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OUR PHYSICIAN, NATURE: OBEY AND LIVE.

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A CONTRAST.

SOME murmur when their sky is clear,
And wholly bright to view,
If one small speck of dark appear
In their great heaven of blue;
And some with thankful love are filled,
If but one streak of light,
One ray of God's good mercy, gild
The darkness of their night.

In palaces are hearts that ask,
In discontent and pride,
Why life is such a dreary task,
And all good things denied;
And hearts in poorest huts admire
How love has, in their aid,
(Love that not ever seems to tire),
Such rich provision made.

—Trench.

General Articles.

The Natural Way the Happiest Way.

I MEET many who, though convinced that ours is the healthiest way of living, will not adopt it because, as they suppose, to cut loose from present methods of living would be to cut loose from much that is enjoyable in life. They think that graham bread, for instance, would afford as little gustatory pleasure as a saw-dust pudding; that for women to dress healthily would be to offend all correct taste and make them appear clownish. In fine, while admitting that the God-ordained mode of living would make men and women healthier, they believe it would be a life of constant self-sacrifice—a sort of monkish one.

In all ages of the world the same idea has encountered all classes of reformers. Religion

is still supposed by many to consist in giving up all worldly enjoyment, and wearing a face so serious that a smile would appear as strange upon it, as icicles in midsummer. Politics were once conducted, and still are to a lamentable degree, upon the same idea that our best welfare oftentimes is not in simply adhering under all circumstances to correct principles. Men and women are indulging constantly in vice of various forms on the same idea that there is more pleasure in it, than in purity and principle. The Devil got mother Eve to believe the same thing, else she had never disobeyed and fallen. He continues the cheat in all the ramifications of life. This idea is a monstrous delusion, whether applied to physical, or moral matters. The Devil is careful to perpetuate the delusion, since upon it rests the continuance of evil-doing.

It is not strange, therefore, that reformers have to meet and fight this point time and again. We can do no better, probably, as hygienists, than to expose often and thoroughly the fallacy of the notion, maintaining that to follow truth is not only a duty, but a pleasure. God is not a tyrant. His laws were not made to put us to grief, but for our protection, glorious development, and exquisite pleasure. He is love, not wrath. He is just. Hence the divine arrangement is not that a man will lose enjoyment, if he obey (as the friends alluded to in the outset assert), and also incur divine wrath and punishment if he disobey. He makes no law, the breach of which is better than the observance.

An Indian and white man once went hunting. They killed a buzzard and a turkey. When they came to divide, the white man said, "I will divide either of two ways: I'll take the turkey and you the buzzard, or you take the buzzard and I'll take the turkey." Said the Indian, "That may be a very good offer, but you haven't said turkey to me once, but buzzard both times." There are men

who so regard the laws of health. Obey, they say, and lose all enjoyment of life; disobey, and they admit that dyspepsia, consumption, or the like, follows. It's buzzard with them all the time.

It is profoundly false to suppose that the natural order, in other words, God's order, calls for a loss of pleasure. Persistent wrongdoing does create, it is true, a morbid condition of body, which after being well established, delights in certain injurious articles of food. Attempt a change, and one of that class feels bad enough. So does the drunkard without his dram. Does this prove that his case is a more enviable one than the temperate man's? Surely not. No more does the fact above alluded to prove that proper living is less pleasurable than indulging a morbid appetite. Tobacco, coffee, tea, and stimulating meats, are a sweet morsel to that class. Who, however, envies such an appetite? The indulgence of such a false, unsatisfied, and unsatisfiable desire, is as near solid pleasure as a maniac's laugh is a true and genuine one. Whoever mistakes such for solid, healthful pleasure, could hardly discriminate between a sham and a genuine note.

I have heard of a prisoner who after being dungeoned for twenty years, was taken into sunlight. Immediately he asked to be returned, as he liked his cell better than the light. Whether the story is true or not, certain it is that terribly morbid conditions of body do result from persistent wrong-doing. The wrong *seems* to become the right, but after all it does not. By discrimination we easily show that the person would have lived longer and enjoyed life better by adhering to the laws of health. Let all be satisfied who are living in the ordinary way, eating, drinking, sleeping, working, with no particular regard to health, that after a few months, at most, rigid and persistent living in accordance with the laws of health, would not only improve their health, but their pleasure in these various acts. Such has been the experience of all who have thoroughly overcome these morbid conditions. After the devil was cast out, the man was happier than before. In the proportion that we lop off bad habits do we increase our sum total of physical happiness. Graham bread, to which I alluded in the start, is far sweeter, and more relishable than bolted bread. That name, by the way, suits us hygienists, for we have "bolted" its use. We find our food far better, and more pleasant without than with condiments. Imagine a horse eating such a mixture as man does! It is just as sensible for the former as for the latter to do so.

Thus the natural has always been found the best order of things. The Chinese and Americans have been trying to improve the beauty of the foot, but many are settling down into the belief that better have it as it is than a *corn-patch*. Our women have been, and are still trying to improve their looks by squeezing themselves well-nigh to death. But many, to their praise be it said, have learned that it is much more healthful, and every way more comfortable, to have large waists and live, than small waists and die, and that the men are such a foolish set that they'll court and break their hearts over them, whatever their circumference.

The Devil has arrayed our minds against our bodies. He has gotten the intellect to cherish an unutterable disgust toward the bodily make-up. The two are not good friends. There is mutiny in the camp. The result is, that the intellect is ever dictating to, and disputing the correctness of the instincts of, the poor body, till the world is full of disease and deformity. Then in turn the intellect is shorn of its power and glory, by being united to such a frail physique. "A sound mind in a sound body"—It is all a mistake. The body is fearfully and wonderfully made, not only, but is a most wise and faithful servant.

Let us but follow Nature's way, and we will see the physical and the intellectual develop gloriously, and happiness increase accordingly. Let no one go through life not having learned the important lesson that the natural way is the best and happiest way.

E. PERKINS, M. D.

Artesian Cure, Ottawa, Ill.

A Headache and its Cause.

YES, I have been having a headache. I was kept awake late last night by the dull, heavy pain, and have known little enjoyment all this lovely August morning on account of its presence. I haven't had a headache before in so long that I have forgotten when it was; and in fact I had almost forgotten what a headache was. But I think this experience will aid my memory somewhat, and I hope it will be the means of making me more firm in living health reform.

Health reform! The words seem flung back to me in a sneering tone, and I see the lip curl scornfully, while the head is turned aside in derision; and then I hear the words, "What do you suppose health reform had to do with your headache?" Well, I don't suppose health reform had anything to do with it; but I do suppose that it was a failure on my part to strictly carry out health reform,

which occasioned my headache. I know very well that while I have been particular in regard to what I ate, I have been entirely free from headache, and in fact from almost all aches; and I know that yesterday, while I was baking, I ate some cake and some cookies, fresh from the oven, and at a time when it could not well be attached to either breakfast or dinner. I am ashamed of myself for yielding so easily to temptation. The appetite was gratified, and I enjoyed the eating, but not the headache which shortly followed. If others can gratify appetite at any and all times, and not suffer in consequence, I am perfectly willing they should do so; but it is possible they may be "pleasing the mouth" at the expense of health, and not be aware of the fact.

Perhaps you say, Oh, I am never free from headache. Well, just try living for health, instead of pleasure, awhile, and see if your headache does not disappear.

It is not all depending on our food. There are a great many other things, of course, to be considered, and acted upon, but this is one great essential. I know it to be so from experience; and let me say right here, that one day, or one week, or one month, will not suffice to prove the merits of health reform. It may take one year, but when you have proved it thoroughly, I think you will agree with me that it pays well to deny appetite, and enjoy a healthy body, and a happy mind.

M. J. COTTRELL.

Consumption of Sugar.

EDS. REFORMER: We give below an extract from the report on the culture of the sugar beet, and history of the manufacture of sugar from it, showing the amount of sugar, molasses, and syrup, imported from 1862 to 1866. We have read that "the manner and extent to which it is used is productive of much harm," but we little comprehended the extent, or the rapid increase, of its consumption. The following table shows that in 1866 almost twice as much sugar and molasses was imported as in 1862, without any corresponding increase of population, and this does not take into account the increased production of domestic sweets.

The large and increasing quantities of sugar and molasses required for consumption in this country, and the amount of money paid for foreign labor in its production, can be appreciated by a glance at the following statement of imports for five years, which is in addition to a small domestic product of cane, maple, and other sugars, and large quantities of sorghum syrups; a small amount, also, by indirect trade, is not included, on account of incompleteness in the official statement of imports:

	Sugar.		Syrup and Molasses.	
	Pounds.	Dollars.	Gallons.	Dollars.
1862	557,137,539	20,357,090	25,157,280	3,427,813
1863	518,594,861	19,821,017	81,206,986	4,732,378
1864	632,302,247	29,666,076	33,571,330	7,266,064
1865	608,855,989	25,482,299	43,319,003	7,471,467
1866	977,886,449	39,595,677	47,768,348	7,227,351

Here is a total of \$133,943,159, gold value, paid for foreign sugar in five years, and \$30,115,073 for the molasses, an average of about \$33,000,000 per year, and more than \$50,000,000 in currency, the most of which, if not all, should be retained at home. In view of the great success of the business in Europe, the American people owe to the world's estimate of American enterprise a determined and persistent effort for its establishment here. I see no reason to despair of its complete accomplishment. I shall therefore deem it a duty to encourage and forward this result so far as official means and opportunities may permit, and I would respectfully call the attention of Congress to the importance of practical investigations among the factories of Europe, tending to exhibit, especially, the comparative economy of processes of manufacture, and to show how the peculiar difficulties attending the experiment here may be overcome.

(Signed,) *Horace Capron, Commissioner.*

Here are \$33,000,000 per year expended for that which is not bread, and that it is partly unnecessary, if not almost wholly so, is shown by the fact that nearly the same number of people in 1862 consumed only about one-half as much as in 1866.

H. C. MILLER.

Trix.

IN a railway car, May 29, 1868.—The newsboy has just scattered advertisements which read thus:

"TRIX.—Trix perfumes the breath from tobacco and cigar smoke, bad teeth, and from spirituous liquors! Try it and see."

I observed in the cities last winter, numerous advertisements of *Trix*. Often in drug windows one met with a showy card bearing the name of *Trix*, *TRIX*! For a time I did not know what it meant, but soon learned that it was an encouragement to *debauchery*. This advertisement tells the story. It says, in substance, to the fast young man: "Puff your cigar, roll your quid, drink your dram, make your mouth a sepulcher of all uncleanness, and your breath offensive, but never mind! Use *Trix* and you can go into company and the ladies will not discover your nastiness!" What a *shame*! for men to make a *business* of encouraging uncleanness! What a *shame*, for editors to advertise such nostrums! What a *shame* to a YOUNG MAN to need such preparations!

Temptations multiply about the young. How great need of watchfulness and wisdom

to avoid being snared! Even in a religious journal you often find an advertisement of some humbug; by which some one seeks money without being willing to furnish a beneficial return.

"But ladies sometimes have a foul breath; shall they not use perfume?" If ladies and others knew *how*, they might avoid *having* foul breath. Without using perfume, their breath may be as sweet as that which fans the summer hill top.

"But many who have sweet breath use perfume, because they think it renders them more attractive. What of *such*?" They are mistaken. Strong perfumes are injurious, and tend to destroy their charms—they overexcite and enfeeble the olfactory nerve, and so blunt the sense of smell. Besides, it is a *bad* taste which delights in such smells, and very few will really better enjoy the company of a lady because her kerchief is daubed with musk, cologne, or Flor de Mayo.

THOS. F. HICKS, M. D.

The Influence of Salt on the Brain.

THE animal organs are located in the back part and base of the brain. These organs, when properly controlled and guided by the moral and reasoning organs (located on the top and front part of the head), serve to give force and energy to character, and help a person to contend for rights and overcome obstacles; hence the larger and more active they are the better, providing they are well controlled by the higher powers of the mind; for this will enable the individual to do the more good. But when these organs are uncontrolled by the moral and reasoning powers, and are perverted by powerful stimulants or exciting qualities of the blood, they induce contention, revenge, faultfinding, deceit, tattling, lasciviousness, &c.

Now salt is an indigestible substance; hence we find it sucked out of the stomach by minute vessels called absorbents. It then passes into the thoracic duct, a large tube or canal that carries the chyle or imperfect blood into the large vein that goes to the heart. It then mingles with the blood conveyed through the heart into the lungs, thence back again into the heart. It is then thrown out of the heart into a large artery. Just as this artery bends off toward the backbone, it sends off three arteries toward the head. One of these is larger than the other two. The larger one divides immediately, making four in all, two of which go to the arms, and two to the head. By comparing the size of the arteries that go to the head

with that one which proceeds from the left side of the heart, we find that about one-fifth of all the blood of the body flows to the head, which gives to the head some ten times as much blood as any other portion of the body of the same size.

The arteries that supply the base of the brain in the animal organs are larger in size than those in the top part of the head, the location of the moral organs, so that the base of the brain is supplied with about twenty times as much blood as any other portion of the body of the same size.

The salt which in its state of solution was taken up by the absorbents and conveyed through the arteries and veins to the base of the brain, to the organs which produce the base passions of men, has only the effect of an excitant or stimulant, imparting none of its properties to build up the tissues of the body, or nourish the system. One proof of this is that when we perspire freely the particles of salt are found upon the surface of the head, face, and over the entire body.

The salt thus having passed through the digestive, arterial, and venous, systems, is forced through the pores of the skin, having been of no use, as I can see, except to counteract the normal functions of the brain, and lash up man's animal nature, often to ungovernable action.

The same can be proved of other indigestible substances. Now nearly all the nerves which supply the whole body have their origin in the base of the brain; hence we see that all such excitants, which course along with the blood, serve largely to affect the animal nature of man, and are calculated to detract from the proper uses of his moral organs, making a perversion of those noblest physical laws we must certainly obey in order to fit our bodies to be the temple of the Holy Ghost.

Much more might be said to prove that salt and butter should be dispensed with by Christian people as fast as they see the injurious effects from such indigestible substances.

JAMES SAWYER.

THOSE who have read of the prescriptions with which, two hundred years ago, physicians dosed their unfortunate patients, or who remember the country doctor of the "old school" and his saddle-bags, a traveling apothecary shop, will see some change in the fact that now the best and most scientific physicians admit that intelligent and careful nursing is better than medicine. One of the oldest, ablest, and healthiest, physicians in Boston abstains wholly from medicine.

Necessity of Exercise and Fresh Air.

WE have no doubt that a large proportion of the delicate females, with which our cities especially are filled, owe their ill-health to a neglect of exercise and fresh air. Take the daughter of a family in good circumstances. From her very infancy she is guarded as if the least breath of air would injure her, never going out without being wrapped up to the chin, and often being sent to school even in a carriage. Her natural instinct to exercise is restrained as a vulgarity: she is called a tom-boy, a romp, and a dozen other contemptuous names; and thus, at last, she is drilled into a mere social machine, finally losing even the spirits to wish to take active exercise. Her days are spent in learning enormous lessons, or in practicing crotchet work or embroidery, varied with an occasional children's party, where she is allowed whatever she pleases, and to dance herself into a fever. When she leaves school her existence becomes even more monotonous. Perhaps, if it is winter, and the family keeps no carriage, she is weeks without being out of the house; and in the house she does nothing but dawdle over a novel, stitch a bit of fancy work, or sit over the register of the furnace. If her father keeps a carriage, she may ride out occasionally; but she is always furred to the throat; and so things are no better. In a word, she is a hot-house plant, forced, like it, to a premature development; and like it doomed, in consequence, to a premature and unnatural decay.

Surely, if there is a reform in social life needed, in one particular more than in another, it is required in the education of our daughters, and in the life we allow them to lead afterward. They are dying, by hundreds, for want of fresh air; and yet we take almost no note of the fact. When the English prisoners perished, in the Black Hole in Calcutta, from the foul atmosphere they were compelled to breathe, the whole civilized world cried out with indignation at the perpetrators of the deed; and though nearly a century has since elapsed, the story is still never told without exciting horror. But we permit our daughters, and to a certain extent our wives also, to die, by slow degrees, equally for want of pure air. In fact, where the Black Hole of Calcutta stifled its hundreds, the close rooms inhabited by American females slay their thousands.

BEAUTY is no longer amiable than while virtue adorns it, and virtue itself is true beauty.

A Plenty of Refreshing Sleep

Is essential to every individual who would enjoy good health. And although more sleep is required by some than by others, the amount that each individual does require cannot be lessened without injury to the individual who suffers such loss.

A person who enjoys sound and healthful sleep is at rest, both body and mind, and those who are troubled with hideous dreams, getting out of bed in their sleep, cannot be said to enjoy sound sleep, as under such circumstances they are only partially at rest. There are many causes for this, a principal one of which is a congested brain, often caused by too much mental exercise, while perhaps the system is in a feeble condition.

It is said, and doubtless truthfully, that it is during sleeping hours that food is *assimilated*; that is, after it is digested and made into blood, it is made into bone, muscle, and all the tissues of the body. Indeed the very food we eat is converted by nature's mysterious process into thought and feeling, and although this food may be digested, and carried into the circulation, if there is not a sufficient amount of sleep allowed for it to be assimilated it fails to nourish the system. It is like the man who, having a large income, fails to make a proper use of it, and save a portion of his means every year: he will always be a poor man, and when by reason of infirmity or other causes his income ceases, he will have no means of support.

If an individual would have health, every possible means should be made use of while in health to preserve the system in good order. During sleeping hours it is the business of nature to look over the different parts of the system and see what repairs need to be made, and if the individual has furnished the proper material for such repairs, and the detrition is not too great, the repairs will certainly be made. It is an impossibility for any person to recover health, or even to live, without sleep, and just in proportion as the individual cuts short the amount he needs, in the same degree will his health suffer.

But some will ask, How can I get the proper amount of sleep? Individuals will acknowledge that they do not have sleep enough, and cannot get it. A number of hours during the night they spend in wakefulness, although they do all they can to avoid so disagreeable a state of things. Many, even in pretty good health, suffer in this way, who would pursue almost any course if they could sleep during the whole night, or so much of it as their systems require. Now it would be

no easy task to remedy the whole difficulty, and yet I believe it can be remedied to a very great extent in most cases, both with those in health and with invalids. I will mention a few points which will certainly do something to remedy this difficulty :

1. The individual should be regular in his hours of retiring and rising.

2. No food should be taken at an hour so late that it will not be fully digested before the hour to retire comes.

3. All business should be suspended, and forgotten, as far as possible, at least half an hour before bedtime, and in some cases a much longer time than this.

4. The business that an individual follows should be pleasant, and not too fatiguing, and at the same time there should be enough physical exercise for the person to become a little tired, not wearied, at the close of each day. Persons of sedentary habits will derive great benefit from this course.

5. Live with a clear conscience. Endeavor to scatter sunshine and happiness to all in every place.

6. To get to sleep when awake during sleeping hours. This is an important point, and yet much may be done to prevent wakefulness, or rather to get to sleep when awake. As a usual thing the individual who lies awake has a congested brain, and he is so occupied with thought that he cannot get to sleep. Now if he will think of one subject, and confine his mind to it, and have his subject one which possesses very little interest, he will soon fall asleep. A friend of mine recently told me that he had been remarkably successful in getting to sleep in this manner : He would imagine himself traveling on some familiar road, and think of every object, and imagine he saw every object he was acquainted with. Continuing this imaginary journey, in many cases sleep would soon come to his relief. Counting the ticks of a clock will often cause sleepiness.

I knew of one individual who would become sleepy almost the moment he would commence to try to solve the following algebraical example by the rules of arithmetic : Two men purchased one hundred acres of land for six hundred dollars. On dividing it, they found one portion of it better than the other, so that for each to get his three hundred dollars, it was ascertained that the poorer land was not worth so much per acre as the other by two dollars and fifty cents. The reason why it caused him to sleep was because he had often thought it over, and it was dull business.

Another will find himself sleepy very soon by multiplying, and continuing to do so, large numbers, or any numbers which require an effort. All this is to be done mentally of course. In fact, confine the mind to almost any subject and continue it, and in the majority of cases, thirty minutes will not elapse before sleep will come to the person's relief.

7. A foot bath at bedtime is often a benefit.

8. Avoid all stimulants, and let the whole life be in accordance with the laws of health and the principles of Christianity, and it will go very far toward producing that so-much-to-be-desired blessing, good, sound, wholesome, refreshing, health-giving sleep.

J. F. BYINGTON, M. D.

Drugs and Intemperance.

EXTENSIVE as is the derangement of human conduct from the fall, there is still running through it, a strong current of consistency. The link connecting sentiment and action, and faith and practice, is yet unbroken. Cause and effect continue to hold their alliance even in vice, as in virtue, verifying in every instance, our Saviour's words, "According to your faith, be it unto you."

The time is at hand when all concerned in staying the ravages of alcohol should perceive the direct bearing of this principle in their work. For fifty years, herculean efforts have been made by the virtuous of our land, to purify, rather than dry up, this corrupt fountain ; but to-day it is wider, deeper, and more desolating than ever. Where is the secret of this sad failure ? Just where it nestled before the days of John the Baptist. The ax has been kept from the root of the evil tree, and it has flourished regardless of the efforts to check the growth of its branches. The masses have been taught from Dan to Beersheba, that alcohol is good at the communion table to cure the soul, and in the sick room to cure the body. Believing that it diffuses a healing balm at such times, who can really believe that it poisons at other times ? If sacred at Christ's table, how can it be satanic at the sideboard ? If able to restore the disordered body, how can it, when used in moderation, derange an ordered body ? If the apothecary holds, as most do, the license of the State to deal it out for medicinal and sacramental purposes, where can the harm lie of employing its virtues on occasions of less moment ? The truth is, no sane mind can believe such absurdities. All must respond to the apostle's logic : "Can the fig tree, my brethren, bear olive berries ? either a vine,

figs? So can no fountain both yield salt water and fresh." Hence the lurking, strong, and prevailing, sentiment all over the land, webbed and woofed by doctors of drugs, of law, and of divinity, that after all there is no dangerous poison in old New-England rum, nor in good old Bourbon whisky. In accordance with this faith—so taught and so sanctioned—is the practice of using it, and of the ensuing debauchery.

For this, as Dr. Trall has shown in the October number of the HEALTH REFORMER, in accordance, too, with resolutions passed by the National Temperance Convention and the Ohio Methodist Conference, there is but one consistent effectual remedy. It is the logic of the Maine Liquor Law, pushed on to its common-sense import. Regard it as criminal to manufacture or administer, under any pretense this deadly, damning poison. The physician who is too blind to see that it poisons the sick even more than the well, or too sordid and reckless to care for it when seen, should be arrested for manslaughter. The clergyman who will persist in mocking the virtues of Christ's death, by commemorating his shed blood with a filthy poison, instead of the simple juice of the grape, should be relieved of his responsible charge till he learn better. The desperado who persists in destroying the staff of life, and changing it into this fiendish poison, should be put where he will be glad to get light into his dark soul and pure bread into his hungry body.

It will, moreover, be readily seen by logical minds that the alcoholic theory is the drug theory. Allopathy means another or second disease, by which it falsely seeks to cure the first. Rum had as well be used for this purpose as any other filthy dose. But whether it or any other kindred poison be forced on the stomach, the direct tendency is to drunkenness. All the irritating and stimulating drugs beget the dangerous appetite of the inebriate so certainly as they are swallowed. The injury done to the nervous system by quinine, opium, and morphine, is the same as, and often worse than, by alcohol. Hence there can be no well-grounded hope of relief from the ruinous effects of drunkenness, but by going to the root of the evil.

To arrest an effect, we must arrest its first cause. No evil stream can be stayed while the fountain is left, and even encouraged, to flow. Our Revolutionary fathers found no relief from British tyranny short of a total dissolution from the false theory and practice of aristocracy. Our own government found no rest from the corruptions of slavery until

we reached total emancipation. So of, and concerning, every other wrong on earth. The ax must go to its root, or its branches will annoy and distress. Take off the viper's head, or magnanimously let him go.

Therefore the conclusion of the whole matter is, that by discarding the false and most pernicious drug theory and the administration of alcoholic poison upon all occasions, our nation may be redeemed from the foul sottishness to which it is sinking.

W. PERKINS.

Marshalltown, Iowa.

Elementary Hygiene.

IN these days, when the schoolmaster is abroad, and working with a vigor and activity never before known in the removal of ignorance upon hosts of subjects in every department of knowledge, science, and art, it has often been remarked that the most important of all subjects to every human being—an acquaintance with human physiology—has been suffered to remain the almost exclusive appanage of those who adopt the profession of medicine. Yet nothing can be more indefensible, says the *Lancet*, than this general neglect, which has for its consequence the launching of children into the estate of manhood without the slightest comprehension of the nature and functions of the organism whose defective working is at once perceptible in discomfort or pain to the individual. Of course, for the few who can devote the requisite time to their study, there is no lack of physiological treatises of the highest scientific value; but for the multitude there has been a great want of popular text-books, embodying the elementary principles of physiology in such plain and straightforward diction as to be available for use in schools. This is a subject well worthy the attention of literary savans.

A YOUNG man in New Haven the other day rushed into a drug store, and, in great alarm, asked the clerk if benzine was poisonous. "No," said the clerk, "why?" "Because," said the fellow, "father went to the closet to take down the gin bottle, and by mistake took several swallows before he knew it." "He is all right," replied the clerk. "The only difference between benzine and modern gin is in the smell."

It is not until the flower has fallen off that the fruit begins to ripen. So, in life, it is when the romance has passed that the practical usefulness begins.

Editorial.

Chemical Action.

A CORRESPONDENT writing from Indiana, says:

"I appreciate your paper because it is cheap as well as sound. I must, however, object to the assertion that there is no chemistry in life, or in any disease. I think the vital processes are produced by chemical action or combination. If not, it must be vague mystery, which is the foundation of drug medication."

A careful discrimination between disease and the conditions following disease, might, in some degree, have relieved our correspondent from his difficulty. Structure is sometimes said to be "diseased" when the vital, remedial effort has ceased, and it is then in a fit condition to be subject to chemical action by contact with poisons which may be present in the system. Thus it may be true that corrosion, and the destruction of tissue which has lost its vitality, which are the *effects* of disease, are sometimes the result of chemical action, but that disease itself, which is simply the remedial effort of nature, is not in any sense a chemical action, is susceptible of the clearest proof. Vital action and chemical action are as far removed from each other as life and death, which indeed they really are, for chemical action, so far from producing vitality, destroys it.

Every chemist knows that the chemical action of two substances upon each other results in the destruction of both. To illustrate: The chemical union of an oil and an alkali results in the production of soap, in which both the oil and the alkali are destroyed, as soap is neither the one nor the other. Any substance possessing vitality, whether plant or animal, when acted upon chemically, loses its vitality to just that extent that the chemical action is continued.

Notwithstanding this well-recognized fact, we hear chemists and chemico-physiologists talk about the *chemistry* of the vital operations, and the production of vitality by chemical changes, as though chemistry when carried into the human body becomes an entirely different thing from chemistry in the laboratory. We attended a scientific (?) medical lecture not long since, in which the speaker persisted in calling the human body a "great chemical laboratory," repeating it some dozen or more of times. To be sure, no small number of the grease-eaters of the present day convert their stomachs into a sort of soap-factory, which is in a certain sense a

chemical laboratory, but health reformers prefer to be excused from establishing such institutions, *inside* their bodies, to say the least.

Our correspondent mistakes in thinking to escape the "vague mystery" of drug medication by accounting for the vital operations by "chemical action, or combination," for this is the very "mystery" upon which the drug-medical system is founded, if indeed it may be said to have any foundation.

If disease is a chemical action, why not introduce "drugs and chemicals" into the system to control and regulate such action? and if vitality depend upon chemical combinations, why cannot life be sustained by furnishing the elements of chemical combination, which can all be obtained independent of a single article of food? And right here lies the fundamental error of the popular theory of dietetics, that the elements of food taken independently are the same as the food itself. As well might we say that nitrogen gas is a supporter of respiration because it is an element of the air which we breathe, or that hydrogen will quench thirst because it is an element of water. As we view the matter, the admission that chemistry has aught to do with the vital processes, either in health or disease, is giving our opponents all the ground they can ask for, and denying the principles on which the hygienic system is based.

W. C. G.

Temptations of Allopathy.

DR. LODGE, formerly an allopath, but now editor of the *American Homœopathic Observer*, gives the following incident, as a thrust at allopathy:

"When a young man we were practicing allopathy with an old physician. A patient called for a prescription for constipation. After a few general questions, my partner directed me to prescribe antibilious pills for him, one to be taken every night. After the patient left I asked the old gentleman how long it would take to *cure* the case. He turned round, and with a smile, said, "Cure? What do you mean? We do n't *cure* such cases. He will take a pill at night and his bowels will move in the morning, by-and-by he will require two pills and be back for more. These cases help the office receipts finely."

For the credit of the profession it is to be hoped that such specimens of "office practice" are rare; yet we fear that there are many unprincipled men bearing the title of M. D., who would not scruple to avail themselves of such advantages. Indeed, how can it be otherwise? The success of the profession is founded on the very principle illus-

trated above, and as there are unprincipled men in all professions and trades, such would naturally take advantage of the opportunities afforded them in victimizing the unsuspecting public with their pills and other missiles of death. And yet these men would probably be loudest in anathematizing as quackery and empiricism anything outside the regular practice, even although it might have for its object the relief of suffering humanity and the best good of the race.

But aside from this class of heartless vampires, a large proportion of the members of the profession cannot fail to see that, whether they will it or not, the same result is being reached in all their practice—that every dose they give increases the demand, and consequently the revenue derived from it. Doubtless there are many who would prevent this if they could, but having imbibed the errors of a false system see no way of escape from its moral as well as physical evils, and continue on in a course of trifling with human life until it becomes a regular trade, and conscience is stifled with the plea that “we must live.”

Such are the effects of a system false in its principles and fatal in its practice, and from which we hope to see many emancipated by a knowledge of the principles of the true healing art.

W. C. G.

Case Reported.

Miss C. J. B., 26 years of age, came to the Health Institute in the autumn of 1866, in the following helpless condition: For five years her health had been very poor, and during that time she had not been able to walk up or down stairs, and for two years had been scarcely able to walk at all. Walking but a few steps would cause her eyes to turn red, and she would become so fatigued that it required several days to recover from the exhaustion that would be produced by so little exercise. Her weight in her best health had been 115 lbs, but at the time I now speak of she was reduced to less than 85 lbs. She was a mere skeleton. She was troubled a great deal with pains in the head. Her throat was sore and irritated. Stomach very weak all the time, so that she was compelled to live on the simplest food, and even the smallest quantity that she could subsist upon would often occasion great distress. Back very sore and weak. Extremities exceedingly cold. Skin bloodless. Lungs very weak, and she always coughed on taking slight colds. Bowels torpid. Mind very despondent, and when she came to the Insti-

tute she was so weak, nervous, and excitable, that she could not bear company, and had to have all her meals and baths in her room for awhile.

In managing a case like this, possessed of so little vitality, great care was necessary. In the first place we gave her a pleasant, well-ventilated room, and made her mental and social surroundings of the most pleasant character. We gave her two meals a day, of simple, nourishing, hygienic food, gradually increasing the quantity as she could bear it, until she could dispose of a good-sized meal without any particular inconvenience.

We did not give her a very large amount of water treatment. Once a week she had a general ablution. This, with occasional foot baths, sitz baths, and fomentations over liver and stomach, was the principal hydropathic treatment. In a few weeks she began to show signs of improvement, and the first very marked symptom of it was a crisis in the form of a diarrhea, which lasted several days, leaving her stomach and bowels in a much better condition.

From this time she continued gradually to improve, having occasionally some critical action of the bowels, kidneys, liver, skin, &c. After she had been with us a few weeks, she took meals with the family, and was carried to the bath room for her baths for a short time, until she gained sufficient strength to walk to the bath room, from which time walking was a very important part of her prescription.

Then she commenced gaining more rapidly in strength, and to put on flesh. She remained with us some ten or eleven months, at the expiration of which time she could go up and down stairs several times a day, could walk nearly a mile, and had increased in weight about twenty pounds.

A few days since she made us a visit. We were all happy to see her looking so well. She has steadily gained in health since she left the Institute, and is weighing twenty-five pounds more than when she was first brought to us. She is attending to household duties, and is doing quite a large amount of work for one who had been so feeble for so long a time. With all the rest, she seems cheerful and happy, despondency and gloom being numbered among the things that were.

I have omitted to mention that before coming to the Health Institute she had exhausted the skill (?) of other physicians, and the friends had given her up to die, and that she came to us with but very little faith that we could do anything for her that would be of any lasting benefit.

If she continues to pursue the right course, she will still continue to improve in health, and yet live many years to bless God for the health reform.

Which is the Better Remedy?

The following which I clip from the *N. Y. Tribune*, are the remarks of a London professor, addressed to the Farmers' Club of the American Institute.

According to his statement, some of the worst diseases of animals have come to us from England, and to England from Eastern Europe. He gives us fair warning that other contagious diseases of domestic animals are in reserve, ready to come, and very sure to do so ere long. He says:

The increased demand from cities for food led to the importation of animals from Eastern Europe. The pleuro-pneumonia has been transported from us to you, and to Australia, and the Cape of Good Hope. There are contagious diseases that have not yet crossed the ocean, from which you will not, by reason of commerce, be exempt, unless greater care be taken. Among the active causes producing disease are animals of a lower type, which attack even man himself. It is singular that the life of these lower order of beings should depend upon the life of man. No parasitic disease is engendered except through ignorance. It seems to me that a large amount of meat used in this country, especially of swine's flesh, is not sufficiently cooked. Hogs are constantly suffering from diseases of some kind, such as the measles, which if transferred in certain conditions to the human stomach, the tape-worm is produced. This has an immense number of joints, and in each are millions of eggs. If animals are kept clean, and their food carefully prepared, disease is reduced from 8 to 1 per cent. When diseases in animals prevail, there is a large traffic in diseased animals. The Dutch, Germans, and Russians, selected their diseased animals for the British markets.

The reader is not, however, to be dismayed. There is a remedy at hand. If you eat the flesh of an animal that has suffered from the measles, cook it thoroughly until you are sure that the eggs and small worms that are therein contained, are destroyed by the heat. Then eat, and fear nothing.

There is another method, which is commended in the highest terms by all who have tried it. It is very simple, and has this merit, that it never fails. Here it is: Let the flesh of animals alone. Eat the grains, fruits, and vegetables, yourself, instead of giving them to your animals, and then eating their diseased flesh. Which is the better method?

J. N. A.

BAD books are the public fountains of vice.

A WIFE'S BLAST AGAINST TOBACCO.

He sits in a corner from morning to night—
'Tis smoke, chew, smoke!
He rises at dawn his pipe to light,
Goes puffing and chewing with all his might,
Till the hour of sleep. 'Tis his delight
To smoke, chew, smoke.

The quid goes in when the pipe goes out—
'Tis chew, chew, chew;
Now a cloud of smoke goes up from his throat,
Then his mouth sends a constant stream afloat;
'Tis chew, chew, chew.

He sits all day in a smoke or fog—
'Tis puff, puff, puff;
He growls at his wife, the cat, and dog,
He covers with filth the carpet and rug,
And his only answer when I give him a jog
Is puff, puff, puff.

The house all o'er, from end to end,
Is smoke, smoke, smoke;
In whatever room my way I wend,
If I take his clothes to patch and mend,
Ungrateful perfumes will ever ascend,
Of smoke, smoke, smoke.

At home or abroad, afar or near,
'Tis smoke, chew, smoke;
His mouth is stuffed from ear to ear,
Or puffing the stump of a pipe so dear;
And his days will end, I verily fear,
In smoke, smoke, smoke.

Go to Sleep Early.

MANY children instead of being plump and fresh as a peach, are as withered and wrinkled as last year's apples, because they do not sleep enough. Some physicians think that the bones grow only during sleep. This I cannot say certainly; but I do know that those little folks who sit up late nights are usually nervous, weak, small, and sickly. The reason why you need more sleep than your parents is because you have to grow and they do not. They can use up the food they eat in thinking, talking, and working, while you should save some of yours for growing. You ought to sleep a great deal; if you do not, you will in activity consume all you eat, and have none, or not enough, to grow with. Very few smart children excel, or even equal, other people when they grow up. Why is this? Because their heads, if not their bodies, are kept too busy; so they cannot sleep, rest, and grow strong in body and brain. Now, when your mother says, Susie, or Mary, or whatever your name may be, it is time to go to bed, do not worry her by begging to sit up "just a little longer." But hurry off to your chamber, remembering that you have a great deal of sleeping and growing to do to make you a healthy, happy, useful, man or woman.

To enrich the mind and purify the heart, to keep the tongue still and the arm active, to eat slowly and sleep quietly—this is true philosophy.

Words from our Friends.

Note from a Former Patient.

A lady who was formerly a patient at our Institute, thus writes to one of the physicians: I feel that I owe a debt of gratitude to you and your co-workers at Battle Creek, for my present condition of health, and how will you know unless I write? I hope it will encourage you to know that there is one more confirmed in the faith of getting health by right ways of living. I adhere rigidly to the principles taught there, and find great benefit. I did have "foes without and fears within" for a long time, trying to convince my husband that it *is* the right way to live, but I triumphed, and we live nearly the same as at the Cure. I have not tasted any meat, butter, nor grease of any kind, since I came from there. I do not consider it any sacrifice to abstain from any thing that is not for my health. I never feel inclined to trespass in the least thing. I think I ought to live up to what I know to be right, for I shall leave undone enough that I do n't know. I do feel so thankful every day for my stay with you all at B. C. Please remember me very kindly to all.

L. J. L.

A Good Word from the Bay State.

Boston, Mass., Sept. 14. 1868.

MESSRS. EDITORS: I consider the HEALTH REFORMER one of the best publications, if not the very best, in our country, and I am preserving each number with great care to be bound into a volume which I intend to leave my children as a legacy, as the teachings therein treasured will be more valuable than gold.

The addition of Dr. Trall's Department is a most valuable one, and the readers of the REFORMER can not but appreciate your efforts to disseminate the *right kind* of knowledge. At any rate you have *my* hearty indorsement, and I always take pleasure in recommending Health Reform to all who come in my way; but it is hard here in this modern Athens to wean people from their old habits. They will cling to the old customs of swallowing immense quantities of diseased meats, and all kinds of stimulating foods. But the penalties are inevitable, and as a matter of course the drug doctors flourish and grow rich on the ignorance of the otherwise intelligent people. We have here in Boston more M. D's by threescore than we have of grocers, so it will be seen that it is fashionable to

be sick, and our people are bound to be in the fashion.

To show you, however, that there are a few who are on the right track, I copy the following advertisement from one of our dailies of recent issue:

"A gentleman who has a large house near the 'St. James Hotel,' has more rooms than he has use for; therefore he will let several, with board, upon reasonable terms. Meat, tea and coffee, not on our Bill of Fare. Tobacco-eaters need not apply, as it will be impossible for me to cater to their perverted appetites."

I presume this is a rare case, where a material reform has commenced, but to show that there is an occasional instance where man has learned to know something of the laws of his being, I quote as above.

But I am intruding upon your time, and no doubt your patience, therefore will close by wishing the HEALTH REFORMER and its proprietors unlimited success.

Your friend, JAMES W. HARRIS.

A Plea for Enlargement.

Makanda, Ill., Oct. 21. 1868.

DEAR HEALTH REFORMER. As my dear mother, for the promulgation of good advice, *The Gospel of Health*, is dead (the paper, not the gospel), I welcome with great satisfaction the friendly and polite visits of you, my *step-mother* in the good cause. I am pleased to see the pages of the REFORMER so strictly devoted to its object, and free from so much miscellaneous matter as some other reform journals publish. I think there are literary affairs enough. If one wishes to read miscellaneous articles let him subscribe for *Harpur's*, *Leslie's*, or *Packard's*, etc., but for the advancement of the great health-reform movement let us have a paper devoted, from alpha to omega, and that in sound earnest, to that special object. The HEALTH REFORMER suits me in every particular except *one*, and that is, it is *too small*. Let me suggest that you enlarge to double the present size, and double the subscription price. Could you not begin the new year (1869), with the paper thus enlarged, and so increase its usefulness? I know you can find good matter enough to fill its pages when thus enlarged.

Yours, &c.,

S. WATERS DAVIS, M. D.

NOTE.—Several correspondents have urgently requested that the REFORMER be enlarged, and perhaps their desires may be gratified at no distant day. This will depend much on the zeal with which our friends labor to increase its circulation.—EDS.

Opposition to Unpopular Truth.

IN all ages of the world's history, there have been men of eminence and disinterested benevolence who have stood forth in defense of the truth, and yet they have been derided and persecuted on account of the ignorance of some and selfishness of others. It has been so in the religious world; it has been so in the scientific world.

When the great apostle to the Gentiles stood in the midst of Mars-hill, and said, "Ye men of Athens, I perceive that in all things ye are too superstitious, for as I passed by, and beheld your devotions, I found an altar with this inscription, To the unknown God; whom therefore ye ignorantly worship, him declare I unto you"—he was persecuted.

The world's history would show that, like the Athenians of old, mankind have almost universally been, as to the medical world, worshipping they know not what, and consequently when the simple truth is told, the messenger of good is persecuted and ridiculed. If we tell an individual who believes in the system of drug medication, that drugs do not cure disease, he will say, *Fudge*. If we tell him that drugs do not act on the system, he will probably think we are troubled with lunacy. If we tell him that the most eminent of the professors in medical colleges, both in England and America, have declared that they have no faith in medicine, he will be surprised at our ignorance.

Is it not astonishing that the world should have been so long deluded by the false doctrines of the medical profession?

But the light is dawning. Hygeio-therapy is destined to dispel those false doctrines, and teach the people how to live, to enjoy health and happiness, that they may be better able to accomplish the great object of their creation; viz., to glorify God in their bodies and spirits, which are his.

Yours respectfully,

W. HILL, M. D.

Port Robinson, Ont.

Train on Intemperance.

OUR country is swamped in liquor. Our people are bloated with whiskey. Our men in high places are setting bad examples to our youth. Drunkards in the Cabinet—drunkards in the Senate—drunkards in the House of Representatives—drunkards in the army—drunkards on the bench—drunkards in the pulpit—drunkards in Wall street, and drunkards among the mothers, wives, and daughters of the land, indicate the fearful

demoralization of the war. Give women power—give them votes, and this will cease with both sexes. Strong drink is fatal in our climate; yet everybody drinks but the Sons of Temperance and the Father Matthew men. Bring in your recruits—every new pledge will save a soul. The bars of our New York hotels are reeking with the filthy smell of rum, and one hour's observation at Delmonico's will show you the thousands of young men that are going down to everlasting ruin.

At Saratoga, I shall never forget the shock I felt in hearing a beautiful and accomplished lady ask the waiter to bring her a glass of brandy and water. Simple youth that I was, I had never before imagined that women drank brandy. But now almost every woman you meet in the cars has a brandy or a Bourbon flask in her pocket. Who told her to take it? Her family physician. Our drug shops are all rum shops. Pass a prohibitory law, and the apothecaries would all become retail whisky dealers, under the patronage of the family doctor. All chemists testify that no particle of blood can be made out of alcoholic drinks. It enters and leaves the body as a foreign poison. The vitality of the flesh, Moses says, is in the blood. Whisky is a living poison. A quart of whisky is antidote for the deadly poison of the rattlesnake. If it destroys that, what must be its fearful effect on a frail child, a delicate woman, or even a robust man? Christ turning water into wine didn't mean port, sherry, burgundy, or champagne. The liquor of the Bible was all unfermented. Distillation is a modern invention, like cheating the revenue. The frightful increase of intemperance is seen by the awful fact that our Government is cheated out of fifty millions of whisky tax every year.

What has been Proved.

WE have *proved* that alcohol produces four-fifths of the crime, and four-fifths of the pauperism, and gives cause for four-fifths of the taxation, of our time. We have shown that while, for a thousand years, pulpits preached moderation, and magistrates dallied with license, this state of things grew worse and worse. Leaving, then, science as incidental, and medicine as an auxiliary, monitor, we have called on Christian men and women to *try* the *fashion* of total abstinence, and on legislatures to *try* prohibition as a remedy for this grave personal, social, and civil, evil. So far as the experiment has ever been made, crime, pauperism, and taxation, have sunk more and more before this panacea.—*Wendell Phillips*.

A DUTCHMAN'S COMPLAINT.

VEN I lay myself down in my lonely pedroom,
Und dries for to shleep very sound,
De treams, oh, how into my het dey will come,
Till I wish I vas unter de ground.

Sometimes ven I eats von big supper, I treams
Dat mine sthomaeh ish flit full of sthones,
Und out in my shleep like a vild cat I schreams,
Und kicks off de ped clothes, and groans.

Den, dere ash I lay mit de ped clothes all off,
I kits myself all over froze;
In de morning I vakes mit de hetache and cough,
Und I'm sick from mine het to mine toes.

Oh! vat shall pe ton for a poor man like me,
Vat for do I live in dish way;
Some say deres a cure for dish trouble of me,
'Tish to eat but two meals in von day.

Three Years Under Water.

THE *Cairo Democrat* gathers some interesting items relative to work and life under water, from a gentleman who has been a professional diver for eighteen years. It says:

The use of a bell, in diving, is now discarded. The diver wears a water-tight armor over his entire person, except the head, which is covered by an inverted metallic pot, in which the head can turn and move at ease. Thick, transparent glass is fixed in front to serve as windows; and to prevent accident, this glass is protected by steel guards or fenders. Equipped in this armor the diver puts on a pair of lead-soled shoes, weighing each twenty pounds, lashes to his back and breast a piece of lead weighing forty pounds, attaches the tube, through which he receives air, to the back of his head-pot, and then is ready for his submarine explorations. He generally descends to the bottom of the river by the use of a ladder, but can, without incurring any risk, jump from the boat and sink to the bottom. He informs us that he has remained under water five hours at a time. The great weight of lead fastened upon his feet and body is necessary to counteract the buoyancy of the air furnished him by the pump. While on the boat, the armor and weights form a load for a strong man. Under water they impose no realizable weight, and in no way impede motion. He has, while under water, often clambered up stanchions, jumped down hatchways, a distance of twelve and fifteen feet, with much greater ease and less risk than he might have performed the same feats out of water. Taking with him his tools, he has frequently worked for hours at a time, patching up the bottoms of snagged steamers, sawing boards, boring holes, driving nails, etc., with perfect ease and accuracy. When the water is clear he can recognize shapes at a distance of two or three feet, and at a distance of six inches he can determine the different kinds of timber. When the rivers are high, and the water is muddy, everything is impenetrably black, rendering it immaterial whether his eyes are open or shut. But, with him, the character of the water is immaterial. He has been at the business so long, that by the mere sense of touch he can instantly determine what portion of the wreck he is exploring; can cork up cracks, or patch up holes; can determine the character of the sunken cargo; pass from hatch to hatch

through the hold, and do everything else under water that an expert blind man might do on the land. He says that he breathes full and satisfactorily; that there is no stifling sensation, however long he remains under. He is of opinion that about three years of his life have been spent under water.

Temperaments.

CHILDREN of a nervous temperament are quick in the action of the brain, and, when the brain is well developed, are noticeable for intelligence and apprehension; they are, relatively speaking, eager to learn, and learn easily and fast, being readily impressed through the mental faculties. They are, however, less able to retain what they learn, and are more easily diverted from the effort of learning than those of the bilious temperament, have less warmth of temper in all mental dispositions than the sanguine, and are less susceptible to the ordinary methods of mental training than those of the lymphatic temperament.

The sanguine children are volatile, and more swayed by the pleasures of the senses, and less by things which attract the mind, than the nervous ones; are less persistent than the bilious; require more tact and care in their education than the lymphatic; but their superiority in warmth and active energy, arising from higher arterialization, renders all exercises and modes of education which involve the use of the physical organs, easy and attractive to them.

The children of a lymphatic temperament are easily swayed and led by the will of the teacher, receiving impressions, as distinguished from ideas, easily. They will do as they are urged to do willingly, but are slow of comprehension, as compared with the nervous, and inert in respect to physical activity, as compared with the sanguine, and changeable or variable in purpose and effort, and deficient in retaining impressions, as compared with the bilious.

The bilious temperament, on the other hand, gives permanence to all impressions, enabling a child to retain mental impressions when once acquired, though their original acquisition is generally more slow and difficult than in the case of the nervous temperament. Such children, too, require to be dealt with in a more private way than others, the disposition to retirement being a striking trait of the temperament. This temperament relieves the child, in some measure, of the temptations which outdoor sports and amusements offer so powerfully to the sanguine.

There is no particular distinction between the temperaments, as such, in respect to

whether coercive or persuasive means should be used. The selection between these is governed by other considerations. But if either is to be used, the distinctions between the temperaments are of great importance, in connection with a knowledge of the mental disposition, in determining the nature and degree of that which should be used. Thus, to require a child to stand still for a certain time, would be a much greater punishment, if he were a sanguine child, than if he were a lymphatic or bilious child. To impose a punishment requiring a considerable degree of physical activity, would be very oppressive to the lymphatic or bilious temperament, but might prove a mere frolic to a child of the sanguine temperament. The same distinctions apply to persuasive measures. The promise of a cookie may be a strong inducement with the lymphatic temperament, while to produce the same persuasion on the nervous temperament, the promise of a story or picture would be more appropriate, and to the sanguine temperament, that of a game of ball. Every teacher observes these differences in children; but few, if any, understand the principles that underlie them, or make them the basis of intelligent discrimination in practice.—*John Hecker.*

Swedish Women.

THE bedding, everywhere along the road, is of home-made linen, and I do not recollect an instance where it was not brought out fresh and sweet from the press for us. In this, as in all other household arrangements, the people are tidy and cleanly, though a little deficient as regards their own persons. Their clothing is of a healthy, substantial character, and the women consult comfort rather than ornament. Many of them wear cloth pantaloons under their petticoats, which, therefore, they are able to gather under their arms in wading through snowdrifts. I have not seen a low-necked dress or thin shoe north of Stockholm.

"The damsel who trips at daybreak
Is shod like a mountaineer;"

yet a sensible man would sooner take such a damsel to wife than any delicate Cinderella of the ball room. I protest I lose all patience when I think of the habits of our American women, especially our country girls. If ever the Saxon race does deteriorate on the American side of the Atlantic, as some ethnologists anticipate, it will be wholly their fault.—*Bayard Taylor in Northern Europe.*

A BLITHE heart makes a blooming visage.

Failing Eyes.

PERSONS suffering from dyspepsia, or any other malady, must take care of their eyes. Any disease impairs the strength, and the nervous system is depressed; and when laboring under this form of depression, the eye is particularly liable to become weak. The reason of this is, that "of the ten nerves which go off from the brain, six are distributed wholly, and the other four partially, to the eye." Through the great sympathetic nerve, the disturbed stomach, or liver, or intestines, communicates with telegraphic speed with the brain, and so with the eye. The first advice to be given with reference to the comfortable use of the eyes, undoubtedly is—to keep intestines and liver and stomach in a healthy condition, or, in other words, do everything to confirm the general health. If this be impaired, do not read, and especially do not write long, without giving the eyes rest. The great remedy for an eye whose disease depends upon the nerve, and not the muscle, is Rest! Rest!! Rest!!!

Good Humor.

KEEP in good humor. It is not great calamities that embitter existence; it is the petty vexations, the small jealousies, the little disappointments, the minor miseries, that make the heart heavy and the temper sour. Don't let them. Anger is a pure waste of vitality; it is always foolish, and always disgraceful, except in some very rare cases, when it is kindled by seeing wrong done to another; and even that noble rage seldom mends the matter. Keep in good humor.

No man does his best except when he is cheerful. A light heart makes nimble hands, and keeps the mind free and alert. No misfortune is so great as one that sours the temper. Until cheerfulness is lost, nothing is lost. Keep in good humor.

If you look into the early life of truly helpful men, those who make life easier and nobler to those who come after them, you will almost invariably find that they lived purely in the days of their youth. In early life the brain, though abounding in vigor, is sensitive and very susceptible to injury—and this to such a degree that a comparatively brief and moderate indulgence in vicious pleasures appears to lower the tone and impair both the delicacy and efficiency of the brain for life. This is not preaching, boys, it is simply the truth of science.—*Parton.*

A FRIEND is never known till needed.

DR. TRALL'S
Special Department.

Medical Schools of 1868-9.

So far as we are informed, the medical students who will spend the ensuing winter in New York and Philadelphia, in pursuit of a medical education, will outnumber those of any preceding year. Of the whole number—some two thousand in all—a few, a very few, may have the welfare of the human race among the motives which induce them to choose medicine as a profession. But the great majority we fear have no other motive than to learn a profitable trade. Of some scores of medical students, whose personal acquaintance we made at medical colleges, in the days when we were in the pursuit of medical knowledge under difficulties, we cannot recall to mind a single one whose end and aim, professionally speaking, seemed to be any thing but self-seeking, pure and simple. He selected the medical profession because it appeared to him the most feasible road to position, honor, and emolument. We do not censure him for this, any more than we condemn the merchant for choosing his calling with sole reference to the pay. Selfishness, or acquisitiveness, is no worse in a doctor than it is in a lawyer, a clergyman, a stock-jobber, a mechanic, or a farmer, so far as *he* is concerned.

But selfishness, without controlling conscientiousness, is as much worse, so far as society is concerned, in a physician, than in any of the other vocations we have named, as health and life are more valuable than property. The physician is tempted to be dishonest as no other person is. He is literally bribed to do the worst he can for his patients. His compensation is measured precisely by their suffering. The more they are sick, the better he is rewarded. The longer he keeps them sick, the greater his pay. If his drugging and dosing render them miserable and helpless for weeks and months, he is regarded as their saviour. If he doses them down to death's door, provided he does not absolutely kill them, he is applauded as possessing extraordinary skill. If his drugs ruin their constitutions forever, he is commended for having saved what is left of them. If by a few sanitary directions, with attention to diet, bathing, &c., his patients recover health in a few hours or days, the ailment is regarded as unimportant, and the physician gets little pay and no credit. In a word, physicians are paid according to the sickness and suffer-

ing they cause, and not according to the health and happiness they bestow. But the people are ignorant and blind, and their leaders seem to be well pleased that it is so. There is in this certainly one advantage, which the masses seem highly to appreciate: they are not obliged to think for themselves. And if this advantage is worth the twelve hundred millions of dollars annually, which it costs the people of the United States to support the drug doctors and their allies, the rumsellers, then, of course, an even exchange is no robbery.

Of the droves of students who are now flocking to the great metropolitan cities, the larger number find their way to the worst system of all—Allopathy. The matriculants of the oldest and worst form of drug medication outnumber those of all the other medical schools. But it does not hold its ratio of disproportion. The unorthodox, or irregular, schools have been for years steadily gaining on their venerable predecessor in error; and now, the Homœopathic, Eclectic, Physio-Medical, and Woman's Medical, Colleges (of the last mentioned, there are now ten in New York City) have more nearly approached an equality of numbers than ever before. The prospect now is, that in the early spring some two thousand drug M. D's will be added to the fifty thousand already cursing our land. Apothecaries and undertakers may, therefore, look forward with golden anticipations in their specialties of business.

Against this formidable array of legalized poisoners, we have one single anti-drug school—the New York Hygieo-Therapeutic College—whose graduates have, since its organization, averaged about twenty a year. It has never been endowed by the Legislature, nor has any friend or patron of the system been found to bestow a dollar upon it. Some of its professed friends have proved traitors and hypocrites; some of its professed patrons have exerted their influence to destroy it; some of its beneficiaries have turned out knaves and ingrates; and some of its graduates have become renegades and apostates; yet, despite these adverse influences, it has gone steadily on its way, educating the only scientific Health Reformers and Hygienic Physicians the world has ever known, and is, confessedly, doing more for the benefit of mankind than all other medical schools in the world; for it is doing a work which is destined, sooner or later, to destroy all the drug medical systems of the world.

Last winter, on account of our announcements of expected absence, our class was the smallest we ever had. Some students were

also deterred from coming by the lying statements they heard at our former place of business, No. 15 Laight St., and from persons, too, who are indebted to our generosity for a business opportunity, and for what little of true medical knowledge they possess. But these difficulties have been survived; these malicious spirits have had their brief flourish, and lost all power for further mischief; and now the prospect of the College is bright and prosperous again. The ensuing medical class will, undoubtedly, be one of the largest we have ever had. The lectures will be given at "Eastern Hygeian Home," Florence, N. J., where we shall have improved facilities for teaching, and ample accommodations for dissections. The lecture term will commence the third week in November.

Alcoholic Medication.

ANOTHER temperance organization has adopted the "True Temperance Platform" with regard to alcoholic medication. At a recent session of the Cork and Lake county (Ill.) Convention of I. O. of G. T., the following preamble and resolutions were adopted, after a prolonged and spirited discussion:

Whereas, The prescription and use of alcoholic liquors as medicine, constitutes the most formidable obstacle in the way of the temperance reform—as can be shown by incontrovertible and scientific facts—therefore,

Resolved, That we deprecate the use of alcohol for any except chemical or mechanical purposes.

Resolved, That all Good Templars should abstain from, and, as far as possible, discountenance, the drinking of alcoholic liquors, under any and every pretext.

Resolved, That, whenever we find it necessary to employ physicians professionally, we should, if practicable, employ those who do not prescribe alcoholic liquors for their patients.

This is the way to exterminate the roots of this tree of evil. We do not, however, like the "as far as possible" in the otherwise excellent, second resolution. How would a resolution sound, recommending us to discountenance lying or stealing, as far as possible? The true idea, and the only idea, is, to let the thing alone. Why, then, confuse, confound, disguise, or equivocate, by a qualification? Why need the determination not to drink alcoholic liquors "under any and every pretext," be qualified in any manner whatever? Are not "any and every" all-inclusive? Is not a "possibility" in this connection a simple absurdity? It is certainly possible to refrain from using intoxicating liquors, and to discountenance their use, under any and every pretext. Then why weaken the resolution by presuming or implying the contrary?

It is, no doubt, difficult, perhaps impossible, in many places, to find any physician of any of the drug persuasions, who does not habitually prescribe alcohol as a medicine. But it is absolutely and positively possible, in all cases, to refuse to take the prescription, at least voluntarily. That the drug doctors will continue to administer alcoholic poison so long as their patients can be induced to swallow it, no one who has carefully studied the history of the medical profession can entertain a reasonable doubt, or the shadow thereof.

The convention also passed an excellent series of resolutions in relation to political action:

Resolved, That in the judgment of this convention, it is the duty of every Good Templar so to use his ballot as to promote the cause of temperance under all circumstances where practicable.

Resolved, That it is contrary to the spirit of our order to vote for a whisky-drinker, a whisky-seller, or any one who advocates, countenances, or upholds, the drinking or selling of intoxicating beverages.

Resolved, That we will, in our several localities, as soon as opportunity offer, after the close of the present presidential campaign, proceed to organize ourselves into a party for political action upon the basis of total abstinence and prohibition.

It is well known that the rumsellers and their allies, on election days, vote solidly, as one man, for the candidates who are most friendly to their infernal traffic. And why should not the temperance people, as well as the rummies, vote for their principles? If all the persons in the United States who have signed the total abstinence pledge, would rigidly adhere to the two cardinal principles of temperance policy for a few years, viz., voting only for the true friends of their cause, for any office whatever, and refusing to drink alcoholic liquor under any and every pretext, the speedy triumph of their cause would be assured. Why cannot they be as consistent as their adversaries—act as they talk, and practice what they preach?

Hydro-Drugopathy.

SOON after the wonderful cures made by Priessnitz at Graefenberg had become a matter of general notoriety in this country, an enterprising Yankee, of this city, conceived the brilliant idea that Graefenberg might be a taking name to run a quack business on. Accordingly he compounded a nostrum for each of the more prevalent diseases, and, under the name of "Graefenberg Medicines," he has done a money-making business for twenty years. He rightly judged that of the many who would hear of the successful

practice at Graefenberg, a large proportion would never take pains to inform themselves as to what means were employed to cure the sick. They would hear or read that great cures were made at Graefenberg; that Prince A. B., and Admiral C. D., and Lord E. F., and Baron G. H., and Major I. J., and Esquire K. L., had been there and found health; and so it would only be necessary to label a set of nostrums with the name of the place where patients were cured with "cold water," to insure a run of custom.

And when the leading Water-Cures of this country adopted the title of Hygienic, as more expressive of the system than Hydropathy, the quacks were not slow to label their bitters and liquors Hygienic, and "hygienic wine" is still among the goods, wares, and merchandise, of our cities, which were invented to increase the morbid propensities of the unthinking multitude, and decrease the contents of their pockets.

The pecuniary success of these enterprises has had no little influence in inducing some physicians of more acquisitiveness than intelligence and conscientiousness, who pretend to be hygienic, or hydropathic, to dabble in drugging and other money-getting impositions.

When the Turkish baths were introduced into this city, we were fully aware of the motives of the parties concerned. Knowing the thing was a fraud and a cheat, and would be pernicious in its application, and damaging to the True Healing Art, we refused to have anything to do with it. We gave some reasons why Turkish baths were no part of the hygienic system, but were the ally of rum, tobacco, coffee, and drugs. Some who pretended to be our personal friends, and some who professed to be friends of health reform, and the hygienic medical system, took it upon themselves to censure us for opposing Turkish baths. They were unable to comprehend that we had any other motive than rivalry in business. Perhaps, if the articles we wrote in exposition of the history and effects of Turkish baths had not been refused admission to the *Herald of Health*, these persons would have been enabled to see the principle, independent of persons.

But all the evils which we predicted concerning them, have already been more than realized. Without one exception, so far as we know, every one who has introduced the Turkish bath business, has followed them with more or less of their natural allies. Patients often call on us, who have Turkish bathed as long as they could be persuaded to

pay for them, and then advised to take medicine.

A few days since, a clergyman who has had an unfortunate experience in a Turkish bath establishment in this city, informed us that his physician, who professes to be hygienic and vegetarian, had advised him not only to eat meat, butter, milk, sugar, salt, &c., but had actually prescribed lobelia and quinine. The patient has sense enough to refuse to take the stuff; but of the many who go there, very few really know what the hygienic system is, hence it is very easy for such knaves and humbugs to give them the impression that drugs and riotous living are a part of it; and that if they only take some form of bath, and have their bodies manipulated with some kind of machinery, drugs, liquor, tobacco, the flesh-pots, or anything else that a morbid appetite craves, and fashion sanctions, may be indulged *ad libitum*.

Medical Journals and Tobacco.

It is a significant fact that of the regular allopathic medical journals, not a single one advocates the disuse of alcohol and tobacco. A majority of them, directly or indirectly, advocate their use, not only as medicines, but habitually, or, as they say, hygienically or dietetically. Can these journals be so ignorant? Are they ignorant, or are they deceived? We think the *animus* is simply this: They perceive that if a successful argument is made against the habitual use of liquor and tobacco, the next step will be to condemn their medicinal use; and when this is done, the work of condemnation will be applied to other poisons, and, eventually, the whole drug-shop will be repudiated; and then what will become of the medical profession? As a specimen of the manner in which the medical journals are attempting to avert the progress of the temperance and the anti-tobacco reforms, we copy the following from the *Medical Press and Circular*:

IS SMOKING INJURIOUS?

We notice another attempt to revive the anti-tobacco crusade. One would have thought that by this time all that could be urged for, and against, the habit of smoking, had been said more than once. Not at all. There are always persons ready to inveigh against tobacco, in spite of the thousands who show their contempt for the arguments used by steadily persisting in their enjoyment. We have no wish to enter the lists. It is more amusing to watch the combat. Yet, as we have recorded the opinions of some accurate observers during the past year, it may be worth while to object to a statement that has been "going the round" of the papers during the past week, but it is destitute of the scientific accuracy

to which it pretends. In the paragraph alluded to, entitled, "Tobacco an Enemy to Public Health," it is calculated that 11lb of tobacco per annum is a moderate quantity for the habitual smoker. It is then added that "the nicotine inhaled would, if concentrated, have killed a hundred times over." Now this statement need not alarm any one. It is a mere presumption of the writer that the nicotine is ever inhaled at all. The nicotine contained in a small quantity of tobacco would, no doubt, if inhaled, destroy life; but then it never is inhaled. The major part is really burnt—that is to say, decomposed into other substances by the heat, and is no longer nicotine. The residue is not inhaled.

The same paragraph contains another equally unfounded remark. It speaks of the "many thousands who smoke their ounce a day, or a dozen of cigars or more a day, and thus pass through their lungs the carbonized vapor of some twenty odd pounds of the weed annually." Now, this is mere nonsense. They do not pass the "carbonized vapor"—if that may be taken as the pseudo-scientific term for smoke—through their lungs at all. The smoker draws the smoke into his mouth, and then puffs it out, as any one with the least observation may see every day. We should have thought that the fact of a smoker's coughing violently, should he accidentally get a little smoke into his windpipe, would have preserved the most careless from the blunder of thinking that devotees of the weed breathed smoke. We are not defending the use of tobacco, any more than joining in the counterblast against it. We merely intervene, to prevent such baseless statements' being supposed to rest on a scientific foundation.

The *Medical Press and Circular* does not take sides. Of course not. It only means to show that science is all in favor of the tobacco-users. But suppose that the nicotine is all decomposed and dissipated, and that the smoker does not inhale into the lungs a particle of smoke, what of it? Common sense and true science teach that tobacco-smoking befouls the breath, attaints the blood, stupefies the brain, enfeebles the nerves, and contaminates the whole organization. Is not this enough to know? If the man of the *Medical Press and Circular* will put one of his tobacco-smoking patients into a wet-sheet pack for an hour, he will find, on taking him out, a horrible stench pervading the atmosphere of the room, which he will not fail to recognize as the fumes of tobacco, and which, as a lesson for practical purposes, is worth more than all the theorizing in the world or all the chemical analyses that ever were made.

School Reform in Germany.

THE initiative of a much-needed reformation in common-school education seems to have been taken in Germany. An exchange says:

A new and not unimportant reform is about to

be introduced in German schools; viz., the abolition of all afternoon classes. It was principally during the past summer months that the experiment was almost forced upon the authorities. The results are on all sides reported to have been more than brilliant. The forenoon classes are somewhat, but not much, longer than formerly, but it is said that the pupils show an eagerness and a vigor in those short morning hours which have never been known before, and their progress is quite in keeping with their keen and energetic assiduity. The most curious point about the matter (says the *Pall Mall Gazette*) seems to be the fully-authenticated fact that, the schools having hitherto only closed experimentally earlier or later, according to the wishes of the respective head-masters, the progress shown by the various schools stands in an inverse ratio to the duration of the classes, or, in other words, the less hours beyond the four or five of the morning in school, the more did the boys get on with their work.

It is ruinous to the health of young children to confine them to the school-rooms six hours a day, as is the custom with most of the primary schools of this country. Over-tasking the mind of children is sure to dwarf the whole being. We are of the opinion that two hours of each forenoon is as much time as children should ever be kept in school; and that four hours in the forenoon is all the time that young men and women can be profitably confined to indoor studies. Just to the extent that mentality is educated at the expense of vitality, the human race runs down.

Answers to Correspondents.

PURE WATER.—M. S., of Topeka, Kansas, writes: "R. T. Trall, *Dear Sir*—Will you please answer, in your department of the HEALTH REFORMER, the following: Water, kept in a room where a family lives, is said to purify the air, and become itself impure, by the absorption of carbon. Would water kept in a barrel tightly covered, out-doors or in a clean cellar, be objectionable? Would it be purer in winter than in summer? Would it become impure in an ordinary tin water-cooler closely covered, in a room where a family resides?"

If the barrel is air-tight, the water will become impure very slowly, but, as it is impossible to get the water out without the air's going in, carrying with it all existing impurities and infusoria in the surrounding atmosphere, it must gradually undergo deterioration. A water-cooler does not prevent the absorption of carbonic acid gas.

COUGHS AND COLDS.—R. M. S.: Alterations of temperature are occasional causes of these affections, but an overloaded stomach is a much more frequent cause. Probably,

three-fourths of all the pulmonary and nasal difficulties that are attributed to the weather and climate, are really caused by overeating. No person has the disease (fever or inflammation) usually termed a cold, while exposed to cold continuously. Before the "cold" occurs, the person must be exposed to heat.

SEEDS OF GRAPES.—T. B. P. : It is not wholesome to eat anything that cannot be masticated. Apply this principle to the seeds of grapes, and you will have our answer.

PETROLEUM AND SCABIES.—A. P. : "Please inform me in what manner petroleum should be used for the cure of itch, or scabies, and whether crude or not." It may be mingled with any mucilaginous or unctuous substance, as mucilage of gum arabic, olive oil, &c. The crude will answer.

SARATOGA WATERS.—M. O. R. : The chief "medicinal" ingredient in all the famous medicinal springs at Saratoga, is common salt. The various springs contain, in round numbers: Star Spring, 47 grains, Union Spring, 30 grains, Iodine and Pavilion Spring, each, 23 grains, and the Congress Spring, 19 grains to the pint. Such impure or saline waters at home would be considered as unfit for drinking or for cooking purposes as sea water itself, yet fashion and folly seek to find healing virtues in them.

SPINAL DISEASE.—H. H. : Mere tenderness on pressure of some portion of the spinal column does not indicate disease of the spinal cord, but disease or obstruction of the viscera to which the nerves from that part of the spinal cord are distributed. You will find the real difficulty to be in the liver or kidneys.

THROAT-AIL.—I. R. T. : Your case is neither bronchitis, nor ordinary sore throat, but laryngitis. If connected with much tuberculation of the lungs, we should regard it as incurable. The "whisky cure" is a pretty rapid kill for consumptives.

SPOTTED FEVER.—A. L. : "Cerebro Spinal Meningitis" is a term which has been absurdly applied to a species of typhus fever attended with a spotted appearance of the surface. It has prevailed in various sections of the United States within a few years. Nearly a century ago it was epidemic in some parts of New England. It should be treated precisely as ordinary typhus fever.

JAUNDICE.—O. M. : Adopt a strictly vegetarian and rather abstemious diet; avoid sugar, milk, butter, and salt; take an air-bath daily, a tepid abluion each other day, and on

the alternate days, a hip-bath for ten minutes—temperature 85°. Foment the region of the liver when there is much pain.

MILK-LEG.—S. N. W. : Apply cold, wet cloths so long as the preternatural heat continues; give the whole surface a tepid abluion daily; see that the bowels are kept free by enemias, and confine the patient to a dietary mainly of apples and graham bread.

NERVOUS DEBILITY.—J. R. : It is useless to prescribe a plan of self-treatment under your existing surroundings. Go to a health institution where meddling doctors and perverse friends will not annoy you.

ABDOMINAL TUMOR.—R. T. : The tumor which you describe, is doubtless an enlargement of the spleen. This is frequently termed "ague cake," because persons subject to prolonged intermittents are often affected with it. We suspect, however, that the quinine, arsenic, &c., administered for the cure of "ague and fever," are the chief causes of this morbid condition of the spleen.

GOITRE.—S. L. M. : A scrofulous constitution predisposes to this disease, and foul air, hard water, butter, sugar, and salt, are among the special exciting causes. It is curable in the early stage. The dietary should be on the "hunger-cure" plan. The wet-sheet pack, vapor baths, and local douches, are generally applicable.

CROUP.—M. M. N. : "My children are all subject to croup, and have had several severe attacks. We have your Encyclopædia, and have always treated them successfully with water. But how can we prevent the liability to the attacks?"

Feed your children as the Encyclopædia teaches, and the croup will not trouble them any more.

THE AIR OF A GREAT CITY.—It is stated that over 600,000,000 cubic feet of carbonic acid gas are expired by the people of London every day, not including the smoke from the 14,000 tons of coal that are daily consumed, the gaseous products of combustion, and all other sources by which the air is vitiated. This quantity of carbonic acid renders twenty times its weight of pure air unfit to breathe, and if it were possible to press it down upon the streets, would fill them to a depth of eight or nine feet. This startling quantity of poisoned air must be exchanged for fresh; but as the city extends, the evil is constantly increasing, so that the practical question may yet be solved in London, whether a city can become too large to be habitable.

Items for the Month.

TO CORRESPONDENTS.—S. C.: We regard the Kedzie Filter as one of the best in use. There are several sizes, either of which filters the water equally well, differing only in capacity. We can furnish them at the following prices: No. 1, \$9.00; No. 2, \$10.50; No. 3, \$12.00; No. 4, \$13.50; No. 5, \$15.00; with the addition of freight from the manufactory, to be paid at the freight office where delivered. On receipt of price, we will order one sent to your address.

OUR PLATFORM.—For the benefit of our readers and correspondents we desire to state that the basis upon which this journal is to be conducted is that of Christian Health Reform, consisting of a Christianity as much better than the popular religion of the day, as health reform can make it. The REFORMER is the organ of no sect or party, and while its contributors are men and women representing several denominations of Christians, we trust that truth and not sectarianism will characterize every line appearing upon its pages.

Nor do we intend to admit articles savoring of disrespect to the Christian religion. We hold that true Christianity and true health reform are not incompatible; and while we may be somewhat severe in dealing with the follies of the present day, some of which are garbed in the habiliments of religion, yet we trust that the standard of true holiness and of vital godliness will not be suffered to trail in the dust.

OUR CONTRIBUTORS.—Although our list of contributors does not comprise a long array of LL. D's, or D. D's, nor even any of the popular fiction writers of the day, yet we congratulate ourselves on securing the services of some of the most practical, common-sense writers on the subjects to which our pages are devoted. We have no room for literary flourish with little or no point, nor for namby-pamby, love-sick romances, nor do we wish our contributors to indulge in such a waste of words. In this respect we have thus far been highly favored, as each number of the REFORMER will testify, and we hope still to be able to deserve and secure the approval of those who desire a practical knowledge of health reform rather than high-sounding articles devoid of marrow and substance.

W. W. BROOM.—As will be seen by his card on second page of cover, this accomplished lecturer offers his services for Western engagements. He is said to be a brilliant, flowery speaker, and, we are informed, attacks Intemperance from a radical and scientific stand-point. His list of lectures is quite large, and presents a variety of subjects, of interest to popular audiences.

BREAD RECIPES.—*Dr. Lay*: Will you be so kind as to give recipes for making hard and soft biscuit in your next REFORMER, and greatly oblige
A NEW SUBSCRIBER.

The following methods are in daily use at the Health Institute, having been tested thoroughly and found practical and useful:

HARD BISCUIT.

Make a batter of graham flour and boiling water as thick as it can be stirred with an iron spoon; when sufficiently cool, mold until smooth; roll to the thickness of three-fourths of an inch, cut in round cakes, two inches in diameter, place them one-fourth of an inch apart, bake in a quick oven. They are superb; the best bread in the world.

SOFT BISCUIT.

Make a batter of graham flour and cold water, as thick as for common griddle-cakes—have your bread pans hot; fill the cups full. Bake in a quick oven.

STILL THEY COME.—It is of course a pleasure to the publishers of the REFORMER to be able to announce a large increase of subscribers each month. Let the good cause move on.

☞ In looking over our lists we observe that quite a number of subscriptions expire with this issue. Please observe this, friends, and send in your renewals in time to commence the new year with the printer paid.

☞ Dr. E. Perkins offers his services as a lecturer on Temperance, Health and Disease, Sexual Physiology, and kindred subjects, to those who desire them. Popular lectures are among the best means of educating the people in the principles of health reform, and those who wish to avail themselves of the services of Dr. P. will do well to correspond with him on the subject. His address is Artesian Cure, Ottawa, Ill.

A FACT.—Although the Health Institute, located at Battle Creek, Mich., is not lauded to the heavens in each issue of the REFORMER, yet it is a fact that people are continually coming here very low with disease, and after going through with a course of treatment, go away well.

☞ Among the many quack advertisements which disgust the sensible portion of the public, may be found that of "Wahoo Bitters," coupled with certain cabalistic letters. In looking over Webster's Dictionary we find the following definition: "Yahoo, a name given by Swift to a race of brutes, having the form and all the vices of man." As men are the only "brutes" who will swallow such vile compounds of rum and bark, and as the practice of drinking "bitters" may be said to be an embodiment of "all the vices of man," we conclude there must be a mistake of only a single letter in spelling "Wahoo."