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Tattling.

'Tis wordrous strange, and yet 'tis true  
That some folks take delight  
The deeds of other men to view,  
As if their own were right.

And if a piece of news comes out,  
They'll eagerly pursue it;  
Then hand the charming dish about,  
And add a little to it.

Each fault they'll try to magnify,  
Yet seeming to bemoan  
The mote within a brother's eye,  
Are blinded to their own.

General Articles.

Digestion.

*Continued from page 2, No. 1.*

The fat however in undergoing this change is not materially altered in its chemical composition, but simply broken up and held in solution by contact with the organic matter of the pancreatic juice. Digestion is not merely a simple operation; but is made up of different processes which commence successively in the various portions of the alimentary canal.

In the mouth it is subjected to mastication and insalivation, reduced to a soft pulp and mixed with the saliva, passing thence into the stomach, where it excites the gastric juice. In the small intestines the pancreatic and intestinal juices convert the starchy portions of the food into

sugar, and break up the fatty matter into an emulsion by which it is converted into chyle; and although the separate actions of those organs commences at different points of the alimentary canal, still they afterward go on simultaneously in the small intestines.

Immediately after the ingestion of food, the gastric juice begins to flow (with the digested food) into the duodenum, and soon becomes mixed with the contents of that organ. The food is here made ready to be taken up into the circulation. By the combined action of the bile, pancreatic and intestinal juices (which are called alkaline agents), the digestion of the mouth is resumed. The starchy matter is here rapidly turned into sugar, and this, in turn, into lactic acid, and the intestinal mass becomes acidulous, which digests the food containing nitrogen, and consequently not digested by the stomach. The food changed at this point is termed chyle. From this point the food is removed by absorption, which process is very wonderful and interesting. This is carried on by two sets of vessels. These vessels however do not absorb all the alimentary mass at random, but each has its respective sphere of action assigned it.

The fatty matters are taken up by a set of vessels called lacteals (milk bearers), under the form of chyle; the other, being absorbed, passes into the portal vein. This vein originates from nearly all the organs within the abdomen. The lacteals are fine tubes, arising in the intestinal coats, which gather into knots (glands), so as to be prolonged without consuming a great deal of space, and finally gather into a tube termed the thoracic duct, and pour their contents into a large vein (subclavian), near the left shoulder, and so into the general circulation. This process of absorption is hastened by the vermicu-

lar (worm-like) motion of the canal from above, downward. These substances (food) do not mingle at once with the general circulation, but first pass through the portal vein into the liver.

The liver is the seat of the bile to which we have adverted, which is formed from the venous blood in the liver; also a large quantity of sugar is formed, which is necessary for the wants of the body. After a time the food passes by the returning venous blood into the right cavities of the heart, and from this organ to the lungs, where the venous blood gives off carbon and takes in oxygen, when it becomes changed from venous to arterial blood, and in this condition it returns to the various parts of the body, and again to the heart, in, it is said, from three to five minutes.

Before speaking of the food any further, let us say a few words on absorption. As we have said already that food is taken up by absorption, so also the entire body has this property, as well as that part which relates to digestion only. Man may be compared in this respect to a sponge, which has an affinity for moisture to an astonishing extent. We may arise in the morning and weigh ourselves, and afterward drink half a pint of water, tea, or coffee, and two or three hours after we will find ourselves weighing from nine to ten pounds more than before. On the same principle, the most intense thirst may be quenched by simply immersing the body in water for a length of time. For the same reason we need more clothing upon the lower extremities in fall and spring than in winter when there is snow upon the ground, simply because the snow shuts off the absorption which is ascending upward in spring and fall, thereby chilling the lower extremities, and driving the blood upward to excess, giving rise to congestions and diseases of various grades. So also by this means the body may absorb noxious vapors, which frequently may be tasted, hours, and even days, afterward, upon the mucous membrane of the tongue.

Having traced the food, by absorption, to the blood, let us look at it still further. Many times have I watched the circulation of this fluid with wonder and admiration. The blood is composed of water, fibrine, albumen, salts, and hæmatin. In it we find two kinds of small globules, white, and red, the red being most numerous. The red globules we find, as they

pass along the arteries, are somewhat flattened; and in the formation of muscular tissues we find them piled up upon each other like small coin. These globules then may be termed liquid flesh, inasmuch as they are derived from the food, and by the action of the body turned into flesh, and become incorporated into the various structures of the body at last. It is said by some physiologists, that, every time we move or breathe, thousands of these globules are slain and wounded like soldiers upon the battle field, while other parts of the body act the part of a sanitary commission, and send out ambulances to gather up the sick and wounded, bringing them to the general hospital (the liver), where the dead are cast out, but where those sick and wounded are cared for until they are able to be sent out again, ready for a similar action. But, be this as it may, these small globules serve to build up the waste which is constantly going on from birth until death.

The blood, passing through the lungs, goes to all parts of the body. While in the arteries, it maintains its red color; but is finally passed through fine tubes called capillaries to another set of tubes called veins; here the blood has lost its oxygen (fuel), and takes on carbon, which is taken again to the lungs and exchanged for oxygen. And to those who wish to know what becomes of this carbon which is cast off, we would say that it is sought after by the vegetable kingdom, and is taken up into the tissues of the plants, whose leaves perform the same office for them that our lungs do for us, with this difference, that the plant or vegetable kingdom lives by carbon, giving off oxygen, while the animal gives off carbon and takes in oxygen from the atmosphere. This carbon may be absorbed to excess by the leaves, or by excessive foliage; and in a season when fruit is scarce, it may be seen in the form of gum oozing from the fruit, which if eaten freely may become a fruitful source of dysentery, &c., &c.

J. H. GINLEY. M. D.

Keep in good humor; anger is pure waste of vitality. No man, and no boy, does his best except he is cheerful. A light heart makes nimble hands, and keeps the body healthy and the mind free.

## Two Meals a Day.

In a former article were noticed the general facts on which we base our judgment on this subject, such as the relation of labor and rest. Let us now consider some particular facts which sustain our position.

It is estimated that from two to five and one-half hours are required for the digestion of different articles; five hours are generally taken as the average for an ordinary meal, under favorable conditions. We will here notice a few conditions which are deemed unfavorable, and we shall then be prepared to judge more correctly of the proper intervals between the meals.

1. "If more food is taken than is required, even that amount which is required will not be quickly digested."—*Lambert's Physiology*.

2. "If the food be hurried into the stomach, it may be filled with food indigestible, and all of which would not be needed even if it could be digested."—*Id.* If eaten too fast the food is neither properly masticated, nor mixed with the saliva so as to favor digestion.

3. Water, or drinks, of which water is the basis, taken while eating, is removed by absorption before digestion takes place; therefore the practice almost universally indulged in, of drinking large quantities of tea, coffee, or water, with meals, retards digestion.

4. In Dr. Beaumont's observations, it was found that "anger would cause the stomach to become pale and comparatively bloodless." I knew a man once to become so exceedingly angry, that his system was not able to recover from the effects of his anger, and he soon died. I also in my younger days, once plagued a small animal till he got very angry, and though I did not injure it at all, to my great surprise, it died in a few minutes. This shows that anger tends to suspend the vital forces.

5. "A constantly active mind, especially a fretted disposition, does not allow the stomach to receive, for a sufficient length of time, those nervous influences necessary for a perfect digestion of food."—*Lambert's Physiology*. With many, fretting is a habit almost constantly indulged in; and as it retards digestion, it must increase the irritation of the system, and induce disease. Therefore it is impossible that a fretter should be healthy;

and those who fret much will in time find much to fret about. Thus they become the authors of their own misery.

6. Hard labor, either of body or mind, immediately after eating, will retard digestion; and if the system be otherwise in unfavorable conditions, digestion may thereby be entirely suspended for a time.

7. Grief, either excessive or protracted, will prevent digestion. It is well known that constant sorrow of heart will destroy the appetite by debilitating the stomach, and so gradually suspend the action of the life forces.

Not to further enumerate it will be conceded that by these, or some of these causes, viz., eating too fast or too much, drinking largely with meals, or by labor, anger, fretfulness, or grief, almost every one, and almost at all times, induces conditions unfavorable to digestion, besides the ailments of the stomach itself not here noticed; therefore we ought to increase the time estimated for the digestion of food.

Dr. Coles in *Philosophy of Health* says: "When food is lodged in the stomach, it requires ordinarily about three hours and a half before the entire meal is prepared for, and carried into, the duodenum, or second stomach. Then about one hour and a half is needed for forming the chyle, and for its absorption."

Calling five hours the average time required, if breakfast be taken at seven, the process of digestion is barely passed through at twelve. The morning meal being scarcely appropriated, the system cannot yet require more. The person may *feel* hungry, either from habit, from exhaustion, or other causes, but the necessity for food does not exist. As previously remarked, no person can safely trust his appetite while he is in an exhausted condition; and we are so subjected to the power of habit, that, should we habitually eat six times a day, we should become hungry so often. Also disease, or peculiar conditions of the system may cause a sensation of hunger, as we sometimes eat to fullness and still feel hungry. Now this hungry feeling is not always a call of the system for food, as in the last named case, the stomach has already received more than is required.

If the second meal is then taken at twelve or half-past twelve, there being no requirement for food, digestion must be tardily or imperfectly performed; and it would be truly a marvel if the work of

the stomach was again completed at 6 o'clock P. M. *Habit*, not *nature*, requires an additional supply at that hour; or if taken at seven, allowing a longer time for the digestion of the second meal, the result is no better, as the third meal will hardly be digested by twelve at night. Up to that time then, there can be no good, quiet, refreshing sleep. The stomach has been laboring hard; the nervous system has been under constant excitement; of course the brain has been troubled with disagreeable sensations, perhaps with scenes of horror and frightful images. The person awakes in the morning with an aching stomach, a dullness in the head, a coated tongue, and a dry, feverish mouth. When we consider that this is repeated in an ever-continuing round, is it any wonder that there are no more healthy people in this age? or that man's life is dwindled down to a span? What shall be thought, then, of the practice of many staid, well-disposed people, who make late visits where tea is served in the evening with rich cakes and pies, and other indigestible articles?

On the other hand, suppose we breakfast at seven; allow five hours for digestion, till twelve; then let the stomach rest an hour or more, and take the second meal at half-past one or at two. Five hours more for digestion brings us to seven in the evening; then if the stomach rests till the hour of retiring, other things being favorable, *the whole system will sleep*, and all together awake in the morning refreshed.

We have tried and know. Where all physiological research and actual experiment agree, we see no chance to doubt.

J. H. WAGGONER.

*St. Charles, Mich.*

#### Remarks on Diet.

Children whose food for a considerable time consists of superfine flour bread and other concentrated substances, such as sugar, butter, etc., generally become weak and sickly, and are often covered with sores, and perhaps become afflicted with scrofulous diseases; and hence some physicians who have written on the diet of children, have spoken in severe terms against confining children to an exclusively vegetable diet; but if a child be put upon a diet of good bread made of unbolted wheat meal, with milk and water or pure soft water for drink, and be allowed to

indulge pretty freely in the use of good fruits in their season, none of the evils which result from concentrated forms of aliment, or which are attributed to a vegetable diet, will be experienced, but the child, if in other respects properly treated, will be healthy, robust, and brightly.

I have been informed by old whalers, that they had long observed, and that it is a common remark among them, that during their long voyages, the coarser their bread the better their health. "I have followed the seas for thirty-five years," said a very intelligent sea-captain to me a few years since, "and have been in almost every part of the globe, and I have always found that the coarsest pilot bread, which contained a considerable proportion of bran, is decidedly the healthiest for my men." "I am convinced from my own experience," says another gentleman of the same calling, "that bread made of the unbolted wheat-meal, is far more wholesome than that made of the best superfine flour, the latter always tending to produce costiveness." Captain Benjamin Dexter, in the ship *Isis*, belonging to Providence, R. I., arrived from China in Dec. 1804. He had been about one hundred and ninety days on the passage. The sea-bread which constituted the principal article of food for his hands, was made of the best superfine flour. He had not been long at sea before his hands began to complain of languor, loss of appetite, and debility; these difficulties continued to increase during the whole voyage, and several of the hands died on the passage of debility and inanition. The ship was obliged to come to anchor about thirty miles below Providence, and such was the debility of the hands on board, that they were not able to get the ship under way again; and the owners were under the necessity of sending men down from Providence to work her up. When she arrived, the owners asked Captain Dexter what was the cause of the sickness of his hands. He replied, "The bread was too good."

Debility, sluggishness, constipation, obstructions, and morbid irritability of the alimentary canal, have been among the principal roots of both chronic and acute disease in civic life in all parts of the world, and in all periods of time; and concentrated forms of food, compound preparations, irritating stimuli, and excess in quantity, have been among the principal causes of these difficulties.

The healthfulness and integrity of the digestive functions of the stomach, depend principally on three things: 1st, healthy and vigorous nervous power; 2nd, healthy secretion; and 3d, healthy and vigorous muscular action. The absence of either of these will prevent digestion. If the nervous power is impaired, the gastric secretion is deteriorated, and the muscular contractility is diminished, and the function of the organ languishes; and if the muscular contractility is impaired, the nervous power is diminished, and the function languishes; and if either the nervous or the muscular tissue is destroyed, the function of the organ is entirely abolished. The destruction of the muscular tissue of the human stomach, as effectually destroys digestion as the destruction of the nervous tissue; so mutually and directly are the tissues of an organ dependent on each other, and the functional power and integrity of the organ on the health of all its tissues. And certain kinds and conditions of food, if long used, will almost wholly obliterate the muscular coat of the stomach, and other kinds and conditions will largely increase the development of that coat.

The healthy excitement of the vital properties of the nervous and muscular tissues of the alimentary canal, requires the presence of ingested food, which in its nature and condition is adapted to the anatomical structure and physiological powers of the stomach and intestinal tube; and, therefore, if the nutritious principles of those natural substances intended for our food be separated out by artificial means, and used in their concentrated forms, the laws of relation in regard to the teeth, gums, organ of taste, salivary glands, stomach, and intestines, will be violated in such a manner as to disorder the functions of these organs, and if persevered in, will, by slow degrees, impair their functional powers, and finally disease and destroy the organs themselves. The teeth will become diseased and painful, and will decay, the gums will become soft, and relaxed, and tender, and perhaps ulcerous. The salivary glands will become unhealthy, and the saliva will be greatly deteriorated in quality; the nervous and muscular powers of the stomach and intestines will be much impaired; the processes of assimilation and nutrition will be less and less perfectly performed; emaciation, general debility, and disease will ensue; and suf-

fering and premature death will be the final result.—*Graham.*

### Principles of Hygienic Medication.

All healing power is inherent in the living system.

There is no curative "virtue" in medicines, nor in anything outside the vital organism.

Nature has not provided remedies for diseases.

There is no "law of cure" in the universe; and the only condition of cure is, obedience to physiological law.

Remedial agents do not act on the living system, as taught in medical books and schools, but are *acted on* by the vital powers.

Disease is not, as is commonly supposed, an enemy at war with the vital powers, but a remedial effort—a process of purification and reparation. It is not a *thing* to be destroyed, subdued, or suppressed, but an *action* to be *regulated* and *directed*.

Truly remedial agents are materials and influences which have *normal* relations to the vital organs, and not drugs, or poisons, whose relations are *abnormal* and *anti-vital*.

Nature's *materia medica* consists of Air, Light, Temperature, Electricity, Magnetism, Exercise, Rest, Food, Drink, Bathing, Sleep, Clothing, passional Influences, and Mechanical or Surgical Appliances.

The True Healing Art consists in supplying the living system with whatever of the above it can use under the circumstances, and not in the administration of poisons which it must *resist* and *expel*.

Drug remedies are themselves causes of disease. If they cure one disease, it is only by producing a drug disease. Every dose diminishes the vitality of the patient.

*Drugopathy* endeavors to restore health by administering the poisons which produce disease.

*Hygeio-Therapy* (erroneously called "Hydrotherapy," or "Water-Cure,") on the contrary, restores the sick to health by the means which preserve health in well persons.

Diseases are caused by obstructions, the obstructing materials being poisons or impurities of some kind.

The Hygienic system removes these obstructions, and leaves the body sound.

Drug medicines add to the causes of obstructions, and change acute into chronic diseases.

To attempt to cure diseases by adding to the causes of disease, is irrational and absurd.

Hygienic medication (Hygeio-Therapy) is not a one-ideaism which professes to cure all diseases with "water alone." Nor is it a "Cold Water-Cure," as is erroneously believed by many. It adopts all the remedial appliances in existence, with the single exception of *poisons*.—*Trall.*

### The Breath of Life.

Whatever lives must breathe. Whatever shelters or feeds life must breathe also. As is the breath so is the life, for health is but a plumonary function, and happiness a castle in the air. The blood, stifled with ill-supplied or incapable lungs, blackens and curdles; the hair, stifled beneath an impenetrable hat, dies and falls away; the skin, stifled by garments too many and too close, or smothered by its own unremoved excretions, yields its duty as guardian of the outposts of life and betrays the citadel to the enemy.

It utters its mute protest against rubber boots and air-proof coats, which, unless briefly and loosely worn, are portable death. Houses, too, must breathe as well as garments. A breathless house is suicide made easy. The asthmatic complains of his labored breathing, but forgets that his house wheezes worse than he, through its listed windows and doors. He shuts the casement because it admits cold; he shuts the stove damper because it allows the escape of heat.—How is his house to catch its breath with mouth and nostrils closed? Mamma folds her sleeping little ones in blankets, and tucks them into their close cribs with impenetrable Marseilles of a texture fit for a balloon; if the chicks are timid they draw the white drapery over their heads, shutting out any quantity of bugbears, but shutting in a veritable nightmare of exhausted and poisonous air. Warmth is essential to comfort, but pure air and rich blood are the healthiest healers known. The earth itself floats in an air bath forty-five miles in length. The soil must breathe or it will not bear. Not only must the plough let in the air from above, but a porous sub-soil or frequent drains must give it an exit from beneath, or you win only grudging

gifts from the smothered soil. Choose a flower vase of wedgewood ware, and without an opening at the bottom, and the rose folds its green calyx in despair about its stifled buds. Nay, let the pores in the stems and leaves become choked with dust, and the plant dwindles and dies of voiceless vegetable catarrh. The ocean breathes in the trade-winds and laughs in the shout of the tempest. Its slow beating pulses are the tides; mountain billows are the heaving of its lungs. The kiss of the breeze gives it health and purity; both are strangled by the leaden weight of a breathless calm, and

"Slimy things do crawl with legs  
Upon the slimy sea."

Since then our life is but a breath, let it at least be strong and pure, and let us not attempt the futile experiment of seeking it in exhausted receivers.—*Springfield Republican.*

### Bishop Whately's Brain Tonic.

A hard thinker, he required compensating sleep. Man from first to last is fighting a battle with death, through the tissues. These are wasted by labor, but as long as they can be fully renewed by food, the man lives and is well. Otherwise he decays and dies. So with the brain; it weakens under continued protracted labor, particularly at night. Sleep restores it to strength and fresh inclination and capacity for work. If sleep fails to do this, or if sufficient sleep be not allowed for the repose and invigorating of the brain, its powers decay, and even insanity may supervene through overwork, especially at undue times. No one knew this better than Whately, who may be said to have slept as fast as he could. Idle people are not to take this as a justification of their sluggardism. When Whately felt fatigue from overtaking the brain in the day-time, he would close his books, and a quarter of an hour after you might have seen the following instructive spectacle:

The first occasion on which I ever saw Dr. Whately (observes a correspondent) was under curious circumstances. I accompanied my late friend Dr. Field to visit professionally some members of the archbishop's household at Redesdale, Stillorgan. The ground was covered by two feet of snow, and the thermometer was down almost to zero. Knowing the archbishop's character for humanity, I express-

ed much surprise to see an old laboring man, in his shirt-sleeves, felling a tree "after hours" in the demesne, while a heavy shower of sleet drifted pitilessly on his wrinkled face. "That laborer," replied Dr. Field, "whom you think the victim of prelatich despotism, is no other than the archbishop curing himself of a headache. When his grace has been reading and writing more than ordinarily, and finds any pain or confusion about the cerebral organization, he puts both to flight by rushing out with an ax, and slashing away at some ponderous trunk. As soon as he finds himself in a profuse perspiration he gets into bed, wraps himself in Limerick blankets, falls into a sound slumber, and gets up bouyant."—*Life of Whately.*

### Success in Life.

Benjamin Franklin attributed his success as a public man, not to his talents or his powers of speaking—for these were but moderate—but to his known integrity of character. "Hence it was that I had so much weight with my fellow citizens. I was but a bad speaker, subject to much hesitation in my choice of words, hardly correct in language, yet I generally carried my point."

Character creates confidence in men in high stations as well as in humble life. It is said of the first Emperor Alexander of Russia, that his personal character was equivalent to a constitution. During the wars of the Fronde, Montaigne was the only man among the French gentry who kept his castle gate unbarred; and it was said of him that his personal character was worth more to him than a regiment of horse.

That character is power, is true in a much higher sense than that knowledge is power. Mind without heart, intelligence without conduct, cleverness without goodness, are powers in their way, but they may be powers only for mischief. We may be instructed or amused by them; but it is sometimes as difficult to admire them as it would be to admire the dexterity of a pickpocket, or the horsemanship of a highwayman. Truthfulness, integrity and goodness—qualities that hang not on any man's breath—form the essence of manly character, or, as one of the old writers has it, "that inbred loyalty unto Virtue that can serve her without a livery." When Stephen, of

Colonna, fell into the hands of base assailants, and they asked him in derision, "Where now is your fortress?"—"Here," was his bold reply, placing his hand upon his heart. It is in misfortune that the character of the upright man shines forth with the greatest luster; and when all else fails, he takes a stand upon his integrity and courage.

Virtue is a power for good in itself. On the other hand knowledge is power for good only as it is allied to virtue. Unsanctified knowledge is often a dangerous instrumentality, while unlettered virtue is a tower of strength to society. A character in its nearest perfection, combines the two,—virtue, religion, and knowledge. These form the safeguard of a nation, and are objects of the highest importance in the State.

Young men should early lay the foundations of a good character—lay them deep in integrity and truth—so deep that the storms of life shall not prevail to overthrow them. Thus shall they find favor in the eyes of their fellow men.

### A Happy Woman.

What spectacle more pleasing does the world afford than a happy woman, contented in her sphere, ready at all times to benefit her little world by her exertions, and transforming the briars and thorns of life into roses of Paradise by the magic of her touch? There are those who are thus happy because they cannot help it—no misfortunes dampen their sweet smiles, and they diffuse a cheerful glow around them as they pursue the even tenor of their way. They have the secret of contentment, whose value is above the philosopher's stone; for without seeking the baser exchange of gold, which may buy some sorts of pleasure, they convert everything they touch into joy. What their condition is makes no difference. They may be rich or poor, high or low, admired or forsaken by the fickle world; but the sparkling fountain of happiness bubbles up in their hearts and makes them radiantly beautiful. Though they live in a log cabin, they make it shine with a lustre which kings and queens may covet, and they make wealth a fountain of blessings to the children of poverty. Happy women are the highest types of humanity, and we cannot say how much we owe to them for the progress of the race. Would there were enough to go round!

## Editorial.

### Diarrhea

Is a disease, which, when treated as it usually is in this country, often becomes very obstinate and frequently proves fatal; but when treated hygienically is a simple disease, and very easily managed.

The common practice of administering drugs for the purpose of producing an astringent effect on the bowels, or for any other purpose, is a very pernicious one; for it deranges the action of the stomach and bowels, exhausting the vitality and crippling the life forces.

Another prevalent custom I consider a bad one, and that is of eating constipating food, with the view either of preventing the disease when it is prevailing in a community, or of curing it after one has it; for by so doing nature makes strong and persistent efforts to overcome the constipating effects of such food by causing the bowels to secrete an extra amount of watery fluid, thus provoking or aggravating the disease. The habit also of exciting, pampering, and indulging the appetite with various kinds of so-called rich food and dainties, trying to create a desire for food when there is no demand for it, is all wrong.

When taken with diarrhea,

1st. All exercise should be abandoned, the recumbent posture maintained, and perfect rest enjoined.

2d. The bowels should be thoroughly evacuated as often as once a day by copious enema of warm water at from 90° to 95°, after which, and generally several times during the day, if the bowels are moving frequently, inject a very small quantity of quite cool water to be retained. This alone, in many cases, is all that is required to entirely check the disease.

3d. Once a day, or oftener, if the severity of the case demands it, a sitz bath should be given at a pleasant temperature, say at from 80° to 90°, from 10 to 20 minutes, having the parts well rubbed,

and dry rubbed on coming out of the bath.

4th. Take general ablutions of the body in water at an agreeable temperature, often enough to keep the skin well cleansed; resorting to it the oftener when there is the most fever, but always avoiding using so much water, or so often as to weaken or reduce the patient.

5th. When there is heat across the bowels, apply a compress wet in cool water, having it well covered with a dry bandage.

6th. Always keep the head cool, and the feet warm.

7th. Let the food be scanty, and of the simplest kind, such as gruel made of unbolted wheat flour ground fine, with perhaps a very little unleavened Graham bread toasted, and that but twice a day.

8th. Let the drink be simply pure soft water, but not cold.

9th. Maintain a happy, cheerful state of mind, having no care nor anxiety about anything.

### Dress.

The manner we dress or clothe our bodies is a subject of special importance in this time of prevailing ill health. It is a fact patent to every observer, that sickness is the ruling condition of people, and health the exception.

We should endeavor to make dress administer to the wants of the body, add to our comfort, and conduce to health and happiness. But in much that is worn is it not far otherwise? Do we not pay our devotions to fashion greatly to our discomfort, the injury of health, and the destruction of life?

Health can only be maintained by free and equal circulation of the blood to all parts of the system. Its various organs, tissues, and structures depend upon it to nutrify, build up, and sustain them. When some of them are deprived of their supply of the vital fluid, a want is felt, and suffering follows. Two evils thereby occur: The unsupplied parts become enfeebled and diseased, while the other organs are

over-burdened, and rendered unfit to properly perform their functions. A congested head, torpid liver, and other derangements, many are suffering, without being aware that their dress contributes much toward bringing about the bad state of health.

To be properly clothed is to give every part of the body which is covered, an equal amount of clothing; if any part is to be more warmly clad than others, let it be those situated the furthest from the center of circulation, the heart. Men are generally more healthfully clad than women.

Much in woman's dress is to be condemned. First, the limbs, arms, and feet have not a sufficient amount of clothing to protect them from cold and keep them healthful, or even comfortably warm. Then often the garments are so snugly fitted as to be hurtful and disagreeable. The waists made so tight, compressing the lungs so as never to give them and the abdominal muscles full and free expansion.

The bowels and hips are dragged down by the weight of the skirts, which ought to be supported by the shoulders. Added to this, bands and ligatures are permitted to press on the skin, interfering with the delicate net-work of blood, nerve, and absorbent vessels of which this membrane is composed. All together it is an unphysiological and objectionable style of dress, and calls for a reform if we would have healthy bodies and sound minds.

MISS DR. LAMSON.

### Visit to the Health Institute.

Spending a few days at Battle Creek, I gladly accepted an invitation to visit the Western Health Reform Institute. I was surprised to find the work so far advanced; and, although every part of the new building is not yet completed, so much accomplished for the restoration, comfort, and pleasure of the patients. And, what is also encouraging, the number of the patients keeps well up to their increasing ability to accommodate. I found familiar faces in those of the Physicians, attendants, and among the patients;

and as I passed a few pleasant hours with them, I was reminded of H. W. Beecher's compliment to Dr. Scudder, when he said it must be pleasant to be a heathen and have such a missionary! So I could almost envy the sick who have such associations, and means of recovery. The dinner was a feast to any one whose appetite is not grossly perverted, and who is not wedded to stimulants.

The efforts put forth to please, seem eminently successful; though some are there far gone with disease, there is such an absence of every disagreeable surrounding that we have been accustomed to associate with our ideas of the "sick-room," that the contrast is very striking. Here the sick will not only be cured, but taught how to get well, and what is most important, taught how to live after they get well. Oh, the blessing of health! Would that I, from my childhood, and my parents before me, had understood the duty to keep well, and known how to do so.

The day was stormy, and as I left the truly hospitable roof, to go forth to labor and to suffer, I was strongly reminded of the "Soldier's Dream."

J. H. WAGGONER.

### An Interesting Case.

DEAR DOCTOR: I hereby send you the description of the following case, which please insert in the Reformer if you deem it worthy.

I will state that when my youngest child was three weeks old, I discovered a purple spot on her left shoulder, which increased slowly in size, until she was about five months old. About that time it began to break out into a large, angry looking sore, and much of the time her entire body, from her head to her feet, was almost an entire sore, and all that I did for her did not relieve her only for a little while at a time. Her health began to fail, and I felt sure that I should not keep her long unless something could be done immediately. My neighbors thought she could not live the summer out. There was one lady that came to see her, that was very anxious to have me take her to a very noted cancer doctor, as she was very sure that it was a cancer; but as I did not feel willing to trust the life of my child in the hands of a stranger, I resolved, as I was somewhat acquainted with your method of doctoring, that I

would like your advice, which I had, and acted upon it accordingly.

I kept her exclusively on Graham porridge for some length of time. Some said, "Poor little thing; you will starve her to death." But the poor little thing soon began to recover, and with proper care, and a plain diet, and by bathing once or twice a week, she is now enjoying good health, and her skin is soft and smooth, and not one sore, or rough place, can be found on her whole body. She is nearly one year old, and bids fair to be a very healthy child.

Yours with much respect.

LUCY SEYMOUR.

*Newton, Mich.*

One of the most promising young men we ever knew, is now engaged in routine, clerical drudgery at Washington; his whole fair prospects blighted, and the cup of ambition dashed from his lips by a hopeless deafness, produced by the use of Quinine while he was a boy. As we saw this wreck of intellect and of all the manly virtues, bending over his allotted task and growing prematurely old from hope deferred, and being "curtained from the world," we thought that philanthropy should demand that the baneful and hideous drug should be banished from the nation by law.—*Edward Everett.*

### The Health That We Begin Life With, Soon Lost.

Perfect health supposes not a state of mere quiescence, but of positive enjoyment in living. See that little fellow, as his nurse turns him out in the morning, fresh from his bath, his hair newly curled, and his cheeks polished like apples. Every step is a spring or a dance; he runs, he laughs, he shouts; his face breaks into a thousand dimpling smiles at a word. His breakfast of plain bread and milk is swallowed with an eager and incredible delight—it is so good that he stops to laugh or thump the table now and then in expression of his ecstasy. All day long he runs and frisks and plays; and when at night the little head seeks the pillow, down go the eye-curtains, and sleep comes on without a dream. In the morning his first note is a crow or a laugh, as he sits up in his crib and tries to pull pa-

pa's eyes open with his fingers. He is an embodied joy—he is sunshine, music, and laughter, for all the house. With what a magnificent generosity does the Author of life endow a little moral pilgrim, in giving him at the outset of his career such a body as this. How miserable it is to look forward twenty years, when the same child, now grown a man, wakes in the morning with a dull, heavy head, the consequence of smoking and studying till twelve or one the night before; when he rises languidly to a late breakfast, and turns from this dish, and tries that; wants a devilled bone or a cutlet with Worcestershire sauce, to make eating possible; and then, with slow and plodding step, finds his way to his office and his books. Verily the shades of the prison house gather round the growing boy.

### The Power of Imagination.

Mr. Charles Babbage, in his second book of reminiscences under the title of "Passages in the Life of a Philosopher," relates the following anecdote of the poet Rogers and himself:—"Once at a large dinner party, Mr. Rogers was speaking or an inconvenience arising from the custom, then commencing, of having windows formed of one large sheet of plate-glass. He said that a short time ago he sat at dinner with his back to one of these single panes of plate-glass; it appeared to him that the window was wide open, and such was the force of imagination that he actually caught cold. It so happened that I was sitting just opposite to the poet. Hearing this remark, I immediately said, 'Dear me, how odd it is, Mr. Rogers, that you and I should make such a very different use of the faculty of imagination, When I go to the house of a friend in the country, and unexpectedly remain for the night, having no night-cap I should naturally catch cold. But by tying a bit of pack-thread tightly round my head, I go to sleep imagining that I have a night-cap on, consequently I catch no cold at all.' This sally produced much amusement in all around, who supposed I had improvised it; but odd as it may appear, it is a practice I have often resorted to. Mr. Rogers, who knew full well the respect and regard I had for him, saw at once that I was relating a simple fact, and joined cordially in the merriment it excited."

### Cleanliness.

"Cleanliness is akin to godliness," it is said. It is not less closely related to gentility. First of all, then, keep yourself scrupulously clean—not your hands and face merely, but your whole person, from the crown of your head to the sole of your foot. Silk stockings may hide dirty feet and ankles from the eye, but they often reveal themselves to another sense, when the possessor little dreams of such an exposure. It is far better to dress coarsely and out of fashion, and be strictly clean, than to cover a dirty skin with the finest and richest clothing. A coarse shirt, or a calico dress, is not necessarily vulgar, but dirt is essentially so. We do not here refer, of course, to one's condition while engaged in his or her industrial occupation. Soiled hands, and even a begrimed face, are badges of honor in the field, the workshop, or the kitchen; but in a country in which soap and water abound, there is no excuse for carrying them into the parlor or the dining-room.

A clean skin is as essential to health, beauty, and personal comfort, as it is to decency; and without health, and that perfect freedom from physical disquiet which comes only from the normal action of all the functions of the bodily organs, your behavior can never be satisfactory to yourself or agreeable to others.—*Sel.*

### Taking Cold.

A "cold" is not necessarily the result of low or high temperature. A person may go directly from a hot bath into a cold one, or into snow even, and not take cold. On the contrary, he may take cold by pouring a couple of tablespoonfuls of water upon some part of his dress, or by standing in a door, or before a stove, or sitting near a window or other opening, where one part of the body is colder than another. Let it be kept in mind that uniformity of temperature over the whole body is the first thing to be looked after. It is the unequal heat upon different parts of the body that produces colds, by disturbing the uniform circulation of the blood, which in turn induces congestion of some part. If you must keep a partially wet garment on, it would be as well perhaps to wet the whole of it uniformly. The feet are a great source of colds on account of the variable temperature they are subjected to. Keep these always

dry and warm, and avoid draughts of air, hot or cold, wet spots on the garments, and other direct causes of unequal temperature, and keep the system braced up by plenty of sleep, and the eschewing of debilitating foods and drinks, and you will be proof against a cold and its results.—*Scientific American.*

**VOICES—WHAT THEY INDICATE.** There are light, quick, surface voices that involuntarily seem to utter the slang, "I won't do to tie to." The man's words may assure you of his strength of purpose and reliability, yet his tone contradicts his speech.

Then there are low, deep, strong voices, where the words seem ground out, as if the man owed humanity a grudge and meant to pay it some day. That man's opponents may well tremble, and his friends may trust his strength of purpose and ability to act.

There is the coarse, boisterous, dictatorial tone, invariably adopted by vulgar persons, who have not sufficient cultivation to understand their own insignificance.

There is the incredulous tone that is full of a covert sneer or a secret "You can't dupe-me-sir" intonation.

Then there is the whining, beseeching voice that says "sycophant" as plainly as if it uttered the word. It cajoles and flatters you; its words say "I love you—I admire you; you are everything you should be."

Then there is the tender, musical, compassionate voice, that sometimes goes with sharp features (as they indicate merely intensity of feeling) and sometimes with blunt features, but always with genuine benevolence.

If you are full of affectation and pretense, your voice proclaims it.

If you are full of honesty, strength, and purpose, your voice proclaims it.

If you are cold, and calm, and firm, and consistent, or fickle and foolish, and deceptive, your voice will be equally truth-telling.—*Agnes Leonard.*

A western editor wishes to know whether the law recently enacted against the carrying of deadly weapons, applies to doctors who carry pills in their pockets.

What is that which gives a cold, cures a cold, and pays the doctor's bill? A draught.

## Questions & Answers.

### QUESTION.

J. W. S. of Wis. asks:—

It is generally admitted that a machine or a person, who is forced to do the work in ten hours that ought to take fifteen, will wear out sooner than the one who is allowed to do the work in fifteen hours. Therefore if it takes a certain amount of nutriment to sustain the human body, and that is obtained from a certain amount of food, will it not strain and wear out the human stomach sooner, to take in this quantity of food at two meals, and digest it in ten hours, than it would at three meals and digest it in fifteen hours.

Ans. Upon this point our idea is this: That the stomach should not be forced to work too fast, for if it does, that will be an excessive and needless expenditure of power, and that it is necessary that the stomach should have at least from five to six hours to digest a meal. We also believe that the stomach needs as many hours of rest as it labors. Now if we eat three meals a day, the stomach does not have that time to rest that nature demands, without being compelled to work too fast.

We can eat a sufficient quantity of healthful food by taking two meals per day without overtaxing the stomach, to fully sustain the wants of the system, and thus give the stomach that time to rest that nature requires, and save the labor of digesting the third meal, for the same process of digestion has to be gone through with to digest a small meal that it does to digest a larger one; furthermore, if we give the stomach time to perform its function as we do when we eat but two meals per day, it will work slower, and thus power will be saved.

If we eat three meals a day at a reasonable distance apart, the last one is taken at so late an hour that the digestion of it interferes with our hours of rest, and prevents our sleep from being sweet and refreshing as it otherwise would be, for it is a law of Physiology that digestion should be completed before the time of our going to sleep, in order that assimilation may then take place.

Mrs. M. A. S. writes:—

Having seen the first number of the Reformer, and being well pleased with it, I inclose you one dollar for the current year, feeling assured I shall obtain valuable information from the perusal of such a journal as the Reformer promises to be.

Have you ever treated and cured deafness? if so, what would you advise in my case? Have been deaf seventeen years; cause, scarlet fever. No discharges from my ears but some natural wax. Am by no means a strong, robust person, but enjoy a good share of health.

Ans. We have treated with success a few cases of deafness; but yours is of such a character and of so long standing, we cannot give you any encouragement, especially without seeing you.

THE ADVANTAGES OF SINGING.—Singing is a great institution. It oils the wheels of care—supplies the place of sunshine. A man who sings has a good heart under his shirt-front. Such a man not only works more willingly, but he works more constantly. A singing cobbler will earn as much money again as a cobbler who gives way to low spirits and indigestion. Avaricious men never sing. The man who attacks singing throws a stone at the head of hilarity, and would, if he could, rob June of its roses, or August of its meadow-larks.

CURIOUS FACTS ABOUT WATER.—The extent to which water mingles with bodies apparently the most solid, is very wonderful. The glittering opal, which beauty wears as an ornament, is only flint and water. Of every 1,200 tons of earth which a landholder has in his estate, 400 are water. The snow-capped summits of Snowdon and Ben Nevis have many millions tons of water in a solidified form. In every plaster-of-paris statue, which an Italian carries through our streets for sale, there is one pound of water to every four pounds of chalk.

The air we breathe contains five grains of water to each cubic foot of its bulk. The potatoes and the turnips which are boiled for our dinner have, in their raw state, the one 75 per cent., the other 90 per cent. of water. If a man weighing ten stone, were squeezed flat in a hydraulic press, seven and a half stones of water would run out, and only two and a half of dry residue remain. A man is, chemically speaking, forty-five pounds of carbon and nitrogen, diffused through five and a half pailfuls of water.

In plants, we find water mingling no less wonderfully. A sunflower evaporates one and a quarter pints of water a day, and a cabbage about the same quantity. A wheat plant exhales in 172 days, about 100,000 grains of water. An acre of

growing wheat, on this calculation, draws and passes out about ten tuns of water per day. The sap of plants is the medium through which that mass of fluid is conveyed. It forms a delicate pump, up which the watery particles run with the rapidity of a swift stream. By the action of the sap, various properties may be communicated to the growing plant. Timber in France is, for instance, dyed by various colors being mixed with water, and poured over by the root of the trees. Dahlias are also colored by a similar process.

THE IRIDOSCOPE.—M. Moudin, of Paris, has added another of these ingenious instruments—the iridoscope—by the aid of which an individual is able to see all that is going on in his own eye. It is simply an opaque shell to cover the eye, pierced in the center with a very small hole. On looking through steadfastly at the sky, or at any diffused light, the observer may watch the tears streaming over the globe, and note the dilation and contraction of the iris, and even see the aqueous humor poured in when the eye is fatigued by a long observation. It is needless to say that with the aid of this instrument, a man can easily find out for himself whether he has a cataract or not. If he has, he will only see a veil covering the luminous disk which is seen by a healthy eye. The instrument is certainly simple and curious, and will no doubt excite attention in those who are anxious to know more of themselves. An “iridoscope” may be readily extemporized by making a hole in the bottom of a pill-box with a fine needle.

#### Biting Finger Nails.

A correspondent of the *Country Gentleman* writes:

“A circumstance has come to my knowledge in regard to children biting their nails, which I feel in duty bound to make more generally known, if possible. Something over a year ago, there died in our neighborhood, a bright little girl of seven years, and no one, not even her physicians, could tell what caused her death; but some time after, a case came to their knowledge, of a child’s dying under similar circumstances, and a post mortem examination was held, when it was found that she had bitten off her fin-

ger nails and swallowed them, and they were found sticking in her stomach, which was ulcerated wherever they stuck. In the case in this neighborhood, the parents had known of her biting her nails, but thought nothing of it until the other case was told them. They now suppose that was the cause of her death, and these parents being in school one day, and seeing my little girl of seven years looking pale and having the nose bleed in school, just as theirs did, they came directly and told me what they had learned. My wife questioned our little girl to know if she bit her nails, and she said she had. We asked her if she had swallowed them; she said she had sometimes, which very much alarmed us, although we hope to save her, but the result is known to Him only by whom the hairs of our head are all numbered.”

#### A Religious Belief.

The following lines are taken from Sir Humphrey Davy’s *Salmonia*: “I envy no quality of mind and intellect in others—be it genius, power, wit, or fancy—but if I could choose what would be most delightful, and I believe most useful to me, I should prefer a religious belief to any other blessing; for it makes life a discipline of goodness; breathes new hopes; varnishes and throws over decay, the destruction of existence, the most gorgeous of light; awakens life even in death, and from corruption and decay, calls up beauty and divinity; makes fortune and shame the ladder of ascent to Paradise; and far above all combination of earthly hopes, calls up the most delightful visions of psalms and amaranths, the gardens of the blest, and security of everlasting joys, where the sensualist and skeptic view only gloom, decay, annihilation, and despair.”

A horse meat butcher’s shop has been opened at Paris. It is hung with horse-meat sausages; the meat is sold from five to twenty cents per pound. Near the butchery is a stable for the martyrs; they are generally thorough-bred or half-bred horses, whose masters prefer seeing them killed at once than killed by degrees in a countryman’s cart.

Comment is unnecessary.

Say little, think much, and do more.

### Ode to the Reformer.

Speed on, thou messenger of love!  
And bear thy tidings from above.  
Go forth and tell the glorious news  
That man should not himself abuse;  
But trust in Nature's potent power  
To help him in the trying hour.

If he objections brings to you,  
Be faithful, and he yet shall know  
That thou to him a friend wilt be  
If counsel he but takes of thee;  
And though at first he treats thee ill,  
He'll learn at last to love thee well.

What if at times they slight thee sore;  
Remember those who've gone before;  
New courage take, and still press on  
Until thine earthly race is run.  
Thousands shall yet astonished be  
At blessings which shall spring from thee.

### Advice Through the Key-Hole.

There was once a young shoemaker, who became so much interested in idle tales that his shop was filled with loungers, talking, and discussing, and disputing, about one thing and another from morning till night; and he found it often necessary to work till midnight to make up for the lost hours during the day.

One night after his shutters were closed, and he was busy on his bench, a boy passing along, put his mouth to the key-hole and mischievously piped out, "Shoemaker, shoemaker, work by night, and run about all day." "Had a pistol been fired off at my ear," said he, "I could not have been more startled. I dropped my work, saying to myself, 'True, true, but you never shall have that to say of me again.' I never forgot it. To me it was as the voice of God, and it has been a word in season throughout my life. I learned from it not to leave till to-morrow the work of to-day, or to be idle when I ought to be working. From that time I turned over a new leaf."

### Correct Speaking.

We advise all young people to acquire in early life the habit of using good language, both in speaking and writing, and to abandon as early as possible the use of slang words and phrases. The longer they live, the more difficult the acquisition of good language will be; and if the golden age of youth, the proper season for the acquisition of language, be passed in its abuse, the unfortunate victim of neglected education is very probably doomed to talk slang for life. Money is not nec-

essary to procure this education. Every man has it in his power. He has merely to use the language which he reads, instead of the slang which he hears; to form his taste from the best speakers and poets of the country; to treasure up choice phrases in his memory, and habituate himself to their use, avoiding at the same time that pedantic precision and bombast which show rather the weakness of a vain ambition, than the polish of an educated mind.

### The Services of Moisture in Air.

One of the most curious and interesting of the recent discoveries of science is, that it is to the presence of a very small proportion of watery vapor in our atmosphere—less than one-half of one per cent.—that much of the beneficent effect of heat is due. The rays of heat sent forth from the earth after it has been warmed by the sun would soon be lost in space, but for the wonderful absorbent properties of these molecules of aqueous vapor, which act with many thousand times the power of the atoms of oxygen and nitrogen of which the air is composed. By this means the heat, instead of being transmitted into infinitude as fast as produced, is stopped or dammed up and held back on its rapid course to furnish the necessary conditions of life and growth. Let the moisture be taken from the air but for a single summer night, and the sun would rise next morning upon a "world held fast in the iron grip of frost." But the power of absorption and radiation in the same body are always equal, so that at length it is poured forth into space; else our atmosphere would become a vast reservoir of fire, and all organic life be burned up.

We clip the following interesting item from the well known *New York Sunday School Advocate*, written by its editor—Rev. Daniel Wise, D. D. :—

Children, I have an instrument on my table which is worth more than all the playthings you ever owned. I do not mean that it cost more money, but that it is worth more as a source of amusement and instruction. It is called the NOVELTY MICROSCOPE. Its use will make you wiser and happier too. With it you can examine the thousands of insects which swarm the earth and air, for it magnifies them hundreds of times. It gives you an insight into all the wonderful little works of Nature, thus showing

you the greatness of God, who has clothed each flower and the tiniest insect with wonderful beauties which can never be seen without the aid of a microscope. Send two dollars to George Meade, Thompsonville, Wisconsin, and he will send you the Novelty Microscope.

### American Children.

Mr. Anthony Trollope does not have faith in the good results of American training for children, and expresses his views of the matter as follows:

"I must protest that American babies are decidedly a most unhappy race. They eat and drink just as they please; they are never punished; they are never banished, snubbed, and kept in the back ground, as children are with us; and yet they are wretched and uncomfortable. My heart has bled for them, as I have heard them squalling, by the hour together, in the agonies of discontent and dyspepsia.—Can it be wondered that children are happier when they are made to obey orders, and sent to bed at six o'clock, than when allowed to regulate their own conduct; that bread and milk are more favorable to soft, childish ways, than beef steak and pickles three times a day; that an occasional whipping, even, will conduce to rosy cheeks? It is an idea that I should never dare broach to an American mother; but I must confess that after my travels on the Western Continent, my opinions have a tendency in that direction. Beef steak and pickles certainly produce smart little men and women. Let that be taken for granted. But rosy laughter, and winning, childish ways are, I fancy, the product of bread and milk."

Mr. Trollope's criticism will bear reading twice. Try it. The happiest regiments in the army are the strictly disciplined. The most contented ship's crews on the sea are the well governed. The most cheerful schools are always regularly and justly controlled. License leads to discontent. Ungoverned, forward children miss the true joy of childhood, and never come to the health and honor and nobleness of manhood.

Eat, digest; read, remember; earn, save; love and be loved. If these four rules be strictly followed, health, wealth, intelligence and true happiness will be the result.

### How to Become Unhappy.

In the first place, if you want to be miserable, be selfish. Think all the time of yourself, and of your own things. Don't care about anybody else. Have no feeling for any one but yourself. Never think of enjoying the satisfaction of seeing others happy; but rather if you see a smiling face, be jealous, lest another should enjoy what you have not. Envy all who are better off in any respect than yourself; think unkindly toward them, and speak slightly of them. Be constantly afraid lest some should encroach upon your rights be watchful against it, and if any one comes near you, snap at him like a mad dog. Contend earnestly for everything that is your own, though it may not be worth a pin; for your "rights" are just as much concerned as if it were a pound of gold. Never yield a point. Be very sensitive, and take everything that is said to you in playfulness, in the most serious manner. Be jealous of your friends, lest they should not think enough of you; and if at any time they should seem to neglect you, put the worst construction upon their conduct you can.

THE DIAMOND CEMENT, for uniting broken pieces of china, glass, etc., which is sold as a secret at an absurdly dear price, is composed of isinglass soaked in water till it becomes soft, and then dissolved in proof spirit, to which a little gum resin, ammonia, or galbanum and resin mastic are added, each previously dissolved in a minimum of alcohol. When to be applied, it must be gently heated to liquify it; and it should be kept for use in a well-corked vial. An excellent transparent glue, which will be found nearly as good as the "Diamond Cement," may be made by simply dissolving at a low heat one ounce of isinglass in two wine-glasses of spirits of wine. Care should be taken not to allow the mixture to boil over.

THE Spaniards have a proverb:—"The stone fit for a wall will not lie on the road." Prepare yourself for something better, and something better will come. The great art of success is to be able to seize the opportunity offered. Cheerful, patient perseverance in your lawful calling will best help you to do this. "He that hath, to him shall be given, and he shall have abundance."

## Items for the Month.

**THE REFORMER.** The subscription list of this journal is still rapidly increasing, and to the many friends who have so faithfully labored to extend its circulation we would say, you are engaged in a noble work, and you have our heartfelt thanks for your generous efforts to place the truth before the people.

**TO OUR CONTRIBUTORS.** Many thanks to you for the valuable instruction you have furnished our readers. Trust you will continue to favor us with your productions. We also hope that many more will be added to our present list. Please send along your articles as early in the month as possible.

**THE HEALTH INSTITUTE** is now in full and successful operation. Its prosperity, considering its age, is far beyond our most sanguine expectations. We never saw patients do better. Quite a large number are already here and we hear of many more who are making arrangements to come. Thus far we have had patients from Canada, Vermont, Rhode Island, New York, Ohio, Indiana, Michigan, Illinois, Wisconsin, and Iowa. We have engaged rooms near the Institute, for the accommodation of such patients as are able to walk a short distance, whenever it may become necessary, in order to leave more room in our own buildings for the accommodation of the more feeble ones. We are now prepared to successfully treat all curable diseases; and we would say to our sick friends East and West, North and South, come to us and we will do you good, or if you are well and wish to remain so, we will endeavor to so instruct you in the right application of your powers that you may retain your health much longer than you otherwise might.

We would extend a cordial invitation to our friends everywhere to call on us, and see for themselves what we are doing at the Health Institute, and then they will be better prepared to judge whether or not this is a suitable place to send their sick friends to recover their health. This is an institution that we are not afraid to recommend.

At a meeting of Health-reformers held in Battle Creek, Mich., some time since, among other things it was, and we think very properly, decided that they discard the name of "graham mush" and in place thereof call it graham pudding, and in lieu of "Gems," call them soft biscuit, in contra-distinction to hard biscuit.

Since our last issue we have completed our arrangements for heating water in the bathroom. It is a very simple arrangement, and yet

so complete that the individual who has charge of it says, that in five minutes after his fire is built, he has a supply of hot water. The same fire which warms the building, heats the water. Our whole water arrangement is a complete success. We doubt whether purer or softer water can be found in any locality. It fully meets our expectations.

**THE QUESTION DEPARTMENT.**—Many correspondents have written, asking questions upon different points. Owing to an excessive press of business we have been unable to give this department that attention which we design in future to devote to it. We intend to make this an interesting part of our journal. Let none think because they have not yet received answers to their questions that they will not be considered. We will consider them in due time. Let the questions still come.

**CHRISTIAN HEALTH REFORMER'S COLONIZATION COMMISSION.**—The above is the name of a Society which has been formed for the purpose of advancing the principles of Health Reform.

Rev. Otis B. Waters, President, Thos. M. Cobb, M. D., Treasurer, T. Grow Taylor, Secretary, are the officers of the above Society. These gentlemen, with whom we have formed a very friendly acquaintance and know to be men of candor, and zealous, energetic advocates of health reform, propose by this commission to purchase a tract of land in some favorable locality, and settle it entirely by health reformers, thus having a commission of individuals who can help each other in the good work. It is well known that prejudice to a very large extent exists against those who believe and advocate reform in health, and dress, and individuals often find it very difficult to carry out this reform on account of the customs of society differing in many ways with their views of health. It would be indeed desirable and pleasant to live in such a community. Every enterprize that has health reform as its motive, we heartily wish success. Especially has the above commission our best wishes. The circular which is before us does not give the terms of becoming a member of this commission; but any information concerning it will receive prompt attention by being addressed to T. Grow Taylor, Sinclair, Sussex, Co., Delaware.

**The Laws of Life**, published at Dansville, N. Y., a periodical that has for several years zealously and fearlessly advocated the principles of Health Reform, the editors of which we have formed a friendly and intimate acquaintance with, says:

THE "HEALTH REFORMER" is the name of a new health journal, edited by H. S. Lay, M. D., at Battle Creek, Mich. From our personal knowledge of this gentleman as a skillful and experienced physician, a genial and true man, and a devoted Christian, and from the appearance of the first number of his paper, we believe it will be well calculated to promote health and true reform in the community.