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General Articles.

The Three Professions.

Law, Physic, and Divinity
Being in dispute, could not agree
To settle which of the three
Should have superiority.

Law pleads he does protect men's lands,
And all their goods from ravenous hands;
Therefore, of right, challenges he,
To have superiority.

Physic prescribes good rules for health,
Which men prefer above their wealth;
Therefore, of right, challenges he,
To have superiority.

Then straight steps up the priest, demure,
Who for men's souls proclaims the cure;
Therefore, of right, challenges he,
To have superiority.

If judges end this triple plea,
The lawyers sure will gain the day;
If epicures the verdict give,
The doctors best of all will thrive.

If bishops arbitrate the case,
The priest will have the highest place;
If honest, sober, wise men judge,
Then all the three away may trudge.

If men will live in peace and love,
The lawyers' acts they need not prove;
If men forbear excess and riot,
They need not feed on doctor's diet.

If men attend what God doth teach,
They need not mind what parsons preach;
But if men, *knaves* and *fools* will be,
They'll be hard ridden by all three.

Health No. 3.

EATING AND DRINKING.

(Continued.)

But the following objections are sometimes urged against the position that a vegetable diet is superior to flesh meats:

OBJ. 1. One feels better and stronger after eating meat, than after simply eating a vegetable diet; therefore there is more strength in animal food than in vegetable.

ANS. This objection is not only against clear and generally-acknowledged facts, demonstrated by plain chemical experiments, but it proves too much, and therefore does not amount to a real objection, as appears from the same reasoning applied to other articles, as follows: Men feel better and stronger after using spirituous liquors, tea, coffee, and tobacco, than they do after living on a simple vegetable diet; therefore there is more nutriment in these articles than in a vegetable diet.

No, feeling is not the criterion by which to decide which articles are the most nutritious, and impart the greatest amount of strength. Feeling varies with different tastes and habits. Some may feel well while using articles which are really injurious to them, and which would make those feel bad whose tastes and habits are unperverted. In the case of spirituous liquors, tea, coffee, tobacco, and other stimulating articles, the strength that is realized under their influence, is not derived from them, but is drawn from the general fund of vitality in the system. These articles stimulate to undue action; and every time you use them, you make a direct draft upon your capital of vitality, and lessen the sum total of your life-power; and thus, instead of being made

stronger by their use, you are made weaker. Therefore the strength that is experienced under the influence of these stimulants, should not be credited to the stimulants themselves, but to the vitality that already exists in the system.

To illustrate: With proper care, a horse is capable of performing a certain journey in a given time, providing that you travel so many miles in a day. But if you undertake to travel the same distance in half or two-thirds of the time required, or if you travel as far again in the same time, in nine cases out of ten you will spoil your horse by using up his vitality, however much you may boast of his speed and capacity.

Again, if you drive your horse with care, fifty miles a day, he may be weary, yet rest will enable him to recuperate. But if instead of giving him a chance to rest, you undertake to drive him five miles further, increasing his speed, by applying whip and spur, as you reach the close of your journey, your horse may look prompt and famous, but he has been injured, as you will find when the excitement is over. But where did your horse get his strength toward the end of his journey? Did he derive it from his system, or from the whip? From his system, you say. So we say in regard to those who use the stimulants we have mentioned.

We admit there is more nutriment in flesh-meats than there is in these stimulants; yet as far as they nerve up the system unduly and unnaturally, beyond the strength they impart, so far do they tend to prematurely exhaust the system and shorten life. Hence it is that great meat eaters so often complain of faintness, especially if they fail to eat just at their hours of eating, and feel that they can do nothing if they go beyond their meal-time. But it is not so with those who subsist on a vegetable diet. Other things being equal, they are not thus prematurely exhausted, and have vitality on hand to fall back upon in time of need, without experiencing that faintness that meat eaters are subject to. This, the writer and thousands of others, are prepared to say from experience.

OBJ. 2. Some have reached to a good old age, who have eaten largely and promiscuously of flesh meats, and indulged in the use of the various stimulants you mention; consequently these things do not shorten life as you say they do.

Ans. But what were the organizations and habits of these individuals? An answer to this question will perhaps furnish a reputation of the objection under consideration. By a candid and careful examination, you will find that the persons referred to, are individuals who are better related to life in their organization than people generally. You will find, as a general thing, that they have good blood-making organs, and a great amount of vitality bound up in their system, naturally. These natural qualifications, in connection with out-door exercise, and other healthy habits, enable them to throw off poison and diseases which would fasten upon persons of different habits and organizations, and prove fatal. But even individuals of good constitutions and other good habits would have better health and live longer, if they dispensed with all unnecessary stimulants; so that they should not thank these stimulants for long life and comparatively good health, but should thank God and nature for a good foundation for health and life in their build and natural stamina.

But have you ever noticed the closing years and death of these large meat eaters? If so, you have seen that, if they were of a lymphatic temperament, and are endowed with large blood-making organs, they are uncomfortable, and are liable to die suddenly with apoplexy or some other singular disease; or if they have but fair blood-making organs, and their nervous temperament predominates, and if they indulge feely in injurious stimulants, they will, in the latter part of their career, complain of pain, drag a miserable existence, and wind up their lives in misery. Their nervous fluid failing them in some of their organs, especially those which have been abused the most under the spur of stimulants, weakness in those organs will follow; and their sensitive nerves will feel the effects of former abuses, and of poisons which have so long lodged in the system.

OBJ. 3. In order to supply the system with animal heat in cold weather, it is necessary to use more carbon, and animal food is highly carbonaceous, especially if it is fat.

Ans. Admitting that it is needful to use more carbon in winter than in summer, to keep up sufficient animal heat, to resist excessive cold from without, is it necessary to use animal food to derive the amount of heat required? Is animal

food. An agreeable bath, of a proper food the only food that is carbonaceous? If so, then is there force to the above objection. But we find an abundance of carbon in other articles in the vegetable kingdom. Wheat, as a staple article of diet, is sufficiently carbonaceous for all seasons of the year, provided that you breathe largely, have sufficient exercise, and a sufficient amount of clothing to retain the heat that is manufactured. But if you want more carbon, you can find it in corn, nuts, honey, sugars, etc., which articles you can use according to your build, to the state of your health, and to your habits and occupation. And in using these articles, you will not take those diseases which are often found to exist in flesh meats.

But as a general thing, it is safer to use less carbon than is generally used, and to use it in a less concentrated state than it is found in fat meats and grease. Articles which are highly carbonaceous, are hard to digest. They are a heavy tax to the digestive organs, and if eaten in large quantities, will injure the blood, produce scrofula, and various other diseases. Better eat less carbon, favor the stomach, and preserve the heat that is manufactured, by adding to your clothing. This will prove to be commendable economy, as it will save precious vitality, as well as require less heat to answer vital purposes.

But these who urge this objection, frequently eat as much meat in summer as they do in winter. Again, they overlook the fact that many animals which are remarkable for resisting the cold, do not eat flesh meats. We would refer to the cow, the horse, sheep, etc. And the reindeer, that lives where the thermometer ranges from twenty to fifty or sixty degrees below zero. Where do these get their carbon? In the vegetable kingdom. And if they can get it there, cannot we?

D. T. BOURDEAU.

(To be continued.)

QUEER PAPERS.—The paper having the largest circulation—the paper of tobacco. Paper for the roughs—Sand paper. Paper containing many fine points—The paper of needles. Ruled paper—The French press. Paper illustrated with cuts—Editorial exchanges. Drawing paper—The dentist's bill. A taking paper—Sheriff's warrant.

Parents Their Own Physicians.

No woman should become a mother unless she is capable of being physician to her offspring. How can mothers turn over their tender children to the care of a strange physician, for him to dose them with drugs, the true nature of which she has no knowledge. Such a course is a sin in the sight of Heaven. Ignorance is no excuse for parents. Why do not those who take such responsibilities, educate themselves? They should read and investigate with a prayerful heart, until they can understand the wants of their children, and watch with jealous care, least these little sunbeams, which are given them to lighten their pathway, be shrouded in darkness by disease and death. No stranger's hand should be trusted to perform those services for her dear ones, which a mother's affection alone can understand. Parents and children should educate themselves in all that concerns their life and health. When children understand the science of human life, then, and not till then, are they prepared to attend to the sciences as taught in the common schools.

Parents have frequently told me that they knew nothing of the nature of disease, and were their children sick, they should not know what to do for them,—that they had always trusted to a physician. Mothers ought to know what to do in any common case of sickness of their children. It is a sin for them not to know. Who should better understand the wants of a sick child than its parents, especially the mother? And yet parents plead ignorance, and if their dear children are slightly indisposed, they do not know what to do, and send for the doctor, who deals out his concentrated poisons with a lavish hand. These lessen the child's hold on life, and if they do not actually cause its death, they obstruct nature's efforts, and break down some part of her fine machinery, which can never be repaired, and the victim is a sufferer as long as life lasts.

In nine cases out of ten, the indisposition of children can be traced to some indulgence of the perverted appetites. Perhaps it is an exposure to cold, want of fresh air, irregularity in eating, or improper clothing; and all the parents need do, is to remove the cause, and secure for their children a period of quiet and rest, or abstain for a short period from

temperature, will remove impurities from the skin, and then unpleasant symptoms may soon disappear; and all of this, too, without poisonous drugs, or having a doctor's fee to pay.

Many parents, rather than to take the trouble to thoroughly investigate the cause of their children's indisposition, turn them over to the doctor, and administer anything he may choose to prescribe. If the anxious parent ventures to make an inquiry in regard to the drug, she is told it is "perfectly harmless;" that if it does them no special good, "it will not injure them." Concentrated poisons are dealt out, the names of which are concealed in some technical terms, which the parents know nothing of; and because of their inexcusable ignorance, the lives of their children are sacrificed, and the parents too frequently charge their afflictions to Providence.

In such cases perhaps, if nature had been left to herself, she would have recovered the abuse the system had suffered, but she was not allowed the privilege. A poisonous drug is introduced into the system, binding down the efforts of nature, until she is compelled to give up the struggle. Do the parents then see their folly, and awake and investigate for themselves, feeling that their children are too dear to be trusted in a stranger's hands to receive any mixture he may please to deal out? No, they seem blinded, and infatuated; habits and customs, like iron bands, gird them about, and they make no effort to break them. If other loved ones are made sick by the wrong course pursued toward them, the doctor is again sent for to deal out his miserable drugs, which have so long cursed the human family and filled our graveyards, and the little life-forces left, are crushed out, and death closes the scene.

I have known instances where two or three in the same family have died, one after another, and yet the same physician was summoned to attend them all. I had not a doubt but that careful nursing, letting alone drugs entirely, with a little moral courage and firmness, used by the parents to restrict the diet of their children, would have saved them. There never can be a better condition of things, until parents understand the obligations resting upon them to bring up their children healthfully. It is impossible to conform to the present customs of society

and do this. There is need of reform. Parents should live more for their children, and not so much for visitors. It should not be their study how to furnish a luxurious table to please the appetites of visitors. By so doing, they tempt their children to eat things which will prove injurious to health, and which will encourage and strengthen the animal appetites, and have a direct influence to weaken and debase the higher faculties.

Children, judging of the course pursued by their parents, take it for granted that the highest object in life, and that which yields the greatest amount of happiness, is to be able to prepare a table spread with luxurious food. They are taught that we "live to eat," instead of "eating to live." The time devoted in studying how to prepare food in a manner to suit the perverted appetite, is worse than lost. Such knowledge is a curse to parents and children; for they are only learning the most successful way to tear down and debase the physical, mental, and moral faculties, by gluttony. Then, as a natural result, comes sickness, and next the doctor and poisonous drugs.

It is thus that the human family are successfully destroying themselves, and deteriorating the race, and then they lay the result of their sinful course to a "mysterious Providence." Time, strength and money, are devoted to the unworthy object of keeping pace with fashionable customs of society, and the health of the body and soul is sacrificed to this end. Yet those who are guilty in this respect, will tell you they do not understand how to take care of themselves or their children, when sick. How much better would it be for parents and children, if the time and means that are devoted to preparing food to suit the depraved appetite, were occupied in acquiring a knowledge of their physical being, and in learning how to take care of their own bodies, and in teaching their children the same. Children should be taught, by precept and example, that God did not design that we should live merely for present gratification, but for our ultimate good. God has formed laws which govern our constitutions, and these laws which he has placed in our being, are divine, and for every transgression there is affixed a penalty, which must sooner or later be realized. The majority of diseases which the human family have been, and still are suffering under, they have created by ig-

norance of their own organic laws. They seem indifferent in regard to the matter of health, and work perseveringly to tear themselves to pieces, and when broken down, and debilitated in body and mind send for the doctor and drug themselves to death.

E. G. W.

Hygienic and Drug Medication Contrasted.

All that I have said, shall say, or can say against drug-medication, and in favor of the Hygienic system, is more than confirmed by the standard authors and living teachers of the drug system. I will give a few specimens of their testimony on these points. And first, let me introduce to the reader some of the most eminent of the living professors of our Medical Colleges:

"LOOK ON THIS PICTURE."

Said the venerable Professor Alex. H. Stevens, M. D., of the New York College of Physicians and Surgeons, in a recent lecture to the medical class: "The older physicians grow, the more skeptical they become of the virtues of medicine, and the more they are disposed to trust to the powers of nature." Again, "Notwithstanding all of our boasted improvements, patients suffer as much as they did forty years ago." And again: "The reason medicine has advanced so slowly, is because physicians have studied the writings of their predecessors, instead of nature."

The venerable Professor Jos. M. Smith, M. D., of the same school, testifies: "All medicines which enter the circulation, *poison the blood* in the same manner as do the poisons that produce disease." Again: "Drugs do not cure disease; disease is always cured by the *vis medicatrix naturæ*." And again: "Digitalis has *hurried thousands to the grave*." Dr. Hosack, formerly a Professor in this College, used to say that it derived its name from the fact that it *pointed the way to the grave*." And yet again: "Prussic acid was once extensively used in the treatment of consumption, both in Europe and America; but its reputation is now lost. Thousands of patients were treated with it, but *not a case was benefited*. On the contrary, *hundreds were hurried to the grave*."

Says Professor C. A. Gilman, M. D., of the same school: "Many of the chronic diseases of adults are caused by the *maltreatment of infantile diseases*." Again, "Blisters nearly always *produce death*

when applied to children." Again: "I give mercury to children when I wish to *depress the powers of life*." And again: "The application of opium to the true skin of an infant, is very likely to *produce death*." And yet again: "A single drop of laudanum will often *destroy the life of an infant*." And once more: "Four grains of calomel will often *kill an adult*." And, finally: "A mild mercurial course, and mildly *cutting a man's throat*, are synonymous terms."

Says Professor Alonzo Clark, M. D., of the same school: "From thirty to sixty grains of calomel have been given very young children for croup." Again: "Apoplectic patients, who are *not bled*, have double the chance to recover that those have who are bled." And again: "Physicians have learned that *more harm than good* has been done by the use of drugs in the treatment of measles, scarlatina, and other self-limited diseases." And yet again: "My experience is, that croup *can't well be cured*; at least, the success of treatment is very doubtful. A different mode of treatment is introduced yearly, to be succeeded by another the next year." Once more: "Ten thousand times ten thousand methods have been tried, *in vain*, to cure diabetes." Still another: "In their zeal to do good, physicians have done much harm. They have *hurried many to the grave* who would have recovered if left to nature." And, finally: "All of our curative agents are poisons; and, as a consequence, *every dose diminishes the patient's vitality*."

Says Professor W. Parker, M. D., of the same school: "I have *no confidence* in gonorrhœal specifics." Again: "Nearly all cases of urethral stricture are *caused* by strong injections." And again: "The usual treatment of syphilis, by mercury, causes atheromatous deposits in the coats of the arteries, *predisposing to apoplexy*." And yet again: "It must be confessed that the administration of remedies is conducted more in an *empirical* than in a rational manner." Once more: "The pains of which patients with secondary and tertiary syphilis complain are not referable to the syphilitic poison, but to the *mercury* with which they have been drugged." And, finally: "Of all sciences, medicine is the most uncertain."

When you speak to a person, look him in the face.

A Popular Prayer.

Give us this day our daily bread,
And pies and cake besides ;
To load the stomach, pain the head
And choke the vital tide.
And if too soon a friend decays,
Or dies in agony,
We'll talk of God's mysterious ways,
And lay it all to Thee.

Give us to please a morbid taste,
In spite of pain and death,
Consumption strings around the waist,
Almost to stop the breath.
Then if infirmity attends
Our stunted progeny,
In visitation of our sins,
We'll lay it all to Thee.

Give us good houses large and tall,
To look the cabins down,
A servant nodding at our call,
And shaking at our frown.
The poor, however worthy they,
We'll treat quite scornfully,
Then sixpence pay communion day,
And settle up with Thee.

We do disdain to toil and sweat
Like those of vulgar brood,
Of labor give us not a bit,
For physic nor for food ;
And if for want of exercise,
We lack the stamina,
Of those we trample and despise,
We'll lay it all to Thee.

If any curse we have forgot,
That on a votary
Fashion lets fall, withhold it not,
But send it grievously.
And if too great the millstone weight
For frail humanity,
We'll never blame ourselves a mite,
But lay it all to Thee.

Yes, give us coffee, wine and tea,
And hot things we enjoy,
The stomach's warm bath thrice a day,
To weaken and destroy.
And if defying nature's laws,
Dyspeptic we must be,
We'll scorn to hunt for human cause,
But lay it all to Thee.

I. N. PIKE.

Jamaica, Vt.

RULE FOR SPELLERS.—Many otherwise accurate spellers are frequently puzzled in determining the relative position of *e* and *i* in words ending in *eive*. Such will be greatly assisted by remembering the invariable rule that when the preceding consonant is a letter which comes after *i* in the alphabet, *e* comes after *i* in the word, as believe, reprieve; but when the preceding consonant comes before *i* in the alphabet, *e* comes before *i* in the word, as receive.

Mind and Body.

The influence which the mind has in causing, aggravating, and protracting disease, is too often lost sight of, by all classes of physicians. Everybody recommends exercise as a means of preserving and regaining health. But to ride a certain length of time, or to walk a specified distance, "for the health," merely for the sake of the health, is almost useless, and is a penance; but if there is the accompaniment of an agreeable associate, or an exhilarating motive, one which lifts up the mind, and absorbs it for the time being, so as to make it wholly forgetful of the bodily condition, as the radical object of the exercise, this is health giving; its effects are always magical, on mind, body, and blood.

Dwelling on trouble; remorse for lost opportunities; the hugging of sharp-pointed memories; moping over slights of friends; feeding on exaggerations of the hardness of our lot; and grieving vainly for unrequited love; all these are known, the world over, as being capable of bringing on slow, painful, and fatal diseases. But it is not so well understood, that great mental emotion sometimes causes maladies which prove fatal in a few days; such maladies as are induced by great physical exposures. It was recently announced that a distinguished French advocate was so excited and exhausted by one of his professional efforts, as to superinduce an attack of pneumonia, (lung fever, or inflammation of the lungs), of which he died in a few days. Three young ladies were riding in a carriage in St. Louis; the horses ran away; two of the riders escaped from the vehicle, while the third sat still, as composedly as if nothing unusual had taken place; all were astonished at her "presence of mind." After she reached her home, she informed her friends that she remained still because the shock, the feeling of horror, was such, that she was, per force, as immovable as marble; the reaction was such as to cause an inflammation of the bowels, which nothing could remove, and of which she died in a few days.

These facts, with thousands of others like them, prove beyond all cavil, that the mind may be a cause of disease; and the inference is clear, that the state of the mind should be watched. We should guard against cherishing depressing feelings; and with much care, should habit-

uate ourselves to self-control; to the habit of looking at everything of a stirring or harrowing character, with a calm courage; we should strive at all times for that valuable characteristic, "presence of mind," under all circumstances; for we are every day in great need of it; it is, in many cases, a literal "life preserver."
—*Hall's Journal of Health.*

Mistakes of Physicians.

Oliver Wendell Holmes, physician, philosopher, and poet, gives the following account of some mistakes which have been made in medicine; sooner or later everybody is tripped up in forming a diagnosis. I saw Valpau, the great French surgeon, tie one of the carotid arteries for a supposed aneuris—which was only a little harmless tumor—and he killed his patient. Dr. Dease, of Dublin, was more fortunate in a case he boldly declared an abscess, while others thought it was an aneurism. He thrust a lance into it, and proved himself in the right. Soon after he made a similar diagnosis. He thrust in his lancet and out gushed the patient's blood, and his life with it. The next morning Dr. Dease found him dead and floating in his blood. He had divided the femoral artery. I have doomed people, and seen others doom them, over and over again, on the strength of physical signs, and they have lived in the most contumacious and scientifically unjustifiable manner, and some are still living. I see two men in the street very often who are both as good as dead in the opinion of all who saw them in their extremity. People will insist upon living, sometimes, though manifestly moribund.

In Dr. Elder's life of Kane, you will find a story of this sort, told by Dr. Kane himself:

The captain of the ship was dying of scurvy, but the crew mutinied, and he gave up dying for the present to look after them. An old lady, near her end, got a little vexed about a proposed change in her will, ordered a coach, and was driven twenty miles to the house of a relative, and lived four years longer.

Capt. Mather tells some good stories which he picked up in his experience, or out of his books, showing the untenable equilibrium of prognosis. Simon Stone was shot in nine places, and as he lay for dead, the Indians made two hacks with a hatchet to cut his head off. He got

well, however, and was a lusty fellow in Cotton Mather's time. Jabez Musgrave was shot with a bullet that went in his ear and came out of the eye on the other side. A couple of bullets went through his body also. Jabez got well, however, and lived many years.

Per contra, Col. Rossiter, cracking a plum stone with his teeth, broke a molar, and lost his life. We have seen physicians dying, like Spigelus, from a scratch, and a man who had a crowbar shot through his head, alive and well. These extreme cases are warnings. But you can never be too careful in your prognosis, in view of the great uncertainty of the course of any disease, not long watched, and the many unexpected turns it may take.

OVER-WORK OF THE BRAIN.—Dr. Richardson, in a late number of the *Social Science Review*, says:

"Men of letters, men of business, who do their business through other hands and do great business, and men immersed in politics, induce in themselves the following maladies: Cardiac melancholy, or broken heart; dyspepsia, accompanied with great loss of phosphorus from the body; diabetes, consumption, paralysis, local and general; apoplexy, insanity, premature old age. They also suffer more than other men from the effects of ordinary disorders. They bear pain indifferently, can tolerate no lowering measures, are left long prostrate by simple, depressing maladies, and acquire in some instances a morbid sensibility, which is reflected in every direction, so that briskness of action becomes irritability, and quiet, seclusion and moroseness. They dislike themselves, and feel that they must be disliked; and if they attempt to be joyous, they lapse into shame at having dissembled, and fall again into gloom."

YOUR OWN GOOD NAME.—Some one says to young men, don't rely upon friends. Don't rely upon the good name of your ancestors. Thousands have spent the prime of life in the vain hope of those whom they call friends; and thousands have starved because they had a rich father. Rely upon the good name which is made by your own exertions; and know that better than the best friend you can have, is an unquestionable reputation united with decision of character.

Editorial.

Fever and Ague.

Can it be cured *hygienically*, without the use of drugs? is the inquiry from nearly a dozen correspondents. The answer is, emphatically, It can. And what is needed most to accomplish it is, patience, with a cheerful disposition, and a determination to do the work.

I have known quite a number of cases—recently, some of them very severe—one a little girl of nine years, complicated with other diseases, who, I believe, would have fallen a victim under ordinary treatment—all of whom have grown into good health without the use of what is called "medicine."

The treatment is, in the first place, Never exercise enough to fatigue the body. 2. Eat wholesome, simple food, at regular hours. 3. About an hour before the time of the expected paroxysm, let the patient be placed in a warm, comfortable position, thoroughly protected from any current of air, or any other circumstances which would induce a chill. Very often a chill can be entirely prevented in this way. 4. When the chill does come, use all proper means to get the patient warm, by putting the feet in hot water, and using such other external means for that purpose as would naturally be suggested at the time. In some cases it may be necessary to put nearly the whole body in very warm or hot water, until the chill passes off. Then take the patient out of the bath and place him in a warm, dry bed, with plenty of clothing over him. Or, in cases where the patient is too feeble to follow the above plan, the following will be found very effectual: Lay hot fomentation cloths the whole length of the spine, and over the stomach and liver; also the feet and limbs, below the knees, should be wrapped in hot flannel cloths; the patient at the same time being so wrapped in quilts, blankets, &c., as to retain the heat until the chill has passed, when he should be replaced in a dry, comfort-

able bed. 5. After the chill, when the fever comes on, put the patient into a pack, or give a sponge bath, or a cool sitz-bath, always keeping the head wet. During this stage of the disease, the fever, proper means to subdue it will suggest itself to those used to hydropathic means of treating fevers. 6. During the sweating stage, keep in a quiet, comfortable posture. 7. After the sweating is passed, have the body well washed with water at an agreeable temperature, and have all the clothing changed.

In treating fever and ague, caution should always be taken to keep the head cool by having it enveloped in a napkin wet in cold water. Care should also be taken not to put the patient in a pack too soon, as it might induce the chill to return, and thus be prolonged. Great care should be taken to be regular in diet. On no consideration eat between meals.

This course should be repeated from time to time, as the chill and fever return. It will often happen that this treatment, during one attack, will cure the patient. Sometimes it will require treatment during two or three attacks, or even more. It will sometimes prove so stubborn as to hold out for weeks; but in these cases, it is usually complicated with other diseases. But when it is stubborn, it only requires the more determined effort to subdue it. Individuals sometimes continue to suffer from this disease, owing to some habit, as eating between meals, improper attention to the feet, they not being kept warm and dry. Everything of this kind should be watched carefully. If, during the process of treatment, a person's patience should become well nigh exhausted, it may help him or her to remember that when the disease is arrested by this means, it is permanent. Not to return in seven, or fourteen or twenty-one days; but it is cured.

After this, live in accordance with the laws of health, and you will find that the disease will not pay you another visit so long as you carefully avoid the causes by which it was first induced.

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Western Health-Reform Institute.

Items of Observation.

DEAR DOCTOR: I wish to give an instance of particular interest, of a lady who recovered her health in a short time by carrying out the Hygienic principles, after years of drug medication to no avail. It is that of a Mrs. C., in the town of Blandford, Western Mass. For several years her health had been failing, and to that degree that she was unable to do her own work. She was reduced to a mere skeleton, weighing only about eighty pounds. She was taking patent medicines, and employing physicians at an expense of about four or five hundred dollars per year. She paid no special attention to her diet, because none of her medical advisers suggested reform in that direction. She had three children dependent on her care, but they were puny, being allowed to eat when they pleased, and that of highly seasoned food, having no regular habits or exercise and rest. Her prospects for life and happiness in this world, were rather gloomy. Her husband—in moderate circumstances,—was, of course, compelled to labor hard, and to overtax his energies to keep along in the world. In this condition they were ready for light from any direction on health, which should really look like light. About three years since, providentially, their attention was called to the hygienic principle of treating disease, namely, to establish regular and temperate habits in eating, labor, rest, &c. To remove obstacles out of the way, so that nature's functions should not be interfered with, and instead of intruding into the system those things which nature can do nothing with, but must immediately labor to expel from the system, or forever labor at odds with these obstacles in the way,—like a farmer driving over rails whereas he might have a smooth road by moving them out of the way,—to endeavor to place in the system only those things needed.

As light broke in upon them in this direction, they immediately resolved to adopt right principles and regular rules of living. To stop the employ of doctors and mineral poisons, and drugs. The neighbors were all alarmed, thinking she was now going to die, and starve her children to death. I have no doubt her recovery would have been much faster than it was had she placed herself in some good Health Institution for a few

weeks at least, until her new habits of life were well established, and she had fully learned to practically apply the true health principles.

As it was, there was a marked change in her condition in a few days. Her stomach, which had been burdened with spices, meat, rich gravies, and highly seasoned and unnutritious food, was freed from these clogs, and on a simple, nutritious diet, of graham pudding, rice, fruits and vegetables, she began to gain in flesh. In three months she had discharged her hired girl, gained several pounds in weight, paid nothing for drugs, patent medicines, or doctors; her children were as fair as her neighbors', and she was doing her own work. And the neighbors who expected her to die, did not know what application to make of such things as these. About six months from their commencement in this way of living, I visited this family. Mrs. C. had gained forty pounds in flesh, and was comparatively rugged, still reaching on for higher attainments healthward.

That house, over which gloom had hung in the time of deep affliction, was filled with cheerfulness, and their earnings not all used in battling disease. A letter from them not long since, shows them still to be in health. So, this cure, which is looked upon there as a remarkable one, is, it appears, permanent.

J. N. LOUGHBOROUGH.

A Word About Soothing Syrups.

People take too much medicine. As soon as the little infant has breathed, kicked, and screamed at the first air-bath, it must be dosed; and from that time forward, until "dust to dust" concludes the noblest song of earth, the throat is the avenue of the most various and virulent poison. Andynes, teas, and soothing syrups.

The stomach suffers first. Digestion, the absorption and proper appropriation of food, are disordered. The appetite becomes capricious. Dyspepsia is the first consequence of the abominable propensity to thrust drugs into the tender and delicate stomach of the child. After this comes a train of consequences, which are, if possible, of a more fearful character.

The nervous system is implicated. Give a child Godfrey's cordial, or one of its more recent counterfeits, Mrs. Wins-

low's Soothing Syrup, once or twice, and it will cry for the comforting drop to put it to sleep at another time. With each repetition of the dose, the necessity for the artificial stimulus is more and more fastened upon the little one. The nerves demand it precisely as those of the toper clamor for his accustomed dram.

Perhaps you have never thought of it, but there is not a shadow of a doubt but the seeds of drunkenness, as well as of disease, are frequently sown in the nursery. Morbid appetites are engendered, and the whole train of consequences which crop out in the after life of the intemperate, may tell as plainly as words can express it, the origin of what has grown to be a calamity. The opium in the paregoric, the morphine in the quieting syrup, act upon the brain precisely as alcohol does. The gin in the cordial is closely akin to that which is handed over the bar of the dram-shop, while its consequences are identical. The infant is real flesh and blood like the adult. If these stimuli do harm to the parent, and are put under the ban of society in his case, so they may and will certainly injure the child, and should be proscribed in cases of the young as well as of the old. If it is suicidal, as it certainly is, for a father to drink the abominable medicated bitters, which are so popular in our day, so it is a species of murder to give analogous compounds habitually to children to drug them into incipient stupidity, idiocy, insanity, and intemperance.

We protest against the habit. If those who are come to maturity of body, if not of mind, are disposed to victimize their highest and noblest nature to a debasing appetite, and consequently to carry the evidence of their folly in their bloated features as well as their bad feelings, pray let them not implicate the next generation by sowing the seeds of this abominable vice in the soil of the nursery. If they will persevere to the bitter end, pray let them not perpetuate the curse under the guise and pretense of bestowing a blessing.

SMITH ROGERS, M. D.

Battle Creek, Mich.

He that gives good advice builds with one hand; he that gives good counsel and example builds with both; but he that gives good admonition and bad example, builds with one hand and pulls down with the other.

How People Take Cold.

Not by tumbling into the river and dragging home wet as a drowned rat; not by being pitched into the mud, or spilled out into the snow in sleighing time; not by walking for hours over shoe-top in the mud; not by soaking in the rain without an umbrella; not by scrubbing the floor until the un-nameable sticks to you like a wet rag; not by hoeing potatoes until you are in a lather of sweat; these are not the things which give people colds; and yet they are all the time telling us how they "caught their death by exposure."

The time for taking cold is after your exercise; the place is in your own house, or office, or counting-room. It is not the act of exercise which gives the cold, but it is the getting cool too quick after exercising. For example, you walk very fast to get to the rail-road station, or to the ferry, or to catch an omnibus, or to make time for an appointment, your mind being ahead of you, the body makes an over-effort to keep up with it, and when you get to the desired spot, you raise your hat and find yourself in a perspiration; you take a seat, and feeling quite comfortable as to temperature, you begin to talk with a friend, or if a New Yorker, to read a newspaper, and before you are aware of it, you experience a sensation of chilliness, and the thing is done; you look to see where the cold comes from, and find a window open near you, or a door, or that you have taken a seat at the forward part of the car, and it moving against the wind, a strong draft is made through the crevices.

After any kind of exercise, do not stand a moment at a street corner, for anybody or anything; nor at an open door or window. When you have been exercising in any way whatever, winter or summer, go home at once, or to some sheltered place; and however warm the room may seem to be, do not at once pull off your hat and cloak, but wait awhile, some five minutes or more, and lay aside one at a time; thus acting, a cold is impossible. Notice a moment; when you return from a brisk walk and enter a warm room, raise your hat, and the forehead will be moist; let the hat remain a few moments and feel the forehead again, and it will be dry, showing that the room is actually cooler than your body, and that with your out-door clothing on, you have cooled off full soon. Among the severest

colds I have known men to take, were the result of sitting down to a meal in a cool room after a walk; or being engaged in writing, have let the fire go out, and their first admonition of it was that creeping chilliness which is the ordinary forerunner of a severe cold.* Persons have often lost their lives by writing, or reading in a room where there was no fire, although the weather outside was rather comfortable. Sleeping in rooms long unused, has destroyed the life of many a visitor and friend. Our splendid parlors, and our nice "spare rooms," help to enrich many a doctor.—*Hall's Journal of Health.*

Hardening of the Brain.

Softening of the brain is not unfrequently the result of overtaking that delicate and wonderful organ. Southey, the poet, died of that disease, and it is sometimes produced by sensual excess as well as mental labor. But according to a distinguished modern anatomist, hardening of the brain is more common than its opposite. Nothing can be more easy than to indurate the organ of thought. It can be done either by soaking the contents of a dead man's cranium in alcohol, or by the introduction of liquor into the skull of a living subject in the form of drams. In short, drunkenness sometimes hardens the brain during the life, as effectually as a bath of fourth-proof spirits could solidify it after death. Hyrth, the celebrated physiologist, declared that he could distinguish in the dark, by the resistance it offered to his knife, the brain of a drunkard from that of a person who had lived soberly; and when he found a hardened brain in the dissecting room, was accustomed to congratulate the students in his class on obtaining a specimen so thoroughly prepared for preservation and for the purposes of demonstration.

How horrible thus to petrify, as it were, the seat of thought, the organ of the soul, while its arteries still throb with the pulses of life, and its gossamer tissues are permeated and acted upon by the inherent principle of our being. Does the inebriate ever reflect that he may be literally walling his mind out of its God-appointed home? Does he realize, as his ideas become more and more obtuse, that the instrument through which they are developed is hardening; that it must soon

lose all flexibility and elasticity, and become utterly powerless; that were it scooped from its skull now, and given to the surgeons, it would be the jest in the dissecting room as a "drunkard's brain?" Well has it been said that habitual intoxication dries up all the fountains of feeling, leaving behind only a "brain of lead and a heart of stone."

Hats.

The most awkward and preposterous thing about the male costume of this country, is the hat—that "hard-shelled head-kettle," as it has been aptly called. It is uncomfortable, ungainly, unhealthy, and is always coming in contact with the tops of doors, omnibusses, rail-road cars, &c. We shall never forget the day when we first became a martyr to this abomination of modern fashion. It opened to us a new world of inconvenience, discomfort and vexation, and as we went about bumping our maiden beaver in passages and doorways, where we had been accustomed to plenty of lee-way, and with a forehead aching under its rigid contact, we formed a prejudice against the article, which subsequent experience has only confirmed. There never was a more ungraceful head-gear, than that of a stove-pipe hat." The Boston Journal copies this paragraph, and adds: "We should rejoice to see the still awkward and ungainly hats in common use, superseded by the light, low-crowned felt or beaver hats, and believe that the change would conduce equally to the health and comfort of the wearer." We say amen to this, and will "throw up our hat" as high as anybody, in favor of this much-needed reform.—*N. E. Farmer.*

VIRTUE, THE SECURITY OF SOCIETY.—As "no man liveth to himself," so no man sinneth to himself; and every vagrant habit uprooted from the young and ignorant—every principle of duty strengthened—every encouragement to reform offered, and rightly persevered in—is casting a shield of safety over the property, life, peace, and every true interest of the community; so that it may be said of this, as of every duty of man, "Knowing these things, happy are ye if ye do them."

Live up to your engagements.

Questions & Answers.

QUESTION.

W. B. C., of Hillsdale Co., Mich., inquires:

Is buckwheat a healthy article of food?

Ans. Yes; but the skin diseases which are usually attributed to its use, are *really* attributable to the articles eaten with it, namely, butter, pork, greasy sausages, &c.

Your inquiry concerning fevers will be answered at some future time.

I. S., of Wisconsin, asks:

1. How should poor dyspeptics and consumptives treat themselves, who are not able to attend a Health Institute?

Ans. Post up on the health reform, and live according to its principles at home.

2. What is the effect of eating between meals?

Ans. Headache, liver-complaint, dyspepsia, irritable temper, moroseness, irregularity of bowels, hemorrhoids, diseased kidneys, enfeebled circulation, congestion of brain, wakefulness, paralysis, and other diseases too numerous to mention.

3. What would you recommend as treatment in case of the breaking out of an itching humor upon the skin?

Ans. That depends wholly upon its nature. If you will be more explicit in regard to this humor, we will give you advice at some future time.

P. C. R., of Rhode Island, asks:

What would you advise in the case of a man who is troubled with catarrh quite badly, and who works in a woolen-factory, and sometimes works extra hours, who eats meat twice a week, is rather ambitious to get on in the world, so will drive his work when he should be quiet, until he can go no further?

Ans. In the first place he should cease such gross violations of the laws of health, in so overtaxing his energies by such an undue amount of labor. Second, he should study to know how much labor he can perform without fatiguing himself, and in no case go beyond that. Thirdly, he should take abundance of regular rest, and if possible, secure an hour or two of rest in the middle of each day. Fourthly, he should eat but two meals per day, of simple, but nutritious food, avoiding all stimulating and greasy articles of diet. Fifthly, he should maintain an even and

cheerful state of mind, with his heart full of love to God and man.

Sixthly, he should take general ablutions in pure soft water, at an agreeable temperature, sufficiently often to keep the pores open and the skin in a healthy condition.

If he will rigidly carry out the above plan, he will receive very great benefit, but in order for him to get well he needs to leave off working in the woolen factory, and place himself under the eye and supervision of a competent Hygienic Physician.

Two Meals a Day in Cholera.

Dr. G. B. Smith, in an article published in the Chicago Journal, on Cholera, says:

"In 1849, in New York, when more than one hundred died daily of Cholera, I took breakfast at nine in the morning, dinner at three and no supper. I ate heartily at my meals, but never once partook of anything between meals. I visited all the hospitals, assisted in them; and during three months of that frightful epidemic, I gained fifteen pounds, and never in my life enjoyed better health. I had no fear of the Cholera, neither have I now."

Sleeping with the Mouth Open.

Mr. George Catlin, in his quaintly gotten up monograph, "The Breath of Life," attributes very many human bodily ills to the extraordinary habit, so common, he says, among the people, of sleeping with the mouth open—in this condition breathing being injuriously performed through the mouth, instead of the safe and natural process through the nostrils. Upon the list of ills said to be produced by this bad habit, we find wild dreams, nightmare, nervous debility, impaired digestive action, and besides, no end of unpleasant consequences derived from these and other sources. If one-half of what he affirms be true, it cannot be improper to take account of what he has inculcated. But we do not mean to do so here just now. Our disposition at present would dispute the soundness of certain conclusions offered for acceptance. For instance, we do not believe that sleeping with the mouth open is the sole cause of disturbed and unrefreshing slumbers.

We do not seek to deny that this bad

habit is a powerful cause of mischief to the brain, the nervous system, and to the organic functions generally, but it is not admitted to be the sole cause. A man must be very far gone in the vanity of his own theory, who can attempt to explain so many things to the eye of reason and observation as George Catlin does, by the simple act of sleeping with the mouth open. Disturbance of the mind, when sleep overshadows the brain, may proceed we think, from other causes than breathing through the open mouth. Fear or extreme anxiety, produced by external circumstances upon the waking mind, is an invincible cause of unquiet sleep, whether the mouth be open or closed, but of course it would be all the more intense if the mouth were kept open.

Physiological Facts.

The following physiological facts were translated from a French scientific journal:

“The average height of man and woman, at birth, is generally sixteen inches. In each of the twelve years after birth, one-twelfth is added to the stature each year. Between the ages of twelve and twenty, the growth of the body is slower; and it is still further diminished after this, up to twenty-five, the period of a maximum growth.

“In old age, the height of the body diminishes on an average of about three inches. The height of woman varies less than that of man, in the different countries. The average weight of a male infant, is about seven pounds; of a female, about six and a half pounds. The weight of an infant decreases for a few days after its birth, and it does not sensibly commence gaining until it is a week old. At the end of the first year, the child is three times as heavy as when it was born. At the age of seven years, it is twice as heavy as when a year old. The average weight of both sexes at twelve, is nearly the same; after that period, females will be found to weigh less than males. The average weight of men is one hundred and thirty pounds, and of women, one hundred and twelve pounds. In the case of individuals of both sexes, under four feet four inches, females are somewhat heavier than men, and *vice versa*. Men attain their maximum weight at about forty, and women at or near fifty. At

sixty, both sexes usually commence losing weight, so that the average weight of old persons, men or women, is nearly the same as at nineteen.”

Prim Children.

The infantry drill, in some households we wot of, is subversive of all the most engaging qualities of childhood. Look, for example, at Mrs. Martinet's family. Everything like impulse has been drilled out of them. Mrs. M. is so intensely methodical that one might almost fancy the interior filled with clock-work instead of the usual viscera. She herself is said to have been very strictly brought up on the automatic principle, and the straight-jacket system of education, which made her the statuesque creature she is, she faithfully repeats upon her children. People say they are remarkably well behaved. They never romp or laugh, or do anything obstetereous. When spoken to, they respond in set phrase, as if talking out of a book. If, in their babyhood, they exhibited any germs of a rollicking disposition, the said germs were carefully pruned away.

No signs of them, at present, exist; and, looking into their dull, untwinkling eyes, one can hardly fancy that even in their long clothes they ever ventured on a chuckle or a crow. And yet, as we have hinted, the little Martinets are considered model children. So, in fact, they are, in one sense; for they are about as unimpressible as if they had been moulded out of wax, or cast in Plaster-of-Paris. Their mother, who, in her cold way, is somewhat proud of the little precisions, in making honorable mention of their negative virtues, assures her acquaintances—she is too much of a machine to have friends—that they never make any noise. The idea of noiseless boys and girls! She may call them children; we call them ghosts. What do children come into the world for, but to make a noise; to whoop, whistle, sing, run, jump, roll in the dirt, and spoil their clothes? Pooh! Pooh! Mrs. Martinet, your repressive system is all wrong. The enthusiasm of childhood should be gently and wisely guided and directed; not choked down. The boy is father to the man; and if the boy is systematically snubbed into silence, be assured the man will “never make a noise in the world.”

Thoughts Suggested on Reading "Hints to Men Folks."

"Art thou bound unto a wife? Seek not to be loosed. Art thou loosed from a wife? Seek not a wife." 1 Cor. vii, 27.

Since the Scripture is all inspiration,
In question no part must we call,
Yet a portion forever confounds me,
Whenever I'm reading St. Paul.

If you'll go with me back to creation,
A road which at first may seem long,
You'll find that the Lord gave to Adam,
A helpmeet, which proves it not wrong.

And if man with a nature unfallen,
In Paradise too, needs a wife,
With the curse resting heavily on him,
What's to comfort and solace his life?

Brought up at the feet of Gamaliel,
And yet such instruction to give?
Surely Paul must have had some good reason
Why he thought it best single to live.

Perchance as he carried the gospel,
He tarried to rest with some friends,
And thence sprang those mournful convictions,
Which to brethren at Corinth he sends:

That a man if not bound to a woman,
Had better his purpose maintain,
Lest the tie binding him to another,
Might gall like a merciless chain.

For he'd known his friend when a lover,
He had known his wife when a maid,
Almost enviously stood at the altar,
And listened to vows that they made.

But alas! for the lover's devotion,
For the maid with her sweetness and smiles,
Could it be that the one was deception,
That the other had won through her wiles.

Else why was he inwardly sighing,
Half wishing himself once more free,
And why did she often sit pining
For words full of kind sympathy.

Could it be in domestic relations,
Paul saw so much discord and strife,
It prompted the vow of Cenchrea,
Which was never to take him a wife.

At the homes where so often he tarried,
Had love but pervaded them all,
There might have been left upon record,
The deeds of a sister St. Paul.

Sept. 20th, 1866.

INO.

Let there be plenty of sunlight in your house. Don't be afraid of it. God floods the world with light, and it costs you an effort to keep it out. You want it as much as plants, which grow sickly without it. It is necessary to the health, spirits, good nature and a happy influence. Let the sunlight stream freely in.

Ventilate Your Children's Rooms.

Most parents, before retiring to rest, make it a duty to visit the sleeping-room of their children. They do so in order to be satisfied that the lights are extinguished, and that no danger is threatening their little ones. But if they leave the room with closed windows and doors, they shut in as great an enemy as fire, although his ravages may not be so readily detected. Poison is there, but slow and deadly.

Morning after morning do many little children wake weary, fretful and oppressed. "What can it mean?" "What can it be?" the mother cries. In despair she has recourse to medicine. The constitution becomes enfeebled, and the child gets worse.

The cause, perhaps, is never traced to over-crowded sleeping rooms without proper air, but it is nevertheless the right one. An intelligent mother, having acquainted herself with the principles of ventilation, will not retire to her room for the night, without having provided sufficiency of air for her children, in the same manner that she provides and regulates their night covering, or any other requisite for refreshing slumber. Sometimes by judiciously lowering a window, and at other times by leaving a door wide open, this end may be attained.

In many houses the day and night nurseries communicate. When this is the case, the window of the further room should be left open, and the doors between the rooms likewise open. Even in severe weather, children can bear this arrangement if they are not exposed to a direct draught.—*Ex.*

Power of Gentleness.

No bad man is ever brought to repentance by angry words; by bitter, scornful reproaches. He fortifies himself against reproof, and hurls back foul charges in the face of his accuser. Yet guilty and hardened as he seems, he has a heart in his bosom, and may be melted to tears by a gentle voice. Whoso, therefore, can restrain his disposition to blame and find fault, and can bring himself down to a fallen brother, will soon find a way to better feelings within. Pity and patience are the two keys which unlock the human heart. They who have been most successful laborers among the poor and vicious, have been the most forbearing. Said the celebrated St. Vincent de Paul,

"If it has pleased Heaven to employ the most miserable of men for the conversion of some souls, they have themselves confessed that it was by the patience and sympathy which he had for them. Even the convicts, among whom I had lived, can be gained in no other way. When I have kissed their chains, and shown compassion for their distress, and keen sensibility for their disgrace—then have they listened to me, and placed themselves in the way of salvation."—*J. Taylor.*

What Does "Economy" Mean?

In our use of the word "economy" it means merely sparing or saving; economy of money means the saving of money, economy of time the sparing of time, and so on. But economy no more means saving money than it means spending money. It means administration of a house—its stewardship; spending or saving, that is, whether money or time, or anything else, to the best possible advantage. In the simplest and clearest definition of it, economy means the wise management of labor; and it means this mainly in three senses, namely, first, *applying* your labor rationally; secondly, *preserving* its produce carefully; and, lastly, *distributing* its produce seasonably.—*Ruskin.*

A Good Creature of God.

The Rev. Dr. Guthrie says: I have heard a man with a bottle of whisky before him, have the impudence and assurance to say, "Every creature of God is good, and nothing to be refused, if it be received with thanksgiving;" and he would persuade me that what was made in the still-pot, was a creature of God. In one sense it is so, but in the same sense so is arsenic, so is oil of vitriol, so is prussic acid. Think of a person tossing off a class of vitriol, and excusing himself by saying that it is a creature of God. He would not use many such creatures, that's all I say. Whisky is good in its own place. There is nothing like whisky in this world for preserving a man after he is dead. But it is one of the worst things in the world for preserving a man when he is living. If you want to keep a dead man, put him in whisky, if you want to kill a living man, put the whisky into him. It was a capital thing for preserving the dead admiral, when

they put him in a rum puncheon, but it was a bad thing for the sailors when they tapped the cask and drank the liquor till they left the admiral as he never left the ship—high and dry.

Fun at Home.

Don't be afraid of a little fun at home, good people. Don't shut up your house lest the sun should fade your carpets, and your heart lest a hearty laugh shake down some of the musty old cobwebs there. If you want to ruin your sons, let them think that all mirth and social enjoyment must be left on the threshold without, when they come home at night. When once a home is regarded as only a place to eat, drink, and sleep in, the work begins that ends in gambling houses and reckless dissipation. Young people must have fun and relaxation somewhere; if they do not find it at their own hearthstones, it will be sought at other and perhaps less profitable places. Therefore let the fire burn brightly at night, and make the homestead delightful with all those little arts that parents perfectly understand. Don't repress the buoyant spirits of your children; half an hour of merriment round the lamp and fire-light of a home, blots out the remembrance of many a care and annoyance during the day; and the best safeguard they can take with them into the world is the unseen influence of a bright little domestic fireside.

Advertisement.

A WONDERFUL MICROSCOPE.—The editor of the *New York Sunday School Advocate*—Rev. Daniel Wise, D. D.—says:

"The simplicity, cheapness, and great magnifying power of the celebrated Craig Microscope struck me with surprise. Then I was examining a fly's eye by its aid, and was struck with wonder at the skill and power of the Creator which is displayed in its structure. When I saw a statement in an advertisement that this microscope magnified one hundred diameters, or ten thousand times, and could be bought for \$2.50, I thought it was one of the many humbugs of the hour; for I had paid \$20 for a microscope not long before. But now I find it to be really a valuable instrument, which I should like to see introduced into the families of our readers in place of the manifold useless toys which please for an hour and then are destroyed. This microscope would both amuse and instruct them, and I advise every boy and girl who wish to know the wonders which lie in little things, to save their money until they have \$2.75," and send it to George Meade, Thompsonville, Wisconsin, and they will promptly receive this beautiful microscope, by mail, postage paid.

Items for the Month.

THE REFORMER.—Our subscription list is increasing rapidly. Correspondents are sending in from all parts that they are well pleased, and wish us success in this enterprise. It is their universal testimony that just such a journal is now needed, and that thus far the Reformer fully meets their expectations. Some are especially befriending us, by making a special effort to increase our subscription list. We sincerely thank them for their kind remembrance, and shall endeavor to make our Journal worthy of their labor in extending its circulation.

OUR PROGRESS AND PROSPECTS.—Everything connected with our health enterprise seems to be progressing harmoniously and encouragingly. Both at home and abroad, there seems to be a lively interest to move the good work along. Quite a good number have already come to make their home with us for awhile, that they may regain their health and learn how to preserve it; and we hear of many others who are soon to be here—and still others who intend to come as soon as some arrangements can be made, which at present detain them. To all such we would say, we will do all we can for you; and we do believe that if there is a Health Institute in the country where you can be cured of disease, it can be done here. We intend there shall be no lack of effort to secure this end in any department. We still extend an invitation to our friends and patrons to come, and we will try to do you good.

SMITH ROGERS, M. D.—An article from the pen of this gentleman, a physician of this city, will be found in another column. We are truly thankful for this favor. Let those who read this spicy, truthful, article, remember that it was written by a physician of very long and extensive practice, and one who well knows the evils which arise from the errors which he has pointed out. Dr. R. has lately passed through severe affliction, which has resulted in the loss of a limb. He has our best wishes. We hope he will favor us with more from his pen in the future.

Our exchanges continue to speak encouragingly of our Journal and our enterprise. We can notice but few in this number. The *Branch County Gazette*, a weekly Journal published in the city of Coldwater, Branch Co., Mich., edited by C. P. Bonton, and enthusiastically devoted to right principles, says:

We have received Nos. 1 and 2 of "The Health Reformer, a monthly journal devoted to an exposition of the laws of our being, and the application of those laws in the preservation of health, and the treatment of disease."

It is a very neat octavo of 16 pages, well executed and well arranged. Its contents are useful and interesting. Published at Battle Creek, Mich., by the Western Health-Reform Institute. Price \$1.00 a year.

The Voice of the West, published at Buchanan, Mich., and edited by Eld. J. V. Himes, who both advocates and lives out the Health-Reform system, sends us the following good wishes for our success:

THE HEALTH REFORMER: A monthly journal, devoted to an exposition of the laws of our being, and the application of those laws in the preservation of health, and the treatment of disease. Dr. H. S. Lay, editor. Published by the Western Health-Reform Institute, Battle Creek, Michigan.

We have received Nos. 1 and 2 of this new Health journal. It is ably conducted, advocates correct principles, and commands our best wishes for its success. It is published in connection with the new Health-Reform Institute, recently established at Battle Creek, Michigan. We can heartily bid God speed to this and every movement in behalf of Health reform.

The Review and Herald of this city speaks thus of our Water and Bath arrangements:

We have been delighting our eyes for a few days past with the sight of the Windmill for the Health Institute, which is now up and in working order. It is an ornament to the neighborhood, and works in the most satisfactory manner. By means of a double-acting force-pump, it throws water from the well, with a very moderate breeze, through the hundred and twenty-four rods of pipe, elevating it some eighty feet, at the rate of a barrel in from three to five minutes. An inexhaustible supply of the purest water known is thus secured. This water is first received into a tank directly over the bath-room, of the capacity of three hundred barrels. From thence it is taken to the heating-tank, on the same floor, containing fifty barrels; and by means of pipes leading from both tanks to the bath-room below, water is easily tempered to any degree of heat required for the various baths to be given.

The Orleans American, published at Orleans, Niagara Co., N. Y., by D. S. Bruner & Bro., at \$2.00 per year, one of the editors of which we formed a very pleasant acquaintance with while at "Our Home," Dansville, N. Y., and know him to be a warm friend of health reform, and a zealous advocate of the rights of humanity, says:

THE HEALTH REFORMER.—This is the name of a new health journal, the first number of which has just been issued. It is edited by Dr. H. S. Lay, late of "Our Home," Dansville, and is published by the Western Health Reform Institute, Battle Creek, Michigan. The Reformer makes a very creditable appearance, is well filled, neatly printed, and gives promise of large usefulness. Success to it. Terms \$1.00 per year.