

THE
Health Reformer.

OUR PHYSICIAN, NATURE: OBEY AND LIVE.

VOL. 4.

BATTLE CREEK, MICH., SEPTEMBER, 1869.

NO. 3.

THE HEALTH REFORMER,
PUBLISHED MONTHLY AT
The Health Reform Institute,
Battle Creek, Mich.,
Under the Supervision of an Editorial Committee.
Terms: One Dollar per Year, invariably in Advance.
Address "Health Reformer," Battle Creek, Mich.

General Articles.

Random Thoughts.

BY THOS. W. DEERING, M. D.

RATIOCINATION RUN MAD.

THE following is a quotation from a lecture that is going the rounds of the press:

"All elements become finer in their nature as they ascend through the various kingdoms—inorganic, vegetable, and animal. An atom of O. is of a finer nature in the vegetable kingdom, than when it was in the inorganic, and is still finer when it ascends to the animal; hence the elements are better adapted for food when they have passed through the vegetable and into the animal kingdom. Animal food is of a higher quality than vegetable."

Was there ever greater folly? Was language ever construed to give utterance to so fallacious an idea? The logic is so strong that it proves too much; ergo, cannibalism is the highest type of dietetics. If elements are better adapted for food as they become parts of beings of higher order, then the flesh of man is far superior than that of animals for food. And the flesh of men of carnivorous propensities is the best, the *ne plus ultra*. According to the logic of this lecture, the readiest way to bring about the millennium is by the adoption of a purely animal or cannibalistic diet. What high-toned, spiritualized beings the New Zealanders were, who subsisted on this regimen of the highest type! It reminds me of a remark that a man made to me in a discussion on Vegetarianism, that "vegetable food being in close proximity to the earth caused us to be of the earth earthy." Such twaddle is scarcely worth notice but for the fact that numbers of those who do not think for themselves may be led astray thereby.

THE FOOD MUDDLE.

"If the articles of food contain less sugar or saccharine than is contained in wheat, then that

"HEALTH IS WEALTH."

A CLEAR bright eye
That can pierce the sky
With the strength of an eagle's vision,
And a steady brain
That can bear the strain
And shock of the world's collision;

A well knit frame,
With the ruddy flame
Aglow, and the pulses leaping
With the measured time
Of a dulcet rhyme,
Their beautiful record keeping;

A rounded cheek,
Where the roses speak
Of a soil that is rich for thriving,
And a chest so grand
That the lungs expand
Exultant, without the striving;

A breath like morn,
When the crimson dawn
Is fresh in its dewy sweetness;
A manner bright,
And a spirit light,
With joy at its full completeness;

Oh! give me these,
Nature's harmonies,
And keep all your golden treasures;
For what is wealth
To the boon of health,
And its sweet attendant pleasures!

TOBACCO POISONOUS.—The habit of chewing tobacco, though not generally fatal in men, is attended with fatal results in the lower animals. Cattle are poisoned by eating even a small quantity of tobacco, but, as they neither spit out the tobacco juice, nor throw away the quid, they die before they contract habits which would make them nuisances and pests to their fellow-beings.

deficiency may be made up by the use of sugar."—*Phrenological Journal*.

With as much cogency of reason, may be claimed, that when other of the elements or proximate principles of food are destroyed, they can be replaced by a like mechanical, or chemical, mixture. If the albumen, fibrin, chlorides, phosphates, &c., are deficient, we can add them. How can we expect the masses to be acquainted with the requirements of the system as regards food, when those to whom we look for light are themselves unacquainted with the subject?

Elements and proximate principles are not food, unless in certain combinations, which combinations can only be effected by a physiological process. The addition of treacle, or molasses, does not restore bread that has lost its saccharine element or principle, by fermentation or any other chemical process, to its proper condition of food. It but renders it worse than it would be without it. The product of fermentation, or of partial fermentation, for instance, fermented bread, is not fit for food, for the one-third of it, by weight, is non-usable, broken-down cell structure, and only a detriment, an obstacle, to the physiological processes of digestion and assimilation, and occasions a waste of vitality to eliminate it.

Does the addition of sugar, treacle, or molasses, obviate this? No, it but makes matters worse, for it clogs the liver by imposing a tax upon that organ for its elimination, and is provocative of dyspepsia. In many cases grease is less objectionable as an adjunct than sugar.

When the physiological relation of elements to elements constituting proximate principles, and of proximate principle to proximate principle constituting food, is destroyed, it can never again be restored. Chemistry never can take the place of physiology.

The idea of certain Chemico-Physiologists, that food should contain the same proportion of ultimate elements and proximate principles that the lifeless body is composed of, is well-nigh exploded; for facts can be adduced to prove that portions of the animal economy are fully nourished by foods that do not contain the same elements as themselves. This chemico-food idea is derived from the same source that hydro-carbonaceous respiratory aliment was. The latter has about gone the length of its tether, and the former will ere long follow suit.

WOMAN'S DRESS VIEWED IN RELATION TO THE ARM-HOLE.

If I were asked the question, which of the two evils, long skirts, or arm-holes midway

between elbow and shoulder, were the greater, and viewing each in their several relations to the system, I would say, that the latter was the more injurious; for it retards the free exercise of the thorax, thereby causing spinal curvatures, round shoulders, and, as a consequence, compression and distortion of the bronchia, and parenchymatous structure of the lungs, and causing the muscles of the back, shoulders and arms, to become flabby and attenuated. It is not on account of the long skirt, that the biceps, triceps, deltoid, pectoral, scapular, and other muscles of women, are retarded in development, but it is chargeable to the habit, or fashion, of their having their dress twice as long on the shoulder as need be. Not one woman in a hundred can raise her arm, laterally, to right angles with her body, for the shoulder of her dress prevents. And certain reformers—they who have not yet outgrown the tyrant fashion—are to be seen, who have the top of the arm-hole of their garments about six inches from the elbow joint.

Is it any wonder that woman has a smaller thorax than men? that she has less development of muscle on her back, shoulders, and upper arms, than he? I am aware that there are those who claim that in the order of nature man is more largely endowed in the thoracic region than woman, but I have failed to find any proof concerning it; but the study of dame Nature in this respect leads me to the conclusion that a woman of the same dimensions of a man, needs just as much lung power as (if not, at certain periods in her life, more than) a man, and as a requisite to such, as full a development of thorax as he. But this she can never have so long as she is the servant of fashion in the locating of the arm-hole of her garments.

The arm-hole of all garments should be at or about the shoulder, and sufficiently large to admit of the free exercise of the shoulder and arm in any direction.

A RESIDENT of Brunswick, Me., who earns his living working by the day, has paid for morphine, for the use of his wife, nearly \$1,300, during the past 14 years. She uses it constantly at the present time, one drachm lasting her five days. The woman, a good worker, declares that she cannot live without stimulus.

A LADY in Detroit lately took arsenic to make her complexion white. She succeeded, and now sleeps in the northeast corner of a graveyard.

Extracts from a Letter.

Health Institute, Battle Creek, June 10.

DEAR AFFLICTED SISTER: Accept my sympathy and best wishes for you, though you still persist in believing my views, as well as all "water cures," a humbug. Beware, dear friend, lest you humbug yourself. This is a fast age—fast in its self-conceit, which is the mother of all bigotry and prejudice, younger sisters of obstinacy and ignorance. Again I say, Beware! Because your intimate friend in the last stage of disease, died soon after going to a fashionable Institute where drugs were administered, ought you to believe I must soon follow her? If you would eat (I cannot say drink,) and go out into the pure, bright sunshine, exercising limb and muscle, as I do, drinking in as fervently the glories with which the Creator has surrounded you, as you do your poisonous teas and coffees, you would be to some extent enabled to appreciate these blessings that are giving new life and vigor to me. Throw open the windows and doors, let the sweet breath of heaven revive your poor sick child, and give freshness to your sallow, emaciated form, driving those doleful thoughts from the fevered brain, and giving the sad features an approaching smile, that I may tell you something more about this model Health Institute.

It is beautifully situated amidst a rich fertile section of healthy country, abounding with a variety of Nature's finest productions.

My perverted, vitiated appetite has, through the Giver of all good, returned so greatly to its native supremacy of "rights," that it finds with impunity and without desire, it can discard all flesh-meats, salt, butter, and condiments,—all that is stimulating and intoxicating this wicked and perverse generation. But you would like to know something of the good things which we do have, and which, so far as my observation and experience extend, so tempt the appetite, that Dr. Lay would do well to put his patients upon one meal per day. Remember, it is not berry time here yet, and the large cellars have become nearly exhausted of winter supplies of fruit. Still, fruit season is not over. Here is where it lasts the year round, being placed before us in plentiful supplies each meal. Good wholesome cakes, bread, and pies in great varieties, puddings of tapioca, rice, farina and sago, cracked wheat, graham, oat meal, corn meal, and pearl barley, cracked corn and rye, not all in the form of mush, as you will imagine, but with fruits &c., good enough to satisfy the palate of the finest epicure. Of the finely-prepared vege-

tables, I must mention the pea soup, and beans, for which I had no particular relish before coming here. Now do not imagine them saturated with, or swimming in, grease from a great piece of swine's flesh, the only manner in which most people think beans fit to be eaten. No grease nor meat, butter nor pepper, destroy the rich flavor which nature gave them.

Oh! could you so far remove your prejudice as to investigate and become acquainted with our diet and the general principles of hygiene, I know your good common sense would thoroughly indorse the whole system.

There are many very remarkable cures performed here; I might say wonderful, considering that many delay coming so long as they can stand or labor, while another class have added to this all the drugification of all the allopathists, for miles about them, until they become walking apothecary shops; then, as a last resort, and with little faith, come here. The greatest wonder is that such find relief or health even here; but truly they often do. Much do I wish you could have seen what this treatment did for a puny, scrofulous babe, on whose cheeks and head were large discharging sores. In two months they were healed, now showing a face as soft and smooth as yours, while the child has become bright, sprightly and promising.

One more of the many cases I have observed, I must relate, then I will close this lengthy letter, promising a continuance of the subject, if agreeable, in my next. A Miss H—, of your State, came here in March, having that most unpromising difficulty—curvature of the spine, in connection with scrofulous swellings in the limbs, and acute pain through the back and hips. The physicians came near refusing the case, considering it so discouraging and hopeless. Sympathy rather than hope of success decided in her favor, for the blessing of which she cannot be too grateful. For a time she was helplessly confined to her room, then wheeled in the movable chair to her meals and the morning lectures, and now, after eleven weeks, she has taken a day's excursion with the physicians, patients and helpers, to Goguae Lake, three miles distant, and played three successive games at croquet before breakfast, without fatigue or injury. These things prove that God is blessing this work, and that great good is being done here. But remembering my promise, I will subscribe.

An affectionate adieu, from

SISTER ETTA.

THE love that never dies—self-love.

TEMPERANCE, OR THE CHEAP PHYSICIAN.

[THE following was written by an Elizabethan poet, showing that the principles of health reform are not "new-fangled notions," as some of its opponents term them.—W. B. M.]

Go now, and with some daring drug
Bait thy disease; and whilst they tug,
Thou to maintain their precious strife,
Spend the dear treasures of thy life.
Go, take physic, dote upon
Some big-named composition,
The oraculous doctors mystic bills—
Certain hard words made into pills;
And what at last shalt gain by these?
Only a costlier disease.
That which makes us have no need
Of physic, that's physic indeed.
Hark hither, reader! wilt thou see
Nature her own physician be?
Wilt see a man all his own wealth,
His own music, his own health;
A man whose sober soul can tell
How to wear her garments well;
Her garments that upon her sit,
As garments should do, close and fit;
A well-clothed soul that's not oppressed,
Nor choked with what she should be dressed:
A soul sheathed in a crystal shrine,
Through which all her bright features shine;
As when a piece of wanton lawn,
A thin arial veil, is drawn
O'er beauty's face, seeming to hide,
More sweetly shows the blushing bride;
A soul whose intellectual beams
No mists do mask, no lazy streams—
A happy soul, that all the way
To Heaven hath a summer's day?
Wouldst see a man whose well-warmed blood
Bathes him in a genuine flood?
A man whose tuned humors be
A seat of rarest harmony?
Wouldst see blithe looks, fresh cheeks, beguile
Age? Wouldst see December smile?
Wouldst see nests of new roses grow
In a bed of reverent snow?
Warm thoughts fresh spirits flattering
Winter's self into a spring?
In some wouldst see a man that can
Live to be old, and still a man?
Whose latest and most leaden hours
Fall with soft wings, stuck with soft flowers?
And when life's sweet fable ends,
Soul and body part like friends,
No quarrels, murmurs, no delay,
A kiss, a sigh, and so away.
This rare one, reader wouldst thou see?
Hark, hither! and thyself be he.

A Visit to the Infirmary.

Here are objects both of pity and disgust. In one room, we find a man stretched upon his back, with his hands and feet all drawn out of shape by disease. "Do you use tobacco?" said the physician who was one of our company. "A little," said the sufferer. "How?" said the doctor, "I both chew and smoke." "You had better let tobacco alone," replied the doctor: "Oh! I should die without it," says the poor cripple.

In another room was a female, of about twenty years of age. Her face had been entirely eaten off, and only one eye looked like that of a human being. Her chin had most-

ly disappeared, and nose and cheeks were disfigured, and a mass of flesh united one side of her face to her neck. "How was this caused, doctor?" "By the use of mercury to cure scrofula; mercury caused this," was the physician's expression.

As the physician examined the pulse of each patient, and they clamored for medicine, each for his peculiar ailment, I could not help thinking, Oh! if this Infirmary were only transformed into a Health Reform School, how soon would most of these sufferers find relief.

When I think of the poisonous drugs, which create the fortunes of the physicians of the times, I cannot help saying to myself, the tricks and conjurations of the wandering Gipsy, are innocent compared with those of the drug peddlers; and the money the Gipsy deposits in the bank is honest money compared with that the allopaths lay by for future calls; for while the Gipsy uses his arts only to amuse, or to gratify vain curiosity, the drug peddler saps and destroys the vitality of the human frame. JOS. CLARKE.

The Resuscitation of Drowning Persons.

BY R. T. TRALL, M. D.

MANY melancholy cases of drowning have occurred at the watering places the present season, and some lives have been lost that a little modern intelligence might have saved. The only rational plan for attempting the resuscitation of drowned persons has long been known; but the great masses of the people, and the majority of the medical profession, seem to be as ignorant and insensate on this subject as though we were living in the dark ages, instead of the enlightened nineteenth century. The following case, which we copy from the Philadelphia *Ledger* is a fair sample of the horrible malpractice which prevails almost everywhere in this country:

A SAD EVENT

Occurred here on Sunday last, which for a short time cast a deep gloom over the visitors on the Island; but like all other unforeseen circumstances of the kind, it was soon forgotten in the mazes of the dance and the frivolity of the hour.

A young man by the name of Theodore Geissler, from Philadelphia, went in to bathe at the usual morning hour with a young lady from the same city, and they had not been in the ocean over a few minutes before a cry of distress was heard. The young lady was promptly rescued by the bathers near at hand, while the gentleman, from some unaccountable means, without apparently making an effort to save his life, was drowned. It is the old story of venturing out too far. I see it stated in some of your papers that he committed

suicide, but I do not think this can possibly be the case.

I witnessed the sad sight from the beach, and can speak of it as it actually occurred. Mr. Geissler had been in the water from ten to fifteen minutes, in company with the young lady to whom, I understand, he was betrothed, when the first warning of their danger was his slipping away from her. He suddenly disappeared beneath the breakers, when Mr. Peter Paul Boyton, the expert swimmer and pearl diver, immediately plunged into the ocean, and in a few seconds reached the spot, where he expected to find the body. He followed up the course of the current, and being an acknowledged expert as a diver, he used every exertion in his power to bring the body to the surface. He swam to the life-boat, when the crew pointed out to him the spot where the unfortunate man was seen to go down. The crew not pulling as actively as Mr. Boyton desired, he plunged into the ocean, and followed the direction in which the body might have drifted on to the beach. In about twenty or twenty-five minutes it came ashore nearly opposite Congress Hall. As it had remained so long in the water, no signs of life were at all perceptible, although several gentlemen, prominent among whom was Hugh McCaully, Esq., resorted to every means for his resuscitation. They were promptly furnished with an abundance of mustard, whisky, brandy, and ammonia, by Messrs. Murphy & McGurk, of the Beirn Cottage, but all their efforts were unavailing. At this moment several medical gentlemen, who were sojourning on the Island, arrived, among whom I recognized Dr. Dillard, Surgeon U. S. N., Dr. Washington I. Duffee, Dr. Bournonville, and Dr. Boker. They all endeavored to restore life by frictions all over the body. Strong volatiles were applied to the nostrils, and shocks of electricity along the spine and diaphragm, but there was no response by any evidence of life. The physicians present then declared that the vital spark had fled before the body came ashore, but they determined to use all the exertions that science could dictate. As a last resort, a slight opening was made in the windpipe, when Mr. Boyton volunteered, after all the exertion he had gone through, to suck the blood-fluid it contained. But even this, of course, was of no avail.

Such barbarous management and drugging were only calculated to destroy all the remaining vitality of the patient. The proper remedial plan, and the only one which has common sense or successful results to commend it, is to imitate the respiratory motions with the view of inflating the lungs. The patient is in a state of suffocation. Animation is suspended for want of atmospheric air in the lungs. The patient should be raised to a sitting position, the tongue pulled forward so as not to close the glottis, and the arms gently raised and lowered at the rate of fifteen to twenty times per minute. In this way the respiratory muscles are brought into action, so that there is a chance for the air to enter the lungs. These motions may be assisted by gentle pressure on the abdominal muscles

during the expiratory effort; that is to say, when the arms are descending. Any person can satisfy himself of the rationale of this method in a moment, by raising his arms upward and outward and bringing them down in the reverse direction once in three or four seconds. He will find that when he elevates them vigorously *inspiration* is accelerated, and that *expiration* occurs as the arms are lowered. In this way *respiration* is imitated, and when the vital spark has not actually become extinct, may be re-established, and the patient saved.

Facts vs. Theories, Science vs. Authority.

IT is said that the inhabitants of a town in New England called Franklin, having expended all their money in building a church and school-house, asked the distinguished philosopher in honor of whom they had named their municipality to donate them a bell. On returning them a draft of some £20, he suggested that they had better use it in purchasing a well-selected library, adding that SENSE was better than SOUND. When all persons shall be brought to this sentiment, vain words will give place to sound speech, superstition to true science, and pernicious errors to simple truth.

All but the slightly-read in history have marveled at the naked assumptions and most absurd theories, which, like the tedious night at the poles, characterized the dark ages. At last the glimmer of the day-star was seen in the horizon, and the morn of science dawned. Bacon, Newton, and a few more lucid minds, began to dispel the fooleries enshrouding their age, by learning, holding, and teaching simple facts. Great as was this reformation, like all others it seemed destined to a slow growth. After the manner of our Saviour's parable of the sower, nearly three kinds of soil out of four are unfavorable to Baconian fruits. Assumptions and theories, however foreign from all facts and common sense, are more readily received than the surest truth, or the sternest logic. Minds undisciplined, and unaccustomed to investigate patiently, or reason closely, must believe something, and therefore catch up idle rumors, and marvelous theories. It seems indeed that a lucid explanation of facts but sets this large class against their reception. In nothing is this exemplified more strikingly than in the combat now going on in many parts between the simple hygienic and the old drug practice.

A few weeks since one of our best citizens fell sick with slow fever, which, under dosing, soon assumed the typhus character, and in

six weeks he died. After assisting to dress him for his coffin, another widely-known and much-respected citizen came down with an attack yet more decided. After trying drugs for a day or so, the services of a hygienist were called to his relief. Many anxious relatives and neighbors came in to learn the condition of the sufferer, since it was believed that he had taken the disorder from the corpse. The doctor told them that his double disease—the last taken in the form of drugs to cure the first!—could be cleansed, and that he would be up in a few days. Most believed, while a few trembled at the idea of bathing and packing such a sick man. The next day he was around in his yard, garden, &c., and on the third, went abroad to one of his neighbors, and to his place in the church. Nevertheless, those who, like Thomas, doubted, were quite unlike him as to believing, even after getting their fingers into the prints of the nails. While the curing process went on, the doctor explained lucidly its philosophy, telling them how it must relieve the sufferer, which, to his astonishment, seemed to have upon them the effect contrary to that designed. The more clear the subject grew, the more their skepticism waxed. In a few days his patient called, to dissuade him from all further attempts to convince such a class by words, suggesting that he had better go on and silently cure as many as would consent, allowing the dark, doubting minds to rest upon their desired mysteries, not even stopping to dispel the notion some might entertain of witchcraft's working with the water. Since the doctor had ignored their suggestions to improve this cleansing fluid with lye, salt, sulphur, and "yerbs," it was quite a relief to give them instead something dark, and, if possible, even more wonderful to rest on.

Within a year past seven patients in this community have been drugged; five into their graves, and two fast upon their beds for seven or eight weeks, and yet scarcely a doubt has been allowed to enter the mind of a relative, that the practice under which they have perished, has been at fault. Indeed the intimation of such a doubt upon the part of a few hygienists has been bitterly complained of as cruel. Nevertheless, a brother of the man cured could say, and did say to those observing his treatment, that his first wife had been much injured, if not killed, by hydropathy. In these remarks the old-fashioned class could see no indiscretion, discourtesy, nor cruelty, much less inconsistency, since all knew the poor woman had, after all, perished under the drug practice. In such cases there is always an irrevocable decree, which even the power

of drugs cannot break, while should one out of a thousand hygienic patients die—water has killed them in spite of God's will to have them live.

Besides, should a humble mechanic in any department spoil the job he undertakes, his employer would not merely dismiss him, but withhold all pay, and in many cases oblige him to pay damages. Strange to say, this fair, common-sense, matter-of-fact rule is reversed in the medical practice. Kill or cure, if the doctor can but wear a pleasant exterior, with wise looks, and dark sayings, thickly wrapped in technics, like the priests' prayers in Latin—he holds the confidence of his dupes.

The sister of the last drug patient that has died in our community, persists that, when sick, she will have the same doctor. It makes nothing with her, nor with hundreds forming her conservative class, that the great point for which the doctor was called and paid, was lost; that his administrations were not simply and totally a failure, but that they resulted in fruit precisely the reverse of that bargained for—that death came where life was sought. All this, we say, could be, and was, readily offset by theory against facts, and naked authority against science. The doctor was courteous and learned in his occult profession, and surely would have saved his patient had not the stern decree of the great I AM otherwise ordered it. How it is that he ordered the like sad result in the cases of four others in the same vicinity, and yet two more to continue on their beds of distress, while thirty odd in the same community, under hygienic treatment, were decided to recover speedily, is too much to inquire. In behalf, however, of such as incline to simple facts and common sense, we conclude with two or three observations.

1. Decrees never set aside or at all interfere with the ordained means to secure a good end. Experience and good sense unite in teaching the importance of employing the wisest means to gain the end in view. Without this all must be lost.

2. Assumptions unsupported by facts, are Satan's prolific means of fastening upon his victims ignorance, error and vice. The history of the world, and candid, close observation of truth and falsehood, virtue and vice, as related to our present times, are appealed to for the correctness of this remark.

3. As the Christian is always to be ready to give a reason for the hope within him, so should all persons professing any system of truth. That which burrows in the dark, or skulks from investigation and explanation, may do for moles and bats, but never should

do for reasonable beings. Let all candid minds judge of the relative claims of hygiene and allopathy, in the light of these truisms. Nor can we refrain from saying that if thirty sick folks could be, as they have been, cured in this vicinity, under all the inconveniences of home practice, how much surer will the sick be healed at an Institution fitted up for the express purpose, and managed by men and women exclusively devoted to healing.

W. PERKINS.

Marshalltown, Iowa.

The Craig Microscope.

MYSTERIES OF THE MICROSCOPE.—Not that there is any especial hidden mystery in the innocent-looking, modest little instrument that presents objects to us as they really are, making huge monsters out of mere mites, and as often presenting most magnificent animals in what, to the unaided eye, appears an uncouth atom. The mystery is of the microscope. Its power, to our intelligence as at present educated, is unintelligible, and would be magical, but that we know the microscope to be innocent of the black art, and the maker only a man like ourselves, a trifle more clever, perhaps, but not a mite of a magician. So much of thought is invoked by the advent of a red mite upon the edge of a white sheet now under the point of my pen, and the ruby dot, a mere point to the naked eye, hurrying over the white field, a perfect crimson streak. If a man were to run at that rate, according to bulk, he would get over the ground about a thousand miles an hour, and race entirely round the world in a day and night, with three hours left for refreshment.

Arresting the atomic red runaway, and clapping him under my *semper paratus* Craig Microscope, in an instant I had under my eye a wonder, a bright crimson bird, wingless, like the penguin, but perfect in proportions, and of most exquisite beauty; its downy plumage brilliantly bright; its six perfect bird legs, three set on either side. I saw there the secret of the rapid race. Fancy a turkey gobbler with six legs, each one putting in its quota of speed! Would n't the old fellow outrun a hurricane? Then there are five white, delicate toes, more like a fair lady's fingers, to each foot; black, lustrous eyes, and beak like that of the great 'war eagle,' all harmonious; but strange, very wonderful, mysterious, the manner in which that single bit of clear glass metamorphoses the tiny red mite into a great, magnificent bird! There, go out with you, and go your way, diminished to a red atom, almost

infinitesimal again! Scud, scatter, crimson speck, and leave me to my say of my magnifying miracle.

Before I was the proprietor of this Craig glass, for which I paid \$2.50, I had, for ten years, used a French instrument, which cost me, I think, \$55.00, of feebleness, and less reliable. With the French 'Cressaix' I searched long and fruitlessly for the 'trichina spiralis' that savants guessed was in our American pork. With the \$2.50 Craig I laid hold of it plainly and positively at the second trial. That was two years ago this month. Is it recorded that any one had discovered the pork pests earlier than that date? If not, then they were first under an American microscope; and so much for the skill and ingenuity of American mechanism.

For the farmer and fruit-grower, especially, these simple, practical instruments are invaluable; and to their children, a source of education, amusement, and real instructive pleasure, of which they will never grow weary. A bright little girl of ten years, daughter of a farmer friend, to whom I loaned mine, actually acquired a fuller and more correct knowledge of a half a hundred insect inhabitants of her neighborhood, in six weeks' practice with the microscope, than a professed entomologist, principal of a neighboring seminary, had acquired in thirty years of study.—DR. KENDALL in *American Farmer*.

A TIMID gentleman some days ago met a bluff, burly doctor, who is more noted for the force than the polish of his language, when the following colloquy ensued: "Doctor, what shall I take for the cholera?" "The cholera! Have you got the cholera?" "No." "Well, take the cholera first." The gentleman, not having taken the first prescription, has not inquired for a second.

AMONG the great men of our country who did not smoke, were Washington, Franklin, and Jefferson. Washington Irving was not a smoker. Goethe never smoked, nor could he have smoked, and remained Goethe. The man so perfect in body, so lofty and splendid in intellect, and so grand in character, could not have been a smoker.

A TRAVELER in Pennsylvania asked the landlord if they had any cases of sun-stroke in that town. "No, sir," said the landlord, "if a man gets drunk here, we say he is drunk, and never call it by any other name."

The Health Reformer.

Battle Creek, Mich., September, 1869.

Experimenting.

AMONG the many discouragements in the way of the progress of health reform, not the least formidable is the propensity of the American people to *experiment*. Not a few of the so-called health reformers in many communities are those who are trying it as an experiment. This of itself is well enough, provided the experiment be based upon a correct understanding of the principles upon which the reform is founded; or if, when understood, there exists a firm determination to let reason and not appetite bear sway.

Besides this class, there is another, even larger, who stand ready to embrace the reform provided they can have the unqualified assurance that the abandonment of their favorite habits will *certainly* cure their ailments. Instead of seeing and realizing that duty to God and their fellow-men demands a reform in their lives, that they may better glorify their Creator and benefit mankind, they are so completely wrapped up in self, and so thoroughly wedded to their evil habits, that personal benefit is all that is sought. This is not to be wondered at when we consider that invalids have been made the victims of experiment on the part of both the quacks and the "regulars," wherever the present "system" of drug medication has borne sway. And as such experiments have generally resulted unsatisfactorily, and in some cases disastrously, they naturally feel shy of anything professing to have for its object the relief of their distresses.

We are constantly receiving letters from persons of this class, stating their condition, and asking if a cure is certain provided they leave off their habits, &c. A lady recently wrote, declaring herself a great lover of tea and coffee, and stating that she would give them up if she could be assured of a complete cure of her diseases. Another gave a detailed account of her difficulties, which were of the most complicated character, and then stated that her diet consisted of fine-flour bread, butter, grease, pickles, sweet cake, &c., &c. Without the remotest indication in all her letter that she had the slightest regard for the principles of health reform, she coolly asks if she can be cured.

Now to all such there is but one answer, and that is, that they have no right to expect health while continuing in such flagrant viola-

tion of the laws of their being. Nor is there any assurance that such persons are in any way prepared to enter upon a course of home treatment while they give indication of such limited ideas and views of the true character of reform. They would try it as an experiment, and with the first to-them-unfavorable change of symptoms, would abandon the reform as a failure.

The moral to be drawn from this is obvious. It is briefly summed up in the truthful words of Dr. Trall, in the first article in his department this month: "The health reform needs teachers more than it does curers." The people must be educated, and no person is properly qualified to enter upon the *curative* processes of the reform without a correct knowledge of its leading principles. This is more particularly true in chronic cases, and is not intended to apply in the treatment of acute diseases, where the experiment nearly always means success.

In view of this propensity, we would advise all to use caution about encouraging people to commence the use of hydropathic appliances as an experiment where some correct ideas of the nature of the system have not previously been implanted, as such trials, followed by abandonment, will always bring the reform into disrepute. W. C. G.

Tonics and Stimulants.

THE question is constantly being asked by correspondents, How do tonics and stimulants give strength to the system? The answer is, They do not. Stimulants, and those articles commonly called tonics, instead of imparting strength, always impair it; instead of giving vitality, they always consume it. But if this be true, says one, how does the patient seem stronger after taking these things? Just exactly as the horse seems stronger when lashed by his master's whip to induce him to draw a heavy load up some steep declivity. When the task is accomplished, the poor animal stands trembling like the aspen, plainly exhibiting a fearful expenditure of vitality.

No one will claim that the whip imparted strength to the animal, even although he might not have otherwise accomplished the work. Nor will any one deny that the task was performed at the expense of vitality. So it is in the use of tonics and stimulants. They do, indeed, produce results which seem to indicate an accession of strength, but this is never *really* the case. In the language of a distinguished drug M. D., "every dose diminishes the vitality of the patient;" and

this is emphatically true of the class of drugs under consideration.

But, it may be further objected, how can it be true that vitality is diminished, when the patient keeps getting better all the time; even until recovery is established? To this we reply that a person may be apparently getting better, and be really getting worse; and may apparently recover, and still be nearer death's door than when prostrated on a bed of sickness. To some this may seem paradoxical, but to those who understand the true nature of disease and vital action, its truth will at once be apparent.

The prevailing ideas in regard to stimulation arise from a misunderstanding of what constitutes good health. This very desirable boon consists, not simply in being free from painful diseases, nor in being able to do a large amount of work, but in possessing a *fund of vitality*. To be sure, the former conditions generally accompany the latter, but do not alone constitute good health.

This fact, when properly understood, will explain three-fourths of the sudden deaths which are so common at the present time. A late supper or a fit of indigestion is said to "carry off" a man or woman who has previously been in perfect health. This is impossible. They may have come up to the popular standard of perfect health, *i. e.*, exemption from sickness, and ability to perform labor; but the truth is, they had no stock of vitality, or life force.

A person with tolerably good nutritive functions may "manufacture" strength just about as fast as it is consumed, and still be but a step removed from the grave. Hence many who live in gross violation of the laws of their being, seem to enjoy good health simply because they are able to keep even with the consumption of strength, day by day. But let some little derangement take place in the system, or some accident, even slight, occur, and Nature, having no material to fall back upon, and the supply being stopped, yields the struggle, and "Providence" gets the credit of "mysteriously" dispatching a man who had "accomplished his mission."

In the light of these facts, the "action" of tonics is easily understood. When a person has been sick, and the vital powers have accomplished the work of ridding the system of the impurities and obstructions which caused the disease, the first step on the part of Nature is to replace the tissues which have been wasted in the life struggle. To further this work, the various functions of the body, which have remained dormant during the struggle, are still disposed to remain quiet, while the

work is being accomplished. The convalescence will be more or less protracted, according to the previous exhaustion of strength. If recovery seems slow, the friends are uneasy, the doctor advises "tonics," and by their use Nature is defeated in her purpose of fortifying the system against future assaults. The bodily functions, which are disposed to be active only in health, are stimulated to resume action before Nature is willing, and the machinery of the body is set in motion, like the wheel of the mill before the pond is full, only to stop the sooner for being prematurely started.

It is not to be denied that invalids sometimes apparently recover more rapidly by the use of tonics, but such kind of recovery is very doubtful and even dangerous.

We do believe, however, in the use of tonics, in the proper signification of the word. Good food, fresh air, the invigorating sunlight, proper surroundings—these are the tonics which the intelligent physician will seek to supply, that strength may be restored to the system, "and a good foundation laid against the time to come." W. C. G.

Medicated Tobacco.

THE facilities for administering poisons the "regular way" being insufficient, resort is had to medicated waters, medicated bitters, medicated and "phosphated" bread, and now, among the latest humbugs, comes "medicated tobacco," for the cure of catarrh, bronchitis, asthma, &c. The manufacturer claims that the "medicine" introduced into the tobacco *neutralizes* its narcotic effects, rendering it harmless to use. His circular says:

The remedy is claimed to be by the inhaling (while smoking) of the MEDICATED VAPOR drawn from the cigar or tobacco, which condenses after being inhaled, when the essential oil contained therein adheres to the fine membrane of the throat and lungs, causing free expectoration, quieting and strengthening the nervous system, thereby fully eradicating the cause of the disease.

The gullibility of the public, alone, is a sufficient explanation for such a shallow pretense as the above. And added to that, we have the fact that many would like just such an excuse for indulging in the use of the vile weed, being able to plead that their pipe was "medicated." Medicated, indeed! as though the foul stuff were not sufficiently poisonous without the introduction of the apothecary shop.

Well, the "medicated" tobacco will sell, and its proprietor will make money out of the credulity of the people, and that is his sole object. W. C. G.

To Correspondents.

Mrs. H. E. S. writes from the State of Rhode Island :

Please prescribe through the REFORMER for the following case: Am troubled with distress and weakness in the small of the back, and lower extremities, and coldness of feet; have the sick headache a great deal; constipation and the bleeding piles almost continually. In June, had a very bad sore throat; my throat was very much inflamed, with white blisters; and a dull, heavy pain in my head, and pain in my bones. Am better now, but my throat is still sore occasionally. Good appetite; eat two meals a day; drink neither tea nor coffee; eat no meat; use considerable graham and vegetables.

These symptoms indicate a diseased condition of the alimentary system, involving the stomach, liver, kidneys, &c. For treatment, take a tepid sponge bath twice per week. On the other days take shallow sitz baths as cool as convenient, but of short duration, taking at the same time a hot foot bath, keeping the head cool. Kneading and hand-rubbing of the bowels and abdomen will be found useful. Wear the wet bandage as sensations may indicate, and be especially careful not to overwork.

M. C. D., of Illinois: The swelling in the neck, which you describe, is probably of a scrofulous character. The treatment should be mainly constitutional, consisting of sponge baths, and packs about twice per week. You need to reform in respect to regularity in your habits. Bring yourself to regularity in eating, sleeping, working, &c. Local applications, consisting of compresses worn round the neck, may be of service.

H. C. M., of N. H.: You ought to go to a Health Institute. A home prescription would avail you but little. If you were under our care, the articles of diet you mention would be nearly all forbidden; but not knowing what you have to substitute for them, we do not feel safe in advising.

W. H. L. writes from New Hampshire :

Will you be kind enough to answer the following questions through the REFORMER?

1. In cases of fainting or complete physical prostration, what are the best means to use? Would you ever administer brandy, &c.?

2. What should be done in cases of sun-stroke?

3. Is salt water ever any better for bathing? or sea air more healthful? Many are benefited by sea-shore visits.

4. How would you treat cases of bowel complaints?

5. How should an inflamed eye be treated? Comes on gradually; more painful at night sometimes. Occupation, teaching.

1. It would depend much upon the cause of fainting or prostration. To dash water in the face, or pour it upon the head, are good remedies for some kinds of fainting fits. Sometimes *letting alone* is the best thing. We would not administer brandy.

2. Apply cool cloths to the head, and hot bottles to the feet. If there is fever, bathe the surface with tepid or cool water. If the breathing is difficult, apply hot fomentations over the lungs, and if there is congestion of the lungs also, apply cool compresses. Evacuate the bowels with an enema, and keep the patient quiet and comfortable.

3. The purer the water for bathing the better. Persons are benefited by sea bathing and sea air, because the other surroundings are more beneficial than those to which they had been previously subjected, and not because of the *saltiness* of the water, &c.

4. We have not room in this department to devote to a general treatise on bowel complaints. The subject would require an article by itself.

5. It would depend upon the cause of the inflammation. If it arises from an impure state of the blood, as most likely is the case, the treatment should be constitutional, having for its object the elimination of impurities from the system. As you give no particulars, we cannot prescribe definitely.

J. H. B., Illinois: The case you describe is a severe one, and ought to be under the care of a competent physician. If, as you say, the lady is not a health reformer, a prescription for self-treatment would do her but little good.

W. G. M., California: The wet-sheet pack is taken as follows: Two or three blankets or quilts are placed upon a bed or couch. A sheet is lightly wrung from water, warm, tepid, or cold, according to the nature of the case, and thrown over the quilts. The patient then lies down upon it, with the arms by the side, and is then quickly wrapped in the sheet, then in the quilts or blankets, the whole being securely tucked in round the neck and feet. This is prolonged from a few minutes to an hour or more, according to the circumstances.

G. N., Massachusetts: You do not give a sufficient description of your case to make your condition understood. Meat diet is *not* more strengthening than bread and fruit. You would do well to eat more fruit, as potatoes and bread do not furnish sufficient variety.

J. R., Indiana: For the withered knee try the following: Wring flannels from hot

water, wrap round the limb, allowing them to remain 5 min. Then shower the knee and leg 3 to 5 min. Repeat daily two or three days in succession, then omit the fomentation, continuing the showering. Follow each showering with vigorous hand rubbing, and other manipulations over the affected part. In eight or ten days report success.

L. H. W., Iowa: You should go to a Cure. In your condition, and at your age, a home prescription would be of but little use.

Z. A. W., Maine: Your case is probably prolapsus of the rectum. For treatment, take cool sitz baths daily, but of short duration. Twice a week take tepid sponge bath. Wear abdominal bandage. Diet should be composed principally of graham bread or crackers, and fruit, eaten slowly and thoroughly masticated. Avoid overwork, especially lifting. Replace the protruded part when prolapsus occurs.

A. S., Iowa: Applications of caustic, such as nitrate of silver, nitric acid, &c., will remove warts. We have used the latter with good success.

E. L. B., Illinois: We have not room in this department to give full directions for the treatment of cholera morbus.

S. B. W., New York: The little girl whose case you describe, should go to a Cure. We should not feel free to prescribe for her without seeing her, otherwise than in giving general directions concerning diet, &c.

2. Cracked hands may be avoided by using none but soft water in washing them, thoroughly drying after washing, and the occasional use of a little sweet oil to soften the skin.

3. The young lady is scrofulous, and is evidently tending toward consumption. The case needs the most careful attention, such as can be bestowed at a Health Institute, under the immediate care of a physician.

4. If children are nursed half the time, without any regularity, two meals a day for the mother will be insufficient; but if mother and child are regular in habits, and perfectly healthy, two meals will generally be found sufficient.

J. A. G., Illinois: The case you describe is probably bronchocele or goitre. As the lady is not a health reformer, and the difficulty is of long standing, it is probably incurable, or at best, curable only under the care of an intelligent physician.

ENDEAVOR for the best, and provide against the worst.

Black Raspberries.

As health reformers, we are all interested in the subject of cultivating fruit. Those who are poor find it necessary to study economy, and with the rich it is generally a pleasure to do it. Then we want to know what kinds of fruit are easiest to cultivate, and yield the largest crops, and are most healthful and delicious.

My observation and experience lead me to hold the black raspberry in the highest estimation of all the small fruits, because of its advantage in these respects and some others. We must have strawberries, of course, but let us also have a good portion of our garden set out with black raspberries. I have a patch about three rods square, twelve bushes in each row, and six rows. About half of them were set out two years ago; the other half, one year ago last spring. They have not had the best of cultivation, yet we picked six bushels from them this year, which cannot be considered as nearly a full crop, as the bushes were many of them so small. The labor of picking them is not nearly so tiresome as that of picking strawberries, because they are more convenient to reach. They also require much less sugar than strawberries. Indeed, we think them truly delicious for sauce (when ripe and fresh) without any sugar. They are easily dried, more so than any other fruit I know of.

Some people complain that they cannot raise raspberries, and say they do not know what is the reason. On looking at their bushes, the reason is very apparent. They are set out in a little corner, or under trees, where they do not have room nor sunshine; this is all the trouble. C. M. S.

Spices.

FOOD must accomplish two objects: the one is that of keeping the fiber, bones, &c., fully supplied with a proper material to replace the waste arising from the wear and tear of daily life; and the other, that of sustaining the animal heat, which is chiefly effected by starch food, such as is supplied by rice, barley, sago, wheat, oats, arrowroot, potatoes, &c. Some of these also contain substances capable of forming fiber and bone, as, for instance, the gluten and mineral constituents of wheat. The starch foods afford heat by the combustion of the carbon and hydrogen they contain; whilst the nitrogen added to these, in fiber-producing substances, is the other element necessary for the former special purpose. Bones are chiefly formed from the phosphate of lime conveyed

by the food into the blood, and subsequently assimilated into the animal system.

This bare outline has only been drawn for the purpose of giving a general idea of the qualities or properties requisite in food. It will be seen that a selection from various sources must be made to satisfy the wants of man. Milk, perhaps, is the only article which supplies all in one; but, from our persistent desire for variety, we know that, however far that liquid may, theoretically, serve as a life-sustainer, practically, its use alone is entirely out of the question. Man is not simply an animal which takes food instinctively. On the contrary, we possess certain tastes, feelings, refinements, &c., which are as thoroughly incorporated with our eating and drinking propensities, as they are with our mental and moral powers; hence, a pleasing variety in the food we partake of becomes essential to our health. Even the very beasts of the field show a preference for one pasture beyond another; and such a desire is only an evidence of that principle of selection, or choice, which all animated beings are constantly seeking to gratify, as a chief source of looked-for happiness.

Not only has a proper choice of food a relation to the body physiologically, but has a decided psychological result on the human system. The process of training for athletic games is an admirable comment and a bitter satire on the daily habits of most people. In such instances we see a man, from whom the seeds of disease, arising from bad food, excesses of living, &c., are eliminated by care and proper diet, made stronger and more fit for life than his fellows, and prepared to go through almost any amount of violent exercise, without injury. But as soon as the object of his ambition is gratified, he returns to his old habits; follows the excesses, greater or less, of daily life, and, from an almost normally pure state of body, re-enters what may be truly called a state of voluntary physical degradation.

The choice of food, which relates to the individual constitution, is a matter of considerable importance. Some persons, it is well known, take with impunity food which is scarcely less than poison to others; and, examining this point, we pass from the essential uses of food, to consider that peculiarity of temperament, arising from various causes, in which we find the alimentary system in an abnormal state. In cases of this kind, individuals cannot generally take what is called plain food; and some of the products of the vegetable kingdom, called condiments, become either seemingly essential or positively harmful, depending on

the disease from which the patient is suffering. It must not be supposed that such are isolated cases, for they are, unfortunately, rather the rule than the exception. Among the spices chiefly used are mustard, pepper, cloves, cinnamon, &c. Spices, in addition to albumen and wax, cellulose and gum, starch and resins, acids and salts, which manifest unimportant differences with respect to their proportionate quantity and properties, contain a volatile oil of a pungent odor, and an acrid or aromatic taste.

Perhaps it was only the pungent taste of the aromatic oils to which the heating effect of the spices was ascribed; but the excitement and palpitation produced by its use, show that they accelerate the circulation. Not only, however, are the palate and stomach heated by direct irritation, but the cheeks also become tinged with a rosy glow, and the digestive glands become irritated under their influence. Sleep is also prevented, and the passions are aroused. All nutriments causing sleeplessness irritate the brain, and accelerate the movements of thought. Therefore it is not a mere fiction, that mustard for the moment quickens the action of memory; just like the movement of the muscles, memory is an action of the brain; it is capable of being called into exercise like every other manifestation of the bodily powers. But the action, as an attribute of matter, is confounded with the instrument itself, if we say that mustard produces a good memory. It is true, the instrument cannot exist without matter; moreover, it is not the bulk of the substance, but the celerity and force of its motion, which is to be considered the essence of increased action. The motion ceases with the matter which excites it. When, therefore, the volatile oil has disappeared from the blood, the excitement produced in the brain is over, likewise. The mustard cannot, therefore, be an instrument of the memory. Memory is a form in which the action of the brain manifests itself.

The spices cannot be called restoratives, as their most essential substance does not convey to the blood an essential constituent. They are stimulants; and whatever stimulates, wastes vitality. An excess of stimulants, in the strictest sense, is therefore much more dangerous than a superabundance of nutriments. The inhabitants of the tropics, who take so great an abundance of spices with their food, exhibit in their restless passion, cholera and insidious jealousy, an illustration of the effects of this kind of stimulation.

VALENTINE HAMMANN.

CLEANLINESS is the elegance of the poor.

DR. TRALL'S
Special Department.

Curing and Teaching.

THE health reform needs teachers more than it does curers. To cure the sick is the proper work of the hygienic physician; and it is essential in enabling the people to become interested in the great health reformation. But we might cure one half the human race, we might restore all the invalids on the earth to health, and yet do almost nothing for the cause. Unless its principles are understood by the masses, unless its theory is established in the minds of the intelligent and ruling classes, it can never be permanently successful. Hence the world needs educators much more than it does practitioners of the gospel of health. We have learned by hard experience, as well as from the lessons of history, how difficult it is to teach the public mind against its prejudices, its appetites, its pride, and its immediate interests. We have not only to expose venerable errors, to implant new truths, and to explain away the whims and caprices of the multitude, but we have to contend against the ingrained errors of three thousand years, and the prestige of a learned profession. We have to change the habits, and oppose the sensualities, of the people, against the combined influence of fashion and a powerful army of medical men.

But with these mighty odds against us, the world moves in the direction of medical reform. Every where the medical profession is in a state of upheaval; every where its doctrines are being doubted, disputed, repudiated, or execrated. All over the civilized world, reading and thinking persons are losing faith in medicine. In the United States thousands have discarded it forever as a remedial agent. Hundreds of thousands have found a better way in the use of hygienic means. Probably one million of persons in this country entirely disbelieve the system of drug medication, regarding it as absurd in theory and disastrous in practice. This is one-fortieth of the population. How long will it take to convert the remaining thirty-nine millions? This question the rising generation may answer. But, in view of the fact that the pioneer work in any cause is the most difficult, and that knowledge on any subject, like money, accumulates itself when put to use, our co-workers, and those who ere long will have all the work to do, should not be discouraged.

Health reformers, scattered here and there, are sowing good seed in a thousand places. In various ways, by example, by words fitly spoken when opportunity presents, by lectures, &c., they are exerting an influence that will be shown in results in due time. Could all the health reformers of the world be gathered in one place, they would present an imposing army. And, could the HEALTH REFORMER be sent to every family in the land, this army would soon be doubled. Is not this a consummation devoutly to be wished?

Hard Labor and Vegetarianism.

A CORRESPONDENT, who has long resided in the South, and whom we know to be a candid observer, writes:

"A great deal has been written about our not being able to do hard work without flesh-food. And many laborers still assert the same; but it happens that very few of the laboring classes in the old countries eat it; and now, most of the colored population in the South have to do without it. Many of them eat but two meals a day, and these consist almost wholly of hominy. I have myself done more hard manual labor the past three months than in any five years of my previous life; I have scarcely felt ill for a moment, and have eaten no meat at all.

"The colored men will work from day-dawn until eleven o'clock; and then from three P. M. until dark, and their brawny arms and giant strength are as good an argument in favor of 'corn vs. meat,' as can be found anywhere. There is no question in my mind that they are the best laborers the South can get. It costs less to feed them, and, if paid regularly, they will work for less; and, with a white man to lead, they will always do more work than whites can in the same time. There is one feature in our free labor that will eventually have a strong influence in equalizing the wages of men and women at the North; and that is, the paying of the same wages to each sex here."

Crinoline or Starched Skirts.

MR. EASTLAKE, in his "Hints on Household Taste," brings the following indictment against crinoline:

When we reflect on the baneful influence which this wretched invention must have had for the last ten years on the taste of the rising generation, we shall begin to feel by how much the less than ourselves, little misses who are still in their teens will be capable of appreciating the Venus of Milo, or the drapery of any other antique statue.

To this an exchange replies:

If Mr. Eastlake had talked a few minutes on this subject with some sensible physician, he would probably never have written these lines. To be able to appreciate the Venus of Milo is, no doubt, a good thing; but to have a strong back is much better. If crinoline is, as he hopes, to be

"trunneled into oblivion," then we shall have the starched skirts, and, as a consequence, the weak backs. So say the physicians. We hope that ladies will be sensible, and stick to the crinoline.

Why cannot "sensible physicians" be physicians of sense? Why must a fashionable woman, if she abandons one foolish fashion, go to an opposite extreme, which is just as bad? Why cannot common sense be applied to the matter of woman's apparel, as well as to other subjects? Does it follow that, if a woman discards the "broad, expanding sweep" of dry goods, she must become equally ridiculous in some other way, and break down her back with stiff and heavy skirts? Can't the "sensible physicians" contrive something in the way of dress, that will be decent, and not ruinous to health? We fear the physicians are as much enslaved to fashion as the women are. We happen to know hundreds of unfashionable, but sensible, women who dress comfortably and healthfully without either crinoline or starched skirts. Think of these things, Messrs. Editors and Doctors.

Right Words in Right Places.

WE copy the following from an exchange, and commend the example to all persons and all places, and especially to all camp and all other meetings; whether for religious, political, social, medical, sanitary, or any other purposes:

At the National Camp-meeting at Round Lake, N. Y., on Friday, a good brother arose in the large tent during a crowded meeting. He seems much afflicted. He speaks; hear him:

I am troubled; I have no rest of soul. Brethren, bear with me; I am in distress. I come from New England, the valley of the beautiful Connecticut. The land is being destroyed by tobacco. It is tobacco in the field, tobacco in the house, tobacco in the parlor, tobacco in the church; it is nothing but tobacco, tobacco, tobacco, until it would seem that the conscience of even the church is stupefied with it. I say I am troubled. I detest the filthy weed. I came here, expecting to find one spot free from its contamination.

Well, I got here; excuse me, brethren, may be it is none of my business, but I cannot help it. I feel oppressed; I can't be blessed till I tell the burden of my heart. Well, I was not here ten minutes till, in passing the store yonder, I saw—yes, saw—a big case of cigars exposed to sale. Excuse me, brethren, if I am meddling, but I do wish, however, whoever has the authority would put a stop to that thing here. I feel better now; I have done my duty.

The volley of "Amens," "You are right," &c., that rose from the congregation, as he sat down, showed plainly where the sympathies of his audience were. A Baptist minister instantly sprang to his feet, and energetically seconded "the admirable suggestion of the brother." The subject

received occasional attention from the speakers during the next two days, and Monday morning the article was declared contraband, and its sale prohibited.

Food and Force.

"R. T. TRALL, M. D.: Dear Sir—I should like to call your attention to an article in the *Eclectic Magazine* for June, by Prof. Huxley, entitled, "The Physical Basis of Life." The question arises, Is food force? or, Does the vital force exist independently of food? In short, What is the relation between food and force? When we expend our force, how is it restored to us again? Do we manufacture force in the system? or is it transferred to us from the food in some mysterious way? Please answer through the REFORMER.

"Truly yours,

E. T. R.

"Pomfret, Conn., July 8, 1869."

The above questions are much more easily asked than answered. But, so far as science can take cognizance of the subject, we see no mystery nor difficulty in it. Science can only recognize the *forms* of things, and the *laws* which govern their operations or changes. It does not know, and cannot demonstrate, the essence of anything, nor the why and wherefore of existence. It cannot explain the intrinsic nature of matter, spirit, body, nor mind. It cannot disclose the essence of life, force, food, nor organic structure. It can only understand and unfold the materials of food, the forms of living tissues, the conditions of life, the laws by which force is manifested, &c. With this understanding of the domain and boundaries of science, the questions before us all become simple, practical, and intelligible. Food supplies the force-material—tissue. The tissue, in its changes, manifests certain phenomena to which we apply the term, force, or life, or life-force. These manifestations are as distinctive in phenomena, as the tissues are different in material. Thus the nervous tissue manifests feeling, or sensation, and thought; and we term its life-force the *vital property of sensibility*; while the muscular tissue contracts and elongates its fibers, and to this property we apply the term, *contractility*. Now, if we can ascertain what kinds and quantities of food will supply the best tissue-material, we shall know how to maintain the conditions (so far as food is concerned) for the best manifestation of life-force, and, consequently, for the best performance of all the functions of body and mind. This is just what physiology teaches, and it is all that it can teach. The chemico-physiologists, in which school Prof. Huxley is a distinguished leader, are doing a good work in exploring and explaining the forms of matter, the conditions of life-force, and the laws by which

they are governed; but when they undertake to calculate vital problems on chemical data, they involve themselves in confusion inextricably confounded.

A News Item.

EVERY-DAY occurrences cannot, of course, be of much importance. We scarcely open a daily paper that we do not read of outrages of every kind, from the simplest assaults to the most atrocious murders, all induced by one and the same cause—intoxicating liquor. The following paragraph, however, is a little out of the ordinary run of “police intelligence,” and so we copy it:

A horrible tragedy occurred this morning at Tomkinsville, Staten Island. A dissipated journeyman shoemaker, named Roach, who had been employed by a Mr. Harrington, for some ten months past, and who boarded in the house with the family, rose from his bed, went into an adjoining chamber where two little girls were asleep, and deliberately cut the throat of the elder, from ear to ear. He then attempted to seize the younger child, who fled from him in such haste that she fell down stairs. Her screams called her father, who, hearing her exclamations, “Emma’s dead,” rushed up stairs, and carried the murdered child down in his arms.

The madman then rushed from the house, brandishing the bloody knife, and alarming the household with his wild cries. So soon as he arrived at the shop where he had been employed, he committed suicide by cutting his own throat. The man is said to have been drinking freely of late, and last night he had a fit resembling delirium tremens, or *mania-a-potu*.

The murdered child was a lovely girl of thirteen years, much beloved by all the neighbors. The poor parents are half frantic with grief, and the entire neighborhood is much excited. Had not the murderer made away with himself, the probability is that he would have been lynched.

Nothing, perhaps, can better illustrate the general stupidity and demoralization of the public mind on the subject of the infernal liquor traffic, than the last word of the quotation.

Lynched? why? The murderer was insane. He knew not what he was doing. He was, in no sense, responsible for the bloody deed of cutting an innocent child’s throat, however wicked he was for “putting an enemy into his mouth, that stole away his brains.” Nor can the rumseller who dealt out the murderer-making poison, be denounced. He was doing a legitimate business. The law licenses his calling. Public sentiment sustains and protects it. Society demands it. Neither the murderer nor the murderer-maker ought to be lynched. One is not accountable; the other is pursuing his legal avocation. The sin really rests on the

heads of those who directly or indirectly, by word, vote, or deed, countenance the license system. It is these whom God will call to a reckoning in the last day. And this is the law and the gospel for the temperance preachers, until Prohibition is engrafted into the constitution of the United States, and the constitution of every State in the Union.

Another Disgusted M. D.

WE have, within a period of twenty years, received scores of letters from regular drug doctors, expressing their conviction that the whole system of druggery is a sham and a cheat. Most of them have abandoned the practice of medicine in disgust; but some few have adopted the better way, and are now successful practitioners of Hygeio-Therapy. The following letter is a fair sample, and is worth putting on record:

TORONTO, ONT., JULY 29, 1869.

DR. TRALL—*Dear Sir*: I write to ask if there is a Hydropathic or Hygienic School or College in the United States, and if so, whether it is legally qualified to grant diplomas.

I have practiced allopathy for twenty years, and I have become disgusted with it. For many years I have been familiar with your writings, and I am satisfied that the day is not far distant when your method of treating the ills of mankind will be universally adopted. It may not be in your day, nor mine; but ultimately that will be the result.

My object in intruding upon you at present is to ascertain whether there exists a school or college qualified to grant diplomas. I will esteem it an act of kindness if you can spare time to reply.

With much respect I remain yours,

A. M. ROSS, M. D.

Infinitesimal Transcendentalism.

In an article on the preparations, triturations, attenuations, &c., of Homeopathic Medicines, the *New York Tribune* says:

The fact is undisputed that certain drugs, if not all, possess latent medicinal powers; sometimes where none are obvious, sometimes additional to, and very different from, those that are obvious; and that these latent powers are developed as the surface is extended by subdivision and separation of particles. For example, mercury, or quicksilver, in its natural state, may pass through the system nearly unchanged, and without effect; but when moderately attenuated, or extended, by mixture with some convenient article, such as sugar or albumen, it is known to have remarkable powers. Homeopathy simply accepts this law as universal and unlimited, and carries indefinitely the attenuation crudely practiced before in obvious cases, in full faith that the further it is carried the more perfect the development of the specific virtue which, in many drugs, nothing else reveals.

It is not easy to perpetrate a greater number of blunders in so small a space. The fact alleged is disputed, and always has been. Nay, the contrary is demonstrably true. It is not true that crude mercury passes through the system without effect; nor is it true that when mixed with sugar or albumen it is simply extended over a larger surface. It is oxydated, or salified, and becomes another thing entirely. For example, calomel is a proto-chloride of mercury. By adding another portion of chlorine, it becomes corrosive sublimate—a poison of five hundred fold greater potency. Now the *Tribune* man would argue that corrosive sublimate was only calomel diffused or extended over a larger surface! That Homeopathic triturations are all moonshine, or something less, is sufficiently evident from the fact that the practitioners of that school do not agree whether the third, thirtieth, three-thousandth, or three-millionth, attenuation develops the potency; and many of them say it does not make much difference.

The following calculation of the value of a dose of medicine, Homeopathically expressed, is highly amusing. We copy from the *Tribune*:

The cost of the drugs is very moderate in comparison to the value added to them by labor. Every one is familiar with the computation showing how many hundreds of times a pound of iron is multiplied in value by the labor expended in converting it into steel watch springs. Given the price and weight of a watch spring, and the price of a pound of crude iron, this is an easily-comprehended calculation. Not so with Homeopathic medicines. The first trituration raises the price of a pound of the drug, some few cents or shillings, usually to \$250. The second trituration makes it worth at the rate of \$25,000, and the third, \$2,500,000 per pound of the real drug, and so on; but, meanwhile, the pound has been left behind, except an inappreciable portion, and it is evident that in the ordinary potencies, from the third upward, not one grain of what is commonly called medicine, reckoning the aggregate of all kinds of drugs, is really taken, by all the world, in a year. For if a single grain were all carried up, even to the third attenuation, it would make a million grains of that preparation, sufficient to medicate millions of vials of pellets. If carried up to the thirtieth attenuation, the grain of medicine would vastly exceed the bulk and weight of the planet we inhabit. It would be useless, therefore, to compute the enhancement of value, and it is practically correct to say what is actually sold of the drug is raised by labor from nothing to the value obtained for it.

For the sake of those whose imaginations are not *strainable* to an extent sufficient to comprehend the vastness of the theme, we will say, that a millionth part of a grain of medicine, whose merchantable value is a good

deal less than a billionth part of a penny, "extended" to the highest possible potency, would be sufficient to supply all the inhabitants of all the planets that the telescope has discovered, from creation to the final consummation of all things.

The Bicycle Fever.

THE sensation-loving propensity of the American people is well illustrated in the silly and ridiculous rage for velocipedal exhibitions, which has prevailed during the last year, all over the country. Of course the fever was too violent to last long; but it shows that young men, as well as young women, can run after things simply because they are the fashion of the day. Velocipedes are useless, frivolous toys at best; and a young man that can find no more graceful and useful method of developing his muscular system, must be a miserable specimen of the *genus homo*.

Since the introduction of the business, about a year ago, patents for eight hundred improved velocipedes have been applied for in this country, one hundred of which have been granted. What a waste of time, money, and inventive genius! We do not attach much importance to the injurious effects of bicycle exercises as pretended by some physicians. No doubt, the exercise, with due moderation, is wholesome, as are light or heavy gymnastics, and as are many exercises which are useful as well as ornamental; to wit, sawing wood, hoeing corn, raking hay, binding wheat, threshing oats, digging potatoes, washing dishes, making beds, &c., &c. We regard a young man mounted on a bicycle, and balancing along the sidewalk, very much as we do a young lady encased *a la* Grecian bend, and waddling along on stilted shoes, which render her gait and figure anything but lovely to look upon. Both make themselves ridiculous.

Dress Reform Convention.

THE Dress Reformers of Ohio will hold their second Annual Convention and picnic, in South Newbury, on the 8th of September. The meeting will take place at a beautiful lake near the residence of D. M. Allen. Mrs. Allen is a graduate of the Hygieio-Therapeutic College, and has long been a thorough, consistent, and practical advocate of a dress that will emancipate woman from the meanest and most despicable slavery on earth—that of fashion. Dr. Juliet H. S. Severance,

of Milwaukee, and others, will deliver addresses.

The largest demonstration of short dresses—perhaps we should say *sensible* dresses, for short is an indefinite expression—we have thus far seen, was at Battle Creek, Mich., in May, 1868. We had the pleasure of addressing several hundreds of them. We hope a thousand or two, at least, of the fair sex, rendered fairer by a proper costume, will lend their presence and moral suasion to the cause on this occasion. Possibly we shall be among the spectators.

The Demoralization of Dress.

UNDER this head, the New York correspondent of the Chicago *Tribune*, states some plain and wholesome truths, which we commend to the *Olive Logan* branch of the advocates for woman's rights. We do not believe that women will ever achieve "Equal Suffrage" while they dress in a costume that unfits them for equal health, equal duty, equal usefulness, and equal intelligence. Nor do we believe that "Equal Suffrage" would be of any value to them if they should. Dress as sensibly as men do, good women, and then you will have at least a chance for your "rights." But, to our subject:

Much of the careless morality of the present day is owing to the way in which women dress. There is no caviling at the fact nor pretending to ignore it, but the moderately dressed wife and mother is fast disappearing from our homes.

The domestic daughter has long since become a myth, and in her place we have a creature of hair and humps—wasp-hips, Grecian-bended, high-heeled, chignoned young lady, who laughs loud and talks fast, and writes herself "Marie" or "Julie," and who is a complete success in doing nothing, and knowing nothing, except the slang literature of the day.

I think the reason young men do not marry is because girls have ceased to be domestic, and spend a great deal of money upon dress. They are not contented to live in a quiet way and dress moderately; they must go out, dress and ride, and frequent places of amusement; have suppers and bouquets, and receive adulation. It costs a great deal of money, which the young man furnishes, and he never gets ahead enough to marry; so they repent and try their luck over again. It is the easiest thing in the world to do with less luxury, but it involves a little self-sacrifice and economy, and these virtues are fast becoming exotics.

Fully one-half of the girls who are now filling situations in stores, offices, etc., go there in the first place in order to be able to dress better. They live in plain but comfortable homes, and must help with the housework or the children of their own kin; but they hear glowing accounts of the city; they want the finery that is denied them, and they want to go from those peaceful home

lives; from the kind guardianship of parents, to the toil and temptations of the ten-hour system.

They go plain country girls, with modest, blushing cheeks and smooth, shining hair. They stay there a year or two, and their cheeks are pale and their hair is frizzed. They have lost the *gaucherie* of blushing, and are bold at repartee. They dress somehow and live somehow; but they have hours of despondency that make them old. It is one long struggle with labor and temptation, and how they preserve their integrity God only knows!

Now, would not these girls be happier as the wives of farmers and mechanics? Would not one word of genuine love outweigh a ton of admiration? Would not the smile of a little child be a thousand times better than the gaze of the libertine? Is it not easier to work for one's own than for strangers? to feel that you are king in your castle, if it is only a one-story cottage?

Hydropathy and Turkish Baths.

THE *Hydropathic Record*, a monthly journal published in Malvern, England, which advocates hydropathy, hygiene, neurotherapeia (what is this?), and Turkish baths, gives the following account of a "vitalizing" institution in Dublin, Ireland:

THE "HAMMAM," DUBLIN.—The premises Nos. 11 and 12 Upper Sackville Street, and their extensive rear, lately known as "Reynolds' Hotel," have been within the last few days opened as a "Hammam," or Turkish baths—for such is the interpretation of the strange title—by Dr. Barter, of St. Anne's Hill, Blarney, who has taken so prominent a part in establishing baths of this kind in Ireland; and who erected the first of the kind in Western Europe since a remote period. The houses in front are being fitted up as a hotel, and are being suitably furnished for that object. The baths cover the extensive rear, and are in every way deserving of public patronage, as well as highly creditable to the enterprise and taste of the spirited proprietor. The fittings and furniture are costly and luxurious, combining taste and elegance with a due regard to comfort. The best arrangements have been made for lighting and ventilating them by day with "muffed" and stained glass windows and skylights, while at night the effect produced by the handsomely-painted lamps and numerous jets and gaseliers is most brilliant and effective.

The waiting or smoking room for gentlemen is very pleasingly and substantially furnished and upholstered. The corridor leading from this room to the gentlemen's baths is artistically decorated. Appropriate inscriptions, inculcating the excellence and importance of thorough cleanliness, are painted in ornamental letters on a series of pretty arches rising to the roof; and the corridor is lighted at night by colored lamps and a double row of gas jets, at intervals of twelve inches. At the end of the hall are the cooling and dressing rooms and gallery, luxuriously and tastefully furnished with all the necessary appliances to secure ease, privacy, and general comfort, to the visitor. Off these apartments are four suites of heated chambers—two large public suites for gentlemen, one for ladies, and a private suite for la-

dies or gentlemen off the corridor. Apartments are also set apart for giving hot, tepid, or cold, water baths, and are fitted up admirably.

By a new mode of heating, the bathers can have any prescribed degree of heat, from 120 up to 230 degrees, by passing from one heated chamber to another. Another excellent arrangement is made to secure bathers from burning their naked feet on the floors; and for this purpose cork-soled slippers are provided. The ladies' apartment is even more sumptuously furnished and decorated than that of the gentlemen. The baths are under the able charge of Mr. Walsh, manager, and a numerous staff of efficient attendants, and they have been already patronized by several hundred ladies and gentlemen, to whom, we understand, the utmost satisfaction was afforded. Attached to the baths are commodious coffee-rooms for both sexes, and thirty bedrooms. An ice-cream soda water apparatus has been erected, which produces eight different kinds of delicious drinks, to cool and refresh the bather. The terms are very moderate, and there is every reason to believe that the undertaking will prove most successful. Those who have experienced the pleasurable and restoring effects of a Turkish bath, need little or no information from us on the subject. The general rule, we think we can confidently state, is, that those who undergo the process once seldom neglect an opportunity, at reasonable intervals, of subjecting themselves to it again and again.

Think of a hydropathic and hygienic journal publishing commendatorially the associated luxuries of Turkish baths—smoking, coffee, ice creams, delicious sodas, &c. Sensuous dissipation—refined debauchery—is the underlying principle of the whole concern. Persons may get rid of some of their filthiness by means of these heating and steaming processes; but the object seems to be, to enable them to have the pleasure of *filthifying* themselves again. When persons seek any heating or stimulating process as a luxury, whether it consists in eating, drinking, smoking, or bathing, they are on the road that leads to intemperance, gluttony, dissipation, and general debauchery.

Health does not consist in preternaturally expended vitality, but in vitality used normally. All over the world the majority of persons are resorting to stimulants to increase or sustain vitality, ignorant of the physiological principle that all stimulation is disease, and hence vital waste. The world, under the lead of the mistaken drug doctors, the ignorant or knavish Turkish bathers, the execrable rum-sellers, and the innumerable quacks, is stimulating its life away for a momentary pleasure, or a transient and destructive commotion which it mistakes for invigoration.

That the tendency of Turkish bathing is downward, morally, as well as physically, we quote the following from the *Hydropathic Record* for April, 1869: "We are sorry to say that, to our knowledge, many so-called

Turkish baths have been closed, from high prices, bad management, imperfect arrangements, quackery, filth, and, in some instances, want of common decency."

The Absinthe Drinkers.

THE toppers have a new sensation. The one or two pages of intoxicating rums, brandies, gins, and wines, that complete the bill of fare at first-class hotels and restaurants, are now enlarged by the addition of absinthe. It is only another form of alcoholic poison, or medicine; but, like every new nuisance, its introduction startles some of the editorial supervisors of the public welfare. We fear, however, that they will soon get used to it, and then cease to war against it—perhaps "abhor, then pity, then embrace."

The New York correspondent of the *Philadelphia Evening Telegraph*, thinks that the new alcoholic is rapidly coming into extensive use. But he condemns that sold in New York, because it is "little more than a compound of wormwood, anise-seed, flag-root, proof-spirit, indigo, nettles, and blue-vitriol. But he should recollect that all of these things are medicines. Each is a part of the approved *materia medica*. It will do for us, health reformers, who do not believe in the drug shop nor the rum shop, to condemn absinthe drinking as we do drug taking; but to condemn absinthe because it is compounded of alcohol and other *medicines*, is certainly inconsistent while approving the alcohol and the drugs separately. The *Telegraph* says of its effects: "It creates a cancer of the spirit, which quickly devours all the finer integuments of the soul." This is true; and it is just as true of every other form of alcoholic liquor that ever has been, or ever will be, known among men.

Answers to Correspondents.

VACCINATION.—I. R. S.: We do not believe in, nor practice, vaccination. We do not believe in poisoning a person to cure disease, nor in poisoning to prevent disease. Casting out devils through Beelzebub, the prince of devils, is as unphilosophical as it is unscriptural.

MISERABLE DYSEPTIC.—M. O.: Do not undertake self-treatment. You are too miserable to be self-reliant. Go to a Health Institution, and calculate on a slow recovery. Do not be discouraged if you do not improve sensibly for months. Your cough is a bad symptom, and the cause must be removed at once, or fatal disorganization of the lungs may result.

ERYSIPELAS HUMOR.—R. M. G.: Do not wear umschlags nor head caps. A tepid bath or dripping sheet daily is all the "Hydrophathy" your case requires. Leave off milk, and sugar, your "Water-cure Doctor" to the contrary notwithstanding.

SPINAL CURVATURES.—J. S.: The most common immediate cause is relaxation of the abdominal and dorsal muscles, rendering them incapable of sustaining the spine in an erect position. In the treatment the general health is the first consideration; special attention should be given to the weakened muscles in the way of rubbing, percussion, and other "movements." During the night the patient should lie nearly flat on the back, inclining slightly from side to side whenever fatigued, and the feet should always be made to depend slightly beyond the bed, or in a depression near its end, in order to make moderate extension of the whole vertebral column.

NARCOTICS AND NERVOUS ENERGY.—R. T. P.: "Dr. R. T. Trall, Dear Sir—I have read some of your views of the *modus operandi* of medicines; but I am puzzled to comprehend how narcotic drugs, as tobacco, opium, &c., can exhaust the nervous energies if they do not act on the nerves. How can fire consume wood—exhaust its material—if it does not act on it? In other words, how can an agent have an effect if it does nothing?"

Because it is *done unto*, as we have often explained. The vital energies are exhausted in the efforts of the living system to rid itself of the obnoxious thing. If a person should place a huge stone in your parlor, and you should perform a hard day's work in getting it out of doors, your strength would be impaired, not because the stone did anything to you, but because you acted on it. If you swallow a pulverized stone, or a few grains of calomel, or a dose of opium, or a glass of grog, or any other dead, inorganic drug, your stomach would exhaust more or less of its energy in trying to get the thing out.

PUBLIC DISCUSSIONS.—H. S.: We have no time nor mind for discussions with the small fry of the medical profession. But if a drug physician of eminence and standing, endorsed by the Faculty of some chartered Medical College, wishes to discuss the merits and demerits of our respective systems, we will meet him at any place he may choose, and discuss as long as he will stand fire. But, we shall be troubled. The knowing ones know enough to avoid discussion in public. Their strength is in human ignorance.

DISEASED KIDNEYS.—O. R. H.: From

your statement of symptoms we judge your case to be albuminuria. It is doubtless curable if attended to at once, though nearly all such cases are fatal under drug treatment. Take a tepid rubbing sheet daily; a hip bath twice a day; wear the wet-girdle two or three hours each day so long as there is pain with heat in the parts affected, and adopt a very strict dietary. Do not drink hard water.

UTERINE ULCERATIONS.—S. A.: We cannot give directions for others to treat ulcers, tumors, nor indeed any surgical cases. No two require precisely the same treatment. If caustics are necessary, we cannot tell what kind nor of what strength, until we see the patient.

GREEN CUCUMBERS.—S. S. A.: "Dr. Trall, Dear Sir—Please say if green cucumbers are wholesome, and how they should be eaten."

We regard them as wholesome, and have been in the habit of eating them freely for nearly half a century. Our "how" of eating them is to cut off half an inch of each end, more or less, and throw it away; cut off the skin or rind, thicker or thinner according to circumstances; then bite it or cut it—we prefer biting—into pieces of a convenient size, masticate it well, and swallow it. The stomach, &c., attend to the rest.

CHLORIDE OF ZINC FOR CANCERS.—E. S. B.: Chloride of zinc has been in use in the treatment of cancerous affections for more than twenty years. We treated cancers successfully with it fifteen years ago, and repeatedly since. It is no discovery of Dr. Fell. It is the best caustic in some cases of cancer, but is applicable to all.

ECZEMA.—J. M.: The affection you describe is undoubtedly the effect of mercurial medicine. Keep the ulcerated surfaces covered with fine flour; bathe daily with moderately warm water; eschew milk, sugar and salt. Do not drink hard water.

CORNS.—O. R. R.: Soaking the feet in warm water, and then cutting out the hardened integument, will generally remove them in time, if the cause is not reapplied. The application of caustic, as nitric or muriatic acid, will assist in destroying them more rapidly.

FEVER.—P. O. S.: Simple fever is never dangerous, no matter of what name or form. We have not lost a case in twenty-five years. There may, however, be complications in any fever which will endanger the patient's life; but these are not an essential part of the fever as such.

Items for the Month.

The Herald of the Coming Kingdom, whose editor is a practical reformer, gives our journal a kind notice, and inasmuch as it contains some pertinent thoughts, we give it below:

THE HEALTH REFORMER.—This is a monthly journal of twenty-four pages, devoted, as its title indicates, to the advocacy of health principles. It is an old and true saying, that "an ounce of prevention is worth a pound of cure," and this is no more applicable to domestic economy, than it is to the health of individuals. People are saving of money, reputation, and everything else but health. Of this the majority are utterly reckless. They expend their vitality as carelessly as if it could be supplied again on call, and do not seem to realize their loss until stricken with debility and painful diseases. When overtaken thus, being at a loss what to do, they often resort to drugs, and obtain a temporary relief, but never a real benefit. In fact, they often make the matter worse than ever by this course. The object of this excellent journal is to so enlighten the minds of the ignorant on the first principles of health as to induce them to reform, and thus save themselves from many "ills that [ignorant] flesh is heir to." We can recommend it heartily to our readers.

In Dr. Deering's "Random Thoughts," in this issue, he strikes a blow not entirely at random in what he says of "Woman's Dress Viewed in Relation to the Arm-hole." The points which he makes are worthy of consideration.

QUESTIONS.—Persons wishing for prescriptions through the REFORMER, must bear in mind the necessity of giving full particulars respecting their cases. Some are so thoughtless as to even omit to mention their sex, leaving us to judge entirely by the handwriting, which is not always a safe guide. Others omit important particulars, which would give material aid in determining their cases. We wish to make this department as reliable and useful as possible.

CONSISTENCY.—A newspaper cautions its readers against quackery, advising them to be careful how they trust their lives in the hands of empirics, and then in the same issue gives a recipe for eye-salve, composed of red precipitate of mercury, red lead, oxide of zinc, and hog's lard. Perhaps the editor thinks that his readers need to anoint their eyes with this eye-salve, so that when his caution is read, they may be able to "see it in that light."

SELF-INFLICTED INJURY.—We should be lost without Webster's new Illustrated Dictionary. There is no work that can at all compare with it; and the student who fails to get a Webster can have no idea of the loss he inflicts upon himself. Here, knowledge in its most accessible form lies within the reach of all; and we hope the time will soon come when every family will obtain this work. With its numerous pictures and explanations, it is like a fairy tale for the children.—*Christian Monitor.*

NEW PUBLICATIONS.—We are in receipt of several books and magazines, some of them valuable, some otherwise. To those that are of real worth, we call attention:

WEDLOCK; or the Right Relations of the Sexes; disclosing the laws of conjugal selection, &c. By S. R. Wells, editor *American Phrenological Journal*, and author of several popular works. 12 mo, pp. 238, cloth. Price \$1.50. A work of real value, abounding in common sense.

THE ILLUSTRATED ANNUAL OF PHRENOLOGY AND PHYSIOGNOMY, for 1870; by S. R. Wells. Price 25 cents. Interesting and valuable.

THE PHYSIOLOGY OF WOMAN; her diseases from infancy to old age. By C. Morrill, M. D. pp. 440. James Campbell, Boston, Publisher. Price \$1.50. Thoroughly old school in its teachings and practice.

VICK'S ILLUSTRATED CATALOGUE OF BULBS, for the autumn of 1869; Rochester, N. Y. Those who have dealt with Mr. Vick need no commendation from us to induce them to continue their patronage.

We welcome to our exchange list, *The Journal of the Gynecological Society of Boston*, devoted, as its name would indicate, to the advancement of the knowledge of the diseases of women. Published by James Campbell, Boston. Although of the Drug School, this journal cannot fail to be of interest and profit to the professional man, of whatever system he may be. It is elegantly printed on fine white paper, containing 64 pages octavo. Terms \$3.00 per year. From an article on the "Prescription of Stimulants to Females," we extract the following truthful and pointed utterances:

"Females, especially, are sometimes insidiously seduced into the habit of intemperance by the use of tinctures, stomachic elixirs, etc. Their nerves are weak, their stomachs feel faint and unpleasant, perhaps from improper diet and want of exercise, from keeping late hours, or from other causes, or they may be subject to hysterical affections; for all which complaints spirituous tinctures are very likely to be advised. And as they are disguised under the unmeaning and often ill-applied name of medicines, conscience is quite at ease. That they are drinking rum, and often in considerable quantity, is a thing far, very far, from their thoughts. They are taking medicines for their nervous weaknesses, or some other weaknesses, taking them very likely under the direction of their physician, and surely there can be no danger in following advice from such a source! Their physician, the guardian of their health and life, would certainly never advise to that which could endanger the safety of either! But they may learn their sad and fatal error when it is too late to correct it."

PROGRESSING.—The following paragraph speaks for itself:

"The American Institute of Homeopathy, by a vote of 84 to 32, admitted women to all the rights and dignities of men in their body."