

THE

Health Reformer.

OUR PHYSICIAN, NATURE: OBEY AND LIVE.

VOL. I.

BATTLE CREEK, MICH., APRIL, 1867.

NO. 9.

THE HEALTH REFORMER,
PUBLISHED MONTHLY AT
The Western Health - Reform Institute,
Battle Creek, Mich.,
H. S. LAY, M. D., EDITOR.

Terms: One Dollar per Year, invariably in Advance.
Address Dr. H. S. LAY, Battle Creek, Michigan.

General Articles.

Healthful Air.

RESPIRATION plays a very important part in the vital economy. By this process an important element is transmitted to the blood, without which life would become extinct in a very few moments. An average of not less than six hundred thousand cubic inches of air are inhaled every twenty-four hours by each individual; and yet how few there are who are awake to the importance of having this air of a pure quality, free from poisonous vapors. Inhaling unwholesome air for only a few hours has cost the lives of thousands of individuals. This is proved from the fact that travellers in passing through an unhealthy district to which they were unaccustomed, although they remained in it but a few hours, have frequently been attacked by a malignant fever which proved fatal in a very brief time.

Nature has been abundant in her distribution of air. It surrounds the earth, and is so elastic that it finds its way into every unoccupied crevice, and it is estimated that it rises to a height of over forty miles. Wherever we are, whether within our dwellings or abroad in our fields, whether in the rail-road coach or in the steamship upon the broad ocean, we may be abundantly supplied with this life-giving fluid, are living in it, and surrounded by it, as much as the fishes of the sea live in and are surrounded by the water in which they live, which is their natural element.

Air is not a simple element, but a mixture of gasses, oxygen and nitrogen being the principal, some others being intermixed according to circumstances, such as the decay of vegetation and animal matter, and the emanations from certain

"Never Mind."

WHAT'S the use of always fretting,
At the trials we shall find
Ever strewn along our pathway?
Travel on, and "never mind."

Travel onward; working, hoping,
Cast no lingering glance behind
At the trials once encountered,
Look ahead, and "never mind."

What is past is past forever;
Let all fretting be resigned;
It will never help the matter—
Do your best, and "never mind."

And if those who might befriend you,
Whom the ties of nature bind,
Should refuse to do their duty,
Look to Heaven, and "never mind."

Friendly words are often spoken
When the feelings are unkind;
Take them for their real value,
Pass them by, and "never mind."

Fate may threaten, clouds may lower,
Enemies may be combined;
If your trust in God is steadfast,
He will help you, "never mind."

THE Parisian epicures have found that snails possess a flavor superior to frogs. Consequently the trade in the latter has been for some time noticeably decreasing. The new favorites are sent in great numbers from the surrounding country, Burgundy and Champagne alone supplying 100,000 snails daily. Frenchmen eat of horse meat, snails, fried Hottentot, and other outlandish dishes with a relish.—The French Zouave eats rats, cats, and puppies. A French cook can make good soup out of dried sole leather.

substances which may be found in any given locality.

The air which we breathe often becomes impregnated with carbonic acid, ammonia, &c., which renders it unwholesome and unfit for respiration. Individuals can survive but a very brief time, if from any cause they inhale carbonic acid unmixed with air. We frequently hear of those who have descended unwarily into wells, cisterns, or old cellars, who have immediately fallen senseless, and lost their lives before assistance could come to their rescue.

These accidents are occasioned by a collection of carbonic acid gas in these excavations. It being heavier than air, settles and remains in these places where there is nothing to absorb it or other substance to displace it.

By the process of nature carbonic acid is continually formed in the animal system, and if the means which are provided for its elimination are interrupted, death very soon ensues. Its exit from the body is mainly through the lungs. Venous blood being conveyed from the heart to the lungs through the pulmonary artery, is brought in juxtaposition with the air which is inhaled, being separated only by a thin membrane through which the oxygen of the air readily passes and enters the blood, receiving in exchange therefor carbonic acid, with which venous blood is always surcharged.

This process is continually going on, a large quantity of air being inhaled every day, and a large quantity of carbonic acid in turn, exhaled, amounting to not less than twenty-five thousand cubic inches per day.

Other gases with which air is impregnated, except oxygen and nitrogen, are all more or less poisonous therefore deleterious to health, oxygen being the principal element which nature demands to sustain life, nitrogen being used only as a dilutant.

How important it is, then, that the air which we breathe, and which has been so abundantly supplied to us, should be of a pure and wholesome quality. Whether in shop or field, in our bedrooms at home, or in the sleeping coach which is attached to the flying train, means should be provided for proper ventilation.

This is but one item, although a very important one, in the hygienic means which may be used to preserve health and cure the sick. And if individuals would receive the full benefit of this life-giving

fluid, they must not only have the quality good, but they must properly expand the chest and abdomen so as to take deep and full inhalations, so that it may find access to every part of the lungs.

The following remarks from the pen of an eminent physician are worthy the consideration of all:—

“I feel it my duty to impress as strongly as possible upon the minds of every husband and father, the necessity for preparing healthful and well-ventilated apartments for his wife and children, for while *he* may escape the destructive consequences of living in a poorly ventilated house, yet, he should remember that his labors require him to be most of the time out in the open air, in the street, in the fields, etc., while those that depend upon him for comfort and protection, are, from the very nature of their pursuits and household duties, compelled to remain within doors during the greater portion of their time. Could you, hale, hearty actively-engaged husbands know how many loved ones have been torn from the midst of dearly-beloved relatives and much cherished friends, and that too, at an early age, when everything is calculated to attract and render life dear; could you realize the deep distress and anguish which has been brought upon families by a neglect of duty in this matter, it would arouse your feelings to the keenest degree, and wring tears from the hardest hearts among you, and be the means of insuring more attention to these hygienic principles which have for their aim the happiness, health, and longevity of the whole human family. For the sake then of your wives and children do not pass these considerations by, but reflect carefully upon them that the truth may so enter your hearts as to lead you to act in accordance with its precepts and principles.”

Volumes might be written on this subject, but there is not space in the columns of this journal to say more at present. It may be truly said, however, that it is a subject of vast importance, a proper attention to which will save an untold amount of suffering.

J. F. BYINGTON, M. D.

Health Institute, March 22, 1867.

A WIFE asked her husband if druggists kept dye-stuffs for sale. He replied, “Most druggists keep little else but die-stuffs.”

Violations of Law.

BY DR. MEACHAM.

HEALTH is the greatest earthly blessing that man can enjoy. It is intimately connected with the Christian religion. Without it, there is no permanent happiness—no lasting joy. With it, the comforts and happiness of human beings may be preserved and perfected.

In order to enjoy the greatest amount of health, we should live in consonance with the laws of life. We should shrink as quickly at the violation of a physiological, as we would at the transgression of a moral, law.

A neglect of those laws, upon which animal life is dependent, will most inevitably produce its lamentable results, either upon the careless and disobedient individual himself, or upon his offspring; and it is the moral and religious duty of every human being, imperatively, to cultivate an attention to those laws so intimately connected with the welfare and happiness of the community. It is a duty we owe to ourselves, to our Creator, and our offspring—for no one is justified in doing that which shall entail suffering and disease upon others. He therefore, who wilfully, carelessly, and wickedly, violates the laws of his existence by a "don't care" observance of the means required to protect and preserve it, in its greatest degree of integrity, and who thereby, not only impairs his own constitution, but gives rise to a deteriorated and unhealthy offspring, is emphatically a sinner, and is guilty of one of the worst crimes which can be committed against God, society, and his wretched descendants. It is thus in one sense, that the "visiting of the iniquities of the fathers upon the children," and upon the children's children, unto many generations, is effected and perpetuated.

We are transgressors—we sin every day, but this is owing in part, to the dark age in which we live, when the light of truth, relative to our organism and the laws which control our being, are hidden from us, and we are *falsely* taught to practice those things which send disease and premature death into our midst.

Habits formed in infancy and adolescent age have much to do in fading the rosy cheek, and producing disease. One of these habits is drinking, while partaking of a meal. It is a most pernicious

habit, as it distends the stomach, dilutes the gastric juice, impairs the digestive functions, and increases a disposition to dispeptic and gastric affections. All fluids taken into the stomach while eating, are absorbed before the juice acts upon the food, thus the stomach has a double task to perform, and by the force of this habit Indigestion, Neuralgia, and Gastritis is the result.*

Whatever tends to debilitate is liable to produce these disorders. It may be well for us to stop and enquire how these various influences are brought into relation with the nerves of the stomach, to produce disease. We can easily understand how a nerve may be affected when pierced by a foreign substance and irritating it.

But the question is often asked, how coffee, tea, vinegar, salt, &c., produce dispepsia or neuralgia, for these do not lacerate the flesh, and pierce the tissue, or press upon the nerve; but on the contrary they produce a soothing, stimulating, and exhilarating effect. The explanation is, that these articles being poisonous contain qualities that the system recognizes as an enemy, and arouses to expel them, thus a stimulating effect is produced. One says: "Why, doctor, such a little particle of saleratus as I put into my bread, cannot hurt any one, can it?" I answer, that those articles such as pepper, salt, vinegar, spice of any kind, contain no nutriment, and are directly opposed to healthful nutrition, and are a source of useless wear and waste of vital and nervous power. They affect the system by their poisonous particles in a slight degree by their being intermingled with the fluids of the mouth and stomach, and taken by the absorbent vessels into the circulation, are carried to every part of the living organism, coming in contact with the numerous nerve *fibrilla*, making their impression on the great nervauric centres of organic life, and thus under the constant use of these articles, they keep up an excitement and irritation until that part of the body where the poison lodges becomes unvitalized and destroyed, and the person dies prematurely.

I have frequently met with a poor wretched invalid, a miserable dispeptic, whose life is a burden, and his existence

* Drinking a small quantity of pure water for the purpose of quenching thirst at meal time, providing there is no food in the mouth at the time, is not so objectionable. We do not believe that it dilutes the gastric juice, some physiologists to the contrary notwithstanding.—Ed.

a bane, who has suffered through half a life-time more of infirmity and misery than I could relate in a month—all attributable to violations of law and dietetic, and other habits, who on being told that by obeying the laws of his organism—the adoption of a rigid and persistence in a plain dietary, could in a few years be restored to a comparative state of health and usefulness, and thus prolong the period of existence, who replies to the above with solemn gravity, "*I shall live long enough without going into reform,*" and "if the Lord has any work for me to do he will prolong my life until I finish it;" or, "I had rather live a little better, and not quite so long."

Such persons can entertain no definite or correct ideas of the relations of food to health, or they would never talk in this nonsensical manner. They profess Christianity, while at the same time they daily transgress God's law, by committing suicide, slowly, though surely, forgetting that "No murderer hath eternal life abiding in him."

Cheerful Women.

In a periodical entitled the "Methodist" not long since, appeared the following:

"Oh, if gloomy women did but know what comfort there is in a cheerful spirit! How the heart leaps to meet a sunshiny face, a merry tongue, an even temper, and a heart which either naturally, or what is better, from conscientious principle, has learned to take all things on the bright side, believing that the Giver of life being all-perfect love, the best offering we can make to him is to enjoy to the full of what he sends of good, and what he allows of evil; like a child who, when once it believes in its father, believes in all his doings, whether it understands them or not."

I thought as I read the above that were there no "ifs" in the way, it would be an excellent precept, and every woman who did follow it might be a cheerful one. But in this age of the world there seem to be a great many unhappy wives and mothers, sisters and daughters; and a great many causes why they are so; and until those causes be removed measurably, nothing could permanently change the effect.

One great cause of gloom is ill health, although perhaps many do not know it.

No doubt another great cause of ill health is unhygienic habits of living, working, cooking, and dressing, at least we are told so; and as the old saying holds good here, "there is never an effect without a cause," so will another prove equally true, "it is a poor rule that will not work both ways." There is never a cause that will not ultimately have its effect.

It is true there is a great deal of trouble other than from this cause alone, but remove sickness from a family and other troubles are lightly borne. Give most persons their health, and poverty would never have a chance to look them in the face. Disappointment sometimes comes and nips our buds of enjoyment, but with a stout nerve to meet it, we perhaps are all the better for it.

A friend may prove false, one who should stand by our side and aid us, and we them, on and up the rough hillside of life, but when we need them most, they fail us and prove untrue. Here is trouble that health will yield a prey to, trouble that human nature alone cannot bear patiently; but with a healthful body and mind, and divine aid, even this may be by grace endured.

But I am off from the point which is, how may we as wives and mothers be cheerful and happy? Happy at home and abroad? Simply by applying ourselves to understand, and then yielding due obedience to, the laws that God and nature has given us. Men surely love a cheerful fireside, and rather expect one. They often return to their homes wearied with labor and care, and how it lifts off that load of weary thought to meet a cheerful face at the door. With no other evening's entertainment than a bright fire on the hearth, tidy house and wife, happy children, and buoyant spirits, his home to him is "paradise restored." But how may all this be, with a wife who toils early and late, "putting in double time," and when her routine of work is done, can only think of aching head, shoulders, sides, and limbs, either or all, painful and weary.

But we are taught that there is a "more excellent way" to live than this. That life is given us for enjoyment, and not merely to have its hours filled up with dull care, and that we as wives and mothers, sisters and daughters, may learn how to enjoy to the full all that the Giver of life sends us of good, and bear with submission all that he permits of evil, but

not charge him with all the sorrow we bring upon ourselves in transgression of the laws he has made.

But to do this how we all need the full benefit which may be derived from obeying those laws so perfect and benevolent in their nature. Even though through obedience to them we violate the rules of custom and fashion, what of all that, if true happiness is the result? Who for the sake of the good it will do themselves, and the rightful influence it will cast upon others, will have independence to do it?

M. D. AMADON.

Battle Creek, Mich.

I Said I would do it.

I SAID I would do it, and did;
Said I would "chew" nevermore,
And the wad in my mouth, or quid,
Went spinning along the floor.

I thought the fumes of tobacco,
That poison the wholesome air,
From the thousand human chimneys,
Now puffing it everywhere,

Was a nuisance; and I said so—
I pledge you my word I did—
And I took my last Havana,
And hurled it after the quid.

Now, how do you think I manage
To keep from breaking my vow?
Just drop your cigar, and listen
While I am telling you how:

Whenever I feel like smoking—
Whenever I want a "chew"—
I put my hand in my pocket,
And that's about all I do.

For bread, I find plenty of money,
And money I find for meat;
Money I find for everything
My family wants to eat.

And money, too, for the printer,
He wants a little, you know,
Then stop your puffing and chewing,
And pay him the bill you owe.

Amusements.

IN order to make home an attractive place for the young, it is necessary that some means be provided for their entertainment. This is proved by the various means to which they resort when left to themselves. The young mind is always active, and must have something to do. What it does not obtain from one source it will seek from another; therefore it becomes necessary that those having the charge of them should provide some kind of innocent amusements to make them fond of their own fireside, else when a few years have been added to their lives, home will become an irk-

some place, and they will have a desire to frequent the various resorts for recreation, such as the ball room, the gaming-table, or some other place where bad habits will be learned.

What if the children do make a noise once in awhile? It will do them good, and yourself, too, if you will only join with them at times. Just try it, and see if the sunshine will not creep into your own hearts, and make you feel young again. Let them play blind man's buff, hide and seek, or even hurly burly—it wont hurt them a bit if they do engage in such sports. They will keep quiet all the better when they know it is your desire. To be sure it will be necessary at times to have some more quiet games; then there will be a favorable opportunity to cultivate their natural talents by furnishing them with books, slates and pencils, paints and brushes, musical instruments, and various little articles which may be found in every toy shop.

Not long since I was conversing with an individual on the subject of musical instruments. He told me an evening spent at a piece of music was far more agreeable than in any other way; and that by this means he had often been kept from the company of idle boys, whose society he might otherwise have sought.

Don't, then, make a dungeon of your home. Let it be the happiest place upon earth—the place around which the dearest recollections of your life will cluster.

SUSAN MCINTOSH.

Health Institute, Battle Creek, Mich.

Errors of Diet in Infancy.

DR. LAY: I copy the following remarks of Dr. Combe, on this subject, for publication in the Health Reformer, if you think proper.

C. A. OSGOOD.

"There is no period of life during which it is of greater importance to follow the intentions of nature in the regulation of diet, both as to quantity and quality, than during the earliest part of childhood; for at no period is the neglect of them more fatal. Surprise is sometimes expressed at the number of children who are carried off before completing their first or second year; but when we consider the defective education and entire ignorance of the human economy, not only of the nurses and servants, to whose care the young are entrusted, but of the parents themselves,

our wonder ought to become greater that so many survive than that so many die. There are, perhaps, but few mothers comparatively, who before becoming such, have ever inquired into the nature and wants of the newly born infant, or known on what principles its treatment ought to be directed and hence the hurtful notions of the human economy which still linger in the nursery, long after they have ceased to prevail in the world of science. Those whose opportunities of observation have been extensive will agree with me in opinion, that at least one-half of the deaths occurring during the first two years of existence are ascribable to mismanagement and to errors in diet. From pure ignorance many mothers consider every expression of uneasiness as an indication of appetite, and whenever a child cries they offer the breast again, although ten minutes may not have elapsed since its preceeding repast. Nothing can be more injurious than this custom. It overloads and oppresses the stomach—excites griping and bowel complaints, restlessness and fever—and not unfrequently leads to fatal disease of the brain. It does harm also by withdrawing the mother's notice from the real cause of uneasiness. It is astonishing, indeed, with what exclusiveness of understanding, eating is regarded, even by intelligent parents as the grand *solatium* or *panacea* for all the pains and troubles which afflict the young. If a child falls over a stone and bruises its leg, its cries are immediately arrested by a sugar-biscuit stuffed into its open mouth. If its temper is discomposed by the loss of a toy, it is forthwith soothed by an offer of sweet-meats, the ultimate effect of which is to excite colic pains in its bowels, which are worse than the original evil, and for which, it is presented with "nice peppermint drops," or some other equally pleasant antidote. Because the mouth is open when the child is crying, and the mouth leads to the stomach, parents jump to the conclusion that it is open for the purpose of being filled, and proceed to cram it accordingly; forgetting all the while that the mouth also leads to the wind pipe, and may be open for the admission of air to the lungs, as well as of food to the stomach—and that if they stuff it with cake or pudding when it is open only for the reception of air, they run the risk of suffocating the little innocent when their only wish is to soothe him. Every body must have seen fits of con-

vulsive cough induced by fragments of food being drawn into the wind pipe in such circumstances. To confound crying and the expression of pain with the cravings of hunger, is far from being a matter of indifference to the child. If food be given when it wishes only to be relieved from suffering, the offending cause is left in activity and its effects are aggravated by the additional ill-timed distention of its stomach. But so far is this important truth from being sufficiently impressed on the minds of parents and nurses, that nothing is more common, when the infant refuses to swallow more, but still continues to cry, than to toss it in the nurse's arms, as if on purpose to shake down its food, and then resume the feeding. And in such attempts it is too true that the perseverance of the nurse often gets the better of the child, and forces it at last to receive the food which it really loathes."—*Physiology of Digestion*, pp. 185–187.

Quite a Saving.

"THE Health Reform is quite a saving," I heard a friend remarking the other day. Oh yes, thought I indeed it is, if rightly lived out. It saves an amount of bad feelings that we otherwise would experience, and many a hasty dispatch after the village doctor, and our stomachs it saves from the pills, powders and lotions that he would administer. It saves us from the foolish idea that Nature's Laws can be transgressed at pleasure, and we suffer no penalty. It saves wearisome labor in preparing delicacies for our tables that are absolutely hurtful. It saves mothers getting the extra meal that their families are better off without. It saves our kitchens and cookshops from the odors of flesh pots. It saves us from thinking as the fatted swine comes in from the street, or wallows forth from the pen, that God has embodied in such a creature for us, superior strength and sustenance. It saves us from the sickening sensations of tobacco and tobacco smoke. It saves us from stimulants of every kind. It saves our time and money. It saves us sound bodies, pure hearts, and clean consciences. Indeed! what could save us more?

The nodding wheat and tasselled corn, the luxuriant vegetable, the fruitful bough and rambling vine, make for our tables, earth's most bountiful and best provision; upon these will we ask the blessing of Heaven. The limpid brook, the bubbling

spring, the sparkling fountain, from these will we drink. Water! water! shall quench our thirst and cool our brows! Friends! and all ye people! the Health Reform is a saving. God speed the Health Reform!

L. E. O.

Why I Do not Eat Swine.

MAN lives upon the food which he eats. That food, when taken into the stomach is digested and then passes into all parts of the system, building up and forming a part of that system. Deprive a man of food and his body soon becomes thin and poor and dies. What, then, is more reasonable than that the system partakes largely of the nature of the food by which it is sustained? The *Health Journal* says: "By the wonderful process of digestion, food and drink are converted into thought and feeling—are manufactured into mind and soul. Is it then unreasonable to suppose that different kinds of food produce different kinds of minds? Reasonable or unreasonable, it is nevertheless the *fact*. Oysters are proverbial for exciting a certain kind of feelings proportionately more than other feelings, or the intellect. Other kinds of food are known to have a similar effect. Rollin, the celebrated historian, says, that in training the pugilists for the bloody arena, to whom a ferocious spirit, and great physical strength, were the chief requisites, they were fed exclusively on *raw flesh*. Will not this explain the ferocity of beasts of prey; the mildness of the lamb and dove; the flood-thirsty, revengeful spirit of the savage Indian; the mild and pacific disposition of the Chinese and Hindoo?"

These facts show conclusively that, the nature of the food we eat has much to do with our natures both physical and mental. Then do any want to know why I do not eat swine's flesh? My answer is, Because I do not prefer the nature of the hog! Those who do, are at liberty to eat him.

D. M. CANRIGHT.

Norridgewock, Me.

A SHORT time since, a surgeon was called as a witness for the purpose of proving damages upon an action of assault. He deposed that he had bled the plaintiff; and being asked if bleeding had been necessary, candidly answered, "We always find it necessary to do something when sent for."

Abstinence of Roman Women.

THE ancient Romans, in some respects, were in advance of the present age in their practical physiological knowledge. This was specially the case in the habits of the women. They seemed to be fully aware of the fact that a hardy race must be born of healthful mothers, and consequently any usage or practice likely to affect injuriously the health of women was viewed by the State with suspicion. The muscles were systematically educated. Frequent bathing was required by law. Large bath-houses were established, which were places of common resort. For several centuries of the past ages of Rome, it was a criminal offence for a Roman mother to drink intoxicating liquors. At the time of our Saviour on earth, and for a long period after, it was considered infamous for a woman to taste wine. For a guest to offer a glass of wine to one of the women of the household was looked upon as a deep insult, as it implied a want of chastity on her part. History records several instances where women were put to death by their husbands because they smelled of "tometum." The consequences of this physical training and abstinence from all intoxicating liquors was, that the Romans were noted for their endurance and strength. Had we the same habits, with our superior Christian civilization, we should astonish the world by our physical health and strength.—*Sel.*

Best Time for Mental Exertion.

NATURE has allotted the darkness of the night for repose, and the restoration, by sleep, of exhausted energies of the body and mind. If study or composition be ardently engaged in towards that period of the day the increased action of the brain which always accompanies activity of mind, requires a long time to subside; and if the individual be of an irritable habit he will be sleepless for hours, or tormented by unpleasant dreams. If, nevertheless, the practice be continued, the want of refreshing repose will ultimately produce a state of irritability of the nervous system approaching to insanity. It is therefore of great advantage to engage in severe studies early in the day, and devote two or three hours preceding bed-time to light-reading, music, or amusing conversation.

Editorial.

Woman's Dress.

OF all the customs or habits common to the women of this country, probably there are none that are productive of a greater amount of evil to themselves and their offspring, than the present fashionable style of female dress. And just so long as they persist in following these fashions, just so long will our country be filled with weak and feeble women, and frail and puny children. The nearer a woman follows fashion, the further does she depart from the laws of her being; for in wearing the fashionable dress, there is a constant waste of power and an untold amount of suffering produced. The amount of disease produced by tight dressing alone, is alarmingly great. No person can be subjected to the pressure that is brought to bear upon the lungs, stomach, liver, spleen, &c., by ladies that dress in the usual manner, without materially suffering in health therefrom. They are so girted that it is impossible for them to breathe naturally.

And we will venture the assertion that there is not one woman in a thousand who dresses in a fashionable manner, that can breathe normally or healthfully. And without natural breathing can we expect health?

Another great fault with the usual style of female dress is, that the parts or the body where there is the most blood, and consequently the most heat, there they put on the most clothing; and the extremities, the parts that are the most remote from the heart and vital organs, the very parts that are the most liable to become chilled, there they put on the least clothing, thus laying the foundation for headaches, catarrh, throat and lung diseases, dyspepsia, liver complaint, constipation of bowels, female complaints, &c., &c.

There are many other serious objections to the present style of dress, which we will not stop to dwell upon at present,

but will only mention some of them, such as having a large portion of the clothing suspended upon the hips, instead of the shoulders; the skirts so long as to gather dampness and filth from the streets, and also greatly impede locomotion; the wearing of hoops, so that the lower extremities are kept bathed in a cold stratum of air, besides often producing an immodest exposure of the body.

There is a style of dress adopted at our Institute that is free from ALL of the above objections, which is neat and tasteful, and which commends itself to the good judgment of all. And to the women of this country, the most of whom are already suffering from disease, we would say to you, one and all, adopt a healthful style of dress if you wish the best of earthly blessings, a sound mind and a healthy body.

Social Influence.

It was the design of the all-wise Creator of the universe, that mankind should be social beings; that man should not live in an isolated condition, but that he should have the sympathy and help of his fellow beings to give him strength and fortitude to endure the trials which often embitter this life.

These influences are favorable for good or ill. They operate in a wonderful manner, in restoring the health of the poor sufferer, or, in causing disease to prey more fearfully on its victim till all hope is gone.

Let the feeble wife and mother who has wasted her health by unremitting care and labor, and is the victim of disease, feel that she has the sympathy of her husband and children, and all the members of her household—feel that they would cheerfully relieve her from her burdens, and feel that when she bows to ask a blessing of her heavenly Father, that they, too, implore his divine aid, and it will be to her a fountain of life and an unailing source of strength. If the golden moment is not passed, and she too far gone for a healthy reaction to take place,

these influences will operate as gentle showers and a genial sun to restore her to health again.

But let it be otherwise, and how sadly different is the case. Perhaps, as she sees her health declining, she is trying to live out the Health Reform principles, but does this alone, and is opposed by her husband and friends for so doing. She is, perhaps, even sneered at for making these feeble efforts—the best her circumstances will permit. She has no kind words of sympathy to encourage her. What benefit can she receive while making these efforts, which under favorable circumstances would prove salutary, and restore her health?

Perhaps she has opposition to meet in her religious views. She is conscientiously trying to live a Christian life, but is opposed in this, and has to resort to stratagem in order to walk conscientiously before her Maker. Such influences will sap her life, and every effort to arrest the progress of disease, will prove unavailing.

Nothing can be of greater importance than that the social influences, which surround a person seeking the recovery of health, should be of the right kind. You may give as much treatment as you please, and have it prescribed and administered according to the best skill which is to be found, and, unless the suffering patient can live in the sunshine of healthful, sympathizing, social influences, these efforts to restore health will prove unavailing, and disease will gain the mastery, and destroy its victim.

It is not, then, the taking of baths alone which will restore the sick to health. There are many agencies which must be brought to bear upon the life and habits of the sick, if they ever recover.

SCOLDING.—A scolding person cannot govern. What makes people scold? Because they cannot govern themselves. How then can they govern others? Those who govern well are generally calm; they are prompt and resolute, but steady and mild.

Personal.

ON a recent visit to Illinois to see a patient, we called on Mr. Thomas Wilson who is financial manager in the Chicago Evening Journal Office, who has been a warm friend and advocate of Health Reform for sixteen years. This gentleman uses neither meat, butter, tea, coffee, salt, nor condiments of any kind, and has recently discarded the use of milk, and is in excellent health and spirits.

He is a man who has not naturally a robust constitution, nor great powers of endurance, yet by this consistent hygienic course of living he is enabled to perform an extra amount of hard labor, and to live year after year in this unhealthy city, where epidemics prevail much of the time, in the enjoyment of good health—subject to none of the diseases which are so common, and which destroy so many lives in our large cities. We were well pleased with our interview, and felt new courage to advocate the noble principles of Health Reform.

We feel perfectly safe in advocating the principles on which this Reform is based. We are not afraid to meet our opponents while we teach these principles. We invite every one to investigate this system carefully and critically. The result of such investigation will be the addition of many true friends to the cause.

A Word to Our Friends.

ONE-HALF year of our experience in the Western Health Institute is now in the past. To make all necessary arrangements for conducting this Institute, has required much thought and labor, and some perplexity. But, as a home for invalids, where disease is treated and cured on hygienic principles, we feel well satisfied with its success thus far. There certainly exists a favorable impression on the minds of many in regard to the Health Reform Movement, which at present is exercising the mind of the citizens of our country; and we may further add,

a favorable impression toward the Institute which is located in this city. We have not said to our friends and patrons, that every disease and all diseases are curable, and that we can cure them. Nay, far from this. We know that many poor sufferers have so long persisted in habits prejudicial to health, that but a brief period of existence can consistently be hoped for; but we have endeavored, and still endeavor to teach that, in this system of treating disease, there are principles, which, if obeyed, will restore hundreds and thousands who cannot be cured by *any other system* known to man, but soon must end their earthly career, and find rest from their sufferings, only in a premature grave.

The number who have attended the Institute for the benefit of their health, has been larger than we expected it would be so soon after it was open for the reception of patients. Sometimes during the winter we have been so crowded that it has been days after the arrival of new patients, before we could find a room for them, but have, through the kindness of neighbors, and by making use of our packing room to lodge some in occasionally, made all comfortable. As spring opens, our facilities are going to be much greater for the accommodation of patients than through the cold weather.

We have opportunities for renting rooms in very favorable localities for patients, and are also making available every room on our own premises, so that during the coming season, we mean to have pleasant and convenient rooms for a much larger number of patients than we have yet accommodated. In the course of a few weeks we expect that quite a number who are with us now will leave for their homes. This will also make room for others.

We would then say to our friends who wish to avail themselves of the benefits of the Institute, that we will try to be ready for you, and while you are with us, will make every effort to restore you to

health. We would also say, to those who have manifested an interest in the Institute and labored for its success, that we appreciate your efforts, and hope your interest will not abate. You have the satisfaction of knowing that you labor in a good cause, and for the relief of suffering humanity.

Let it Pass.

Be not too swift to take offense;
Let it pass!
Anger is a foe to sense;
Let it pass!
Brood not darkly o'er a wrong
Which will disappear ere long;
Rather sing this cheery song—
Let it pass!
Let it pass!

Strife corrodes the purest mind;
Let it pass!
As the unregarded wind;
Let it pass!
Any vulgar souls that live
May condemn without reprieve;
'Tis the noble who forgive.
Let it pass!
Let it pass!

Echo not an angry word;
Let it pass!
Think how often you have erred;
Let it pass!
Since our days must pass away
Like the dew-drops on the spray,
Wherefore should our sorrows stay?
Let them pass!
Let them pass!

If for good you've taken ill;
Let it pass!
Oh! be kind and gentle still;
Let it pass!
Time at last makes all things straight;
Let us not resent but wait,
And our triumph shall be great;
Let it pass!
Let it pass!

Bid your anger to depart;
Let it pass!
Lay these homely words to heart;
Let it pass!
Follow not the giddy throng;
Better to be wronged than wrong;
Therefore sing the cheery song—
Let it pass!
Let it pass!

DRINK.—If we eat proper food, and in proper quantity, we are seldom thirsty. Inordinate thirst indicates a feverish state of either the stomach or the general system. It is pretty sure to follow a too hearty meal.

Water is the proper drink for everybody, and for every thing that lives or grows. It should be pure and soft. Many diseases arise wholly from the use of unwholesome water.—*Sel.*

Marriage of Blood Relations.

AN IMPORTANT REPORT.

THE Commissioners of the Kentucky Institution for the education and training of feeble-minded children, at Frankfort, have just made their annual report to the Legislature. These Commissioners are persons thoroughly competent to judge of the matter which they consider, being the Principals of the Asylum for deaf mutes and the blind, and the Superintendents of the Eastern hospital for the insane, at Lexington. Against the marriage of blood relations, which is much more frequent in Kentucky than north of the Ohio river, they protest in the following emphatic terms:

A subject of very great social importance is brought incidentally to notice in the report; the intermarriage of persons nearly related. "We deem it," says the report, "our duty to the interest of humanity, as well as to the pecuniary interest of the State, to bear our testimony, in addition to the abundant testimony heretofore collected and published by physicians and philanthropists, and to the observation of every close observer, as well as to general considerations of propriety, that a large percentage of deaf mutes and of the blind, a limited percentage of lunatics, and, no doubt a much larger one than either of feeble-minded or idiotic children are the offspring of the marriage of first cousins. Our charitable institutions are filled with children all the time whose parents are so related—sometimes as many as four from one family; and we have known in the case of idiots, of a still larger number in a family. It is a fearful penalty to which persons so related render themselves liable by forming the matrimonial relation, and which they in nearly every instance incur, not indeed in all, but in one or more of their offspring. Instances, we do not deny, may be shown where a portion of the children—one or more—may inherit from both parents, where possessed of high mental and bodily endowment of a common origin, enhanced and remarkable qualities of body and mind; but it is generally at the expense of unfortunate and deeply afflicted brothers and sisters. We believe few instances can be given where such enhanced endowments are common to all the offspring; while instances are not unfrequent where nearly all, and, in a few, perhaps, every child, is

afflicted either in body or mind, and sometimes in both.

The State has, in a large majority of cases, to educate, and often support for life, these afflicted children. Has she not then a clear and indisputable right to interpose her authority to prevent matrimonial alliances, so productive of private calamity and of public injury? The State is thereby not only defrauded of the labor, usefulness, energy and intelligence of a considerable portion of her citizens, but she has, in addition, the burden of their education and support, and, in the case of uneducated idiots, their support for life, thus unreasonably superinduced, upon her. The unfortunate, by unavoidable casualty, she must and ought cheerfully to provide for; but surely she is not bound, in reason and good policy, to legalize marriages so productive of private and public damage. Indeed it is preposterous, not to say wrong, that she should do it.

A law of a few lines would cut off, henceforward, the expenditure of thousands of dollars for the support of the offspring of marriages of *first* cousins, as well as prevent the burden of a lifetime of sorrow and regret in many estimable families. We desire to say, emphatically, that this opinion is not a theory, but is based upon well-ascertained and indubitable facts.—*Chicago Tribune.*

MOISTEN THE AIR.—Pure air always has more or less moisture in it. To keep the atmosphere of a house healthful and agreeable, therefore, always keep upon the stove of a close room, or over the heating furnaces, a supply of water in a wide open top or loosely covered vessel, that moisture may be continually evaporated to meet the conditions of the atmosphere. This is equally important for all living organism whether animal or vegetable—the health of human beings and of plants, for churches, school rooms, and private dwellings. Dry heated air is deficient in oxygen, and water and moisture take up impurities that are thrown off by exhalation from the lungs and body, and help to keep the atmosphere purified.

THE Christian Advocate and Journal states that "from \$2,000,000 to \$2,500,000 worth of tobacco is annually consumed by the members of the Methodist Church in the United States." This is between \$6,000 and \$7,000 a day, for the gratification of a sensual habit.

To Correspondents.

A. B., of Parma, Mich., asks :

Will you please give, through the Reformer, some instructions in regard to neuralgia of the stomach? I have a daughter who until quite recently has enjoyed good health; she has of late had frequent, sudden, and very severe attacks of pain in the stomach. Physicians here call it Neuralgia.

The trouble with your daughter in all probability arises mainly from two causes. 1st. Errors in diet, either in quality, quantity, or frequency, and perhaps all combined, deranging the action of the stomach, and producing great irritation, if not inflammation, of the mucous membrane thereof. 2nd. Bad habits of dress, such as wearing the dress too tight over the stomach, thus interfering with its healthy action, thereby producing neuralgia or dyspepsia. The proper course to pursue in all such cases, would be to correct these bad habits, and all others.

A. B. R., of St. Johns, Mich., asks :

In pulling teeth, where it is necessary something should be taken in order to have them extracted, what is best to take? or is it best to let them remain unpulled rather than to use anything that will numb our feelings, especially where they are so decayed as to have to be dug out by pieces?

The extracting of a tooth is usually a very simple operation, and if the individual can summon to his aid a very little courage, he need not resort to an anesthetic to have a tooth extracted. Chloroform, ether, nitrous-oxyde gas, &c., if taken sufficiently to so paralyze the nervous system as to induce insensibility to pain, are certainly deleterious to health. We therefore would not recommend their use in so simple an operation as extracting teeth, but, in their stead, a little good courage and a skillful dentist.

S. N. H., of Mass., asks :

1st. Why are vinegar, salt, pepper, and other like condiments, unhealthy, or what is their physiological effect on the system?

2nd. What is to be done when eating graham flour brings on the diarrhea? I know of one instance where it does.

1st. The reason why these articles are unhealthy is because they contain no nutriment, and cannot be assimilated; and whatever the system cannot assimilate is, of course, injurious, and a source of irritation and disease.

2nd. In most cases where diarrhea is

produced by using graham flour, it is caused by the flour being ground too coarse. Graham flour should be ground fine. We do not prescribe the graham diet for the purpose of having *coarse* bran to irritate the stomach and bowels, but we prescribe it because the bran and the part next to it contain elements of nutrition that we do not find in the white flour.

If the individual you speak of will use *fine* graham flour, made from nice, white, winter wheat, and will for a few days abstain from taxation of body and mind, the system will very soon adapt itself to the change, and the difficulty will cease.

S. T. B., of Ct., and nearly a score of others inquire :

How would you treat children troubled with worms?

In the first place, worms in children are caused by improper food, and food eaten at irregular hours, also frequently by food being taken in too large quantities. If these habits are all corrected, and the child is dressed and cared for in a proper manner, the worm difficulty will very soon cease.

Mrs. C. T., of South Wright, Mich., requests us to give, through the Reformer, a recipe for making unleavened graham biscuit, and also inquires if corn bread, or "Johnny cake," is hurtful as an article of food.

We give below two recipes for unleavened graham biscuit. One is called, by us, "hard biscuit," the other, "soft biscuit," the latter of which we bake in the cast-iron bread pans, which we keep for sale at the Institute.

Corn meal may be made into wholesome bread, which is every way healthful. The injurious effects which arise from the eating of this kind of bread are generally attributable to the hurtful ingredients which are used in its manufacture, such as grease, saleratus, &c.

HARD BISCUIT.—Pour boiling water on graham flour, stirring rapidly till all the flour is wet. Too much stirring makes it tough. It should be about as thick as can be stirred easily with a strong iron spoon. Place the dough, with plenty of flour, upon the moulding board, knead well, and roll to about three-fourths of an inch thick, and cut into cakes with a common biscuit cutter, about two inches in diameter. Bake from twenty to thirty minutes in a hot oven.

SOFT BISCUIT.—Into cold water stir graham flour sufficient to make a batter about the same consistency as that used for ordinary griddle cakes. Bake in a hot oven, in the cast-iron bread pans. The pans should be heated before putting in the batter. If made properly, either of the above makes a very delicious bread. A little experience will enable any person to approximate the right proportions with sufficient exactness.

Sad Case of Poisoning.

THE Rochester Express relates a sad case of poisoning in Ontario, Wayne county, from eating poisoned candy. The victims were children of Mr. A. Turner, one eight years old, who died last week, and another of six who was not expected to live. They had in some manner unknown got hold of the round candy drops striped with various colored paint, known as "Bull's Eyes," and ate plenty of them, the eldest eating a greater number than the other. Shortly after both were taken seriously ill and the symptoms of poison appearing, the cause of their illness was revealed. Medical aid was summoned, and all that skill could do to save the lives of the little fellows was done, but the eldest continued to sink until death relieved him of his suffering. Such distressing cases, which are not unfrequent, should serve as a warning to parents. The unphysiological practice of feeding children on candy cannot be too strongly condemned, even if it were not shown to be often immediately fatal.

When will parents become aroused on this subject, and cease to allow their children to partake of such poisons as are found in the candies of the present day?

ED.

Why Children Die.

THE reason why children die is because they are not taken care of. From the day of their birth they are stuffed with food, choked with physic, suffocated in hot rooms, steamed in bed clothes. So much for indoors. When permitted to breathe a breath of air once a week in summer, and once or twice during the cold months, only the nose is permitted to appear into daylight. A little later they are sent out with no clothes at all, as to the parts of body which need most

protection. Bare legs, bare arms, bare necks, girted middles, with an inverted umbrella to collect the air and chill the other parts of the body. A stout, strong man goes out on a cold day with gloves and overcoat, woolen stockings, and thick double-soled boots. The same day a child of three years old, an infant in flesh and blood and bone and constitution, goes out with soles as thin as paper, cotton socks, legs uncovered to the knees, neck bare; an exposure which would disable the nurse, kill the mother in a fortnight, and make the father an invalid for weeks. And why? To harden them to a mode of dress which they are never expected to practice. To accustom them to exposure, which a dozen years later would be considered down right foolery. To rear children thus for the slaughter pen, and then lay it to Heaven is too bad.—*Set.*

PUNCTUALITY.—This is one of the most beautiful traits in one's character, and not only adds to a person's estimation in the minds of others, but is ever a source of great advantage to the one possessing it. Those unaccustomed to be punctual, and to perform their duties with promptness, are forever in the drag. By their tardiness at the commencement of the day, they are just so much behind all during it; which, taken in connection with the accumulation of losses from the force of the habit during the day, results, at the close of it, in the loss of much precious time; and if continued through life, in the frustrating of many plans, and the blighting of many fond hopes, and too frequently is a clog to the progress of many who are dependent upon the exertions and instructions of these tardy ones, for means, and ability, and occasion, to perform promptly the duties of life. It is particularly desirable and essential that the young, who are now forming habits for life, should cultivate Punctuality, as one of the noblest and most promotive traits of character, and one of the first among the graces which adorn a well-ordered life.

AN author, if an inveterate smoker, is exposed to a double danger—puffing himself to death, and being puffed to death by others.

WHOSE IS WEALTH?—Wealth is not his who gets it, but his who enjoys it.

Words from our Friends.

Twelve Years a Health Reformer.

H. S. LAY, M. D.: *Dear Sir*—A short time since I received the August number of the Health Reformer. Until then I was not aware that such a journal was published, and was consequently happily surprised at its reception; and on its perusal was *more* than satisfied with its high moral tone, and the sound common sense which it contains.

For the last twelve years, we (that is father's family, my brother's family, and my own) have been trying to live in accordance with the laws of God, which are made for the preservation of life and health, to obey which is to live uniformly healthy, happy, and to a good, ripe old age; but to disobey which brings disease of body, disease of mind, and all its long train of consequent evils, rendering man physically, mentally, morally, and spiritually, unfit to fulfill what the Almighty designed him to accomplish here, or to attain to that high stand-point, morally and spiritually, which is necessary to man's greatest happiness, both here and hereafter.

We have been readers of health-reform publications for some seven years, and would not part with the valuable information received therefrom for any money. And it is a very great gratification to see a publication like the Reformer sending its warning voice to thousands who are yet groping their way in darkness, unconscious that so bright a light is within their reach.

During the last fifteen years we have not found a spot where we could use a dose of medicine (falsely so-called), or even a dose of pills or herb teas, with any beneficial effect, whether sick or well. We make no use of them whatever. Coffee, pork, and lard, which are so much depended upon as the staff of life, and with many almost life itself, we do not use, and often are astonished to see the dreadful amount of evils resulting from their use. The vast amount and almost endless varieties of fruit and vegetables produced and raised in this climate, I assure you we do most heartily prize and enjoy.

LEWIS M. UNDERWOOD.

Walnut Grove, Mo.

INDOLENCE and indecision generally prepare the way for much sin and misery.

WE are happy to hear from our much-esteemed friend, Squire Osborn, of Iowa, who spent about fourteen weeks with us last autumn and winter. He was in very poor health when he came, but made rapid improvement while he was with us, gaining nearly thirty pounds of flesh. He writes us, dated March 14, as follows, sending us also the following quaint piece of poetry;

"I do not know how to express my thankfulness to our Heavenly Father and to you for the blessing of health, and the prospect of being well. I am still gradually improving. I send you some verses, and if you deem them worthy, can give them a place in the Reformer."

FASHION.

'Tis fashion, fashion everwhere,
We follow all the frights;
The ladies talk about it days
And dream about it nights.
The darlings all strive very hard
To wear the biggest rats,
And now the size has grown so great
You e'en must call them cats.

A small fish-net well stuffed with hair
Hangs graceful o'er the back,
Resembling (it's so very large)
A travelling peddler's pack.
I can't conceive what good they are,
But 'twill not do to lag—
The waterfall is absolute—
Hang out the pudding bag:

You have to look three time to see
The bonnets for the fall,
And you must also look quite sharp,
They are so very small,
And if you have one in your hand,
However much inclined,
I'll bet you can't tell what part's "front,"
And which shall go behind.

The monstrous "hoops" are growing less—
Let's thank our stars for that!
Perhaps another year will see
The last of "mouse" and "rat."
Let those who stick to good old ways
Be patient yet awhile,
And pretty soon they'll find themselves
Right in the "latest style."

J. M. F., a subscriber writing to us on business, says:—

"The Reformer is becoming quite popular here, and is much esteemed in our community. It is thought to be just the Journal for the times, having its columns laden with truth which immediately concerns us all. I think I can obtain many subscribers for you in this vicinity."

Eld. M. E. Cornell writes:—

DR. H. S. Lay: *Dear Sir*:—All appear to be well satisfied with the Health Reformer, and so far as I learn, with the Institute, and the treatment of patients under your care. I regard your undertaking as a complete success, and I would do all I can to help stay up your hands. I hear of several who intend to come to the Institute as soon as they can know there will be room for them. You will have the best wishes and prayers

of all true reformers, and you and your associate physicians, with the helpers, will have the consciousness of being engaged in a most important and honorable work, and you will be cheered with the genuine sympathy of thousands of true hearts.

"Duty points with outstretched fingers
Every soul to action high;
Woe betide the soul that lingers,
Onward! Onward! is the cry."

Hollis Clark writes:—

DR. LAY, *Dear Sir*:—With pleasure I address you. I feel as though the Health Reform could not be too highly spoken of. It is a great and good work. I would say to you, Labor on—you have the sympathy of many friends. I am a full believer in this reform and endeavor to practice the same,—although the appetite is the hardest thing for me to overcome of all. Furthermore, I am a dyspeptic from which I suffer a great deal. Please remember the dyspeptic in your columns. No. 7 has some choice reading, which did me good. Yours in hope."

Wm. F. Hool, Canada East, writes:—

DR. LAY:—I heartily welcome your Health Journal. To live healthfully I believe is a Christian duty. About six years ago my health began to fail, and I gradually grew worse for about five years. For the last two years dyspepsia was my lot. My strength and flesh failed. My weight was only one hundred and seventeen pounds. I read the work, *How to Live*, and commenced to live according to the light received, and now I can say that my health is good. When I left off eating meat, I was told by people that thought they were giving good advice, that I was going to starve myself, and that I would not live long. Their argument, however, proved wrong. For the last twelve months I have not eaten three pounds of meat, and I have twice the strength that I had one year ago, and have gained thirty-seven pounds in flesh."

DRUNKARDS, BEWARE—A very curious but well authenticated case of internal combustion is said to have occurred in Columbus, Ind., on Friday morning last. A German named Andrew Nolte, very intemperate in his habits, was found dead in his shop, his lips entirely burned away, leaving a ghastly hole, his tongue burned to a crisp. His nose was also burned, as if by fire coming out of the nostrils, and his clothes were burning when found. No other part of the body save the air passages were burned.—Physicians who examined the body pronounce it a clear case of spontaneous combustion. It is supposed that the fire communicated by attempting to light a cigar. This should serve as a warning to hard drinkers.

SEND your son into the world with good principles, good habits, and a good education, and he will work his way.

For the Family Circle.

A Chinese Custom.

A CERTAIN Oriental traveler tells us that in China it is the custom of its citizens, when building a dwelling house, to have one apartment called the "scolding room." Here all family disputes, occurring between parents, children, or servants, must be settled. No one is ever allowed to scold, or quarrel, or settle any disturbance in any other apartment of the building, lest it might mar the peace of the family; but all disputes and misunderstandings must be referred to the proper place.

Might not some families in far more enlightened lands be benefited by imitating their heathen neighbors? The question is open to all concerned.

G. W. AMADON.

WIFE'S COMMANDMENTS.—For the benefit of all newly married couple, and those contemplating marriage, we publish the following twelve commandments:

1. Thou shalt have no other wife but me.
 2. Thou shalt not take into thy house any beautiful brazen image of a servant-girl to bow down to her and serve her; for I am a jealous wife, visiting, etc.
 3. Thou shalt not take the name of thy wife in vain.
 4. Remember thy wife and keep her respectably.
 5. Honor thy wife's father and mother.
 6. Thou shalt not fret.
 7. Thou shalt not find fault with thy dinner.
 8. Thou shalt not chew tobacco.
 9. Thou shalt not be behind thy neighbor.
 10. Thou shalt not visit the rum tavern; thou shalt not covet the tavern-keeper's rum, nor his brandy, nor his wine, nor any thing that is behind the bar of the runseller.
 11. Thou shalt not visit the billiard hall.
- And the 12th commandment is, Thou shalt not stay out *later than nine o'clock at night.*"

A HAPPY couple, who are both deaf and dumb, were married at Bryant's Pond, in Maine, the other day, the clergyman using the sign language. Quiet will reign in that family.

Items for the Month.

☞ We are sorry to send this number of the Reformer to press without an article from our much-esteemed friend, Eld. D. T. Bourdeau, who has furnished us with so many valuable articles. We consider his articles alone, worth to the reader many times the subscription of the Reformer.

☞ If any individual has a friend or a neighbor who they think would be interested in, or would like to subscribe for, the Reformer, if they will send us their names and address with a postage stamp, we will send them specimen numbers of the Reformer gratis, by return mail. Do not be backward in sending in these names. Our list is increasing rapidly, and that which aids us most, and is its best recommendation, is to show a copy to those who are interested.

☞ We do not think there is a Journal in the United States of the same size as the Reformer, which is offered at so low a price, considering the quality of stock used, and the pains that are taken to get it out in a neat and tasty style. The terms are, as will be seen by the prospectus, only one dollar per year.

☞ We frequently receive letters with no signature to them, or nothing but initials. Others omit their Post Office, or State, and sometimes both are omitted. This gives us much perplexity, and often renders it quite impossible for us to do the business which their letters contain. We would say to such, Do not on any account omit your name, Post Office or State. We would further add, that we have not the slightest objection to our correspondents making all the effort consistent with their advantages to have their chirography legible.

☞ THE attention of our readers is again called to the advertisement of Bullock and Schefler, who are dealers in Smith's American Organs, and keep a large supply constantly on hand, for sale at their popular music store in Jackson, Mich. A. A. Dodge, of this city, who is agent for the above firm, is actively engaged in the sale of these organs. He is prepared to furnish all in this vicinity on the most reasonable terms. We entertain the most favorable opinion of these instruments. Entire satisfaction seems to prevail with all who have purchased them. We can with confidence recommend them to our readers.

☞ We propose to make public, as far as we have power to do it, the means which we use in restoring to health the afflicted. Those who come to the Institute for treatment have great advantages in this respect. We believe our system of treating disease is founded in truth, and that those who adopt it, and practice it, will always find it

safe and reliable, and a system that will never forsake them in the hour of need.

☞ THE notions which many entertain of a "Water Cure," are very erroneous, and calculated to prejudice and mislead the minds of many candid individuals against such institutions. They suppose that water is the only agent used in the treatment of disease, which is far from being correct. But on the contrary, in an institution like ours, water is only one of the agencies used to aid nature in restoring the sick. Those who depend upon water alone in this great work, will often fail in their undertakings. We hope all true friends of the cause will be rightly informed as to the Principles which we now hold up to the public. We make these principles our constant study, and believe when candidly investigated they will commend themselves to the good judgment of all.

☞ We are frequently called upon to visit patients at a distance, who are not in a condition to come to the Institute, or who wish advice as to the propriety of coming. To all such we would say that whenever it is consistent with other duties, if the route is not too far from rail-road or other public conveyance, we shall be happy to serve you in this capacity. Any letter or telegraphic dispatch will receive prompt attention by us. For terms, see our Circular.

☞ It is our aim in conducting the Health Institute, to bring to our aid, in the treatment of disease, all the means which are calculated to insure the safest and speediest possible cure. We do not intend to have any lack on our part in making available all modern improvements in treating disease on true hygienic principles. Let our readers bear in mind, however, that we use no means which would tend to make a well person sick, or in the least degree harm the most feeble.

☞ We have recently published a very neat Circular for the benefit of those who may wish information regarding our Health Institute, which can be had gratis by all who may wish it.

SILENCE.

In silence mighty things are wrought—
Silently builded, thought on thought,
Truth's temple greets the sky;
And, like a citadel with towers,
The soul with her subservient powers,
Is strengthened silently.

Soundless as chariots on the snow,
The saplings of the forest grow
To trees of mighty girth;
Each mighty star in silence burns,
And every day in silence turns
The axle of the earth.

The silent frost, with mighty hand,
Fetters the river and the land
With universal chain;
And smitten by the silent sun,
The chain is loosed, the rivers run,
The lands are free again.