonville when those six young mechanics met in the village bar-room and concocted the plan for their society. And the good has worked in two ways. The members find themselves happier, healthier, and stronger, for having given up their pipes and cups; and the poor unfortunate ones of the town are once again basking in the sunlight of peace, content, and plenty.—*Selected.*

[CONCLUDED.]

Respect the Body.—A writer in the *Hearth and Home* has some sensible ideas on the subject of bodily health. He says: "Respect the body. Give it what it requires, and no more. Don't pierce its ears, strain its eyes, or pinch its feet; don't roast it by a hot fire all day, and smother it under heavy bed-covering at night; don't put it in a cold draft on slight occasions, and don't nurse or pet it to death; don't dose it with doctors' stuffs, and, above all, don't turn it into a wine cask or a chimney. Let it be 'warranted not to smoke' from the time your manhood takes possession. Respect the body; don't overwork, overrest, or overlove it, and never debase it, but be able to lay down when you are done with it, a well-worn but not a misused thing. Meanwhile, treat it at least as well as you would your pet horse or hound, and, my word for it, though it will not jump to China at a bound, you'll find it a most excellent thing to have."

—Some men make a great flourish about always doing what they believe to be right, but always manage to believe that is right which is for their own interest.

A RELIC OF NEW YORK SLAVERY.

READER, do you recognize the ebony features in the foreground? If not, allow us to introduce to you SOJOURNER TRUTH. Probably you have heard of her; more likely you have seen her, and may be you know her well. Yes, this is Sojourner, that good old African lady, the same yesterday, to-day, and probably for days to come,—frank, spiritual, witty, wise. Born in Ulster County, New York, a bondservant in the Empire State, freed by the legislative act of 1817 which emancipated all slaves of the age of 40 years, she has come down to the present generation as an interesting relic of the great Past.

This grand old lady, the "American Sibyl" of Harriet Beecher Stowe, the "Aunty" of President Lincoln, is a veritable resident of the city of Battle Creek. Here for a quarter of a century she has dwelt, esteemed by the intelligent community in whose society she resides. Doubtless she is very aged, but probably it is beyond mortal ken at the present time to tell just how old she is. Perhaps the figures 1776—1883 would be as near the truth as anything that might be said. Sojourner herself is wholly at sea in reference to her age, but she mentions cer-

tain data which are very interesting on this point.

Yesterday the writer made her a visit, and had the pleasure of an interview. He found her as usual, cheerful, sociable, apt, and religious. "Lord bless ye, chile, why didn't ye come to see ole Sojourner afore?" was the salutation. After some conversation in reference to her health, and whether she had things to make her comfortable, allusion was made to her age. Said she, "I feel as if I'se about as old as the world,—as though I'd allers bin here!" Certainly she retains her mental faculties wonderfully for one who is as aged as she seems to be.

She told the writer that she distinctly remembered the well-known "dark day" of New England, although she was but a very small child, she thought perhaps five or six years old. She said the "candle was lit," and that "the chickens went to roost," and that "the rooster crowed." Her mother was much frightened at the strange gloom, and tried to hush the children into silence, but she says she capered about in great glee at the unusual darkness, and "tried to catch the clouds." If Sojourner indeed was an actual witness of that wonderful phenomenon in 1780, the reader can very readily figure out her approximate age.

Other events of that early day are quite fresh in her mind. She says she well remembers seeing "the black ruins of Kingston," New York. This colonial village was burned by order of Sir Henry Clinton in the fall of 1777. And she also distinctly remembers seeing the soldiers of the Old Revolutionary War "limping about with their bandaged wounds." She says she was "as tall as she is now" when the first steamboat moved up the Hudson River in 1809; and that the "Dutchmen were very angry because it frightened away the fishes!" She also spoke of seeing the *Ulster Gazette* brought in draped in mourning on the death of General Washington, which occurred Dec. 14, 1799. Says she was at that time "a grown-up woman."

The above facts are mentioned as being very interesting to the writer, and presume that they are equally so to the reader. In the meantime let the wise antiquarians of the present day work up the statistics about her age. Whatever the facts are, we regard Sojourner Truth as an honest woman, scorning duplicity, and above misrepresentation.

At present she is confined to her room by an ulcered limb, a reminder of the cursed slavery of days long ago. During the warm months of the year she goes out and gives little talks to assemblies in various places. Here she sells her book, a respectable volume of over 300 pages, and photographs to those who are kindly disposed. In this way she manages to obtain a scanty subsistence. Of her pictures she says she "sells the shadder that she may support the substance." Occasionally she visits the large Sanitarium in this city and gives one of her "talks" to the patients who assemble in the great parlor. Her quaint speeches, the African patois, her genial ways and apt repartee, always make her visits interesting.

But Sojourner is evidently approaching the dark river, and very naturally her conversation runs more on spiritual themes than anything else. By faith she peers through the misty gloaming into the "great beyond," and seems to antedate the hour when, as she says, "she will cross over Jurdan" and be with "Abraham, Isaac, and Jacob in Canaan's happy land." To all of which we would reverently say, AGED PILGRIM, ACCORDING TO YOUR FAITH BE IT UNTO YOU.

Shall we now add that long ago Sojourner might have been dependent on public charity had it not been for the kind-heartedness of a good Quaker lady of this city who has managed her temporalities for her? This friend has published her "Narrative," managed her correspondence, and seen to her physical wants with a faithfulness which challenges admiration. Those who purchase the book or picture will be doing a personal kindness to Sojourner, who *perhaps* is as old as this great American Nation.

G. W. AMADON.

—If you shake up a basket of fruit or of gravel, the smaller portions will go toward the bottom; the larger will come toward the top. This is the order of nature. There is no way of evading it. And the same order prevails in the basket of human life. The world's shaking will send the smaller characters downward, and bring the larger ones toward the top. The larger characters are not to blame for this. The smaller ones have no right to complain of it. It is the shaking that does the business.—*Sunday-School Times.*

POPULAR SCIENCE.

—It is reported in scientific circles that the British Association is to hold its next session in Montreal, Canada.

—The ruins of an ancient town have been recently discovered in France in a state of good preservation.

—The largest electro-magnet ever made has recently been completed for the University at Griefswald, Germany.

—A new electrical battery has been invented which is operated by means of sunlight, from which fact it is called the "photo-electric battery."

—The *Popular Science Monthly* in a recent number publishes a fact probably not known to most people; viz., that the extreme Western boundary of the U. S. is in the Island of Attoo, as far beyond San Francisco as that city is from Maine.

—A huge bell weighing seventeen tons, from the foundry of Messrs Taylor, Leicestershire, England, has been placed in the belfry of St. Paul's. It is said that while on trial at the foundry its strokes could be heard at a distance of three or four miles, and in one direction to the distance of eight miles.

—Scientists tell us that there are at present 140,000 species of plants known to botanists. Of these only three hundred are made use of by the human family. It is of course impossible to say how many of these plants may have been of great service in past ages, having degenerated by lack of cultivation.

—Among the most remarkable natural echoes are those of Eagle's Nest on the banks of Killarney, Ireland, which repeats a bugle call until it seems to be sounded from a hundred instruments, and that on the banks of Naha, between Bingen and Coblentz, which repeats a sound seventeen times. The most remarkable artificial echo known, is the Castle of Simanetta, about two miles from Milan. It is occasioned by the existence of two parellel walls of considerable length. It repeats the report of a pistol sixty times.

A Wooden Loaf.—It has been found that a very fair quality of bread can be made of a mixture of corn meal and beech-wood flour. It has been suggested that this sort of bread may be found useful in time of famine.

An Instrument for the Study of Gravitation.—The Darwin brothers, by the aid of Sir Henry Thompson, have succeeded in completing an instrument of such marvelous delicacy that the variations in the surface of the earth produced by the swelling from the soaking up of the moisture of a rain, the action of the sun and moon, and even the pressure of the hand, may be easily measured. The instrument is so constructed that the actual variation is magnified more than 50,000 times.

Electrical Experiment.—The following simple experiment is described by a French Journal:—

"A small pasteboard box is provided with a glass lid, which is coated on the upper surface with one or more thin layers of collodion, but not enough to render it opaque. A number of figures representing insects and the like, and made of cotton or sponge, are placed within the box. When now the collodion surface is rubbed with dry fingers in dry weather, the insects are made to move about in an interesting manner, as they become electrified."

This experiment works best in the winter time, as the air is dryer at this season. It is not necessary that the glass should be covered with collodion if it is rubbed with silk.

Liquid Glue.—The *Boston Journal of Chemistry* states that good liquid glue can be made by simply dissolving glue in common vinegar, and gives the following recipe:—

Mouth Glue.—Mouth glue, for sticking labels, etc., is less used than formerly, owing to the general introduction of adhesive labels, envelopes, newspaper wrappers, etc. It is, however, very convenient to carry in the vest pocket when traveling, and adhesive wrappers may not be at hand when wanted. To prepare it, good white glue is soaked several hours in water, then melted on a water-bath, and an equal weight of sugar added. The hot mixture is poured out and dried in thin sheets. A good proportion is 45 parts (by weight) of light glue, 60 of rain-water, and 45 of white sugar.

How Flies Climb.—This problem in natural history has been studied by numerous naturalists, but only recently has it been satisfactorily settled. An eminent authority, Dewitz, reports that he "has watched the exudation of the sticky matter from the feet of the flies by fastening one of the insects to the under side of a plate of glass, and viewing it under the microscope. A perfectly clear liquid was seen to flow from the ends of the foot-hairs and attach the foot to the glass. When the foot was lifted up, to be put down in another place, the drops of the sticky matter were perceived to be left on the glass, in the exact places where the foot-hairs had rested. The adhesive fluid appears to pass down through the hollow of the hair, and to be derived from glands which Leydig discovered in the folds of the foot in 1850. A similar adhesive matter appears to be possessed by bugs, by many larvæ, and probably by all insects that climb the stems and the under sides of the leaves of plants."

GOOD HEALTH.

BATTLE CREEK, MICH., FEBRUARY, 1883.

J. H. KELLOGG, M. D., EDITOR. TERMS, $1.00 A YEAR.

PARASITES IN FISH.

An eminent scientist connected with the Smithsonian Institution, contributed an article to the *Forest and Stream* some time since in which he states that in "the salmon harbors at various times no less than sixteen different kinds of parasitic worms, or at least so many sorts, have been discovered, and undoubtedly many others remain unknown. Four species are tape-worms, and four round worms; the rest belong to the other groups above mentioned. The yellow perch has been a favorite hunting ground for the helminthologist, and he has already brought to light twenty-three species. The pike carries about with him at least twenty kinds. The parasites of our trout have escaped attention to a great degree, and it is credited with only one kind, but the European saibling plays host for five tape-worms and three or four other worms. But one species is known to infest our shad, namely the round worm, although the German maifish, a close relative, carries at least seven. It must not be gathered from these facts that our fishes are more favored than those of other parts of the globe, but only that the parasites have been less carefully studied.

"It was the shad worm which caused some excitement among the fishermen in a certain part of New Jersey a few years ago, where it was found in great numbers.

"The carp, lately introduced from Germany by Prof. Baird, undoubtedly brings with it some of the twelve parasitic worms which make its life unhappy in its native waters. Every new animal thus introduced in this way adds more than one name to the faunal list.

"Mr. True has in his possession an undescribed tape-worm which infests the herring of the great lakes. It is not content to live in the intestines of the fish, but at a certain season in its development must needs bore into the flesh, producing ugly sores, and thus destroying the value of the fish, much to the disgust of the fishermen."

It would seem that the frequent occurrence in fish of these various kinds of parasitic worms would to some degree affect the appetite of lovers of fish diet; but on the contrary, fish are still highly lauded as a brain food, it being suggested, however, that the species which are known to be particularly "wormy" should be thoroughly cooked so that the squirming parasites may be killed. Indeed, we are told that epicures in Italy regard as a very great delicacy certain species of worms found in the flesh of sea-fish.

A Startling Fact.—According to an exchange, the chief of the division of the Census Bureau, devoted to the defective, dependent, and delinquent classes, announces that the number of idiots and lunatics in the United States has doubled in the last ten years. The population of the country has increased but thirty per cent, while the defective classes referred to have increased more than three times as rapidly. This alarming fact indicates most conclusively that there is some sad cause at work to discover which may

well occupy the attention of our wisest sanitarians. Is it not possible that we are living two fast; that the nervous systems of the men and women of the present generation, weakened by the whisky and tobacco-using habits of their ancestors, are not able to bear the wear and tear of our modern high-pressure civilization? Americans have long been known as a nation of dyspeptics; and the present prospect is that we shall soon be known to the world as a nation of lunatics and idiots.

FOOD ADULTERATION IN PARIS.

An article in a medical exchange calls attention to the extensive prevalence of adulteration in Paris. It appears that almost all articles used for food, including condiments, are so extensively sophisticated that it is very difficult to obtain anything which is really pure.

"Out of thirty-nine specimens of sirup, twenty-four had been artificially colored, and were not, therefore, made from the fruits which they were named after, while nine were composed of substances deleterious to health. It is even worse with jams; for out of eighteen specimens, fourteen were made principally from glucose, while much of the red currant jelly sold in Paris is made without currants, the jelly being obtained by the use of sea-weed, the color with fuchine, and the flavor with an essence made from acetic, tartaric, and other acids. Even bread, the consumption of which in France is estimated at sixteen thousand tons a day, is very much adulterated in Paris by damping the flour so as to increase its weight, mixing it with bean-meal, potato starch, etc., or adding to it deleterious compounds of lead, copper, zinc, sulphate of lime, and chalk. Out of thirty-one specimens of bread analyzed, only thirteen were made of pure wheat flour; and in examining the composition of flour, the spectrum analysis has been found of great assistance, as the presence of chemical components can be detected at once. Butter is even more generally adulterated than bread; for out of sixty-two samples only eleven were pure. When one remembers that the margarine manufactured in New York is equivalent to the quantity of butter which could be made from the milk of three hundred thousand cows, and that whole ship-loads of it are exported from Holland to Normandy, and sent thence to Paris as "best Normandy butter," it will be easy to understand why the report of the analysis is so unfavorable."

Results of Wearing Bad Shoes.—A surgeon in the Swiss army called attention, at the Geneva Conference, to the fact that the examiners reject each year 700 or 800 men on account of deformities of the feet. The number of men rejected constitutes about six per cent of the whole army. This seems like a very large proportion; but the rapid growth in numbers of a class of toe-doctors, known as chiropodists, is sufficient evidence that diseases of the toes are quite as prevalent in this country as in Switzerland.

The remedy, as pointed out by Dr. Ziegler, is the wearing of a properly constructed shoe. The following are the author's criticisms on shoes:—

"1. Shoes are too pointed and injure the anterea part of the foot.

"2. The sole should be three-fourths of an inch longer than the foot, so as to allow room for the toes when the arch of the foot is diminished by the weight of the body in walking.

"3. The sole should conform to the outline of the foot when pressed on the ground by the weight of the body.

"4. The shoe should never press the posterior articulation of the fifth metatarsal. At this point the outer border should be convex, so as to allow plenty of room for the outer border of the foot to rest firmly on the ground.

"5. The heel should be broad and not too high."

Coffee and Indigestion.—Observing physicians learned long ago that coffee is a hindrance to digestion ; but scientific evidence was needed, and so M. Laved, according to *La Médecin Practicien*, has been making experiments upon dogs to determine the exact fact with the following results :—

"To a dog which had eaten 210 grammes of meat he administered 30 grammes of coffee in 15 grammes of water. After three hours he killed the dog, and found the mucous membrane of the stomach pale, discolored, and profoundly anæmic. The vessels of the internal superficies, like those of the periphery, were contracted ; 145 grammes of the meat remained undigested ; the coffee then had retarded the stomach digestion."

If coffee will thus delay the digestion of a dog, notably strong, especially in the digestion of meat, who will attempt to dispute that it must be equally injurious to human stomachs? It is a well recognized fact that dyspeptics are exceedingly common in all countries where tea and coffee are freely used, as in this country, England, and Holland. No dog of ordinary sense would continue the use of the fragrant beverage after becoming aware of the above fact ; but how many tea or coffee topers will exercise as much sound judgment in reference to the matter as the average canine?

Example Better than Precept.—A prominent army official, on retiring from his position in connection with one of the government military schools, took occasion to speak in the following strong terms against the use of tobacco :—

"An agent, which, through its sedative effect on the circulation, creates a thirst for alcoholic stimulation; which by its depressing and disturbing effect on the nerve centers, increases bad passions; which determines diseases of the heart; which impairs vision, blunts the memory, and interferes with mental effort and application, ought in my opinion as a sanitary officer, at whatever cost of vigilance, to be rigorously interdicted."

We heartily agree with all that the gentleman *says*, and if we did not know that his own practice, at least in the use of alcoholic liquors, was diametrically opposed to the sentiment of his teaching, we might regard him as an apostle of temperance. We fear few young men will be ready to accept such instruction from lips which do not hesitate to sip with evident appreciation the proffered glass of champaigne or sherry, no matter how true may be the principles elucidated, nor how forcible the facts presented.

Fraudulent Foods.—The London *Times* is responsible for an account given by a reporter of a visit to a large jam factory. "He found that the work was being bravely carried on without the aid of fruit at all. Jams of various kinds were being produced before his eyes—currant, plum, strawberry, apricot, raspberry, and gooseberry. Yet neither currant, plum, strawberry, apricot, raspberry, nor gooseberry was in the building. Turnips served the purposes of the fruit. The flavoring matter was extracted from coal-tar, and the resemblance to raspberry and strawberry jam was further produced by mixing the boiling compound with small seeds of some cheap innocuous herb. A common form of sugar is used, and this is the only honest ingredient of the mess. These preserves are offered as made from 'this season's fruit.'"

It is probable that very little of the jam or jellies offered for sale at the present time is really made from fruits. Much of it is made from gelatine, colored and flavored with chemical compounds.

But this fraud is not quite so bad as the "wooden nutmegs of Connecticut" reported to have been the result of Yankee ingenuity some years ago, or the "wooden hams" which have found their way into market in more recent times. It is claimed, however, by an East India paper that "several bags of cloves received in

London from Zanzibar were mixed with artificial cloves made from wood by machinery. The cloves were made of soft deal, stained a dark color, and soaked in a solution of essence of cloves to scent them."

Physical Education.—The constantly increasing proportion of round and stoop shoulders, crooked spines, weak backs, narrow and flat chests, and lean calves among men as well as women is evidence sufficient of the necessity for greater attention to the development of the body in connection with brain culture. The Prussian Minister of Education, Herr Von Gossler, has recently issued a circular in which he directs that all students shall be required to engage in such exercises as will develop their muscular systems in the most thorough manner. We believe the day is not far distant when physical culture will be considered an essential part of the education of a young man or woman. This education reform is one in which every sanitarian should be interested.

Food vs. Stimulants.—The superintendent of the Royal Asylum for the Insane of Edinburgh, in a recent report asserts that he tends "more and more to substitute milk for stimulants." He cites cases to show the advantages gained by the substitution. Why should not the change be advantageous? Milk re-inforces vitality, while stimulants waste force. Milk contributes to the repair of the wasted tissues of the maniac, supplying the needed pabulum to his worn out brain and nerves, while whisky simply increases the waste. As the true theory respecting the nature of stimulants obtains, we shall expect to see their use become less and less frequent.

—There are one hundred and eighty-nine thousand doctors in the world, of whom more than one-third are in the United States. Is it any wonder that we are sickly?

The Immorality of Tight-Lacing.—According to a Philadelphia journal a pastor of that city recently preached a sermon in which he took strong ground against the corset, asserting that "divine truth could not find its way into a heart squeezed and cramped by corsets." If every clergyman in the land would preach but one sermon a year on the immorality of abusing the body, more would be accomplished in securing obedience to the laws of health than by the combined efforts of all the sanitarians in the country. Perhaps this same clergyman will next give his audience a sermon on the immorality of cigar-smoking. It is as difficult for "divine truth" to find its way into a nicotine-narcotized mind as into a corset-cramped heart.

The Deadly Dose of Alcohol.—A paper recently read before the Biological Society of Paris, presented several interesting points respecting the amount of alcohol required to produce the characteristic effects of this poison upon the system. The writer had found that when a person takes sufficient alcohol to constitute one part in one hundred and ninety-five parts of blood, he becomes "dead drunk." The insensibility which is produced at this point usually prevents drinkers from involuntary suicide. If a person continues to drink until the proportion reaches one part to one hundred of blood, death ensues.

A Model Old Gentleman.—An exchange says that Joshua Miller, of Madison Co., Va., who is seventy years old, has had but one spell of sickness in his life, never took a drink of whisky, coffee, or tea, never smoked a pipe or cigar, nor took a chew of tobacco, and has not eaten supper for twenty years.

Mr. Miller is what we would call a model old gentleman. He has at least demonstrated that whisky, tobacco, tea and coffee, and late suppers, are not *necessary* to long life. We hope he may round out his century.

THE DYSPEPSIA OF CARLYLE.

THE editor of a contemporary journal relieves himself of his spleen against oatmeal as an article of diet after the following fashion:—

"Carlyle early began to suffer from indigestion. An insufficient and faulty diet, composed for the most part of oatmeal cake, which, in his poverty, was the only available food, was the chief cause of the derangement. He suffered from acid indigestion and flatulence,—a condition in which, as all practical physicians know, the mind is especially prone to be depressed. No thinking person, reading his life, can fail to be deeply impressed with the influence of this dyspepsia on the development of his character and the bent of his genius. He was rendered gloomy, unsocial, taciturn, and intensely irritable. He slept poorly, he could not bear noise, and his thinking faculty required silence and seclusion for its proper action. The gloomy view which he took of the constitution of modern society was a reflex of the mental depression due to bad digestion. His railings and wailings over the degeneracy of the times in which he lived, his hopelessness of any improvement, and his mean opinion of all the literary men and women with whom he came in contact, had their origin, and find their true explanation in the same morbid state. How lamentable that a great genius, a philosopher who tried to see into the essence of things, should have all his opinions colored, even made, by a state of flatulence! Conceive, O honest reader, of a great philosopher, flatulent, and mistaking his bewildering fancies, begot of indigestion, for the very truth!"

—A little girl died in Philadelphia the other day, from taking a drink out of a whisky bottle, and all the newspapers recorded the fact. A thousand men die every week from the same cause, and scarcely any note is taken of it.

—A negro recently died in the City Hospital of Louisville, Ky. The only discoverable cause was fear of death.

WHY A MOTHER HEN WAS KILLED.

THE following paragraph from the *Methodist Christian Advocate* presents a stronger argument for vegetarianism than a whole volume of scientific facts could adduce:—

"A story is told in Michigan about one of the members of the Detroit Conference, which is too good to keep. He was spending a day in the country, and was invited to dine. They had chicken for dinner, of course, much to the grief of a little boy in the household, who had lost his favorite hen to provide for the feast. After dinner, prayer was proposed, and while the preacher was praying, a poor little lonesome chicken came running under the house, crying for its absent mother. The little boy could restrain himself no longer. He put his mouth down to a hole in the floor, and shouted: 'Peepy, Peepy, I didn't kill your mother. They killed her for that big preacher's dinner.' The 'Amen' was said very suddenly."

QUARTERLY MEETING OF THE STATE BOARD OF HEALTH OF MICHIGAN.

THE regular quarterly meeting of the State Board of Health was held in this city on Jan. 9, 1883. All of the members were present.

The subject of oil inspection was brought up by Dr. Hazelwood, who said he was informed that much oil was being sold in the western part of the State without inspection, for the reason that inspectors are so few and widely separated.

Drs. Hazelwood and Baker were appointed a committee to investigate the subject.

The Secretary made his report of work during the last quarter; mentioning the efforts to prevent the introduction of contagious diseases by immigrants; the distribution of blanks and circulars to officers of local boards of health providing for their annual reports; the general distribution of the Annual Report of the State Board for 1881; the issuing of a circular by Drs. Kellogg and Avery with a view to collecting all facts respecting the cause and spread of diphtheria; the preparations for a sanitary convention at Pontiac, commencing Jan. 31; the preparation of

articles embracing facts collected respecting contagious diseases in Michigan; also one giving what has been learned by the immigrant inspection service; also a paper, read before a convention at Jackson, on "The Relations of the State Board of Health to Corrections and Charities." A resumé of the work of other State boards of health was also presented. He showed that in three counties in California small-pox had been introduced by immigrant cars. The authorities provided an inspection, and have for the present stopped the introduction of this loathsome disease. In Michigan the expense of such inspection is much greater on account of the large number of immigrants, and the Secretary claimed that the National government should continue to provide means for such inspection, and thus protect the people from Maine to California. Senator Conger and Representative Rich have introduced bills into Congress for this purpose. A resolution was adopted by the Board strongly supporting the efforts already made by the above-named gentlemen.

An invitation to hold a sanitary convention at Reed City next spring was accepted.

The Secretary submitted an analysis of apple butter, and also exhibited samples of tinned copper utensils used in making apple butter. An analysis of the lining of the copper showed one sample to be composed of three-fifths tin and two-fifths lead. The ordinary clothes boiler used in our kitchen made of this tinned copper contained 2¾ oz. of lead on its inner surface, and if used for making apple butter this poisonous substance is eaten off by using it once or twice. Many serious cases of sickness from eating apple butter thus made have been reported to the Board. The tinned linings are even more dangerous to use with acids than either zinc or copper.

Notice was given that the city of Hillsdale had joined the list of cities which provide for accurate vital statistics by means of burial permits. This result was brought about by the zeal of Dr. Bion Whelan, the efficient health officer of that city.

While on this subject Dr. Geo. Howell, member of Committee on Public Health in the Legislature, read a proposed bill to promote the public health, and especially the collection of mortuary statistics. He asked the criticism of the Board and received thanks for presenting the subject.

A resolution was adopted commending the effort to secure mortuary statistics before the burial or removal of the body of a deceased person, and declaring that the method is applicable to townships and villages as well as to cities.

A suggestion was received from Dr. Marshall of Lansing to the effect that postals be supplied by local boards of health to physicians on which to report contagious diseases. This received the approval of the State Board. Dr. Lyster stated that this was now the custom in Detroit, and Dr. Hazelwood said it was also in use in Grand Rapids, and was a useful measure.

The subject of requiring the registration of plumbers was reported on by Messrs. Parker and Lyster. Senator Hueston spoke on this subject, and favored the examination of new dwellings before occupancy.

The subject was referred to the appropriate committee for investigation and recommendation.

Dr. Kellogg was requested to prepare a pamphlet for general distribution on the best methods of disposal of slop-water, garbage, etc., in villages and detached dwellings.

The American Public Health Association has recommended making it a penal offense to communicate a contagious disease. The Committee on Legislation was requested to modify the bill so as to name diphtheria, scarlet fever, and small-pox, and get the subject before the Legislature.

It was resolved that there should be required of all who are to begin the practice of medicine in this State an examination as to their qualifications, which examination should be restricted to questions in actual knowledge as distinguished from questions of mere opinion.

Talks with Correspondents.

A CORRESPONDENT asks: 1. Would a girl ten years old, who is rather weak, and subject to nervous headache, be benefited by having her hair cut if it is very long?

2. Is there any truth in the theory held by some that the hair takes more strength from the body when it is let grow its full length?

3. What do you charge for home prescription?

4. What is the price of the "Home Hand-Book"?

ANS. 1. Yes; the weight of a heavy growth of hair is often very productive of

injury, especially when the individual is abnormally sensitive.

2. No; the hair grows more rapidly when cut short than when allowed to grow long.

3. The price of a home prescription is $5.00.

4. The "Home Hand-Book" is bound in various styles, varying in price from $6.50 to $16.00.

A. P. asks respecting water-drinking at meals, calling attention to a remark in a recent number by Dr. S. T. Webber to the effect that water taken with food favors digestion. Says he has not taken water at meals for a number of years, and is enjoying excellent health.

ANS. We have long maintained that water-drinking at meals as usually practiced is harmful, on the ground that it favors hasty eating, and interferes with digestion by diluting the gastric juice, etc. In the article referred to, Dr. Webber has reference to the use of water in connection with dry food. We agree with him in the idea that when a person subsists very largely upon dry food, fluids may be taken at meals in moderate quantities with advantage; but when a person makes a liberal use of fruits and grains cooked in the usual way in connection with the meals, there is no natural demand for a larger amount of fluid than the food contains. It is important, however, that an abundance of fluid should be supplied to the system at other times for the purpose of facilitating the eliminative processes. We are of the opinion that many hygienists have erred in abstaining from water with the idea that it was a great virtue to do so. Water is as necessary to supply the wants of the body as solid food or pure air, and ought to be taken to the extent of three or four pints a day, at least. Some persons may take even more with advantage. If the requisite quantity is taken in the form of fruits and fluid or semi-fluid foods, of course it is not necessary to drink, but otherwise it is best to practice water-drinking regularly. The best time for drinking being three or four hours after a meal. For persons of feeble digestion hot water is much to be preferred to cold, as by its use the temperature of the stomach is not lowered below the normal standard which must be maintained in order to enable it to carry on its work properly.

J. E. P. refers to a lecture of ours, published in a recent number, in which we make some mention of a popular "Patent Medicine," and states that he bought a bottle of the medicine some time ago and after taking it for a few weeks finds himself feeling better. He asks, "What is the Doctor to say to that?"

ANS. The Doctor has never asserted that people did not feel better sometimes after taking "Patent Medicine." If this were not the case there would, of course, be no sales for "Patent Medicines." There are two species of fraud involved in the manufacture and sale of "Patent Medicines."

1. The nostrum, if at all efficient for anything, is an agent which possesses the property of making a person feel better, without making him really better. It is a very easy thing to make a patient feel better, but quite another thing to make him actually and permanently better. In a somewhat extended experience in the treatment of chronic invalids, comprising several thousand cases, we have met hundreds, we may even say thousands of people, who have been cured by "Patent Medicines" again and again, but found an objection to that mode of cure in that, although they felt much better for a time, the old difficulties speedily returned when the drug was discontinued, making necessary a return to the remedy, or if its virtues had been exhausted, the adoption of some new nostrum. It is one thing to cure disease, and another to cure patients.

We never denied that "Patent Medicines," as well as many other medicines not patented, will cure various maladies, but it is a fact which is being more generally acknowledged that the cure of the malady is often effected at the expense of the best interests of the patient in the long run.

2. The patent nostrum, while it may possess properties which afford relief (though not a cure) in a certain class of cases, is invariably recommended for a long list of ailments of the most diverse character and which require very opposite properties in a remedy to afford even temporary relief. That is, if it is good for some of the conditions for which it is recommended, it must be positively injurious for others for which it is equally recommended.

Another point should always be kept in mind. People sometimes get well without any medicine at all and not unfrequently in spite of nauseous compounds of various kinds, swallowed with a supposition that they are as potent with healing properties, as disagreeable and obnoxious.

A New Remedy for Ivy Poisoning.—Poisoning by ivy is so common in some parts of the country it is quite important that some efficient remedy be ready at hand for immediate use when required. A physician writing to the *New York Medical Journal* recommends sassafras root as an excellent remedy. He states that he has used it upon himself, and in the cases of a great many patients, and prefers it to all other remedies. A strong infusion is made of red sassafras root, allowed to cool, and then applied frequently by means of cloths wet in it. Recovery may be expected within twenty-four hours.

Health and Temperance.

LESSON DEPARTMENT.

This department has been added to the journal at the suggestion of the Executive Committee of the American Health and Temperance Association. It will contain each month a lesson on the subject of health or temperance, together with a synopsis of the lesson, articles relating to the subject-matter of the lesson, and suggestions respecting the conduct of health and temperance schools and club meetings.

BIBLE WINE.

1. Is wine commended in the Bible? Ans. *It is.* Judges 9 : 13; Ps. 104 : 14, 15.

2. How can this fact be reconciled with the teaching of the Scriptures concerning temperance? Ans. *Two kinds of wine are recognized in the Bible, one of which is intoxicating, the other unintoxicating.*

3. Was the use of unintoxicating or unfermented wine common among the ancients?

4. What were the principal methods of preservation?

5. Describe each of these.

6. Are any of these methods in common use at the present time?

7. Was this kind of wine held in esteem among the ancients?

8. Have we a description in the Bible of the manufacture of fermented or intoxicating wine? Prov. 23 : 31, Kitto's translation.

9. Is the distinction between these two kinds of wine preserved in the common translation of the Bible? Ans. *It is not.*

10. Does such a distinction appear in the original by the use of different terms for the different kinds of wine?

11. What are the three principal words employed for wine in the original Hebrew? Ans. *Yayin, Shekar, and Tirosh.*

12. What is the meaning of *Yayin*?

13. What is the meaning of *Shekar*?

14. What is the meaning of *Tirosh*?

15. To what is *Tirosh* applied?

16. What does this use of the above terms clearly prove?

17. Is unfermented wine, *tirosh*, commended or condemned? Judges 9 : 13.

18. Is the use of fermented or intoxicating drinks commended or condemned? Prov. 23 : 31, 32.

19. This being true, which wine is evidently referred to in those instances in which wine is commended, or its use countenanced without a definite distinction as to the kind of wine by the terms employed?

SYNOPSIS OF LESSON.

It is undoubtedly true that intoxicating liquors are mentioned in the Bible; and it is equally true that a kind of liquor or wine is recognized and often mentioned which is not intoxicating. Ancient historians preserve the same distinction, making frequent reference to intoxicating wine and its effects, and also to unintoxicating wine and its wholesome properties.

Unintoxicating Wine. The intoxicating property of wine is due to the alcohol which it contains. Wine which contains no alcohol is unintoxicating. Alcohol is produced only by fermentation. Wine which has not undergone fermentation, then, is unintoxicating, since it contains no alcohol. All that is required to preserve wine free from alcohol, and thus from intoxicating properties, is to prevent fermentation. That the ancients were acquainted with several modes of preventing fermentation, is clearly shown by reference to history. Ancient historians describe four principal methods of effecting this, which were as follows:—

1. *Boiling.* In order that sweet fluids should ferment, it is necessary that a certain amount of water should be present. If a portion of the water is removed, fermentation cannot take place. This is easily effected by boiling; and this method was very commonly practiced among the ancients. The fresh juice of the grape was boiled until a considerable portion of the water was evaporated. Sometimes the boiling was continued until the juice acquired the consistency of sirup. This same method is employed in the preservation of cider, and the sweet juice of the maple-tree and the sugar-cane, which would speedily ferment and produce alcohol if left in their natural state, but can be preserved any length of time in the form of sirup or molasses.

According to Pliny and Virgil, the Romans preserved wine in this way. Pliny mentions wine which had been preserved in this manner

and was perfectly sweet, and of the consistency of honey, though two centuries old.

Aristotle states that "the wine of Arcadia was so thick that it was necessary to scrape it from the skin bottles in which it was contained, and to dissolve the scrapings in water."

"The Mishna [a collection of ancient Jewish writings held in the highest esteem by the Jews] states that the Jews were in the habit of using boiled wine."—*Kitto.*

2. *Filtration.* The fermentation which develops alcohol in a sweet fluid by decomposing its sugar, is largely dependent upon the presence of albumen and certain impurities. These were carefully removed by repeated filtration, after which the purified juice was placed in bottles or casks which were carefully sealed and buried in the earth or submerged in water and thus kept cool and sweet.

3. *Subsidence.* The ingredients of fresh juice which aid in exciting fermentation were also removed by keeping the juice sufficiently cool to prevent fermentation until they had settled to the bottom, when the clear liquid was poured off and carefully bottled as after filtration.

4. *Fumigation.* Sulphur is a powerful antiseptic. The ancients were familiar with this fact, and often preserved the juice of the grape from fermentation by subjecting it to the fumes of sulphur, or by adding to it the yolks of eggs, mustard seed, or other substances containing sulphur. The same methods are now in use for preserving cider.

The fresh juice of the grape or any other sweet fruit, when treated in any one of the above ways, is entirely free from any intoxicating property, and is not only harmless, but palatable and nutritious. Says Prof. M. Stuart, "Facts show that the ancients not only preserved their wine unfermented, but regarded it as of a higher flavor and finer quality than fermented wine."

Intoxicating Wine. As already stated, the intoxicating element of wine is alcohol, which is produced by the decomposition of sugar in the process of fermentation. Alcohol can be made from any juice which contains sugar. The ancients made intoxicating drinks from millet, dates, beans, palm juice, pears, figs, pomegranates, and other fruits, besides the grape. These liquors were known to the Jews, and are frequently referred to in the Scriptures. In Prov. 23:31, we have a striking reference to the fermentation of wine, as follows, according to Dr. Kitto's translation: "Look not thou upon the wine when it is turbid, when it giveth its bubble in the cup, when it moveth itself upright."

SCRIPTURAL DISTINCTIONS OF WINES.

In the English version of the Scriptures, the distinctions made in the original are often obscured or wholly lost. This is especially true in the present instance. In the Hebrew, the language in which the Old Testament was written, different kinds of wine are indicated by different words which are all rendered in the English translation by the one word, wine. The principal words thus employed are יַיִן, *yayin*, שֵׁכָר, *shekar*, and תִּירוֹשׁ, *tirosh*.

Yayin, according to Biblical critics, refers to the juice of the grape in any form. It might be sweet or sour, fermented or unfermented.

Shekar, or *shechar*, was the term applied to any sweet juice derived from any other source besides the grape. It is sometimes translated honey. It usually refers to the juice of the palm-tree or of its fruit, the date; and, like *yayin*, it included the fermented as well as the unfermented condition of the juice.

Tirosh was applied to the ripe fruit of the vine, and to the fresh juice of the grape before fermentation had begun. It is often translated "new wine."

In brief, then, *yayin* means fermented or unfermented wine or juice of grapes; *shekar* means fermented or unfermented wine or juice of the palm-tree, of dates or other sweet fruit. *Tirosh* means the sweet, unfermented juice of the grape, or new wine.

The Hebrews used the term *yayin* for wine made from grapes, in any of its stages, just as we apply the term cider to the fresh juice of the apple, or to the same juice after it has fermented or become "hard" by age. The Greek *οἶνος*, *oinos*, corresponds exactly with the Hebrew *yayin*.

LITERARY NOTICES.

The North American Review for February opens with a symposium in which six prominent theologians, representing as many religious denominations, give expression to their views upon the question of the "Revision of Creeds." Prof. Alexander Winchell, in an article entitled "The Experiment of Universal Suffrage," institutes a profound inquiry into the essential conditions of stable popular government, which he finds to be, substantially, virtue and intelligence; but these conditions, he maintains, are absolutely unattainable under our existing political system, where an electorate, either ignorant or vicious, or both, by the mere force of superior numbers, practically nullifies the suffrages of the better and wiser portion of the people,

whose right to control the government of the commonwealth is grounded in the very nature of things. Bishop McQuaid writes of "The Decay of Protestantism," and in essaying to prove his thesis, makes a very adroit use of the admissions of Protestant writers. "The Political Situation" is the joint title of two articles, the one by Horatio Seymour, the other by Geo. S. Boutwell, who offer their respective views upon the causes of the recent overthrow of the Republican party. An article by Dr. D. A. Sargent, on "Physical Education in Colleges," treats a subject of prime importance to the welfare of the youths in our higher educational institutions. Finally, there are two articles on "The Standard Oil Company," Senator Camden of West Virginia defending that corporation against its assailants, and John C. Welch setting forth the reasons for condemning it as a dangerous monopoly. Published at 30 Lafayette Place, New York.

WASHINGTON IRVING'S "CRAYON PAPERS."—This very Prince in the realm of letters is at last able to enter the homes of ordinary mortals. Until lately his inimitable productions have been practically inaccessible on account of their high cost. The recent expiration of copyright has freed them from the short-sighted monopoly which has preferred to harvest the *dollars* of the *thousands* rather than the *dimes* of the *millions* of his countrymen who take delight in his memory. The very beautiful Elzevir edition of his "Crayon Papers," with a brilliant sketch of the Life of Irving by the poet, R. H. Stoddard, making a volume of over 350 pages, is just issued, and the publisher, with a view to securing promptly the immense sale that is necessary to make the low price possible, offers to send, if ordered at once, a specimen copy, in neat cloth binding to any address, for the nominal price of 35 cents, or in half Russia binding for 45 cents. Irving's complete Works are offered for prices ranging from less than $6.00, upwards. The cheapest edition until recently cost over $30.00. The publisher will send specimen pages free to any one upon request. John B. Alden, Publisher, 18 Vesey Street, New York.

THE ELZEVIR LIBRARY. —A unique little semi-weekly magazine under this title has begun publication in New York. Each number is to contain a *complete literary gem*, a characteristic specimen of the best production of the brain of the author who is represented. The numbers taken together will form a beautiful little cyclopedia of the world's choicest literature. Price only two cents a number, or $2 a year. Number one contains Washington Irving's delightful story of Rip Van Winkle, Number two, Canon Farrar's graphic story of The Burning of Rome, and the persecution of early Christians under Nero. Other numbers following are "The Sea-Serpents of Science," by Dr. Hilson; Tennyson's "Enoch Arden;" Goldsmith's "Deserted Village," "The Traveler," etc. Specimen copy sent free on request. John B. Alden, publisher, 18 Vesey Street, New York.

VICK'S FLORAL GUIDE.—This annual visitor is always welcome. Printed on the best of paper, abounding in handsome illustrations, it certainly may claim to rank as a sample of the highest typographical art. Its colored plates, of which there are three in number, are very fine. As its name indicates, it is a "Guide" to the proper treatment and culture of all kinds of flowers and vegetables, each description being accompanied by an illustration of the particular plant or vegetable referred to. We should advise all who are interested in gardening, whether for the pleasure obtained from raising flowers, or for the more practical occupation of raising vegetables, to send to JAMES VICK, Rochester, N. Y., for a copy of this most instructive work. The publisher claims that "VICK'S Seeds are the best in the world," and we have no doubt "the world" indorses the claim.

THE FARM AND GARDEN.—This is an agricultural monthly published by Child Bros. & Co., 125 South Fourth St., Phila. It has departments devoted to the Garden, Orchard, Flower Garden, Live Stock, Poultry, and Household, besides others of a more general character. It is an excellent paper for farmers and all interested in agricultural pursuits. It is ably edited. printed on good paper, and well illustrated. Price 50 cents a year.

SIBLEY'S FARMER'S ALMANAC.—This is a very unique form of an almanac, and gives much information of great value concerning vegetables and farm crop plants and their cultivation. It is printed in two editions, one for the North and one for the South, each edition containing many valuable essays on the care and cultivation of the crops indigenous to Northern or Southern latitudes. It seems to be a general encyclopedia of agricultural knowledge gleaned from the experience of the largest farmer in the world, as its editor, Mr. Hiram Sibley, is styled, and is well worth the attention of farmers and agriculturists.

PACIFIC STATES WATCHMAN.—This is a home journal published in the interests of the Ancient Order of United Workmen. It is now in its seventh volume. Each number contains a frontispiece illustrating some beautiful natural scenery, with an accompanying description. It contains a department devoted to home interests, a children's department, and a health and household column, besides a good variety of other interesting reading matter. Subscription price $2.00 per year. Published at San Francisco, Cal.

Publishers' Page.

☞ We wish to call especial attention to the premium offers made on the opposite page. Now is a good time to get up a good list of names, and secure one or more of the premiums offered. A good many are already at work, and we expect to have the pleasure of sending out several hundred dollars' worth of premiums within the next few months.

☞ The Society against the abuse of tobacco (38 Jacob St., Paris) has just appointed its Committee for 1883. These have been elected: President, M. Decroix; Vice-presidents, Messrs. Dr. Bourdin, de Gasté, Dr. Hache, Petibon; General Secretary, M. Rassat; Secretaries of Committees, Messrs. Dr. Bédié, Collaux, de Lavalette, Dr. Pasteau; Foreign Secretary, M. Birmann; Treasurer, M. Raveret; Keeper of the Records, M. Iouve.

☞ The Sanitarium was never blessed with so large a number of intelligent and appreciative patients as at the present time. All who have ever visited other institutions recognize the superiority of the facilities and advantages offered here, and unhesitatingly pronounce them unrivaled in this country. New appliances are being constantly devised, and each month witnesses some important improvement added. The managers are not content with simply attaining for the institution a position at the head of all similar establishments in this and perhaps other countries, but are continually devising new methods of treatment, and introducing important improvements in old methods that this establishment may continue to merit the confidence of the public which has won for it an unexampled degree of prosperity.

☞ We believe there never was a time when so much really efficient temperance work was being done as at the present time. Fortunately the friends of temperance seem to be pretty well united in their aims, and in the main, in the methods by which the desired objects are to be obtained. The National Woman's Christian Temperance Union is probably doing more through its general State and local organizations, than any other temperance organization in the country, under the leadership of Miss Frances E. Willard, who has come to be recognized as one of the ablest lady speakers in America. The most efficient work is being done in all parts of the United States in the creation of a popular sentiment in favor of total abstinence and prohibition. We are glad to see, also, the great interest taken in the subject of hygiene by this organization. Many of its most active workers are coming to see that health reform and temperance reform are closely associated, that a thorough-going temperance reformation must include more than abstinence from alcohol. We look for great results from the agitation of the question among temperance reformers.

☞ Our readers will be interested in perusing the article in this number concerning that venerable relic of the days of slavery, Sojourner Truth. By the aid of friends, especially the kind assistance of Mrs. Titus, of this city, she has been able to publish her life, which is certainly a very interesting work, and contains reliable and important information concerning slavery which cannot be obtained elsewhere, and possesses the advantage that while interesting as a novel, it relates nothing but the naked facts. Sojourner has been a resident of this city for many years, and is greatly respected by all who know her. The price of the volume, containing an account of her eventful life, is 50 cents in paper covers; $1.00 in muslin binding. Her photograph, cabinet size, is 50 cts.; the smaller size, 25 cts. Those who wish to obtain either book or picture can do so by addressing Mrs. Frances W. Titus, Battle Creek, Mich.

SANITARY CONVENTION.

A Sanitary Convention will be held at Pontiac, Mich., Jan. 31 and Feb. 1, under the auspices of the State Board of Health, to which the public are cordially invited. The following is a list of the subjects on which papers will be read and which will be discussed:—

The Relation of the Medical Profession to Public-Health Laws. By Hon. Leroy Parker, of Flint, Mich., President of the State Board of Health.

Toy Pistols. By Arthur Hazelwood, M. D., of Grand Rapids, Mich., Member of the State Board of Health.

Sanitary Reform. By Rev. J. M. Gelston, of Pontiac, Mich.

The Dangers in Dirt. Illustrated. By J. H. Kellogg, M. D., of Battle Creek, Mich., Member of the State Board of Health.

The Limitation and Prevention of Typhoid Fever. By Prof. Henry F. Lyster, A. M., M. D., of Detroit, Member of the State Board of Health.

"The Added Factor." By Dr. J. Howard Smith, of Pontiac, Mich.

The Hereditary Effects of Alcoholic Indulgence, in the Production of Insanity. By Henry M. Hurd, M. D., Medical Superintendent of the Eastern Asylum for the Insane, at Pontiac, Mich.

Progress and the Press. By C. F. Kimball, of Pontiac, Mich.

Vital Statistics. By C. C. Yemans, M. D., of Detroit, Mich.

Hygiene of the Skin. By Charles S. Sheldon, A. M., M. D., of Greenville, Mich.

Popular Errors about Medicine. From the text: "O virgin, thou daughter of Egypt; in vain shalt thou use many medicines." By Jno. Avery, M. D., of Greenville, Member of the State Board of Health.

Preventive Medicine. By Charles S. Morley, M. D., of Pontiac, Mich.

The Physician in Health,—in Disease. By J. J. Mulheron, M. D., of Detroit, Mich.

Contamination of Well-Water. Illustrated. By Prof. R. C. Kedzie, M. D., of the Agricultural College, Lansing, Mich.

The Building of a Brain. By Leartus Connor, A. M., M. D., of Detroit, Mich.

How to Make a Place Unhealthy. By O. W. Wight, A. M., M. D., Health Officer of the city of Detroit, Mich.

☞ On another page will be found the announcement of a new work which the author has been engaged upon for a number of years, and has just completed. The warm reception which the work has already received, indicates very clearly that there is an urgent demand for it. The following are samples of testimonials which the work is receiving:—

Very much of the physical feebleness and unwise methods of women, both as regards themselves and their daughters, is the result of ignorance. This work of Dr. Kellogg's supplies the information which will tend to enlighten them. Thorough, scientific, practical, and clear in conception and utterance, I do not hesitate to recommend it as admirably suited to the remedy of the evils it exposes. Its author is a philanthropist, a physician, a reformer, and a man of high moral character, and it is a matter for thankfulness, that he has prepared this work. MARY A. LIVERMORE.

I sincerely approve the careful, thorough, and scientific manner in which this most delicate subject has been treated. I believe the circulation of this book will do much to elevate and purify and save the people from ignorance and wilful transgression. J. ELLEN FOSTER.

A New Plan.—From communications received from numerous subscribers, the publishers of GOOD HEALTH have decided that many persons who really want the journal, cease to take it from neglect to send in the subscription price at the beginning of the year. The journal being promptly cut off in accordance with the "pay-in-advance" policy which we have followed for several years, it is forgotten, and so a really appreciative reader is lost. We propose to try the experiment, for one year, of sending the journal until it is either returned or ordered stopped, and hence request all those whose subscriptions have expired or expire with this number to promptly notify us if they wish the journal discontinued. If not notified, the publishers will send the journal as usual, and in case the subscriber does not remit after a reasonable length of time, a bill will be sent for collection in accordance with the law which renders a subscriber responsible for the price of a periodical so long as he receives it at the post-office.