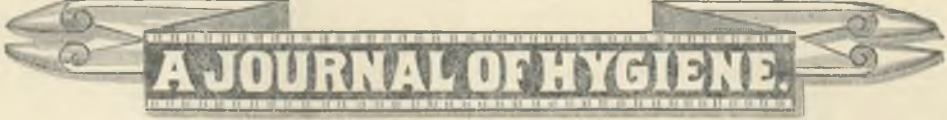


# GOOD HEALTH.



MENS SANA IN CORPORE SANO.

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NO. 3.

## ALCOHOL IN EXPOSURE.

MUCH mischief has resulted from the popular notion that alcohol is necessary to prevent taking cold when exposed, or to sustain the vital powers when severely taxed by hardships of various sorts. We are glad to find in the *Journal of Inebriety* the following excellent article on this subject from the pen of Dr. Albert Day, Superintendent of the Washingtonian Home, Boston, Mass. :—

“ We have in the annals of the armies of the British empire, in their service in all parts of the globe, in every zone, and on sandy deserts, positive testimony, as convincing proof as can be, that alcohol is not necessary in those varied climates; but, on the other hand, it is proved beyond a doubt that it is injurious in cases of great hardship and exposure.

“ In the year 1800, an English army, proceeding from India to Egypt to join Sir Ralph Abercrombie, marched across the desert from Kosseir, on the Red Sea, and descended the Nile for four hundred miles. Sir James McGregor says, that the fatigue of this march has perhaps never been exceeded by any army, and goes on to remark: ‘ We received still further confirmation of the great influence which intemperance has as a cause of disease. We had demonstrated how very little spirits are required in a hot climate to enable a soldier to bear fatigue, and how necessary a regular diet is. At Ghenne, on the voyage down the Nile, on

account of the difficulties of at first conveying it across the desert, the men had no spirits delivered out to them, and I am convinced from this, that they not only did not suffer, but that it even contributed to the uncommon degree of health which they at this time enjoyed.’

“ Dr. Mann, one of the few American surgeons in the war of 1813–14 who has left any considerable account of that contest, thus writes: ‘ My opinion has long been that ardent spirits are an unnecessary part of a soldier’s ration. At those periods during the Revolutionary War when the army received no pay for their services, and did not possess the means to procure spirits, it was healthy. The 4th Massachusetts regiment, at that eventful period when I was the surgeon, lost in three years, by sickness, not more than five or six men. It was a time when the army was destitute of money. During the winter of 1779–80 there was only one occurrence of fever in the regiment, and that a pneumonia of a mild form. It was observable in the last war, from December, 1814, to April, 1815, that the soldiers at Plattsburg were not attacked with fevers, as they had been the preceding winters.’

“ The troops during this period were not paid, a fortunate circumstance to the army, arising from the want of funds. This embarrassment, which was considered a national calamity, proved a blessing to the soldier. When he is found poor in money, it is always the case that

he abounds in health,—a fact worth recording. No testimony can be stronger than that given by the Inspector-General, Sir John Hall, K. C. B., in his 'Medical History of the War in the Crimea.' He says:—

“My opinion is, that neither spirits, wine, nor malt liquor is necessary for health. The healthiest army I ever served with had not a single drop of any of them; and although it was exposed to all the hardships of Kaffir warfare at the Cape of Good Hope in wet and inclement weather, without tents or shelter of any kind, the sick-list seldom exceeded one per cent, and this continued not only throughout the whole of the active operations in the field during the campaign, but after the men were collected in standing camps at its termination; and this favorable state of things continued until the termination of the war. But immediately after the men were again quartered in towns and fixed posts, where they had free access to spirits,—an inferior species of brandy sold there, technically called “Cape smoke,”—numerous complaints made their appearance among them.

“In Kaffraria the troops were so placed that they had no means of obtaining liquor of any kind, and all attempts of the “Winklers” to infringe the police regulations were so summarily and heavily punished by fines and expulsion, that the illicit trade was effectually suppressed by Colonel Mackinnon, the Commandant of British Kaffraria, and the consequence was that drunkenness, disease, crime, and insubordination were unknown; and yet that army was frequently placed in the very position that the advocates for the issue of spirits would have said required a dram. Small as the amount of sickness and mortality was in the Crimea during the winter of 1855–56, they would have been reduced one-half, I am quite sure, could the rule that was observed in Kaffraria have been enforced there.

“In the same Kaffir War (1852) a march was made by two hundred men from Graham's Town to Bloomfontein and back; one thousand miles were covered

in seventy-one days, or at the rate of fifteen miles daily; the men were almost naked, were exposed to great variations of temperature (excessive heat during the day, while at night water froze in a bell-tent with twenty-one men sleeping in it), and had as rations only biscuit (meat one and a half pounds) and what game they could kill; for drink they had nothing but water; yet this rapid and laborious march was not only performed easily, but the men were more healthy than they had ever been before, *and after a few days ceased to care about spirits.* No man was sick until the end of the march, when two men had dysentery, and those were the only two who had the chance of getting any liquor.’

“In the expedition to the Red River, under the command of Sir Garnet Wolseley, no alcoholic liquid was issued. An account of the memorable march was published in *Blackwood's Magazine* by Captain Hayshe (and the *Journal of the United Service*, 1871). Captain Hayshe says:—

“Although it was an unheard-of thing to send off an expedition into the wilderness for five months without any spirits, still, as the backwoodsman was able to do hard work without spirits, it was rightly thought that the British soldier could do the same. The men were allowed a large daily ration of tea—one ounce per man, practically as much as they could drink; and as I am now on this subject of *bohea versus* grog, I may as well state that the experiment was most successful. The men of no previous expedition have ever been called upon to perform harder or more continuous labor than was required of them for over four months. They were always cheery, and worked with a zealous will that could not be surpassed.

“This expedition would have been a bright era in our military annals, had it no other result than that of proving the fallacy hitherto believed in of the necessity of providing our men, when in the field, with intoxicating liquors.’

“Another writer in *Blackwood's Magazine* in speaking of this expedition says: ‘The men were pictures of good health and sol-

dier-like condition, while stationed at Prince Arthur's Landing and the other large camps. The men had fresh meat, bread, and potatoes every day. No spirits were allowed throughout the journey to Fort Garry, but all ranks had daily a large ration of tea. This was one of the very few military expeditions undertaken by English troops where intoxicating liquors formed no part of the daily ration. It was an experiment based upon the practice common in Canada, where the lumbermen, who spend the whole winter in the backwoods, employed upon the hardest labor, and exposed to freezing temperature, are allowed no spirits, but have an unlimited quantity of tea. Our old-fashioned generals accept, without any attempt to question its truth, the traditional theory of rum being essential to keep the British soldier in health and humor. Let us hope that the experience we have acquired during the Red River expedition may have buried forever this old-fogyish superstition. Never have the soldiers of any nation been called upon to perform more unceasingly hard work; and it may be confidently asserted, without dread of contradiction, that no men have ever been more cheerful or better behaved in every respect. No spirit rations means no crime; and even the doctors who anticipated serious illness from the absence of liquor, will allow that no troops have ever been healthier than they were from the beginning to the end of the operation; with the exception of slight cases of diarrhoea, arising from change of diet, it may be said that sickness was unknown among us.'

"Sir Garnet Wolseley, who commanded this remarkable expedition, speaks very strongly against the rum ration, and says that 'by substituting tea for rum, the health and efficiency of the men are increased; their discipline will improve as their moral tone is raised, engendering a manly cheerfulness that spirit-drinking armies know nothing of.'

"I have quoted largely from the annals of the military operations of the British army, which has operated in every zone

on earth, from the frigid north to the torrid Equator, and at the antipodes of its great center of power. It is the same thing in civil life. There is no question that more disease is directly and indirectly produced by drunkenness than by any other cause, and that the moral as well as the physical evils proceeding from it are beyond all human calculation; and yet the attempts of the Legislature to set some bounds to intemperance have been, and are, opposed with a bitterness which could only be justified if the degradation and not the improvement of mankind was desired."

#### QUACKS AND PATENT MEDICINES.

BY GEORGE CRABBE.

OUR quacks are wily gamesters, and they play,  
With craft and skill, to ruin and betray;  
With monstrous promise they delude the mind,  
And thrive on all that tortures human kind.  
Void of all honor, avaricious, rash,  
The daring tribe compound their boasted trash—  
Tincture or sirup, lotion, draught, or pill;  
All tempt the sick to trust the lying bill,  
And twenty names of cobblers turned to squires  
Aid the bold language of those blushless liars.  
There are among them those who cannot read,  
And yet they'll buy a patent, and succeed;  
Will dare to promise dying sufferers aid,  
For, who, when dead, can threaten or upbraid?  
With cruel avarice still they recommend  
More draughts, more sirup, to the journey's end.  
"I feel it not." "Then take it every hour."  
"It makes me worse." "That shows its power."  
"I fear to die." "Let not your spirits sink;  
You're always safe while you believe and drink."  
How strange to add, in this nefarious trade,  
That men of parts are dupes by dunces made!  
That creatures nature meant should clean our streets,  
Have purchased lands and mansions, parks and seats;  
Wretches, with conscience so obtuse, they leave  
Their untaught sons their parents to deceive;  
And when they're laid upon their dying bed,  
No thought of murder comes into their head.

And then, in many a paper, throughout the year,  
Their cures and cases, oaths and proofs, appear;  
Men snatched from graves as they were dropping in,  
Their lungs coughed up, their bones pierced through  
their skin;  
Their liver all one scirrhus, and the frame  
Poisoned with evils which they dare not name;  
Men who spent all upon physicians' fees,  
Who never slept, nor had a moment's ease,  
Are now as roaches sound, and all as brisk as bees.

Troubled with something in your bile or blood,  
You think your doctor does you little good;

And grown impatient, you require, in haste,  
The nervous cordial, nor dislike the taste;  
It comforts, heals, and strengthens; nay, you think  
It makes you better every time you drink.

No class escapes them—from the poor man's pay  
The nostrum takes no little part away;  
See! those patent bottles, from the shop,  
Now decorate the cupboard's top;  
And there a favorite hoard you'll find within,—  
Companions meet!—the julep and the gin.

Suppose the case surpasses human skill,  
There comes a quack to flatter weakness still;  
What greater evil can a flatterer do  
Than from himself to take the sufferer's view?  
To turn from sacred thoughts his reasoning powers,  
And rob a sinner of his dying hours?  
Yet this they dare, and, craving to the last,  
In hope's strong bondage hold their victim fast:  
For soul or body no concern have they,  
All their inquiry, "Can the patient pay?  
And will he swallow draughts until his dying day?"

Observe what ills to nervous females flow,  
When the heart flutters and the pulse is low;  
If once induced those cordial sips to try,  
All feel the ease, and few the danger fly;  
For, while obtained, of drams they've all the force,  
And when denied, then drams are the resource.

Who would not lend a sympathizing sigh,  
To hear yon infant's pity-moving cry?  
Then the good nurse (who, had she borne a brain,  
Had sought the cause that made the babe complain)  
Has all her efforts, loving soul, applied  
To set the cry, *and not the cause*, aside;  
She gave her powerful sweet without remorse,  
*The sleeping cordial*—she had tried its force,  
Repeating oft; the infant, freed from pain,  
Rejected food, but took the dose again,  
Sinking to sleep, while she her joy expressed,  
That her dear charge could sweetly take his rest.  
Soon may she spare her cordial; not a doubt  
Remains but quickly he will rest without.

What, then, our hopes?—Perhaps there may by law  
Be method found these pests to curb and awe;  
Yet, in this land of freedom, law is slack  
With any being to commence attack.  
Then let us trust to science; there are those  
Who can their falsehoods and their frauds disclose,  
All their vile trash detect, and their low tricks expose.  
Perhaps their numbers may in time confound  
Their arts, as scorpions give themselves the wound;  
For when these "curers" dwell in every place,  
While of the cured we not a man can trace,  
Strong truth may then the public mind persuade,  
And spoil the fruits of their nefarious trade.

—*Leonard's Medical Journal.*

God never made his work for man to mend.

## EVILS OF FASHIONABLE DRESSING.

HEART DISEASE OFTEN CAUSED BY  
TIGHT LACING.

THE dark, impure venous blood goes rushing from the heart to the lungs for purification. The lungs are so compressed that only a portion of the blood can get through. The remainder is crowded back into the heart, causing enlargement of that organ, and heart disease. The individual then suffers from flutterings and palpitations of the organ, and a constant fear lest sudden death may cut short her career.

But this damming-back process extends far beyond the heart. The venous blood, being crowded into the heart, finds its way back into the veins, and thus to the head, causing congestion of that organ, with all its dullness, pain, nervousness, loss of memory, and mental inefficiency.

The diaphragm, one of the most important muscles of inspiration, is crowded up into the chest by the upward pressure of the abdominal organs, which are squeezed out of place by the vise which grasps them. This makes breathing still more inefficient, and the expansion of the cavity of the chest less complete, adding greatly to the evils already mentioned.

## CORSETS AND DYSPEPSIA.

The stomach is located just beneath the point where the pressure of the corset is greatest. It must either suffer from constant, unyielding compression, or else it must be displaced either upward or downward. In the first case, it encroaches upon the lungs, and in the second, it presses upon delicate organs below, so that the result is equally bad in either case. This constant compression and displacement disturbs the function of the organ, and thus produces dyspepsia with all its dire consequences. Experiments upon animals show that pressure upon the stomach will produce death quicker than almost any other means. A sharp blow upon the stomach will often

produce instant death. Displacement and distortion of the stomach are also induced, as may be seen by reference to Fig. 1.

We once found in Bellevue Hospital, New York City, a woman who was suffering under a complication of maladies which evidently had their origin in the foolish practice of tight-lacing, to which she had been addicted. On making an examination of the internal organs, we were amazed to find the liver presenting itself just above the hip bone, its normal position being entirely above the lower border of the ribs. Further examination revealed the fact that in about the middle of the organ there was a constriction, or



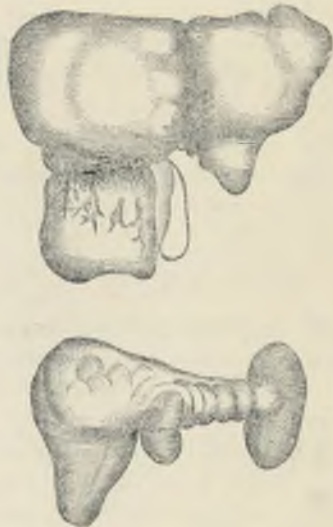
FIG. 1. Displacement and distortion of the stomach caused by tight-lacing.

fissure, nearly dividing it in two, which had been produced by habitual lacing. The function of the organ had been so greatly interfered with that it had failed to remove the biliary elements from the blood, and they had been largely deposited in the skin, making the latter anything but beautiful, although the woman was not advanced in years, and was naturally fair. Thousands of young ladies have cut their livers nearly in two in the same way. No wonder that they require rouge and French chalk to hide their tawny skins. Figs. 2 and 3 represent very accurately the deformities of the liver produced by this foolish and inexcusable practice.

A physician of eminence, upon making a *post-mortem* examination of a woman who had worn heavy skirts suspended from her waist for many years, beginning the practice in early childhood, found the liver dragged down into the pelvis and entirely cut in two, the separate portions being only held together by a fibrous cord.

#### NUMEROUS OTHER EVILS RESULTING FROM CORSET-WEARING.

The waist is naturally larger than the upper part of the chest. Its size is due



FIGS. 2 and 3. Deformities of the liver produced by tight lacing.

to the contents of the abdominal cavity. If it is pinched and squeezed into one-half its natural size at one point, some other portion must be enlarged in order to give room for the internal viscera of the abdomen. This enlargement naturally occurs below the waist, giving that portion of the body an unnatural, ungraceful, and distorted appearance. Indeed, the practice distorts the whole body, giving it an hour-glass shape when there should be a graceful taper from the armpits to the hips. The noble matrons of Greece and Rome, in the sunny days of those empires, never possessed such misshapen forms as modern fashionable belles contrive to torture their bodies into.

Tight-lacing and the corset are the most fruitful sources of a majority of the ills from which women especially suffer. The great increase of pressure brought upon the delicate organs which occupy the female pelvis, occasions displacement of those organs, and all the resultant miseries.

More than one case is on record of young ladies who have applied the belt or corset so tightly that a blood-vessel has been ruptured, and almost instant death has ensued.

If we should consider the remote effects of lacing the waist, we would find that nearly every internal malady may be either induced or greatly aggravated in virulence by this pernicious practice.

"But I cannot live without a corset," said a lady when we expostulated with her for her persistence in wearing the objectionable article, "I need its support; I should fall down all in a heap without it. I feel so weak and helpless without something to brace me up." It is possible that such individuals do really feel better when encased in a framework of whale-bone, steel, and cords, than when depending only on their natural resources for support. They have so long confined their yielding muscles in a rigid, unyielding case, that they have lost their strength and elasticity. Let a strong man strap his arm to a board, and wear it constantly for a year. He will find it almost useless. Its muscles will be thin, flaccid, and powerless. The corset has the same effect upon the muscles of the chest, which are by nature designed to support the trunk. Will the muscles of the man's arm become strong by continuing to wear the board? Never; the only way to recover its strength is to throw away the board and use the weakened member. So with the corset. It is the cause of the condition which it is thought makes it a necessity. So long as it is worn, the muscles of the chest will be weak and lax. Throw it away, and begin to exercise the wasted muscles, and they will

speedily recover themselves. The mothers of Grecia's noble sons never wore corsets. They were equally unknown to Roman mothers. If the article was unnecessary for them, why is it so needful for modern women? If support for the bust is required, it can be obtained by better means than the corset. A short experience without it always results in its dismissal forever, when a fair trial is made.

Although the corset is the chief offender in constraining the healthy activity of the vital organs of the body, there are other articles and modes of dress which deserve attention on account of their interference with some of the bodily functions. When the leaders of fashion decreed that the previously indispensable crinoline must be discarded, the sensible part of the world rejoiced, thinking that Dame Fashion was really about to reform her ways. But such hopes were dashed to the ground when the present fashionable style of dress appeared. Formerly, fashionable ladies sailed along the streets like animated balloons, monopolizing the whole walk with their wide-spreading skirts. A few years ago the opposite extreme was reached, and fashionable ladies were to be seen wriggling along the street like competitors in a sack-race. Indeed, it seemed a marvel that locomotion was a possibility, so greatly hampered were the limbs by numerous heavy skirts drawn tightly back and fastened at the sides. Anything like graceful ease in walking was impossible. A Chinese wriggle was the result of the best attempt.

The motions of the arms are curtailed to an almost equal extent by the fashion of the garments about the shoulders. They are so made that it is next to impossible for the wearer to raise the hand an inch above the head. The arms are actually pinioned. Why not have the shoulders of ladies' garments made like those of men, which allow perfect freedom of motion to the arms? The more recent fashions are adopting this style, and we trust that the old style of cutting

ladies' sacques and dresses will soon wholly disappear.

The elastic bands worn about the leg to keep the stocking in place, and sometimes used upon the arms to hold the sleeves up, are more harmful than is usually imagined. The long stockings worn by females bring the elastic just above the knee, where the large blood-vessels of the limb come near the surface, and are in position to be compressed against the thigh bone in such a way as to impede the circulation. It is not to be wondered at that under these circumstances, in addition to the evil of thin stockings, and thin, tight shoes, there should seem to be a necessity for artificial calves, which we are informed on creditable authority have actually been employed.

Whether garters are elastic or inelastic, the effect is essentially the same. They interfere with the circulation of the blood in the lower limbs, and often produce varicose veins. Cold feet and headache are the ordinary results of their use. School girls suffer greatly from their injurious effects.—*Ladies' Guide.*

Republished by Request.

**HYGEIA AND TEMPERANCE.**

An address by Mrs. Margaret A. Lake, read at the Public Meeting of the W. C. T. U. of Baltimore, Md., March 29, 1882. Also by permission at the Rockford Convention.

THE Department of Hygiene having been so recently added to the other departments of labor in which the Woman's Christian Temperance Union is engaged, there is, as yet, but little to report. Some of the ladies of the Union have been deeply interested in the success of the course of lectures on Physiology and Hygiene by Dr. Clara Marshall, of Philadelphia, just delivered here, and have endeavored to interest others. These lectures have been most interesting and instructive, have been quite well attended, and cannot fail to be productive of much good.

The question, Why has the Woman's Temperance Union taken up the subject of

hygiene? is one that is so frequently asked, that perhaps it would be well to devote a few moments to-day to considering some of the reasons, and also to considering the meaning of the term hygiene, the general idea concerning it seeming to be most vague and unsatisfactory. Consulting Webster, we find the meaning given, "Health, or the art or science of preserving health"; and we also find that the old Greeks attached so much importance to this subject, that they named one of their goddesses *Hygeia*, and it is from her name that the term is derived. Their laws on the subject of health were stringent and far-reaching, and the results are plainly visible to this day in some of the "beautiful forms with which every gallery of art is adorned, and of which these old disciples of hygiene, the finest physiques the world has ever seen, were the prototypes." God has made all his creatures and all his creations subject to laws; the sun, the moon, the stars, the mighty deep, the gigantic oak, the raging lion, the tiniest insect, the smallest blade of grass,—everything in the heavens above and the earth beneath and the waters under the earth, is subject to law; but man, his last and best creation, has generally so totally ignored and neglected these laws, that preventable deaths and diseases, and sins the results of these diseases, are about us on every hand. And so the Woman's Temperance Union has taken up this subject of hygiene, and would try to spread abroad a knowledge of these laws; for, alas! the intemperance and the sin with which it is battling so nobly, are the result of *broken laws.*

"In the image of God created he him, male and female created he them," and "God saw everything that he had made, and, behold, it was *very good.*"

We look about us to-day, and know that of the physical being of but few of those whom God created in his own image, could he now say, "Behold, it is very good." Bodily ailments of one kind or another seem to be the almost universal rule; few there are among us who can

truthfully say, I am perfectly well, while many are "but wrecks, capable of more or less repair." God can and does work marvelous things, even with some of these wrecks; but do we not well know how much better workers we could be in his service if our physical being were as he created it, and undoubtedly meant it should continue to be, "very good"?

Does "be ye perfect" apply to spiritual things alone? While caring for our spiritual needs, have we not neglected the proper study of our physical ones,—the "religion of our bodies,"—and have not our spiritual needs suffered in consequence?

"Who hath sinned, this man or his parents?" was a question asked of one brought to Jesus to be healed, and "Go and sin no more, lest a worse thing come upon thee," were his words to one on whom a miracle had just been wrought.

It has been well said by an eminent English writer, "When sons and daughters grow up sickly and feeble [and intemperate, he might well have added], parents commonly regard the event as a misfortune, as a visitation of providence. They assume that these evils come without cause, or that the causes are supernatural. Nothing of the kind. Very generally, parents themselves are responsible for all this pain, this debility, this depression, this misery. They have undertaken to control the lives of their offspring from hour to hour, in utter ignorance of the simplest physiological laws; year after year they have been undermining the constitutions of their children, and have so inflicted disease and premature death, not only on them, but on their descendants."

Strange is it, indeed, that educators should so long have, as a rule, ignored any teachings on these subjects, and that woman, in whose hands are placed the lives and well-being or ill-being of earth's helpless ones, should have been kept so long in ignorance of the simplest facts and laws concerning her own physical being. The intelligent farmer studies the laws of health most carefully, to insure good flocks and herds; the best foods, the best manner of preparing them, the best times for

giving them,—every phase of the question is carefully considered respecting every dumb animal on his farm; but what thought or what care does he give to the rearing of his own little children? Their food, their drink, their physical needs, are left, alas! too often to custom,—to chance, one might truthfully say. Should the death-rate and the diseases among colts or calves approximate in a slight degree those among little children and adults, the whole agricultural world would be aroused, the causes sought for, and when discovered, remedied without a doubt.

The Temperance Union has deplored the use of alcohol in cooking, has prohibited its use by its members; but have its members generally ever considered that strong tea and coffee, stimulating and irritating condiments—pepper, mustard, spices, large quantities of salt and other condiments so *commonly* and *freely* used in cooking—"have an unmistakable influence in creating and exciting a love for stimulating food and drinks, and thus ultimately lead toward intemperance"?

Says one who has studied this subject well: "We begin with this regular use of stimulants in children, whose nerves are yet weak, and all the while we vigorously protest against spirituous, vinous, and malt drinks! After pulling infancy and youth and adult age through all this course of stimulants, and after creating in the larger portion of mankind, the necessity, or at least the habitual use of them, we set up a crusade against a single form of the abuse—the alcoholic—and proceed to wage war against it, and we call it the war of temperance! But is this temperance indeed? Is it an intelligent warfare against this enemy to mankind? Is it not plain enough that reform must begin earlier, and be more comprehensive? For if we have to allow that all this course of what we call the milder stimulants is according to natural wants, we shall be reduced to the narrow ground of the mere question of the different *kinds* of stimulants for *habitual* use, in our warfare on the drinkers of beer, wine, and spirits."



And this view of the subject is one that is held by many—physicians particularly—who have intelligently studied this sin of intemperance, and who, while wishing the cause of reform God-speed, think *this* great root of the evil has been entirely overlooked by workers in the temperance cause.

In a standard work on physiology of the present day, is this extract from an article by the Rev. Chas. Kingsley: "Those who habitually take in the breath that has been breathed out by themselves or any other living creature, will certainly grow up, if they grow up at all, small, weak, pale, nervous, depressed, unfit for work, and tempted continually to resort to stimulants and become drunkards."

Now, in view of all these facts that have been laid before us, does it not behoove us, as workers in the temperance cause, as women, as mothers, as Christ's servants, to take up this most important subject of hygiene intelligently and inform ourselves upon it as fully as we can, that we be not "blind leaders of the blind," that it be not said of us, "This people's heart is waxed gross, and their ears are dull of hearing, and their eyes have they closed, lest at any time they should see with their eyes, and hear with their ears, and should understand with their heart, and should be converted and I should *heal* them"?

But what shall we do in the matter? how shall we take up the subject of hygiene? And self-denial being the price of every excellence, as is well known, one will tell you, eat brown-bread and oatmeal, "man having been made for oatmeal, not oatmeal for man"; or, as one has wittily said, "Eat nothing for breakfast, and something you don't like for dinner"; or, in other words, eat, drink, and do just what you don't like, nothing that you do. The disciples of hygiene in the days when this doctrine was inculcated, were few and far between, though happily their number is steadily increasing.

Fortunately for us, however, some of our medical world have long been aroused to the necessities of this subject, have

studied it well and carefully, have *tested* it thoroughly, and have given us the results of their labors, and to them we must go for assistance.

The true hygienist, they tell us, must see that he and all under his care, have, if possible, pure air, pure water, food proper in quantity and quality at regular and appropriate intervals, suitable clothing, proper exercise, adequate rest,—in fact, he must *study* the laws of health, God's own laws, and comply with them so far as possible. We would not blindly follow any one of the teachers of hygiene, but ask all who are interested to read and study the subject carefully, and thus arrive at some definite conclusion for themselves. Above all, let us not condemn what we do not understand, and have not taken the trouble to investigate. There is much most excellent literature on the subject; one unfamiliar with it will be surprised to find how much, and the Temperance Union will endeavor from time to time to bring some of it directly to the notice of its members. Perhaps the best plan we can pursue at present is that suggested by our beloved President, Miss Willard, viz., to subscribe for some good magazine on the subject. We have here several copies of one recommended by her. *The Laws of Life*, published at Dansville, New York, one of the oldest and largest health institutes in the country, and one visited by Miss Willard some time ago. We have also copies of *GOOD HEALTH*, a monthly journal published at Battle Creek, Michigan, where is located another large and flourishing health institution. (Sample copies of these magazines can be obtained by writing to their publishers.)

The members of the W. C. T. U. could not perhaps do better than to subscribe for one or both of these journals, as the perusal of these papers would be an advantage, both to themselves and others, in this important matter, the study of the subject of hygiene.

Respectfully submitted by

MARGARET A. LAKE,

*Superintendent of Hygiene, W. C. T. U., of Md.  
Baltimore, March 29, 1882.*

### THE TOBACCO NUISANCE.

WE have suffered from it ourselves, and seen others suffer,—ladies and gentlemen, and people who had reached that honored age when their comfort and convenience should be a restraint on the company they are in. We have suffered enough to be indignant, though we must confess, in strict self-examination, that what prompts us to protest is no high ethical zeal, like that which fired the bosom of Mr. Trask and his disciples. Disgust and indignation, and a sense of having had indignities practiced upon us by the votaries of the weed, is the highest moral range we rise to on this present occasion.

We do not undertake any preachment on the morality nor on the hygienic aspect of the matter. What we say is, that any man who uses tobacco is bound to take his pleasure in a way which does not annoy his neighbor. The best that he can say for his practice is that he enjoys it. There is no food in it, and it is not taken for medicine. Possibly it rests him, or quiets his nerves, or puts him in good humor. The sum of it is that he enjoys it as a personal luxury.

But he has no right to take his comfort out of other people, and the trouble with tobacco seems to be that it makes people blind to the annoyance they give others in using it. Your genuine smoker comes to feel that he has a right to all the air, in doors and out of doors, and feels himself abused and wronged when man or woman puts in a claim to breathe it without the tobacco admixture. Ladies abroad tell us that it is no gentleman who would smoke in their presence without asking permission; but, on the other hand, both ladies and gentlemen agree that no lady should venture to refuse permission when asked.

On both sides of the water we are rapidly coming to a point lower than this, where no permission is asked of man or woman. Your smoky friend plants himself to the windward on all occasions, and blows the dead smoke he is done with in your eyes. It is hard to find a retreat. On the Baltimore and Ohio Railway we

have known ladies to be smoked out of their costly seats in the drawing-room cars. This catastrophe is not impossible on other lines. The smoking saloon vents itself into the drawing-room. On steamer deck and hotel piazza there is no escape, and too often one retreats to his chamber in the hotel to find, like the Light Brigade at Balaklava, "Cannon to right of them, cannon to left of them."

Now, we do not know why our comfort is not as much of an object as any one's. People who do not smoke have rights, and rights which claim priority, and are not to be trespassed on in this way.

If people will smoke, let them remember how great a nuisance they may easily make themselves, unless they take pains to avoid it. Society has a right to require them to be cleanly in their habit. An uncleanly smoker, who does not take great pains with his person, soon becomes intolerable in society, more offensive than a smoky chimney. Refined ladies shudder at the approach of his redolent personality. Dead smoke in the curtains and walls is too much for fresh air, rosebuds, and good housekeeping combined.

Beau Brummell broke off an engagement because the lady used cabbage. Yet such are the caprices of society that, had tobacco been in vogue then as it is now, he might have claimed his right to puff in the lady's face or to have loaded her tapestries with his odors. He might even have offered her the choice of his "Opera Puffs," and wished to see the light curls rising from her fairy lips.

Izaak Walton wondered that the horse, "the honestest beast alive, should have such a strange power to make men dishonest." Tobacco-lovers might, with more reason, wonder why manners go down on the approach of their favorite weed. The fact is not to be denied. Tobacco is no school of manners. About all that can be required of the habitual smoker is, that he shall not be a nuisance. This we insist upon.—*Sel.*

**PERIL IN HAIR.**

HAIR combs are poisonous. The same is true of hair which has been many hours cut off from its source of life. The immediate cause of a hair coming out of its follicle is death of the hair, caused by a cessation of capillary circulation in it. The serous fluid in hair one week off the head is a virus that will cause blood-poisoning. The juices of dead hair are as fatal, if directly applied, as are the juices of a dead body. In the hair this virus becomes dried after a time; then it is like vaccine matter in a dry state, requiring only moisture and a broken place in the scarf-skin to inoculate the wearer with death. See what perspiration might do. No doubt the sweat-glands do absorb enough of this poison to cause many deaths every year.

Anatomy says: "A hair is an elongated tube covered with scales, which overlap each other like scales on a fish. Each hair is furnished with two blood-vessels, veins, glands, and nerves, and is nourished by the blood of the body." A hair being a tiny limb, is, when dead, dangerous to retain on or around the person.

BARBARA WEST CHASE.

[It will doubtless occur to the reader that the possible danger suggested by the writer of the above may be obviated by thorough disinfection of the hair.—ED.]

**HOW TO LIVE LONG.**

PHYSIOLOGISTS have written much of late respecting the duration of human life. Buffon was the first one in France to raise the question of its extreme limit. It was his opinion that man, becoming adult at 16, ought to live to six times that age, or 96 years. The eminent French physiologist, Flourens, fixing the complete development of man at 20 years, teaches that he should live five times as long as it takes him to become an adult. According to this author, the moment of a completed development may be recognized by the fact of the junction of the bones with their apophyses. This junction takes

place in horses at 5 years, and the horse does not live beyond 25 years; with the ox at 4 years, and it does not live over 20 years; with the cat at 18 months, and that animal rarely lives over 10 years. With a man it is effected at 20 years, and he only exceptionally lives beyond 100 years. The same physiologist admits, however, that human life may be exceptionally prolonged under certain conditions of comfort, sobriety, freedom from care, regularity of habits, and observance of the rules of hygiene; and he terminates his interesting study with the aphorism: "Man kills himself rather than dies." Other scientists, who have paid the greatest attention to this subject, hold the same views. The German physiologist Haller maintained that man might live to the age of two hundred years. A writer in the *Revue Scientifique*, in treating this subject, reaches the conclusion, from the information he has been able to gather, that although the great ages of mankind have diminished, yet the mean length of life has very sensibly increased. There seems no reason to doubt that all have, to a great extent, the power of prolonging their lives. Temperance, sobriety, and regularity of habits, are of the first importance. Living by rule, and avoiding extremes and excesses, may seem very irksome at first, but custom soon turns it to habit, thus securing happiness and comfort as well as length of days. A proof of the benefit of regular living is the fact that old people who have once settled down in a kind of groove of life cannot be unsettled therefrom, even for a few days, without danger to health and life itself. They may have, perhaps, their regular time for getting up in the morning, certain methods for ablution, certain kinds and qualities of food and drink, certain hours for taking these, certain hours for rest, exercise, and recreation, and a hundred other things, which, taken separately, may seem but trifles, but taken in the aggregate make up their lives, and they know and feel that they must not be unsettled. The wheels of life will run long in grooves, but soon

wear out over rough, irregular roads. Habits, whether good or bad, are easily formed when one is young, but when one gets on in years it is terribly difficult and oftentimes dangerous to set them aside. Therefore, study, if you would live long, to be regular in your habits of life in every way, and let your regularity have a good tendency. It was the German physiologist Hoffman who summarized the means of reaching great age as follows: "Avoid excess in everything; respect old habits, even bad ones; breathe pure air; adapt your food to your temperament; shun medicines and doctors; keep a quiet conscience, a gay heart, a contented mind."—*Selected.*

#### FLESH MEAT AS FOOD.

THE majority of people who give advice, gratuitously or otherwise, to persons suffering from mal-nutrition, or "general debility," prescribe first and foremost a generous meat diet,—“good, tender beef and mutton.” Occasionally, when a physician of eminence is consulted, he will say nothing about meat, but will prescribe all the milk one can swallow—say four quarts a day—with pickled salt codfish, freshened in cold water and cooked in the usual way, with milk thickened with flour or corn-starch; this three or four times a week to neutralize the constipating effect of milk. And for any one who can assimilate milk, this diet will make a “new man of you” with far greater rapidity and satisfaction than any quantity of the best meat to be had.

Of course there are many intelligent persons who understand that meat is not necessary for either health or strength, while there are others who do not eat beef or pork for fear of eating diseased meat; as in various districts where pleuro-pneumonia prevails among cattle, when cows first show signs of illness they are hurried off to the butchers who ship meat to Philadelphia and New York and other like points.

To illustrate the superiority of beef-eat-

ing races, the English are most frequently alluded to as men of fine physique, which is true; but the English peasantry as a class are of more robust and stalwart physique than the nobility, and they do not have meat in either quantity or quality to the same extent as the latter; while the Irish peasantry, which produces more giants, probably, than any other race, has very little meat to eat. Porters in the south of Europe, famed for their strength, I have been informed, eat meat but at stated times—on holidays or fête days.

I was interested not long ago in listening to a young man's account of himself since he had left off meat-eating, two years before. “My general health is greatly improved,” he said; “my temper is more equable. Meat made me irritable and savage—just as it affects a dog—and, strangest of all, my memory has improved in a most remarkable degree. I now have no desire for meat. I do n't like to see it before me. The sight of a train filled with bleating animals bound for the slaughter-house is one of the most horrible sights I have ever seen; and if we cannot support existence without murdering creatures that may enjoy life as well as we do, we would better not support it.” The young man was very prepossessing, with beautiful face and amiable, gracious manners. I remember, when a young girl, meeting a gentleman from the State of Maine who had never eaten meat, because he thought it an “abominable thing to do.” He was tall and well made, and had an extremely beautiful complexion. A little girl of my acquaintance, who had been fond of meat until she was three years old, suddenly refused to eat any, because she learned that calves and sheep were taken from her father's farm to be killed and “made into meat.” She is now six, and has never tasted it since that day.

However good or bad meat may be for adults—it being a matter which they can by experiment best decide for themselves—it is unquestionably an unwholesome diet for children, and many are the

feeble little people one sees whose parents stuff them with rich meats in order to make them strong.

Several years ago, Dr. James R. Leaming, the distinguished New York specialist, was called to take charge of the health of an Orphan's Home, where there were one hundred and ten children between two and four years of age. The first year there were five deaths; this was considered a "good year," as there had been as many as nine deaths in one year's report. Dr. Leaming then placed the home on a dietary, giving the children under seven no animal food except milk, but allowing them vegetables and fruits suited to their wants, with farinaceous food in variety. The children over seven and under fourteen, were given some form of flesh meat three times weekly, vegetables, fruits, and farinaceous food. There was one exception to the milk diet in hot weather—all the children were allowed picked-up cod twice weekly. The result of this dietary was to reduce the mortality to one in two years, and at one time there was but one death in the home for six years. This simple dietary was put into practice in the home about 1859, and has been adhered to since that time, with admirable results. Dr. Leaming also gives it as his belief that the results of simple diet have been equally as good in private practice. The most healthy, strong, and finely developed child that I know at five years of age, has been reared without meat.

The London *Lancet* says: "Nervous diseases and weaknesses increase in a country as the population comes to live on the flesh of the warm-blooded animals. Meat is highly stimulating, and supplies proportionally more exciting than actually nourishing pabulum to the nervous system. The meat-eater lives at high pressure, and is, or ought to be, a peculiarly active organization, like a predatory animal, always on the alert, walking rapidly, and consuming large quantities of oxygen. In practice we find that the

meat-eater does not live up to the level of his food, and as a consequence he cannot or does not take in enough oxygen to satisfy the exigencies of his mode of life. Thereupon follow many, if not most, of the ills to which highly civilized and luxurious meat-eating classes are liable." If one wishes to draw a conclusion, he has but to consider the sedentary habits of American women, their nervous diseases, and their propensity for meat-eating.

In this country, with its abundance of delicious vegetables in great variety, there is little excuse for such excessive meat-eating as prevails, except that it requires much more skill and labor to prepare and cook a variety of vegetables well. I remember hearing a poet who lived much in hotels say that he was obliged to eat meat at nearly every meal because of the wretched way in which the vegetables were prepared. But if people, and especially mothers, realized the advantage to be gained by a simple, natural diet for their growing boys and girls, it would not be difficult to get out of the habit of frequent meat-eating and into the habit of providing a plenty of good vegetables. Although to preserve health is never a matter of so much importance as to restore it, still people will do for their children what they neglect to do for themselves; and it has come to be a maxim, I believe, that everybody is interested in knowing what pertains to health, even if not given to practice its precepts.—*Mary Wager-Fisher, in Christian Union.*

—Was ever man the better for having coffers full of gold? But who shall measure the guilt that is incurred to fill them? Look into the history of civilized nations; analyze with reference to this one cause of crime and misery, the lives and thoughts of their nobles, priests, merchants, and men of luxurious life. Pride and lust, envy and anger, all give up their strength to avarice. The sin of the whole world is essentially the sin of Judas. Men do not disbelieve their Christ, but they sell him.—*J. Ruskin.*



## TEMPERANCE AND MISCELLANY.



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

Conducted by MRS. E. E. KELLOGG, Superintendent of Hygiene of the National W. C. T. U.

### WORK.

Down and up, and up and down,  
Over and over and over;  
Turn in the little seed, dry and brown;  
Turn out the bright red clover.  
Work, and the sun your work will share,  
And the rain in its time will fall;  
For Nature, she worketh everywhere,  
And the grace of God through all.

With hand on the spade and heart in the sky  
Dress the ground and till it;  
Turn in the little seed, brown and dry;  
Turn out the golden millet.  
Work, and your house shall be duly fed;  
Work, and rest shall be won;  
I hold that a man had better be dead  
Than alive, when his work is done!

Down and up, and up and down,  
On the hill-top, low in the valley;  
Turn in the little seed, dry and brown;  
Turn out the rose and lily.  
Work, with a plan, or without a plan,  
And your ends they shall be shaped true;  
Work, and learn at first hand like a man—  
The best way to *know* is to *do*!

Down and up till life shall close,  
Ceasing not your praises;  
Turn in the wild winter snows;  
Turn out the sweet spring daisies,  
Work, and the sun your work will share,  
And the rain in its time will fall;  
For Nature, she worketh everywhere,  
And the grace of God through all.

—Alice Cary.

### TEMPERANCE A CHRISTIAN DUTY.

BY MRS. E. G. WHITE.

MAN came from the hand of God perfect in every faculty of mind and body; in perfect soundness, therefore in perfect health. It took more than two thousand years of indulgence of appetite and lustful passions to create such a state of things in the human organism as would lessen vital force. Through successive generations the tendency was more swiftly downward. Indulgence of appetite and

passion combined, led to excess and violence; debauchery and abominations of every kind weakened the energies, and brought upon the race diseases of every type, until the vigor and glory of the first generations passed away, and man began to show signs of decay in the third generation from Adam. Successive generations after the flood degenerated more rapidly.

All this weight of woe and accumulated suffering can be traced to the indulgence of appetite and passion. Luxurious living and the use of wine corrupt the blood, inflame the passions, and produce diseases of every kind. Parents leave maladies as a legacy to their children. As a rule, every intemperate man who rears children, transmits his inclinations and evil tendencies to his offspring, and the evil does not end here; he gives to them disease from his own inflamed and corrupted blood. Licentiousness, disease, and imbecility are transmitted as an inheritance of woe from father to son and from generation to generation, bringing anguish and suffering into the world, which is no less than a repetition of the fall of man.

The continual transgression of nature's laws is a continual transgression of the law of God. The present weight of suffering and anguish which we see everywhere, the present deformity, decrepitude, disease, and imbecility now flooding the world, make it, in comparison to what it might be, and what God designed it should be, a lazaret-house. The present generation is feeble in mental, moral, and physical power.

All this accumulated misery from generation to generation is because fallen man will break the law of God. Sins of the greatest magnitude are committed through the indulgence of perverted appetite.

The effort made to create a taste for the disgusting, filthy poison, tobacco, leads to the desire for stronger stimulants, as liquor, which is taken, on one plea or an-

other, for some imaginary infirmity, or to prevent some possible disease. Thus an unnatural appetite is created for these hurtful and exciting stimulants. The increase of intemperance in this generation is alarming. Beverage loving, liquor-drinking men may be seen everywhere. Their intellect is enfeebled, the moral powers are weakened, the sensibilities are benumbed, the claims of God and heaven are not realized, and eternal things are not appreciated. The Bible declares that no drunkard shall inherit the kingdom of God. Every intemperate person renders himself accountable, not only for the sins which he commits in his own person, but for the evil results that his dissipated course of life has brought upon his family and upon the community.

The race is groaning under a weight of accumulated woe, because of the sins of former generations. And yet with scarcely a thought or care, men and women of the present generation indulge intemperance by surfeiting and drunkenness, and thereby leave, as a legacy for the next generation, disease, enfeebled intellects, and polluted morals.

Intemperance of any kind is the worst sort of selfishness. Those who truly fear God and keep his commandments look upon these things in the light of reason and religion. How can any man or woman keep the law of God, which requires man to love his neighbor as himself, and indulge intemperate appetite, which benumbs the brain, weakens the intellect, and fills the body with disease? Intemperance inflames the passions, and gives loose rein to lust. Reason and conscience are blinded by the lower passions.

It is not an easy matter to overcome established habits, to deny the appetite for narcotics and stimulants. In the name of Christ alone can this great victory be gained. Our Saviour paid a dear price for man's redemption. In the wilderness of temptation he suffered the keenest pangs of hunger; and while emaciated with fasting, Satan was at hand with his manifold temptations to assail the Son of God, to take advantage of his weakness and overcome him, and thus thwart the plan of salvation. But Christ was steadfast. He overcame in behalf of the race, that he might rescue them from the degradation of the fall. Christ's experience is for our benefit. His example in overcoming appetite points out the way for those who would be his followers,

and finally sit with him on his throne. The Son of God sympathizes with the weaknesses of man. His love for the fallen race was so great that he made an infinite sacrifice to reach man in his degradation, and through his divine power elevate him finally to his throne. But it rests with man whether Christ shall accomplish for him that which he is fully able to do.

### DOMESTIC CUSTOMS OF THE ANCIENTS.

BY MARY MARTIN.

It is deeply interesting to compare the manners, customs, habits, etc., of those who passed from the stage of action centuries since with those of the people living at the present time. The recent excavation of long-buried cities, and the key which toil and patience has furnished to unlock the mysteries inwrapped with hieroglyphics, reveal much that has been concealed for ages.

The hospitality which was characteristic of the people in Abraham's day, is no less marked now. Then, however, it was prompted by an unselfish desire to promote the comfort and interest of others; now, although hospitality is urged upon the traveler, yet he is made to understand that for every favor bestowed, an equivalent of some kind is expected in return.

It was the custom among the ancient Romans, and also Egyptians, to grind their grain in a mortar or hand-mill, the latter of which may be found in Naples at the present day. The women of the household usually performed this labor, although among the higher classes it was done by slaves. Watermills, however, were not unknown to the Romans, and frequently after modern inventors have taxed their brains to the uttermost, they find their pet achievement was old thousands of years ago.

Bread was frequently made by mixing water with meal, and baking upon a heated rock. This may be the kind which Palmer mentions in alluding to Luke 11: 11. According to his account, its resemblance to a stone was in no degree figurative. He says of the bread given out by the monks of St. Catherine, "One of these loaves I brought back with me. An eminent geologist to whom I submitted it, pronounced it a piece of metamorphic rock containing fragments of quartz, embedded in an amorphous paste. No decently

brought up ostrich could swallow one without endangering his digestion for the term of his natural life." Bread, as mixed with yeast and fermented, was not unknown, and it was not considered beneath the dignity of princesses to understand how to make delicious bread for their own households. Homer mentions weaving and spinning as common employments of ladies of rank.

At the feasts which were of frequent occurrence, meat was served in the form of duck, quail, kid, wild goat, etc. The cow, being considered sacred, was never used for food, and according to some authorities sheep were held in equally high estimation. The ancients took pride in the number and variety of their dishes. Among the laboring classes, vegetables and grains constituted the principal articles of diet. These possessed more physical endurance, and were longer lived than the wealthier classes, who were distinguished for their luxurious and effeminate mode of living. Herodotus states that the principal food of the builders of the pyramids consisted of "onions and garlic," to which Strabo adds lentils. At the tables of the rich as well as the poor "an endless succession" of vegetables was considered indispensable, "being in greater request than joints." Grapes, figs, and dates were also much used.

Notwithstanding the conviviality which was a marked characteristic of the feasts and parties of pleasure, they considered it necessary to surround themselves by some form of restraint. They had a custom of supplementing their elaborate entertainments by the introduction of a wooden image resembling a mummy, as a reminder of the brevity of life.

The physicians of Egypt were accounted very skillful; even Cyrus and Darius are said to have resorted to them for medical assistance. They were all specialists, each physician pursuing some particular branch. "Being persuaded that the majority of diseases proceed from indigestion and excess of eating," "they had frequent recourse to abstinence and emetics, slight doses of medicines, and other simple means of relieving the system." So confirmed were they in the opinion that "illness was wont to proceed from some irregularity in diet that they submitted to regular preventive measures several days in each month." Kitto tells us that the Hebrews as well as Egyptians "seldom used inward remedies, but trusted

mainly to outward applications," and Sir John Chardin alludes to this as a prevalent custom in the East, making special mention of such external appliances as friction, oil, etc.

The excavations at Pompeii reveal both public and private baths, the former occupying nearly an entire block. The arrangement of these is well adapted to the purpose for which they were intended, and they are beautifully decorated, the apartments being paved with white marble in mosaic work.

Among the many interesting objects brought to light is a kitchen and pantry with their unique cooking utensils; glass vessels containing oil, nuts, dates, raisins, and figs; and large receptacles for wine. The latter are equally conspicuous among the relics of ancient Egypt and Rome. The magnificent palaces with their elegant appointments indicate a height of luxury and extravagance unsurpassed by aught that subsequent ages has produced. The mother, clasping her infant in her arms, overtaken by the fearful calamity that so suddenly transformed the beauty of life to the awfulness of death; the delicate fabrics and ornaments of exquisite workmanship; gorgeous furniture and household appointments; the miser with his cherished gold,—all reveal the fact that love, pride, ambition, and avarice have long been ruling passions in the human family. "Pride, fullness of bread, and abundance of idleness," is the epitaph upon the time-worn tablets of the pulseless sleepers of the ages, and we do well to pause and reflect.

#### **THE SHAPING INFLUENCE OF FRIENDSHIP.**

No man ever set his love upon anything without being reacted upon by that thing, and becoming, so far, a different man from what he was before. There is nothing which is more potent in shaping the essentials of one's character, and in changing one's modes of thought and action, than affection, although that shaping and those changes go on so silently that the subject of them may never suspect their progress. He who has been trained to the love of the beautiful in nature or in art has unconsciously been molded into quite a different spiritual shape from what would have been his, had his training led him to the love of the merely rude and robust. And that spiritual difference will



manifest itself in outward look and word and speech.

If the love of lifeless things has such power in shaping us, how much more potent must be that higher love of the living, which we call friendship? If we cannot love the beautiful in nature without being refined by it, if we cannot love the sublime without being elevated by it,—how much more effective in elevating and refining us must be the friendship of a noble and beautiful soul? And if we cannot set our affections upon any lower thing on which falls the shadow of a falsehood without being deteriorated by it, how much more perilous is it to be content to love the base and ignoble in human nature?

Every new and true friendship makes a man more than he was before. There is no possibility of friendship, without each of the friends exercising a molding influence upon the other, and, so to speak, contributing something to the other's being. Hebrew proverbial philosophy caught that truth long ago, and embodied it in the saying which inspiration has immortalized: "Iron sharpeneth iron; so a man sharpeneth the countenance [the entire presentment] of his friend." And in this mutual sharpening and shaping process each party is enriched and neither is impoverished; for the double blessing of giving and receiving falls graciously upon both.—*S. S. Times.*

Written for GOOD HEALTH.

### EFFECTIVE MEASURES.

BY JULIA COLMAN.

I AM sure that when I speak of effective measures in connection with temperance work, I strike a chord that vibrates in the hearts of our best workers. I believe there is nothing we more earnestly desire than to get rid of intemperance with all its attendant evils. We have so often been reproached (whether justly or unjustly) with having made serious mistakes, and with having made "a failure" of our work, that we are extremely desirous of working effectively, doing *really good work*.

In saying this, it is very far from my intention to admit that temperance work as a whole is a *failure*. We have but to compare the state of public sentiment at the present time with that of fifty years ago to discredit that idea, and especially to take into account the increase in the number of total abstainers and the far

more accurate and general knowledge of the nature and effects of alcoholic drinks. That mistakes have been made, I do not attempt to deny; but I do insist that very great and definite advancement has been made all along the line, and no mistakes that the temperance workers have made are so serious and so hurtful as those made by people who do nothing but find fault.

Probably one of the most prolific causes of all our mistakes is the fancy that we can make the work brief,—that we can do it up effectively in a few years by some one line of effort. Perhaps there has been no one thing of the kind that we have gone into of late that better illustrates this idea, than that of petitioning legislatures to do what we know they do not wish to do, and what their constituencies would not sustain them in doing. What has been effected by the immense petitions that have attracted public attention in Illinois, Ohio, and Michigan within the last few years? They were magnificent demonstrations of associated effort no doubt, but they were sadly misdirected in *aim*. Which one has been granted? The presenters had their day and made their demonstration, and the number of signatures and the array of presentation should have commanded—*nay, did* command—public attention. But when the pageant was over, the precious papers were taken down from their festoons, and were most ignominiously sat upon by the entire legislatures, excepting, perhaps, in the case of Iowa, where it sufficed for the clerk of the assembly and the Judges of the Supreme Court to do the requisite amount of heavy sitting down. The avowed aim of the petition is defeated, and this gives definite color to the imputation that our movement was a mistake.

To this it is often replied that the circulation of the petitions gives rise to a great deal of good temperance work. At least, this work keeps the subject before the people, and in some cases it has been accompanied by the distribution of valuable tracts; but to offset this we must admit the serious fact that it often interferes with systematic work, and distracts the attention of the workers from the real sources of power. The scattering of a few tracts broadcast during such a canvass for signatures to a petition, could have but little effect compared with the results of a systematic preparation of the

ground and seeding down of an entire community, with, perhaps, information about the nature and effects of beer, if beer happens to be the favorite tippie in said community. Let us see how this can be done.

Perhaps no other one alcoholic drink has been so bepraised in this country of late as beer. The brewers cunningly enlisted the willing doctors, who almost simultaneously lauded its virtues and prescribed its use, from one end of the country to the other. Almost everybody tried it, and many liked it, and continued drinking; and the traffic in beer suddenly assumed immense proportions, on the ground of the *wholesomeness* of the drink. What have we done to counteract this tendency? We have talked a little about the "adulterations" in beer, which affects the drinkers about as much as talking about the spots on the sun. That does not mean *his* beer. He knows where he gets his beer and who makes it, and his beer is not adulterated. Or if American beer is not as honest as German beer, the remedy is to import German beer; and difficult as that operation has hitherto been considered, they are now actually doing it; at least they say so, though very likely American brewers will draw the profits.

Now what we want for an effective measure in that line, is to have a thorough study and exposure of the beer. From what is it made? how is it made? and what are its essential characteristics? How much alcohol is there in it? What is the nature and what are the effects of this alcohol? Are they essentially different from those of alcohol in other forms? What else is there important in good beer, so called? Which is the best drink, beer or water? These, and similar questions could be taken up by all kinds of temperance organizations, and made the subject of debate, study, lecture, conversation, and articles for the press; ministers, doctors, scientists, and journalists could be induced to take part; the whole matter could be thoroughly sifted, and the truth could be brought out. Abundant and excellent authorities are accessible, so that no organization, however poor and weak they may feel, and no village lyceum, no family even, that may be in want of an evening's study or entertainment, need hesitate to take it up.

There is forty "Readings on Beer,"

containing short articles on these and other points in one pamphlet, for five cents. "The History and Mystery of a Glass of Ale" is an excellent five-cent pamphlet; while "The Beer Question," by A. M. Powell, Esq., a ten-cent pamphlet of forty pages, gives a summary of the best information on the subject. "The Worship of Bacchus a Total Delusion" (limp cloth, fifty cents) describes all the English ales, etc., and gives many curious and valuable illustrations of the worthlessness of beer, showing the comparative amounts of grain, water, and alcohol, and the bread that could be made of the former.

This sort of information, thoroughly diffused in a community, will have the inevitable effect of bringing out many earnest and intelligent temperance workers. It will appeal to the common sense of the community, and enlist it on the right side. It will open the way for the existence of temperance schools or other juvenile work, because people will then see what kind of truths can be taught to children, and they will correctly reason that a thorough knowledge of these truths will be the best possible security against the use of these drinks under all circumstances, and the best incentive among conscientious people to work against their use by every possible means.

Doubtless I shall be reminded that temperance teaching is about to be introduced into the public schools by law, and then we shall have temperance sentiment of the right sort manufactured to order by the quantity. But if anybody really thinks that temperance work is going to "run alone" after this fashion, I must quote that opinion as only another example of the prevalent lack of thoroughness; and I know that all true-hearted temperance people will pardon me when I show them the facts in the case, and suggest "effective measures."

I think no one who read my article on "Temperance Teaching in Public Schools," published in GOOD HEALTH last year, will doubt my approval of this line of work, so far as it is effective. But it needs help, and continual watching and prompting by temperance people. Why? Because no laws of this kind ever execute themselves; and where a new thing like this is launched out into a system where nothing of the kind has had a place hitherto, it needs a great deal more than a legislative act to make it effective. The school

commissioners, whose official position usually does *not* depend upon temperance votes; the principals, who are more or less affected by the same political complexion; and the teachers, who usually follow instructions, who do not know enough about temperance to make it interesting, having never had it in their own studies, and who are so pressed by other duties that they do not have time to qualify themselves properly, or at least will think so if the inclination is lacking,—all these are averse. I have known several cases where the temperance workers had with infinite pains “secured the introduction of temperance text books into the schools,” and then retired to rest on their laurels and report their work; and it has been discovered some months afterward, perhaps accidentally, that nothing whatever had been done in the schools about it. And what does this prove? That the measure is valueless? By no means; it only proves that to be effective it must be followed up until the facts taught have a chance to produce their legitimate results in the convictions of both teachers and pupils, and only then will it be in any sort of a position to perpetuate itself.

How can all this be done?

In the first place, in order to *interest* the teachers, send to each one individually, with or without the co-operation of superior officials, the “Teacher’s Set,” made up of leaflets giving some idea of the nature of this teaching, its practicability, its advantages to the scholar, the responsibility of the teacher in the matter, etc., etc. It costs but a trifle (or can be had free from the W. C. T. U.); it has been used quite largely, and has proved very advantageous, either in connection with the public efforts, or previous to them, it being always found an important element to have the teacher interested favorably.

Where something more than this can be afforded, it is a good plan to put into their hands a copy of some one of the text books, preferably the one which it is desired to introduce into the school. This has also been found a very effective measure with members of boards of education, commissioners, and principals, converting them from indifferent listeners into energized workers. Lastly, when official authority has been secured, continue to inquire and agitate until the books are introduced, and then watch the progress of

the lessons by distributing some attractive leaflets suitable to illustrate the several lessons in the text books. This plan enables the temperance society to keep up a pleasant co-operation with the school and teachers, and to know of the advancement of the work without any appearance of surveillance. In explanation it may appear tiresome, but in fact the visitors or committees become interested in what is going on, and they feel more than repaid by what they learn of the lessons themselves, and of the advancement and satisfaction of both teachers and pupils. Indeed, there is scarcely any kind of benevolent work that “pays its way” better than *intelligent* temperance work,—making the people acquainted with the nature and effects of these drinks which we have hitherto cherished.

These I give as illustrations of “Effective Measures.” We must believe in the efficiency of what we are doing, and we must especially believe that “knowledge is power” quite as much in temperance work as any other,—perhaps more than in most others. And then we must be wise, patient, persistent, and willing to do our part of the work *well*, even though it seem to us a very small part.

### THE CURSE OF IRELAND.

THE curse of intemperance clings to Ireland with unrelenting grasp. Says a recent letter: “On the platform of every little country railroad station are piles of liquors in bottle, cask, and case. No hotel is too mean or dirty to have a bar-room almost gorgeous as compared with the rest of the shabby structure. The bill of fare is contemptibly short, the list of liquors indefinitely long. It is common talk, moreover, that the poorer classes have a growing preference for strong spirits over ale, porter, or wines, and select the vilest compounds, because they are cheaper, ‘and scratch as they go down me throat.’”

An exchange says: “By some strange descent as appalling as that from the sublime to the ridiculous, the house in which the poet Moore was born is now a whiskey-shop, Burns’s native cottage is a public house, Shelley’s house in Great Marlow is a beer-shop. The spot where Walter Scott was born is occupied by a similar building; and Coleridge’s residence at Nether Stokely, the very house where he

composed the 'Ode to a Nightingale,' is an ordinary beer-house."

The London Temperance Hospital, established seven years ago for the treatment of medical and surgical cases without alcohol, though in extraordinary cases it might be used, has treated 9,239 cases, and used alcohol only *once*, and then the result was not beneficial. The hospital has become so popular on account of its temperance principles that new buildings are to be erected.—*Sel.*

#### Decanter's War Cry.

There was an old decanter, and its mouth was gaping wide; the rosy wine had ebbed away and left its crystal side; and the wind went humming, humming; up & down the sides it flew; and through the reed-like, hollow neck, the wildest notes it blew. I placed it in the window, where the blast was blowing free, and fancied that its pale mouth sang the queerest strains to me. "They tell me—puny conquerors!—the Plague has slain his ten, and War his hundred thousands of the very best of men; but I"—'t was thus the bottle spoke—"but I have conquered more than all your famous conquerors, so feared and famed of yore. Then come, ye youth and maidens, come drink from out my cup, the beverage that dulls the brain and burns the spirits up; that puts to shame the conquerors that slay their scores below; for this has deluged millions with the lava-tide of woe. Though in the path of battle, darkest waves of blood may roll; yet while I killed the body, I have damned the very soul. The cholera, the sword, such ruin never wrought, as I, in fun or malice, on the innocent have brought. And still I breathe upon them, and they shrink before my breath; and year by year my thousands tread the dismal road to Death."—*Ex.*

#### A PARABLE.

THEN shall the kingdom of Satan be likened unto a grain of tobacco seed; which, though exceedingly small, being cast into the ground, grew, and became a great weed, and spread its leaves rank and broad, so that huge and vile worms formed habitations thereon.

And it came to pass that the sons of men looked upon this weed, and, the eyes of their understanding being darkened, thought it beautiful to look upon, and much to be desired to make youth of tender years look big and manly. So they did put forth their hands and chew thereof. And some it made sick, and others to vomit most filthily.

And moreover it came to pass that those who chewed thereof became weak and sick, and could not deliver themselves from the desire of having bits of it continually in their mouths, which aforetime had been clean and ruddy, but now became foul and black; and besides, the chewers were seized with a constant and violent spitting of unclean humors, and they did spit in all places, even in ladies' parlors and in the courts of the Lord of hosts. And the good and true, whose lives were pure, were grievously plagued thereby.

And it came to pass that the men were dissatisfied with merely chewing this strange weed, but sought out other and cunning devices for using it. Some, indeed, did make it into a fine powder and fill their nostrils therewith, and were taken suddenly with fits, and did sneeze with great and mighty sneezes, insomuch that their eyes were filled with tears, and their faces were wrinkled, and they did look foolish exceedingly.

And yet others cunningly wrought the leaves into rolls, and did set fire to one end thereof, and suck vehemently at the other, and did look very grave and calf-like; and the smoke of their burning and sucking ascended up forever and ever.

And there were men whose wisdom being that of the fox, beholding the multitude which did chew, and smoke, and snuff, said among themselves, "Come, let us plant and water, and increase the production of this weed, whose name is tobacco, for therein is mighty and increasing business"; and they did so, and the merchantmen waxed rich in the commerce thereof.

And it came to pass that even the saints of the Most High became bond-servants to the weed, and defiled themselves therewith; and even the poor, who said they could not buy shoes and books for their wives and little ones, spent their substance therefor.

And the anger of the Lord was kindled by such great wickedness, and he said: "Wherefore this great waste? and wherefore do these little ones lack food, and shoes, and books? Turn now thy fields into corn and wheat, and put this evil thing far from you, and be separate, and defile not yourselves any more; and I will bless you, and cause my face to shine upon you."

But with one accord they raised their voices and exclaimed, "We cannot cease from chewing, snuffing, and puffing; we are slaves."—*Sel.*

## POPULAR SCIENCE.

—The deepest coal-mine in America is at Pottsville, Pa. It is 1,576 feet in depth.

—The Ashland (Alabama) *Banner* mentions an important discovery of lodes of tin-bearing rocks near that place. It is already being worked on an extensive scale.

—It is said that the oldest oak in America is in Woodbridge, Conn. An association has been formed with a view to protect this patriarch—said to be one thousand years old—by an iron railing.

—Among the archaeological exhibits at the Denver Exposition, were fine specimens of Aztec pottery, parchment, stone implements, etc., found in La Plata Co., Col. There were also human skulls, the thickness of which indicates a barbaric race.

—In the gardens at Broadlands, Hants, stands a maidenhair, or ginkgo tree. It is allied to the yew family, but differs from the latter in the formation of the leaves, which are long-stemmed and fan-shaped. These are deciduous, turning to pale yellow before they fall. This is the only species of the genus known to exist, although many other kinds were plentiful in the early centuries. The remaining specimen is of smaller stature than its ancestors, being only about forty feet in height and seven in circumference.

—In the caves of limestone in the mountains of Coahuila, Mexico, the remains of human beings have been found. This section of country is usually parched by heat during a portion of the year, and nearly inundated by the heavy rain during the remainder. Vegetation is scarce, being limited to the agave, cactus, yucca, etc. These furnished the fabric from which the clothing was produced, as would appear from the fragments of apparel found upon the skeletons. Birds and animals are very scarce in this section of country. It is thought that the chief articles of diet were grains and vegetables raised annually from seeds, such as mesquite beans, etc. The tools found are made of stone and have wooden handles. The sandals are, made of agave fibres, and are highly ornamented with shells, stones, pieces of bone, etc. Two arrowheads, and a portion of two bows, are the only relics discovered indicative of warfare, and these may have been used for other purposes. This is inferential proof that this race, supposed to be extinct, was a peaceable people. Scientists conclude from the ingenuity, industry, and perseverance evinced, that none but a superior race could have accomplished so much under such unfavorable circumstances, with such limited opportunities.

—After a long series of experiments, Mr. Maybridge of California has invented a method by which human beings, birds, and animals can be photographed with accuracy while in motion. He has been honored by a magnificent entertainment at the private residence of M. Meissonier in Paris. Here he exhibited specimens of his work in the presence of the most eminent representatives of art, science, and literature. He is said to have been the only dissatisfied person in the assembly; his ideal being so far in advance of his present achievements that they seem to him merely suggestive of future possibilities.

—The finest display of electrical lights upon record was upon exhibition at the Crystal Palace. There were Brush, Weston, Brockie, Pilsen Siemens lamps, and many others. Swan lamps illuminated the picture gallery, and Edison lamps the entertainment courts. The finest specimen of workmanship was designed by Messrs. Verity and Sons of Covent Garden, and was placed in the entertainment court. It represents a basket of flowers fifteen feet high, and is made from hammered brass. Nearly three hundred and fifty flowers, from the sunflower to the clove pink, are represented. The cups of the flowers are of glass in different colors, with an Edison light placed inside each cup. When these are lighted, the blending of the colors is said to be strikingly beautiful.

**A Large Brain.**—A mulatto recently died in Cincinnati whose brain was found to weigh sixty-one ounces. The only recorded brain weights exceeding this were the brain of the famous naturalist, Cuvier, and that of a London brick-layer. The deceased had been a slave, and was in no way distinguished intellectually.

**An Optical Experiment.**—One of our scientific exchanges directs attention to the not generally known but easily demonstrable fact that there is in every good eye a blind spot, called the *punctum cæcum*. Although the optic nerve is the medium of communication between the eye and the brain, it is itself insensible to the action of light. The blind spot is the end of the optic nerve proper, and is found by the following simple but curious experiment. Write in black letters, about three inches apart, in a line as shown on this page, the word

E                      Y                      E

Close one eye, and holding the book so the Y is in front of the open eye, look steadily at the E in front of the closed eye. Probably the whole word will be visible at first, but by moving the book slowly back and forward, and looking as directed constantly, a position will be found where the middle letter will disappear, and at the same time the two E's will be plainly seen. The image of the Y in this position falls on the blind point, and is consequently invisible. By repeated trials, any one of the letters may be made to disappear.

# GOOD HEALTH.

BATTLE CREEK, MICH., MARCH, 1883.

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

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### **FOOD OR POISON, WHICH?**

THIS is the question in relation to glucose. It has been much discussed, and different opinions have been given. Several chemists have asserted that when well made it is as healthful as any sugar, while plenty of other chemists and physicians have testified to its unhealthfulness. The fact is, the chemists know nothing about it. They know the chemical composition of glucose, but this does not necessarily decide its properties as a food. The composition of gum is the same as that of starch; yet one is a food, and the other is not. Decisive experiments respecting the relative healthfulness of pure glucose made artificially and that made in the laboratory of nature, have yet to be made.

It cannot be denied, however, that in the process of manufacturing glucose from corn, substances are used which are rank poisons. It will also be admitted by any chemist who has investigated the subject, that the glucose on the market always contains more or less of these poisonous ingredients, and may contain a considerable quantity, especially when sold in the form of a sirup. The effect of the poisonous substances used in the manufacture is seen in the results of feeding the waste, or refuse, to swine and other animals. Both hogs and cattle will fatten on distillery slops; but when the vile refuse of a glucose factory is fed to them, they speedily droop and die.

A newspaper correspondent recently called attention to the following fact of interest in this connection:—

“The fish in the river below Peoria, that have lived through the corruption sent out by twenty large distilleries for many years, are killed by untold thousands by the poisoned offal sent out by a single glucose establishment. It is so in other places. This poison comes from the converters in the factory, the spot in which the process is at its worst. Part of this poison is doubtless neutralized, part is run off to the fishes, and a proportion, more or less, remains for the people.”

### **GREEN OYSTERS.**

THE French epicure has long been provided with his favorite luxury, the green oyster, by enterprising fishermen who place common oysters in tanks of stagnant water, and allow them to remain until they become thoroughly permeated with the green slime which lines the sides and bottom of the tanks. The American epicure can now enjoy the same delicacy, according to the following paragraph from the *Scientific American*, announcing the discovery of the emerald-colored bi-valves in this country:—

“A great deal has been written in regard to the peculiar green character of European oysters, and in certain varieties of these shell-fish their value abroad seems to depend on the intensity of color. For those who like such green oysters it may be stated that there are localities in the United States where oysters of the most pronounced verdigris tint can be obtained. Prof. Ryder has found that the coloring is not due in American oys-

ters to the green diatoms on which the oysters largely feed, as was supposed by M. Puysegur to be the case in French waters. In experimenting on the green color in Chesapeake Bay oysters, it was found, on drying the substance, that it faded out in time. Prof. Ryder is disposed to believe that it is composed of an immense number of glandular cells containing chlorophyl, and is due to a vegetable parasite. In this method of coloration, oysters would not differ from certain mussels, which, as Prof. Leidy has shown, owe their peculiar green tinge to the same substance."

#### ADULTERATION OF TEA.

WE seldom speak on this point, though there is always enough to be said, because we do not approve of the use of the article, and consider the worst results of its use to be those which come from its natural and characteristic constituent. Some of the adulterants of tea, however, are exceedingly poisonous, and according to the statements of experts it is hardly safe to use the article without subjecting each specimen to a careful chemical analysis. The following we quote from the *Chicago Grocer*:—

The tea trade of New York, through one of its members, has addressed a communication to Congressman Hardenburg of New Jersey, who has in charge the bill now before Congress for preventing the adulteration of food, in which are presented the frauds and adulterations now going on in the tea trade, and from which we select the following extracts:—

"For several years past the entire importation of teas to the United States has been from 75,000,000 to 80,000,000 pounds yearly, and of this amount 20 per cent is of a quality unfit to drink and injurious to the health of consumers. . . . The Chinese and Japanese houses presume to send all they cannot find a market for at home to us, since England has prohibited all adulterated teas from her markets.

"England's prohibition includes all teas whose chemical properties are detrimental to health. This includes the common and inferior grades of Pingsueys, the entire crop of Cantons (these Canton teas grow wild adjacent to Canton, and are manipulated in the fashion of good green teas, but have no merit whatever), the refuse of Amoy and Foochoo Oolongs known and classed as Aukois, the dregs and sweepings of Souchong and Congous, and the common Japans. . . . Until within a few years, these common late pickings were not gathered or offered for sale. Now, with the aid of Prussian blue, gypsum, antimony, etc., they are given the semblance of tea, and sent here.

"This country has become a receptacle for the refuse and dregs of all nations, and this seems a fitting time to check the evil.

"The exclusion of 15,000,000 or more pounds of this inferior stock of tea—which all admit is entailing untold physical evils—will stimulate a trade which has languished for years from this cause; indeed, the business in tea has reached that point that, unless relief comes from this source, the capital employed therein will seek other channels, and the trade will come under the control of Chinese and Japanese merchants, who presume upon our ignorance and credulity in believing that anything bearing the name of tea has a virtue.

"This surplus stock meets with no demand from legitimate dealers. In order to dispose of it, it is thrown upon the markets through auctions, and purchased almost wholly by unscrupulous retailers, who supply their customers at the ruling rates for good teas, the inducement being a present of glassware or crockery to those who buy freely. This method of stimulating trade is carried on to a large extent in our cities, to the detriment or ruin of honest dealers. Tea costing eighteen to twenty cents at auction, at these gift stores is retailed at seventy to eighty cents."

**MASSAGE IN THE SANDWICH ISLANDS.**

THE remarkable results obtained by the employment of a mode of manual manipulation now quite generally known as massage (a term derived from the French), has created quite an interest in the subject; and we now find works relating to it, whereas ten years ago the majority of medical practitioners would have looked upon this simple method of treatment as in the highest degree absurd and valueless. In a recent article on the subject, a writer in the *Medical Journal* presents a quotation from Mr. Charles Nordhoff's book on the Sandwich Islands, in which the author describes a peculiar manipulation, known among the Sandwich Islanders, as "lomi-lomi," which is practically identical with massage as now employed in this and other countries.

The following are Mr. Nordhoff's remarks upon the subject:—

"Wherever you stop for lunch or for the night, if there are native people near, you will be greatly refreshed by the application of what they call 'lomi-lomi.' Almost everywhere you will find some one skillful in this peculiar, and, to tired muscles, delightful and refreshing treatment.

"To be lomi-lomied, you lie down on a mat, loosening your clothing, or undressing for the night if you prefer. The less clothing you have on, the more perfectly the operation can be performed. To you thereupon comes a stout native, with soft, fleshy hands, but a strong grip, and beginning with your head and working down slowly over the whole body, seizes and squeezes every tired muscle, with a quite peculiar art, working and kneading with indefatigable patience, until, in half an hour, whereas you were sore and weary and worn-out, you find yourself fresh, all soreness and weariness absolutely and entirely removed, and mind and body soothed to a healthful and refreshing sleep.

"The lomi-lomi is used not only by

the natives, but among almost all the foreign residents; and not merely to procure relief from weariness consequent on over-exertion, but to cure headache, to relieve the aching of neuralgic or rheumatic pains, and by the luxurious as one of the pleasures of life. I have known it to relieve violent headache in a very short time. The old chiefs used to keep skillful lomi-lomi men and women in their retinues; and the late king, who was for some years too stout to take exercise, and yet a gross feeder, had himself lomi-lomied after every meal, as a means of helping his digestion.

"It is a device for relieving pain or weariness which seems to have no injurious reaction, and no drawback but one—it is said to fatten the subjects of it."—*Boston Medical and Surgical Journal*.

**GLUCOSE.**

THE great quantities of corn consumed in the manufacture of this artificial sugar, and especially the high price of corn, have caused those interested in the business to look about for something to take the place of corn as a source of starch. The cassava root, grown extensively in Florida, is being tried for the purpose. The following paragraph furnishes some facts of interest respecting the glucose business:—

"Glucose has become a very important article of commerce during the past few years, and the consumption of it has reached 200,000 tons in this country alone, and a large quantity is annually exported. It has been made heretofore from corn, which has advanced so much in price this year as to make this much-needed article quite expensive. The demand for it is very large, and exceeds the supply. Heretofore the profits of manufacturing glucose have been very great at the rate paid for corn during the past few years. During the trial of a recent lawsuit in New York, it came out in the evidence that the Buffalo Grape Sugar



Company sold to one agency \$100,000 worth of grape sugar, or glucose, per month. That company is now using nearly 6,000 bushels of corn every day in the week. A bushel of corn weighing fifty-six pounds will yield thirty pounds of sugar, or glucose; the average net profit on a bushel of corn is between forty and fifty cents; but since this time the price has materially advanced. This would make the average profits of the Buffalo Grape Sugar Company over \$1,000,000 a year on a capital now invested of \$4,000,000. The manufactured glucose is used chiefly for making table sirups and candies, for brewing purposes, as food for bees, and for making artificial honey. It is estimated that 11,000,000 bushels of corn will be used this year by the various manufactories of this product in this country. The average production of corn in the States of Pennsylvania, New York, Ohio, Michigan, and Illinois, is thirty-five bushels to the acre. The amount of glucose produced from one bushel is thirty pounds, or 1,050 pounds to the acre."

### A RACE OF VEGETARIANS.

WE clip the following from an exchange, under the heading, "A Peculiar People":—

"High up in the Carpathian Mountains, surrounded by the crowded populations of the Old World, there is a community of several hundred thousand people, who dwell in absolute contentment with the primitive mode of life they choose to follow. They are called Podhalians. The use of strong drink is unknown among them. Their daily food is mainly oatmeal mush and cakes, and the milk of goats. In summer many of the youth tend the flocks on the mountain summits, and live on goat's milk. Not only this, but they keep fat, saucy, and in such a physical condition that none of the neighboring races care to disturb them. Moreover, their intellect-

ual development keeps pace with the physical, and in both respects their superiority is acknowledged. They are fond of music and dancing, and are born improvisadores, many being able to sing their own songs set to their own music. The fact that they eat no animal food, and have no desire for riches, stamps them at once as a singular people."

From the above it would not seem that there is much ground for the belief that vegetarianism produces a tendency to deterioration.

### ANGLEWORM PIE.

WE have maintained for some years that angleworms are quite as wholesome for food as oysters, and that they even offer an advantage so far as the nature of the food is concerned; for while the oyster is a professional scavenger, the angleworm lives upon vegetable food. We might add as another argument in favor of the worm that the most edible portion of the oyster is its enormous liver, its chief organ of elimination, doing the work of both liver and kidneys, while the angleworm, being a vegetarian, and not a scavenger, needs no such provision for the escape of filth from its system.

Apropos of this subject is the following paragraph from the *Pall Mall Gazette* (London), describing an angleworm feast recently held by a party of French gourmands:—

"Fifty guests were present at the experiment. The worms, apparently lobworms, were first put into vinegar, by which process they were made to disgorge the famous vegetable mold about which we have recently heard so much. They were then rolled in batter and put into an oven, where they acquired a delightful golden tint, and, we are assured, a most appetizing smell. After the first plateful, the fifty guests rose as one man, and asked for more. Could anything be more convincing? Those who love snails, they add, will abandon them forever in favor of worms."

We do not wish to be understood as recommending either oysters or earth-worms as food; we prefer to take vegetable food at first hand, and could by no means be induced to subsist upon scavengers so long as an abundance of better food can be obtained.

### SMOKY FARCES AND SMOKY SERMONS.

CHARLES LAMB once wrote a farce to be acted on the stage, but it proved a failure. The next day he wrote a letter to his friend Hazlitt, in which he said: "We are determined not to be cast down. I am going to leave off tobacco, and then we must thrive. A smoky man must write smoky farces." Lamb was right. He never uttered a truer word; and he might have added, A smoky preacher must preach smoky sermons. We have listened to sermons when one could fairly smell the tobacco smoke. Some kinds of smoke may add to the flavor of ham and bacon, but tobacco smoke certainly adds nothing to the flavor of a sermon. The only way to cure an old pipe of its indescribably offensive odor is to throw it into the fire and burn it. We would suggest the same treatment for sermons saturated with tobacco. There is a very quick way of getting rid of smoky farces, as poor Lamb found to his sorrow, when the curtain fell amid a storm of hisses; but smoky sermons kill the people, because a due respect for the day and the place will not allow the people to hiss and kill them. What a mercy if smoky sermons could be hissed out of the pulpit as quickly as smoky farces are hissed from the boards of the theater! It might bring preachers to their senses as quickly as it did Charles Lamb.

[The foregoing spirited paragraph from the *Church Union* sets forth the tobacco question in a light as true as it is striking. Charles Lamb seems to have realized in a remarkable degree the wish,—

"Oh, wad some power the giftie gie us,  
To see oursel's as ithers see us."

Perhaps the restlessness of dissatisfied con-

gregations would bring smoky ministers to their senses, were it not for respect for the hour and place of worship.]

*The Healing Art in China.*—The practice of medicine in China, while accompanied by many most disgusting and even hideous customs, has features quite commendable, as for example, the practice of employing a physician at a stated salary to keep the family in good health. It has even been asserted by some travelers in China that it is customary in some parts of the empire to punish the doctor with death in case the patient is taken sick and dies, at least if the patient is a royal one.

The average Chinaman seems to entertain a wholesome lack of faith in drugs, and far less faith in doctors than is the case with the average European. Dr. Wm. Young, recently from Hong-Kong, states that "even in the much-vaunted Tung Wah Hospital of Hong-Kong, which is under the management of native doctors, on a settle behind the building may be seen, arranged under the name of the patient or the number of his bed, duplicates of the medicines given or the exhausted matrix of decoctions, so that, should the patient die with symptoms not understood, the medicine or detritus may be examined, to see whether it may not have been the cause of death." How would the average American or European physician enjoy this kind of scrutiny?

*A Significant Fact.*—The oft-used argument against vegetarianism, that the vegetable-eating natives of the tropics are less vigorous than beef-eating Englishmen, is without foundation, if the following paragraph is reliable:—

"Two potent reasons why modern races have less energy under great heats are, unquestionably, alcohol and tobacco. Both of these profoundly impair the nerve force, and tend to diminish the resistance of the body to extremes of temperature. One able observer attributes the deterioration of the European natives of the tropics

principally to the use of tobacco, and his suggestion has much to support it. It is only since these two agents, and especially tobacco, have been widely used, that the vigor of tropical nations has markedly diminished."

The above-mentioned editor seems to have wholly overlooked the fact that Carlyle was an inveterate user of tobacco. Why not attribute the dyspepsia to the filthy weed, and give the oatmeal diet the credit of supplying such excellent food for brain and nerves as to enable a poor tobacco-fumed dyspeptic to accomplish more literary work and better work, notwithstanding some unfortunate misanthropic tendencies, than our critical editor could hope to do should he live several centuries? Oatmeal has made many a genius, and tobacco a thousand times as many dyspeptics and misanthropists.

**Panic among Swiss Wine-Growers.**—An exchange informs us that there is a threatened panic among the wine-growers of Switzerland, in consequence of the immense proportions assumed by the business of manufacturing wine from other materials than grapes, which has recently grown up in that country. The fabricated wine is said to resemble the genuine so closely that chemists cannot detect the fraud. We are glad to see consternation among those who have for so many years been dealing out death and destruction to others, and hope the panic will continue until some more useful industry is substituted for that of wine-growing.

**Boston Water.**—For some time Boston has been famous for the foul flavor of its water. Much money has been expended in attempts to discover the real source of the offensive taste. An Eastern medical journal seems to have solved the problem, and offers the following as an analysis of the water-supply of the Hub:—

"It is made of the soakage of the swamps of Hopkinton, the surface drainage of the

manured fields of Ashland, the filth of Farm Pond, and the sewage of Pegan Brook,—as many ingredients as in a high-toned julep."

**The Corn's Voice.**—"What, fellow-citizens," asked Senator Voorhees of Indiana, addressing a mass-meeting, "will you do with your large crops of corn, if prohibition should become the policy of the State?" "Raise more hogs, and less crime and misery," promptly replied a granger. That farmer evidently sympathized with "A Voice from the Corn," as expressed in the following apt lines from *The Youth's Companion*:—

"I was made to be eaten, and not to be drank;  
To be lusked in a barn, not soaked in a tank.  
I come as a blessing when put in a mill,  
As a blight and a curse when run thro' a still.  
Make me up into loaves, and your children are fed;  
But into a drink, I will starve them instead.  
In bread I'm a servant the eater shall rule,  
In drink I'm a master, the drinker a fool.  
Then remember my warning: my strength I'll employ,  
If eaten to strengthen, if drunk to destroy."

**Poisoning from Head-Cheese.**—A report is current in the newspapers that thirty persons were recently poisoned in London, Ont., by eating "head-cheese." The cause of the poisoning is not known, some attributing it to the poisonous character of the pork employed, and others supposing that bristles were mixed with the other miscellaneous ingredients of the cheese. We would not suppose that a few bristles or, in fact, almost anything else, would especially deteriorate an article so intrinsically bad as "head-cheese."

—The legislature of Rhode Island has legalized the sale of skimmed milk provided it is labeled,—an action which is to be regretted, as it encourages improvidence, and will be likely to lead to injurious results among the already poorly fed children of the destitute in large cities.

—If we had no faults, we should not take so much pleasure in noticing them in others.

## For the Sick Room.

THE following are a few preparations which will be found useful in the sick-room:—

**Rice Milk.**—Boil a tablespoonful of rice an hour and a half in a pint of new milk; rub through a fine sieve and sweeten to the taste. Boil a few minutes longer.

**Fruinolac.**—This is a very palatable dish, prepared essentially the same as the preceding, except that an egg is added to the milk, and it is to be eaten with fruit juice or jelly.

**To Cook Rice.**—Take two cups of rice and one and one-half pints of milk. Place in a covered dish and steam in a kettle of boiling water until it is cooked through; pour into cups, and let it stand until cold. Serve with cream.

**Slip.**—After slightly warming a pint of milk, add a teaspoonful of liquid rennet, and pour into saucers. In a few minutes, or when cool, the milk will be of the consistency of jelly. If the expected result is not obtained, add two teaspoonfuls of the rennet, as it is sometimes of deficient strength.

**Eggs and Sugar.**—Beat the yolks of four eggs with two tablespoonfuls of granulated sugar and the grated rind and juice of a small lemon or orange. Place in a dish in a kettle of boiling water, and cook, stirring constantly. Add to the whites of the eggs a teaspoonful of pulverized sugar, and beat until stiff. When the yolks have begun to thicken, stir in the beaten mixture, and when thoroughly mixed, put it away to cool.

**Massage of the Bowels.**—This is one of the most efficient means of relieving chronic constipation of the bowels. The bowels should be kneaded very much after the fashion of kneading dough, care being observed to make the movements tend in the direction of the large intestine, beginning at the lower right side of the abdomen and extending upward to the ribs, across to the opposite side, thence down to a corresponding point upon the left side. Gentle percussion of the bowels, increased as the patient is able to bear it, is a good measure. Percussions may also be applied to the back with benefit. The exercise should be continued for fif-

teen to thirty minutes, and may be employed with advantage at least twice a day, preferably two hours after breakfast and after retiring at night.—*Ladies' Guide.*

**White of Egg.**—Stir the white of an egg into a tumblerful of cool water, or water warm as it can be without coagulating the egg. Give to infants suffering from extreme disorder of digestion and unable to take milk. This simple mixture has saved many an infant's life.

**Compresses.**—The compress is a wet cloth or bandage applied to a part. The object may be to cool the part under treatment, or to retain the heat. The compress may be used with equal success for either purpose. When the part is to be cooled, a compress composed of several folds should be wet in cool, cold, or iced water, as required, and placed upon the part after being wrung so it will not drip. It should be changed as often as *every five minutes*. This is often neglected, to the injury of the patient. A very cold compress may be prepared by placing snow or pounded ice between the folds of the compress. This will not need renewal so frequently; but its effects must be carefully watched, as injury may be done by neglect.

## RULES FOR BATHING.

1. NEVER bathe when exhausted or within three hours after eating, unless the bath be confined to a very small portion of the body.
2. Never bathe when cooling off after profuse sweating, as reaction will then often be deficient.
3. Always wet the head before taking any form of bath, to prevent determination of blood to the head.
4. If the bath be a warm one, always conclude it with an application of water which is a few degrees cooler than the bodily temperature.
5. Be careful to thoroughly dry the patient after his bath, rubbing vigorously, to prevent chilling.
6. The most favorable time for taking a bath is between the hours of ten and twelve in the forenoon.
7. The temperature of the room should be at about 85° or 90° F.
8. Baths should usually be of a temperature which will be the most agreeable to the patient. Cold baths are seldom required. Too much hot bathing is debilitating.

### Talks with Correspondents.

A SOUTHERN correspondent asks whether in the frequent references which we make to beer as a cause of kidney disease, we include under the title of beer, "home-made" beer, or only lager beer.

ANSWER. Lager beer is injurious to the kidneys, chiefly in consequence of the overstimulation of the kidneys which its use occasions. Lager-beer drinkers generally take large quantities of their favorite beverage, which not only encourages the excessive action of the kidneys by the large amount of diluted alcohol taken into the system, but through the influence of various other ingredients of the beer, the result is first simply congestion of the kidneys, which in time becomes intensified to inflammation, or chronic degeneration.

Home-made beer is not open to the objection to the same degree as lager beer, but is injurious just to the extent to which it contains alcohol. Frequently this amount is not very great; but we cannot countenance its use in the slightest degree, since although it may not be so exceedingly harmful in itself, it encourages the use of stronger liquors, and so becomes a source of infinite mischief.

### HEALTH-REFORM GARMENTS.

ALMOST daily we receive inquiries from persons desiring to know where they can obtain healthful garments. These inquiries come most frequently from ladies who write for the benefit of themselves or their little ones.

ANSWER. In reply to these inquiries we are happy to say that the Sanitary Supply Company, of this place, can furnish everything in the line of healthful clothing which is worthy of approval. The managers have taken great pains to secure a full line of healthful garments, and are prepared to furnish them at as low rates as they can be offered. Orders will be filled promptly by mail when addressed to the Sanitary Supply Co., Battle Creek, Mich., to whom, also, requests for circulars and price-lists should be addressed.

### BUCKSKIN UNDER-GARMENTS.

A CORRESPONDENT wishes to know whether buckskin under-garments are healthful or not.

ANSWER. We would never recommend garments of buckskin to be worn next to the skin, but the porous buckskin garments which are now manufactured, can be worn over an undersuit of silk or flannel without detriment, provided the buckskin suit is removed at night, together with the other under-clothing, and well aired. The best varieties of buckskin under-garments can be washed almost as well as cloth garments, and will wear many years. For persons who are particularly susceptible to cold, they are exceedingly valuable.

—Whatsoever a man soweth that shall he also reap.

## 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.

### ALCOHOLIC DRINKS.

1. WHAT is alcohol?
2. How is alcohol produced?
3. Mention the principal alcoholic drinks used in this country.
4. How are strong liquors made?
5. Is fermentation a process of growth and development, or of destruction and decay?
6. Is alcohol found in nature?
7. What are its effects upon plants?
8. What are its effects upon leeches and other small animals?
9. What is the effect of alcohol upon the stomach, even in small quantities?
10. What are its effects upon the stomach when used freely or habitually?
11. What is the effect of alcohol upon the blood?
12. What is the effect of alcohol upon the muscles?
13. Why are the muscles weakened by alcohol?

### SYNOPSIS OF LESSON.

THE substance known as alcohol is a chemical compound which belongs to a series of compounds similar in character, which has been called "The Alcohol Family." Methylic alcohol, or wood naphtha, and amylic alcohol, or fusil-oil, are the other leading members of the family. Like wine-spirit, or ethylic alcohol, the intoxicating element of spiritous liquors, all of the alcohols are intoxicating, some more so than ordinary alcohol, and one, wood naphtha, less intoxicating in character. Alcohol is in the strictest sense of the word a chemical or inorganic compound, being obtained by the destruction of some organic substance through the process of fermentation, or decay. It can be produced by purely chemical processes, which is untrue of any food substance, such as grains or fruits.

Alcohol is never used in a pure state. In this form it has purely caustic properties, and would not be tolerated by the strongest stomach. It has been stated that an ounce of pure alcohol, if administered to a dog, will produce death almost as soon as a dose of prussic acid. The amount of alcohol in the various liquors varies greatly, being not more than one-half to two or three per cent in small beer or cider, while the proportion may be as much as sixty per cent in Scotch whisky. The stronger liquors are made by distilling weaker ones, and thus concentrating the alcohol.

Fermentation is a process of decay, or destruction, and the very opposite of the process of growth and development by which foods are produced. Alcohol is not a product of nature, except incidentally in the process of decay. It is not produced by any plant, and cannot be obtained by any other means than the artificial process by which intoxicating liquors are produced.

The poisonous effects of alcohol might easily be inferred from its influence upon plant life. A plant watered with even diluted alcohol very soon withers and dies. Leeches, minnows, tadpoles, and small articles dropped into a very dilute solution of alcohol, speedily die. We have seen as small a proportion as one per cent produce fatal effects upon minnows within one-half minute. The effects of alcohol upon the human body are as serious as upon plants or lower animals. When taken into the stomach, even in very small quantities, it produces instant congestion and interferes with digestion. When used habitually in considerable quantities, it produces a great variety of chronic diseases of

the stomach, including ulceration and often inflammation. Cancer of the stomach is more common in spirit drinkers than in any other class of persons. The effect of alcohol upon the blood is to destroy the corpuscles, the most essential element of the vital fluid, rendering them unable to do their work of vitalizing the tissues as oxygen-carriers, and making them incapable of repairing the wasted and worn parts of the body which need their attention. When used for some time, alcohol produces a degeneration of the muscles known as "fatty degeneration," in which the muscle-tissue is changed to fat. In consequence of this deteriorating change, the muscles lose their power to contract, and hence we see in persons who have long been addicted to the use of alcohol a great degree of muscular wasting and weakening.

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### LITERARY NOTICES.

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**GOOD CHEER.** Greenfield, Mass. Monthly.

It contains short stories and serials, and even the most critical reader can find something interesting in its pages.

**WOMAN'S WORLD.** Chicago, Ill.

This paper possesses marked individuality, and suggests reformatory measures for those whom it considers environed by the present customs of political and social life.

**THE AMERICAN GARDEN.**—A twenty-page monthly, printed upon finely calendered paper, and abounding in useful information. Each subscriber for 1883 is entitled to a colored plate, representing a group of *New Perpetual Carnations*. Price, \$1.00 per year.

**DER BAHNBRECHER.** Chicago, Ill.

It contains a summary of home and foreign news, articles in the interest of the temperance movement, and miscellany for both children and adult members of the family circle. It will find a welcome among the German nationality, and those acquainted with the language. \$1.00 per year.

**JUSTICE** is the name of a weekly journal published under the auspices of the Anti-Monopoly League, and professedly devoted to the interests of the world's workers. Hon. Jere. Black, Peter Cooper, Rev. Howard Crosby, and many other prominent public men, are mentioned as contributors. Address, Justice Publishing Company, 252 Broadway, New York.

**ZION'S WATCH-TOWER.**—Monthly. While promulgating views regarded by some denominations as non-essential, it contains many good religious articles that are of interest to the general reader. C. T. Russell, Editor and Publisher, 101 Fifth Ave., Pittsburgh, Pa. Price, 50 cts. per annum.

A CATALOGUE received from A. C. Nellis, Canajoharie, N. Y., advertises a good variety of vegetable and flower seeds, etc., ranging from mammoth lettuce to pampas plumes. Prizes are offered to the most successful growers of some kinds of vegetables from seed purchased of this firm.

THE March number of the **NORTH AMERICAN REVIEW** contains, among other articles of striking interest, "Money in Elections," by Henry George; "Railway Influence in the Land Office," by George W. Julian; the "Subjugation of the Mississippi," by Robert S. Taylor; and "Gladstone," by Moncure D. Conway.

THE **LOCOMOTIVE.**—This is a neat little monthly, printed on tinted paper, and published by the Hartford Steam Boiler Inspection and Insurance Company. The December number contains articles upon "Enameling Cast-iron Water-pipes," "Transit of Venus," "Unclassified Data," "Progress in Engineering," etc. It has a circulation of over ten thousand. Engineers and manufacturers will find in its columns that which is conducive to their interests.

THE **WORLD'S CRISIS.** Boston, Mass. Published by the Advent Christian Publication Society.

It is devoted to expositions of the doctrines of the pre-millennial advent of Christ, the unconscious state of the dead, their literal resurrection, and the final destruction of the wicked. It has entered upon its fifty-sixth volume, and is a zealous exponent of the theories advocated.

THE **ANNUAL REPORT ON THE FOREIGN COMMERCE OF THE UNITED STATES.**—This pamphlet has just been received from the Treasury Department. The Tables of Statistics show in detail the exports of Agriculture, of Manufacture, of the Forest, of Fisheries, and of all domestic commodities for the year ending June 30, 1882, also from 1856 to 1882 inclusive. The tables also show the value of merchandise imported into, and exported from, the United States from 1835 to 1882, and the annual excess of imports or exports; also the value of gold and silver coin and bullion imported and exported from 1835 to 1882. The statistics representing the shipping interest and immigration are very complete.

The pamphlet is supplemented by a chart illustrating the commerce of the United States with each of the foreign countries and their dependencies, and is replete with interest to all who would be thoroughly versed in the financial condition of the country.

THE **AMERICAN MESSENGER**, published by the American Tract Society, and the **CHILD'S PAPER**, issued by the same, are too widely known to need description, while each number carries a recommendation in its own pages. Both are monthlies. Single subscription, 30 cts. per year.

**MESSIAH'S HERALD.** Boston, Mass. Weekly.

This claims to be the oldest prophetic journal in America. In addition to doctrinal articles, it contains Family Circle, Temperance, Farm, House, and Garden departments. Its columns are devoted to its specific work, all advertisements, excepting of religious works, being excluded. All communications should be addressed to J. M. Orrock, Editor, 74 Kneeland St.

THE **SANITARY NEWS.** Chicago.

A late number contains "Overcrowded Tenements," "Common Defects in House-Drainage," "Nostrums and the Public Health," "A Year among Tenement Houses." These, and kindred topics, are ably discussed. Its aim is to bring more prominently before the public the principles advocated, and to widely disseminate knowledge upon these important themes. Price, \$2.00 per annum.

THE **AMERICAN MILLER.**—A forty-eight page monthly, published by Mitchell Bros. Co., Chicago.

The January number contains "The Ethics of Milling," "Harvesting Wheat and its Flouring Qualities," "Evolution of the Roller Mill," "Baking and Bread-Making," and other articles of equal importance. The magazine is especially valuable to those interested in the art and science of milling, and each number contains much which is of general interest. \$1.00 per year.

**OUR COUNTRY; ITS PRESENT AND ITS FUTURE PROSPERITY.** By David M. Richardson, Detroit, Mich.

We have received a copy of this paper, in which he calls the attention of Congress to the following subjects, Our Foreign Commerce, The Inter-Oceanic Canal, Our Navy, Our Coast Defences, The Improvement of the Mississippi River, Polygamy in the Territories, Public Schools, Revision of the Tariff, and Modification of the Internal Revenue Laws. These intricate problems are treated with ability and candor, in a broad and comprehensive manner.

## Publishers' Page.

As this number is about going to press, the Editor starts for New York, where he expects to take steamship for London, from which point he will visit the greater portion of civilized Europe within the next few months, for the purpose of observing the appliances and methods in use in all the leading Medical Institutions of Great Britain and Continental Europe, and spending time in the large hospitals of London, Paris, Vienna, and Berlin, including the famous cancer hospital near London.

The thorough organization of the workers of the Sanitarium, especially in the medical department, and the completeness of the appointments of the various departments for treatment, which have recently been brought to a greater degree of perfection than ever before, render it possible for the Superintendent to be absent for a few weeks without materially imperiling the prosperity of the Institution, or interfering with the interests of its patrons; and the advantages to be derived from his visit to Europe, in the way of additional appliances and improved methods of treatment, together with the experience gained by extended observation in the oldest centers of medical learning, will, on his return, add greatly to the already established and growing popularity of the Institution.

We are pleased to see that our old subscribers are renewing so rapidly. We never had so large a list at this time of the year as at present, and the interest which is being manifested to increase the circulation of the journal, promises to secure even better results in the way of additions to our list of subscribers than we have seen for some years.

Subscribers will please take notice that when their subscription has expired, a statement of the fact will be found upon the outside of the cover of the journal in large letters, so that it can hardly be overlooked. We trust that none of our subscribers will allow their subscription to fall into arrears. GOOD HEALTH is not published as a means of profit to its managers. Every dollar received for the journal, and more too, is expended in advancing the interest of hygienic and sanitary reform, and hence we trust those who receive the journal will feel like sending in their remittances promptly, when notified of the expiration of their subscription.

Remittances to this office to the amount of \$1 may be sent at our risk, when properly inclosed in a strong envelope, and addressed to GOOD HEALTH PUBLISHING COMPANY, Battle Creek, Mich.

The number of patients in the Sanitarium generally decreases somewhat just at this time of the year, but this season the number seems to be on the increase, and the managers say they have never had such an intelligent class of patients as at the present time.

**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 notify us promptly 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.

Our young sister Sanitarium on the Pacific Coast, situated at the head of the beautiful Napa Valley, complains that patients are none too numerous as yet; but we expect that when the "season" opens, they will be overflowing, and will repay us for the few patients we have referred to them, sending us their surplus to enjoy our fine Michigan climate. We hear about the wondrous climate of different parts of the United States, but we do not know of any better place to summer and winter in than Michigan. We have had a delightful winter, a few days cold enough to be strongly tonic, but on the whole, very pleasant; and our summers, at any rate in the vicinity of the Sanitarium, are not sufficiently fervid to induce the majority of patients to dispense with warm woolen clothing.

Visitors to Baltimore, Md., who want to patronize a first-class Turkish-bath establishment, will do well to call on Dr. W. F. Ross, 205 North Howard Street. Dr. Ross keeps on hand a supply of our health publications, including GOOD HEALTH, for which he is agent. If the unwashed population of Baltimore were regular patrons of the establishment referred to, the newspapers would find less material for sensational paragraphs about the small pox epidemic now prevailing in that city. The newspapers state that there are about two thousand cases in the city, but the health officer's report shows less than a third of that number; at any rate, the fatality seems to be very great, probably on account of the bad condition of the patients, and the want of rational methods of management.

We have received from Miss Julia Colman sample packages of chromo Easter cards. The designs are rich and delicate, and each card contains a temperance sentiment or a passage of Scripture upon that subject. No one can fail to be pleased with them.

Miss Colman is superintendent of the literature department of the W. N. C. T. U., and is well known as an able, earnest temperance worker. Our readers need no better proof of her zeal and ability than the contributions with which they are favored in our columns.

We can furnish the following lectures at the prices named:—

"Physical Effects of Alcohol," a phonographic report of a lecture delivered at the Lake Bluff Temperance Convocation last summer. 16 pages, the size of this. Price by mail, 5 cents, postpaid. 3 cents by the hundred.

"How to Get Well," 8 pages. Price, 3 cents.

"Rational Treatment of Consumption," 8 pages. Price, 3 cts.

Messrs. W. D. Condit & Co. are meeting with most excellent success in introducing the "Ladies' Guide" in connection with the "Home Hand-Book." One lady agent reported thirty-seven orders last week, though it stormed every day. The most glowing testimonials are received from the best judges of works of the kind, and we trust the work will be the means of accomplishing great good. Persons who would like to engage in canvassing for this work will do well to notice Messrs. Condit & Co's. announcement in our advertising columns.

We call attention to the advertisement of invalid foods in another column. The testimonials received for these foods without solicitation, indicate a degree of excellence which is certainly unsurpassed. Their "keeping" qualities were recently tested in a large shipment to England. The goods arrived there in prime condition, except being a little broken from rough usage, and were not at all affected by the dampness of the ship's hold in which they were stored.

We see that our Dansville friends are exhibiting their usual energy and thrift in preparations for a new building, which, according to the description given in a paper recently sent us, will be far superior to their old buildings, and will be furnished with facilities of a very superior character. We sympathize with them in their misfortune from fire, and shall be glad to rejoice with them in their prosperity when their improvements are completed. We have been pleased to learn that notwithstanding the destruction of their building and most of the accommodations for caring for patients, they have been able to provide for a very considerable number of guests, and in a very satisfactory manner.