

THE
Health Reformer.

OUR PHYSICIAN NATURE: OBEY AND LIVE.

VOL. 4.

BATTLE CREEK, MICH., MAY, 1870.

NO. 11.

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.

DR. TRALL'S
Special Department.

The "Ruffianism" of Medical Students.

HAVE women medical students any rights which men medical students are bound to respect? We mean men medical students of the drugopathic persuasion. This question is assuming more importance every year; and we think the signs of the times indicate that public sentiment is about to settle it forever. Amen.

All over the civilized world the women are steadily and surely working their way into the medical profession. In Zurich, Switzerland, women have recently been admitted to the medical college of that place on equal terms with men. Every year adds nearly or quite one hundred to the number of women practitioners of the healing art, despite the opposing influences of a large majority of medical professors, and the "rowdyism" and "ruffianism" (epithets we borrow from the current newspapers) of their medical students.

When the medical students of the allopathic colleges of Philadelphia, last fall, insulted the women students who attended clinics, and mobbed them in the streets, the New York papers took the occasion to advertise the better character and manners of the students of the New York allopathic colleges. But it seems they reckoned without their host. They were not cognizant of what was going on at Bellevue, or else their reporters

did not like to offend the young gentlemen of that celebrated institution. However, since the demonstration in Philadelphia, the public attention has been directed to the conduct of the New York medical students, and it found that, in indecency and obscenity, as well as in rowdyism and mobocratic behaviour, the New Yorkers are far ahead of the Philadelphians—we mean the male medical students of New York, contrasted or compared with those of Philadelphia, always meaning, also, allopathic colleges.

Bellevue College has been liberally endowed by the Legislature of New York. The people of that State have been taxed largely in its behalf; and one of the returns which the Legislature has exacted for the many privileges conferred, is that all medical students of all chartered medical colleges shall have equal and free access to its clinics. But, the male medical students of that college, coming from all parts of the civilized world, have taken it upon themselves to nullify the law and exclude the women.

A short time ago, finding that mild measures, such as laughing, jeering, hisses, ridicule, &c., did not answer, and mindful of that fundamental allo-therapeutic maxim, "desperate diseases require powerful remedies," they resorted to a species of strategy which was characteristic, and entirely effective in bringing the matter to a crisis, although not quite such a crisis as the young ungentlemen anticipated. The strategy consisted in pelting the women with paper bullets, and sending them obscene drawings and pictures which they had prepared for the occasion. These missiles (remedies) were accompanied with the most vulgar expressions which the language admits of, whenever opportunity offered.

At length the women, believing that patience had now ceased to be a virtue, presented the matter to Professor James L. Wood, and showed him the pictures handed

to them by the young men—or creatures in human form. The professor denounced the conduct of the said creatures as outrageous and unbearable; declared the said creatures to be a disgrace to human nature; said that no one who could be guilty of such conduct was fit to enter any medical institution; and explained that women students had precisely the same rights there that men students had. The *Tribune*, in alluding to these occurrences, called these male medical students, “young ruffians,” an epithet not in the least too severe.

It should be stated as showing the general *animus* of the medical profession to women physicians that, of those who thus insulted women, all were not students. A part of them were physicians from various parts of the country, who were spending a little time in the city and attending the clinics whenever convenient to do so.

Cannot the people see, from these facts, that a profitable vocation, pure, unmitigated selfishness, is the ruling motive which induces all such young men to study the medical profession; and that so long as medicine is made a mere trade, like rum-selling, stock-gambling, and prostitution, it will be one of the great curses, if not the curse-in-chief, of the world? But, so long as the people demand the poisonopathic doctors, so long they will have them, we suppose.

Snobbery of the American Press.

THERE is a certain class of newspapers whose editors or proprietors can never be sufficiently obsequious and servile to whatever is for the time being fashionable, nor sufficiently tyrannical and abusive toward every thing and every person that is for the time being unfashionable. Does a “live lord,” a traveling “prince,” a scion of some “royal” family, or a dignitary from any foreign land, visit democratic America, long columns will be devoted to his doings, his goings and comings, his eatings and sleepings, his walks and rides, his drinkings and dancings, his calls and receptions, with a minuteness of detail and sycophancy which ought to be disgusting to a European Court journal, and which is detestable to every one who is republican in spirit; while, if a woman appears in the streets in a plain, simple and sensible, unfashionable dress, all their powers of ridicule, slang, and innuendo, are brought to bear against her. Perhaps there is no other way for such papers to get a living in their calling, but it is none the less disgraceful on that account. There is no better way in which

such papers could benefit the world and save what there is left of their souls, than to die. But we fear few of them will have sense enough to understand this principle, or grace enough to apply it.

One of the most conspicuous of this class of newspapers is the Philadelphia *Telegraph*, whose scurrilous articles in relation to women who wear the reform dress, we have heretofore noticed. And as it is a good illustration of the morals and manners of the snobocratic journalists of our “free-and-independent” country, we give it especial attention. In a half-column article, noticing the movements of the second son of Queen Victoria, the *Telegraph*, repeats his title thus: “Prince Arthur;” “His Royal Highness;” “the Prince;” “the Prince;” “His Royal Highness;” “the royal guest;” “Prince Arthur;” “the Prince;” ending with an expression of pleasure which the toadying paper designates as the “royal smile.”

The reporters of these papers follow up all the fashionable (*recherche* is the word) parties, and describe the dress of the ladies; and they ransack the dictionaries, and torture their brains, for words sufficiently sensational. The terms, “dazzling,” “splendid,” “fascinating,” “elegant,” “ravishing,” “magnificent,” “stylish,” “brilliant,” “stately,” “queenly,” “exquisite,” “aristocratic,” “antique,” “*entrain*,” “*distingue*,” “sumptuous,” &c., are repeated and reiterated, with nauseating frequency. We cannot imagine a sillier vocation for an adult man, or a full-grown boy, than following around the butterflies of fashion and making sensational sentences on the subject of their frills, flounces, petticoats, head gear, furbelows, waterfalls, chignons, frizzled pugs, *chemisettes*, bouquets, jewelry, diamonds, necklaces, bracelets, and other dry goods and hardware, as though there was nothing in, of, or about, a woman worth mentioning except her clothes. But this habit is not only excessively silly, but exceedingly pernicious. It tends to cultivate and intensify the spirit of caste, fashion, extravagance, vanity, and snobbery, already too rampant in fashionable circles.

The New York *Tribune*, in order to oppose most effectually the Woman's Rights movement, makes it a special point, in all the meetings of their advocates, to describe the dresses of the speakers much more fully than to report their speeches. In this way it diverts the attention of its readers from their subject and arguments to their persons and costume, rightly judging that this is the most efficient way in which to degrade them and disgrace their cause.

But the most ludicrously inconsistent exhibition of fashionable folly we have ever heard of is the introduction of jewelry and gorgeous drapery to the gymnasium. The *Home Journal* describes a "soiree gymnastique," in Boston, recently, in which the ladies were inclosed in brilliant apparel, "opera costume," "long trains," "ruby ornaments," "diamonds in profusion," &c. Has it already come to this, that our American women and girls cannot take the exercise they need for health, without making the occasion a "dress parade"? Blessed be the memory of our grandmothers; but where are their republican daughters?

Man's Definition of Woman's Rights.

THE Philadelphia *City Item*, in most respects a well-conducted and excellent weekly, has the following paragraph in relation to the reform dress for women:

The other day we saw something in the *Press* about "Bloomers." Now we agree that women should be permitted to dress as they please, provided they wear a petticoat. A woman should never forget that she is a woman. When she attempts to don the pantaloons we fear she does forget her self-respect, and she must expect to be followed by little boys, and by big ones too. The present short and narrow dresses do not require any reform.

"Name our child what you please," said the condescending husband, "only call him John." The petticoat is woman's badge of slavery. So long as she wears it she will be enslaved. In it she can neither have health, strength, nor freedom. Nor will the prevailing style of short and narrow dresses redeem her. They load the hips injuriously, weaken and obstruct the pelvic viscera, besides being too tight around the waist, thus restricting the motions of the lungs, preventing free respiration and the proper purification of the blood. Why may not a woman dress so as to insure, so far as dress is concerned, health, comfort, and usefulness, without editors of newspapers inciting the big and little boys to mob her in the street, by telling them virtually that she is a proper subject for their mobocratic propensities? Will the *Item* please answer? But the *Item's* reasoning on the subject is precisely analogous to that which slaveholders have addressed to their slaves for centuries, and which all despots of the earth continually address to their "loyal subjects." They can all do as they please provided they please to do as their owners or rulers tell them. The slave should never forget that he is a slave; the subject who attempts to play sovereign forgets his self-

respect; and all must expect to be ridiculed or coerced into their normal state of obedience!

Legalizing Prostitution.

No laws, except prohibitory, ever were, or ever can be, beneficially enacted in relation to any trade or occupation whose effects are naturally and necessarily demoralizing. All laws, except preventive, with regard to rum-selling, gambling, prostitution, &c., have invariably proved pernicious. Whether legislation proposes to restrict them, or regulate them, the practical is always to protect and extend them. For a government to license an individual to "deal damnation round the land" in the shape of intoxicating drinks is virtually to endure and commend his infernal vocation. In Paris, the most licentious city on earth, prostitution is placed under the regulation of law, and under the inspection and surveillance of a medical and municipal police. For several years past the "social evil" in New York has been discussed with reference to regulating (not prohibitory) legislation; and some of the newspapers and politicians of that city have proposed to introduce the Parisian fashion of "regulation." The professed object is, of course, to diminish the extent of venereal diseases in the community, by placing diseased harlots on the "retired list" and supplying them physicians, to be let loose again as soon as free from infection. This, we say, is the ostensible motive. But who cannot see that the practical working of the plan is to enable the viciously inclined to practice debauchery with less risk of evil consequences? And although many advocates for the legislation indicated are doubtless honest in their intentions, a larger portion are, in our humble judgment, in favor of regulating laws, simply because they in a measure protect prostitutes and their customers in their debauchery.

Within a few years, with Paris as the model city on this subject, the British Parliament has passed certain "contagious diseases acts," providing that any woman suspected of being a prostitute by a policeman is obliged to appear before a surgeon for examination, or go to prison. The law is an outrage on womankind and a disgrace to humanity. It is a law wholly in the interests of a perverted masculinity, punishing the victim instead of the villain, and persecuting the innocent. Under its cruel operations, honest women have been known to register themselves as prostitutes rather than undergo a medical or surgical examination.

But the women of England have now taken the matter in hand, and are moving for a repeal of the obnoxious statute. Among these are some of the foremost names in the Queendom—Mrs. Jacob Bright, Florence Nightingale, Harriet Martineau, &c., &c. *Per contra*, it is said that “many ladies refuse to look into the subject; and many, after having done so, refuse to give their names. Clergymen are very frequently arrayed on the wrong side. There is a strong party among the doctors, with Sir William Jenner, one of the Queen’s physicians, at its head, that openly advocates the acts, and loudly declares ‘prostitution’ to be necessary for the young men!”

We should like to ask “one of the Queen’s physicians” to explain why it is that prostitution is any more necessary for young men than for young women? Does not Jenner regard prostitution necessary for the welfare of his sons? and if so, why not also for his daughters, if he has any? Or is debauchery a mere matter of sex, beneficial to one and injurious to the other? This seems to be the view entertained by this distinguished medical gentleman and his learned *confreres*. And with the selfishness inseparable from such an abominable theory, comes the practice that will make young girls vagabonds and outcasts—all that is wretched and hateful in life—that the young men may have the benefit of prostitution! Such an abnegation of the moral sense, and such a perversion of common sense, could only have their origin in a cognate medical philosophy which teaches that poisons are remedies for diseases, that intoxicating drinks are supporters of vitality, that tobacco is a hygienic agent, and that the flesh-pots furnish the natural food of man. May the whole be consigned to the bottomless pit!

Erythroxyton Coca.

THE Philadelphia *Scientific Journal* contains an article by Samuel Davison, M. D., laudatory of the use of this intoxicating drug by the Peruvians. The doctor informs us that the leaves of the plant are dried, mixed with lime, and then chewed *a la* tobacco; that it is highly nutritive and invigorating; and that its *moderate use* is conducive to health, enabling the user to perform wonderful feats of activity, besides being valuable as a medicine in cases of asthma, &c. These are precisely the arguments advanced in favor of alcohol, tobacco, opium, and every other intoxicating drug ever known or invented.

But let us see now if the end of the coca-user is any better than that of the liquor-drinker, tobacco-user, or opium-eater. He says:

It must not be supposed, however, that none but good effects follow the use of this plant. A confirmed coca-chewer is indeed a miserable object. He may be known at the first glance by his greenish and stumpy teeth, noisome breath, his unsteady gait, his dim and sunken eye, his quivering lip, and the general apathy which pervades his movements. The continued excitement and increased sensibility of the brain gradually wear out all mental vigor and activity. No desire to improve his condition, either mentally, socially, or morally, is experienced, and the votary lives in this state, probably many years, to sink gradually to the grave, bereft of all those attributes which ennoble man, a warning to all that the gifts of the Almighty Dispenser have been bountifully showered upon us, but that reason must teach us to use them with moderation.

A Sure Cure for Scarlet Fever.

WE are constantly reading in the current newspapers of the great mortality from scarlatina in some parts of the country; and we expect to continue to do so as long as the drug system prevails. An infallible specific, therefore, is certainly a desideratum; and we find it in the Philadelphia *Press* in the following words:

“A mother” writes of a preventive of scarlet fever: While two in a house were lying dead of this fever, I was enabled by the divine mercy to carry four children unharmed through the epidemic by merely putting a small piece of gum-camphor in a little bag, and suspending it round the neck of the child while in health. This is an astonishing fact, and I have often tried it in various times of danger. I was told it by an old countryman of great intelligence, who used it thus in hooping cough. I believe it forms an atmosphere of its own around the person who wears it, and thus repels the infected air beyond. It should be removed when the danger is passed.

We have no doubt of the efficacy of the above treatment. And if the good mother’s camphor amulet could be universally adopted to the exclusion of all other drugs, externally or internally, we believe that very few patients would die of scarlet fever, whooping cough, or of any other epidemic. We do not, however, explain the rationale as some persons would be inclined to do. The protective “atmosphere” is purely negative. It consists in keeping the drug doctors away. If a bag of gum-camphor, or a hundred of them, will keep the drugs away, put them on by all means. Better cover the walls of the room with camphor bags than let the drug doctor come inside!

GLUTTONY kills, as well as hunger.

Arsenic in Mental Diseases.

IN the scientific department (a new feature) of *Harper's Magazine* for March, is a statement, copied from some foreign medical journal, that arsenic has been found to be an efficacious remedy in cases of mental derangement. No intimation is given as to the condition, degree, kind, or circumstances, of the disease or cases to which the remedy is adapted. But that, drugopathically, is of no sort of consequence. If the mind is diseased, administer ratsbane. The question propounded by the great poet,

"Canst thou not minister to a mind diseased?"

is now capable of a definite answer—give arsenic. A somewhat distinguished homeopathic professor, who is not a vegetarian himself, but is big in the abdomen and takes oysters in allopathic doses, once informed a medical class in New York that arsenic is a good thing for vegetarians, as it counteracts the bad effects of a vegetable diet. If, therefore, arsenic, besides killing rats and destroying cancers, and curing intermittents, and antidoting skin diseases, and "counteracting" vegetarians, will remedy mental derangements, the bane certainly ought to be appreciated. Great is the medical science of the nineteenth century!

"Pain Paint" and Baldness.

FEW persons are sufficiently aware of the injurious effects of narcotic and irritant applications to the scalp. They are pernicious when applied to any part of the surface, but are especially so when applied to the scalp, on account of the disproportionate amount of blood which is supplied to the brain, and the common abnormal condition of preternatural determination or "rush of blood" to the head. "Pain Paint" and "Pain Killers" of various brands are now being extensively advertised by the enterprising quacks, and as extensively patronized by the gullible public.

We saw a young man in Philadelphia the other day who got more than he bargained for in the "Pain Paint" nostrum. He was afflicted with headache, the consequence of an overloaded stomach and constipated bowels, and concluded to try the pain painter. A few applications produced an edematous inflammation of the whole scalp. In his own language, the whole skin became rotten, and seemed for days as if it would mortify. The final result was a loss of nearly all the hair of his head. Except a little circular patch of grizzly hair on the crown, his pate is as

bald as a pumpkin. Nor is there the least appearance of any new growth. The roots are as effectually pain-paint-killed as would have been his vital organs had the pain-killing medicamentum been applied to them. Those who would keep the greatest amount of hair on their heads the longest possible time had better use nothing stronger than water; and this should be soft and pure.

Economy of Pure Water.

IT is stated in one of our foreign exchanges that Glasgow, Scotland, pays the whole interest on its water debt, in the saving of soap formerly required when hard water was used. When it is considered that the pure water is brought from Loch Lomond, thirty miles distant, the subject will be appreciated. We are of the opinion that the principle will apply to every city and village and even hamlet, in the United States. The money which is expended on soap, and which could be saved were soft water used, would provide the whole nation with the pure article. In locations where springs and streams of good water are not found, or not available, hard water could be purified by distillation at a less expense for fuel and machinery than the extra soap can be purchased for. Yet this is the less important view of the subject. The saving of vitality in exemption from the many disorders which hard water occasions, is of vastly greater importance.

Good Advice to Bad Folks.

IT is said to be godlike to render good for evil, while it is devilish to return evil for good. We propose to illustrate this adage in giving good advice to bad persons. There is a little advertising sheet published at Galesburg, Ill., dignified with the title of *Galesburg Water Cure Journal*. No doubt, it is profitable to the proprietors in advertising their business, and as its principal reading matter is taken from our Hydropathic Encyclopedia, its circulation can hardly fail to do some good. Hence we have wished it well. But in the March number is a vile and slanderous article, by an anonymous writer who signs himself "Quid Nunc," concerning the table which we spread at "Eastern Hygeian Home." We quote the most pithy passage: "The vegetables are miserable garbage, old, cold, soggy potatoes, and knotty, hard apples, and some vile compound of rye and corn for bread, make up the 'best diet in the world,' at Trall's."

Now "Quid Nunc" happens to be a Mr. Seybold, all the way from Chicago, and the

animus of the above paragraph will be disclosed in the following facts: Mr. Seybold came to our institution in February, to attend the last part of the college term, on condition that he could be assured a graduating diploma, for which he offered to pay. Now one hundred and thirty dollars are not to be despised, but a humbug is. Believing that he only wanted a diploma to speculate and humbug on, we informed him courteously that we could not in any case guaranty or assure any one of a diploma, without regard to qualifications, &c. He left. It is natural enough for an unprincipled and ambitious young man to revenge his real or fancied grievance in some way; and we do not wonder that Mr. "Quid Nunc" Seybold should unbudget his maliciousness by reviling us. We are quite used to such things. But we are not a little astonished that the *Galesburg Water Cure Journal* should permit any anonymous scribbler to slander any person or any institution in its columns. What evil have we ever done to the *Journal*, or its proprietors, or its "Water Cure," that justifies or excuses, or even explains, this worse than beastly treatment? Dr. McCall, "Physician-in-chief," came to us a dozen years ago to attend our college. He represented himself as very poor; as able to attend but one term; he had a family to support, &c. He hoped, begged, entreated, that we would give him a diploma. He confessed his poor qualifications; but he would not disgrace the cause. He would continue to study faithfully. He would not undertake anything beyond his capacity, &c., &c. Mr. McCall became an M. D. of our school. We visited his "Cure" at Oskaloosa, Iowa, lectured in the place, and recommended patients to patronize him. We spoke well of all that was commendable in him or his establishment; and if we noticed any faults in either, we kept them to ourselves. We believed he was doing as well as he knew how; and we felt disposed to befriend and assist him, as we do all the graduates of our school. From that day to this, we have done him no wrong in thought, word, or deed. And how has he reciprocated? To have stabbed us in the dark might have been a wickeder thing, but not a meaner. Personally, we have no thought or feeling in this matter. The slang cannot possibly harm us. The falsehoods are so overdone that they carry their own antidote. But for the sake of the cause of health reform, we proffer a little wholesome advice to the "Physician-in-chief" aforesaid. As for "Quid Nunc," we fear he dwells below the range of healthful admonition. Not

even contempt can descend low enough to reach him.

And now, friend McCall, you ought to know that health reformers, and especially hygienic physicians, occupy a position of peculiar responsibility. They have most powerful influences to contend against. Of all the persons on the earth, it becomes them to maintain a decent deportment towards all, and to deal justly and truthfully with each other. They should never seek to exalt themselves by disparaging others. This is short-sighted policy, as well as wrong in principle. They should never utter nor circulate disgraceful epithets nor injurious statements concerning each other's character or business, without knowing them to be true; nor then, unless some worthy purpose can be subserved thereby. But what have you done? You have permitted without comment, and thereby indorsed, a false and slanderous statement, *which you knew to be false*, and all because the writer puffed up your institution as the best in all creation! The article makes you liable to a prosecution for libel; and, unless you retract it in the most complete manner, we shall give you an opportunity to justify your conduct by "showing the truth in evidence." Not that we wish you any harm; but as we profess to provide a strictly hygienic table, we are unwilling that the cause we represent should be damaged by statements to the contrary. Perhaps you do not see that you are, in one sense, slandering your "alma mater," and thereby discrediting your own qualifications. In conclusion, let me suggest to you that hygienists ought to seek business by doing the best work—"let their works praise them"—and not by abusing and vilifying their rivals and, perhaps, their betters.

An Unchristian Pie.

THE *Christian Union* gives its readers a recipe for mince pies, and after enumerating the usual conglomeration of abominations, concludes with "a pint of cider, a pint of wine, and a pint of brandy." As Rev. Henry Ward Beecher is the editor, and as he has declared in his sermons that good digestion is essential to Christian growth in grace, we commend the culinary department to his editorial supervision. What does the *Union* think of the Bible doctrine on this subject:

"A pint of cider"—"No drunkard can enter the kingdom of Heaven." "A pint of wine"—"Look not upon the wine when it is red." "A pint of brandy"—"Strong drink

is raging." Does the *Union* think that, by putting strong drink into victuals, and eating it, the strong drinking is changed to *strong eating*, and the condemnation dodged by a little strategy? If so, let us remind it that gluttony and riotous living are placed in the same category of soul-destroying influences, as is intemperance.

Answers to Correspondents.

TUMOR.—C. S.: "Dr. Trall, *Dear Sir*—About nine months ago I discovered a lump, about the size of a pea, near the small of my back. I thought I would burn it with caustic. The first application took it from the outside, leaving it the same underneath the skin. I made a second application, but to no purpose. I am inclined to think that I did not use the right kind of caustic, or else that it had lost its strength. It was the small stick caustic. Please inform me, through the REFORMER, if it is anything of a serious nature, and how to remove it. It does not pain me much, but itches occasionally. I have been living on the hygienic plan for several years, and could not be persuaded to return to my former habits."

It is impossible to determine the character of the tumor without a personal examination. It may be cancerous, or it may be a mere atheromatous accumulation like a wen. But the better way is to have it properly removed. Mild caustics are worse than useless. When caustic is employed in such cases, it should be strong enough to destroy the morbid growth to its roots, or the application will only extend it among the contiguous structures. We employ caustic potassa, concentrated sulphuric acid, chloride of zinc, sulphate of zinc, refrigeration, or the hot iron, according to size and depth of tumor, and its connection with adjacent parts. We do not recommend self-treatment in such cases.

AERATED BREAD.—R. M. C.: "R. T. Trall, M. D., *Dear Sir*—Is aerated bread, made of good graham flour, without salt, healthful?"

It is better than that raised with yeast, or by the use of effervescing powders. But the very best article of bread is made with none of these things—of simple meal and water. We can make it as light as loaf bread or sponge cake in this way. Hygienists and invalids ought to have the best possible article.

MENTAL CULTURE.—J. T. K.: "Dr. Trall, *Dear Sir*—1. What is the best method of cultivating and disciplining the mind? 2. Are classical studies and the mathematics unequalled in this respect? 3. What is the

best age for a person to enter college? 4. Is it true that a person who labors daily, as he grows older, will become less fitted to go through college? 5. Is there any college where the highest mental improvement can be attained, and where hygienic board is provided? 6. How is it with the Michigan University?"

1. Exercising all of the mental organs normally and equally. 2. It depends on the manner in which studies are pursued. Without special qualification, we say, No. 3. Eighteen to twenty-five. 4. Not unless he labors and lives unphysiologically. If persons would live according to the laws of their being, they would be as well qualified to enter college at fifty to sixty years of age, as from fifteen to twenty. 5. We do not know of any. 6. Don't know.

PRINCIPLES OF HYGIENIC MEDICATION.—R. M. C. asks: "Why can you not issue the first volume of this work without delaying to complete the whole?"

Because the work will be mainly disposed of by subscription, and canvassers must have the entire work to deliver at once; otherwise they will have three journeys to make, and, besides, under such circumstances very few would subscribe at all.

OBSTRUCTED MENSTRUATION.—H. S. H.: Give the patient a dry rubbing sheet each morning, a wet rubbing sheet, about 85°, twice a week; a hip bath at 90°, gradually reduced to 80°, once a day; and the hot-and-cold foot bath at bedtime. Once a week give a full warm bath for ten minutes, followed by the tepid ablution. She should walk as much as possible without fatigue, and ride frequently.

HOOPING COUGH.—T. E.: It is not necessary to vomit young infants; a little warm water will soothe the spasmodic cough sufficiently. Keep the bowels free. Hive's syrup is pernicious stuff.

WEEPING SINEW.—T. E.: The proper operation is to lay the tumor open with a scalpel and let out the glairy matter. Then bandage it with a firm, smooth compress, and it will heal without difficulty.

EXCESSIVE DEVELOPMENT OF THE LUNGS.—A. R. N.: The physician who undertook to explain your case is mistaken. There can be no excessive development in the sense he supposes. Your violent gymnastic performances, pounding, &c., no doubt strained some of the muscles of respiration, and perhaps injured some of the air cells. But this is *defective*, not excessive, development.

VARIOLOID.—E. A. T.: Such cases are not uncommon. Persons who live hygienically have small-pox or varioloid very lightly, if they do not escape it altogether. Your treatment was judicious. Never use the wet-sheet pack nor any cold bath after the crisis in any fever.

APPARATUS FOR PURIFYING WATER.—H. F. P.: The apparatus for procuring soft water from hard may be most economically made of tin. Any tinsmith could manufacture one from a model or sample. Any party who wishes to manufacture on a large scale, can have a working model on reasonable terms, with the right to make and sell.

UTERINE DISEASE.—A. P.: The patient whose case you describe has that kind of displacement which requires special treatment by an experienced physician. We cannot, therefore, give directions for self-treatment.

Dietetic Reform.

BY MRS. S. W. DODDS, M. D.

OF all the questions connected with hygiene, that of diet is by far the most difficult of solution. Unlike all the others, this one is many-sided, and often abstruse. That poisons, whether in doses large or small, are poisons still, and hostile to human life, is a proposition which all experience confirms; and but for prejudice, founded on false theories, no one had ever disputed the fact. That these poisons are dead matter, and can not, therefore, act on the living tissues, even a child could understand. That air, light, rest, exercise, sleep, bathing, etc., are necessary to health, most people have observed, and are ready to admit. But the food question is not so easily disposed of. It is so complex, there are so many sub-propositions involved, and these give rise to so many new ones, that one point is no sooner settled, than another is sprung. Take the following:—

What are the *best* foods for man? How shall they be obtained? When obtained, how shall we best prepare them for table use? What kinds would be improved by cooking; and how *much* cooking will each require? How often ought meals to be taken? and when? How much shall we eat at a single meal? How many varieties should be taken into the stomach at one time? How many from time to time? What combinations (not *mixtures*) are best at a given meal? What from one meal to another? What changes should be made in diet from infancy to maturity? What from maturity to old age? What modifications, if any, are required in

different climates? or, at different seasons of the year? What to suit different individuals? or, different habits of the same individual?

To answer these questions properly, would require more experience, more observation, more depth of thought, together with nicer discriminating powers, and greater capacity for careful, scientific investigation, than most persons possess. We must not expect, therefore, to learn at once all that is worth knowing on the subject. That will be the work of more than *one* thinking mind, and of a good many long years; nor will the final solution of every question now on the tapis, leave the theme at all exhausted. But because we cannot perform the whole, at a single effort, shall we stop short, and attempt nothing? Not so.

A few general propositions in relation to diet, have already been settled, or nearly so, to the satisfaction of most hygienists. Among these is the *meat* question—or rather the animal-food question; the salt question; the sugar question; the brown-bread question; the propriety of using ripe fruits; and raw fruits, when ripe; &c., &c. But this is only a beginning. As to the *relative value* of the different grains, fruits, vegetables; whether any of these in common use are to be rejected, and, if so, what ones; whether some of them are good enough in themselves, when eaten occasionally with other articles, but unfit for long-continued, *exclusive* use; whether certain of the foods proper (say cabbage and raw apples), may not be so unlike, in their natures, as not to be easily digested *together* in the stomach; whether things less easy of digestion would not be better managed by weak stomachs if taken at the beginning of the meal; whether cold food, particularly in cold weather, will not, if taken by feeble patients, arrest digestion, or impair it; these are questions to which the masses, even in the scientific world, have scarcely given a thought. In fact, to mention them, is often to provoke a sneer; for very few, save those who, from actual suffering, have had their minds called to these (apparently) simple matters, appreciate their real importance.

The *quality* of foods is of perhaps more importance, practically considered, at least to the hygienist, than any other one thing in dietetic reform. As yet, very little attention has been paid by agriculturists to this highly important subject. Fruit growers are only just beginning to wake up to the matter; but we already see the beautiful results, in the fine apples, peaches, pears, grapes, &c., that are to be found at some of our State fairs,

and in our best markets. Were there as much regard paid to their distribution, so as to secure prompt sale and rapid consumption while they are fresh, the people would not be compelled, as now, to buy stale fruits, or none, and eat them. What a disappointment when we go to market expecting to fill our baskets with fresh, luscious peaches and sweet berries, to find that the rosy peach has soured in its skin, and that the berries are one mass of acid fermentation, ready to give us cholera morbus as soon as swallowed!

As to vegetables, the case is no better. An abominable system of huckstering in many of our large cities, by which the summer vegetables are kept on hand for days together, and even weeks, during hot weather, renders it impossible for the people to obtain them in a fresh state. Early cabbages are kept in the stalls, or huckstered from one point to another, and watered from day to day, to give them a fresh appearance, the outside leaves being cut away as soon as they begin to decay or wither. You may boil one of these heads a half day, if you like, they will still be tough, and indigestible. String beans are the same. They are old and tough, and unfit to eat. The green corn is perhaps two days old, and has lost its sweetness; and other vegetables are in a similar condition.

When autumn comes, and the barrels of huge potatoes come in to market, you fancy that now you will be treated to something which is, at least, *not stale*, for potatoes will "keep," and you fill your basket with "peach blows," or some other popular variety. What then? As soon as your knife goes into them you discover deep, brown spots imbedded in the tuber, and very numerous on the end next the vine. There is also a dark ring, or rather layer, a little below the skin, covering the same end of the potatoe, and extending perhaps half way around it. The larger ones are hollow in the middle; and both large and small are, many of them, of a greenish tinge on the surface, and often deep down to the very center, so that you have to peel them, and soak them in water, before boiling. A few are long-shaped, or double; and some of the round ones are hard and woody, and therefore difficult to cut. After preparing, you put them into a kettle to boil. Most of them seem fragile in texture; for they fall to pieces, even before they are done; but the woody ones are hard after an hour's boiling; while still others are soft and watery.

Let us look a little into the causes of all this variety of phenomena. The green color near the surface is evidently the effect of too much light. Either they have been exposed

after digging, or they have stood uncovered in the cellar, or in a grocery, or they have grown too near the surface of the ground for want of proper ridging, or in some way the light has got to them, and caused a deposit of chlorophyl, making them "strong." Potatoes should always be kept *dry*, and in the dark. The hard, woody ones, so difficult to boil soft, are those that have lain in the ground, after they had matured, until wet weather came and caused "second growth;" that is, they sent out sprouts and formed (or started to form) new potatoes, just as they do when planted for a crop. The soft, watery ones *are* the new potatoes, grown from the preceding, and were not fully mature when the crop was dug. The double ones, and the irregularly shaped, are those that the wet weather caught before they had reached maturity. Instead of sending out sprouts and forming new potatoes, they simply elongated, or perhaps made one or more irregular offshoots.

But what of those that fell to pieces in boiling, before they were done to the center? These are the ones with the brown spots and the dark layers, or rings, seen on cutting them open. They are evidently diseased, and are on the road toward rapid decomposition. They are coarse grained, and loose in texture, ready to fall to pieces on "slight provocation." Some persons pronounce them fine, because they are "mealy;" but a discriminating taste perceives that the flavor is gone, or very greatly impaired. If boiled too long they usually dissolve in the water, all except some of the more stringy, fibrous portions, which are coarse and woody, and, therefore, insoluble. Sometimes, however, after overboiling, they hang together, a sort of semi-gelatinous mass, indicating progress toward decomposition.

Thus much in regard to the *decline* of the potato—that almost indispensable article of food, in the hygienic dietary. In a subsequent article, let us seek for some of the causes of this decline, and endeavor to find out ways of removing them.

COMMUNION WINE.—Dr. Jewett, the temperance lecturer, says: "Express the juice from the ripe, undecayed grape, raise it to the boiling point and seal it—exactly as the ladies can fruit—and you can keep it sweet any length of time. There is not the least necessity for tempting weak brethren at the communion table with alcoholic wines." No, nor stronger brethren either. One hundred thousand men and women are yearly sent to prison in consequence of strong drink.—*Ex.*

The Health Reformer.

Battle Creek, Mich., May, 1870.

The "Action" of Poisons.

THE theory that drugs do not act on the living organism, although very simple, and almost self-evident, is still beset with many difficulties to some who are practically health reformers, but are troubled about the theories. The following is a fair presentation of some of the difficulties, and we hope a candid examination of the points will bring out some light:

"EDS. HEALTH REFORMER: I have for some time been trying to believe that drugs do not act; but I cannot clearly see how it is possible. Now if I place on a pine board a quantity of aquafortis, it eats a hole in it. No *vital* action here, surely. If I place the acid on my hand, it also eats a hole. Does it not act on my hand? Again, poisons are said to eat the coats of the stomach. What kind of action is this? Does the stomach act on the poison, or *vice versa*?"

"CONSTANT READER."

In examining these objections, let us first be sure that we understand the question. The proposition against which they are arrayed is, that drugs or poisons do not act on the *living organism*; and the whole difficulty in the mind of "Constant Reader," consists in confounding chemical action with vital action.

The substances called poisons are such simply from the fact that they have strong chemical affinities for the substances which enter into the composition of the system. Aquafortis has a powerful affinity for almost everything. Hence, when brought in contact with wood, or other like substances, there is chemical action by reason of this affinity, and the substances act on each other. As our correspondent truly says, there is no *vital* action here. There is, however, a chemical action, and both the substances are chemically changed, and cease to be what they were before.

But, says the objector, is not the operation on the hand just the same as on the board? Not exactly. Notice, now, the points of difference. When the acid is placed upon the board, chemical action commences immediately. When placed on the hand, the first feature noticeable is an unusual redness. Why did not the board turn red? Simply because it had no *vitality*. Now vital action commences on the part of the hand. The life forces, instinctively realizing the presence of a foe, send an increased amount of blood

to the endangered part. What next? The blood throws out serum, or water, to resist the threatened action of the poison, and a blister is the result. If the acid is sufficient in quantity, and the operation continues to actual corrosion of the parts, the cuticle, or scarf skin, is destroyed by chemical action. The true skin, and the other tissues, having expended their vitality in repelling the foe, become dead matter, and hence ready for a chemical union with the acid. This union is not, therefore, action upon living matter, but upon dead matter. Hence the difference in the two illustrations. The redness, blistering, &c., in the one case, are *vital* operations to prevent the action of the acid, and not until the skin and tissues become *dead* matter, can there be a chemical union between their substance and the acid.

In the other case, there being no vital force in the pine board, it does not turn red nor blister, and the acid meets no obstacle in the way of complete chemical union with the substance of the board.

In the case of the action of poisons on the coats of the stomach, the facts are the same. There is no chemical action until the life of the parts is gone. Poisons do not, therefore, act on the living organism. If the organism maintains its life, it will act on the poison, either to ward off its effects, or to expel it from the system. And this is what is usually called the "action of medicines," as illustrated in cathartics, emetics, diuretics, &c. Medicine is said to act on the stomach when the stomach acts upon it, and expels it. Other medicines are said to act on the bowels, kidneys, &c., simply because the system takes those channels as the easiest methods of disposing of them.

Perhaps we may seem to the reader as unnecessarily minute on these points; but they are presented so often, and seem to contain such real difficulties to many of our friends, that we have tried to be very careful in their examination.

W. C. G.

A HIT AT THE DOCTORS.—To caricature the medical profession has been a constant tradition among French wits since Moliere and Boileau. It would seem that the practice is not of French origin.—There is a passage in the Bible, which is not unlike some more modern hits at the doctors: "And Asa, in the thirty and ninth year of his reign, was diseased in his feet, until the disease was exceeding great; yet in his disease he sought not to the Lord, but to the physicians. And Asa slept with his fathers." 2 Chron. 16: 12.
—*Boston Bulletin.*

Unphysiological Marriages.

ALMOST every day our attention is called to the fact that a very large proportion of the marriages which take place are made with no reference whatever to physiological conditions and laws. It is said that matches are made in Heaven, but it seems quite clear that such as are made without reference to the laws of life, must have their origin in a place quite remote from the throne of Omniscience, who certainly takes no part in planning for the future misery of his creatures.

Now we do not mean in this connection to discuss the subject of temperaments, as relating to the marriage question. This has been done and overdone already by the temperamentologists. We wish simply to view the subject from a physiological stand-point.

Our attention has recently been called to this point by a letter from a gentleman who wants a prescription for his wife, followed in a few days by a request for a prescription for his child. The circumstances are briefly these: The parents were married while both were in poor health. The wife had been drugged until she had no health left, and the husband was in no condition to enter the marriage relation. They lived and ate as do other people, and the wife is now the mother of three children, the eldest of whom is but five years of age, and is described by the father as follows:

Has been fed with condiments, meats, and all unhealthy dishes. Was taken sick with sore mouth, next with infantile fever, and then with St. Vitus' dance. Was drugged for these troubles. Her present symptoms are, shortness of breath, difficult breathing while asleep, considerable cough, accompanied with rattling; restless at night, rolls and tosses about, and dreams and talks in her sleep; hollow round the eyes, generally pale, and very fretful.

The above symptoms are simply the legacy which the parents bequeathed to their first-born, as the result of contracting a marriage in opposition to the laws of God. And what is now the condition of the mother?

Having had catarrh very badly, on taking cold her brain is affected, her mind injured accordingly, and her entire system involved. Sometimes hot flashes run over her, followed by chilliness. Pains are felt, mostly in the left side, sometimes in both, and across the chest and heart, accompanied with palpitation or fluttering of the heart; pains across the small of the back; urine highly colored and scanty; menstruation generally too soon, and scanty, followed by heat, &c. She enjoys no

good sleep at night, dreams much, and wakes up frequently.

This is certainly a very dark picture; but forbidding as it is, it has in it, nevertheless, quite a bright spot. The light of health reform has dawned upon their minds, and now they are seeking a better way. Having abandoned some of their former injurious ways of living, and improved in their diet, they now ask for help and light.

But is Nature so kind as to forgive and heal? After being outraged, her laws violated, and her dictates disregarded, can she turn to the work of recovery, and graciously smile once more on her misguided subjects? It may be so. Even now, what vitality remains may be so carefully husbanded, so jealously guarded, and so frugally expended, as to sweeten that relation which has been imbibited, physically, at least, with disease and suffering, and bring joy and sunshine into the hearts and lives even of those who began life wrong by taking a step which the laws of their being could not sanction.

The study of Nature and her laws should be the religious duty of the parents. Appetite, fashion, and convenience, should be ignored, and the demands of Nature, reason, and God, should be heeded. In short, entire compliance with the laws of life and health should be the end and aim of all the actions. In obedience to the scriptural maxim, eat, drink, and do everything to the glory of God, and in harmony with his laws; and peace, health, and happiness may be yours.

EXCESS OF FOOD.—We easily comprehend the influence of excess in eating and drinking, and in other matters, on the health of the individual, because every one perceives that the capabilities of the organization of its parts, as with a machine and its parts, have their limits; and that by the act of overstepping these, which we call excess, or debauch, the equilibrium to be preserved in the co-activity of all the different organs will momentarily or lastingly be disturbed. In the animal body there is only a certain amount of force generated daily, which the heart, the organs of digestion and respiration, the limbs, etc., require for, and consume in, their special work. By such excesses the normal state is disturbed, and when such disturbances happen frequently, a change takes place in the condition, and consequently in the capability for work, of one or other of the organs, and the body grows sick.—*Liebig.*

A GOOD cause makes a stout heart and a strong arm.

To Correspondents.

S. J. H., Mich.: Your symptoms indicate a general failure of the nutritive functions, and consequent affection of the depurating organs. From your description, we should judge that your stock of vitality is quite small, probably never very large, and perhaps not carefully expended. You have doubtless labored to the utmost of your strength, be that little or much, and will have to carefully husband your vitality in order to prolong life.

Your treatment should be mainly constitutional, tending to produce good action of the skin and liver, and keep the circulation balanced. Diet should comprise much fruit, simply prepared, together with various preparations of wheat meal, and some varieties of vegetables.

J. T. K., Iowa: You will find what you ask for in "Water Cure for the Million," for sale at this Office. Price 35 cents, post-paid.

Z. T. B., Tenn.: We would like to know what your treatment has been, under which you have been growing worse. It may, or may not, have much to do with your present condition. Until we know this, we are at a loss how to prescribe in your case.

S. L. A., Iowa: You are troubled with dyspepsia, and congestion of the brain. The latter causes your hair to fall off. You should bathe oftener than once a week, provided you do not overlabor, or exhaust yourself in other respects. The hot and cold foot bath at night, three or four times per week, will be useful. Also, wearing of the wet girdle, fomentations, &c. You should take a general bath twice per week, say sponge bath once, and dripping sheet once, and be very careful not to overwork.

A. W.: We cannot prescribe for the blind girl, as you say she does not live hygienically, and do not intimate that she would do so were we to prescribe.

F. W. writes from Mass.:

I have a few questions I would like to have answered in the REFORMER: 1. Is it proper to use a salve or a poultice for a sore or boil (not to drive the humor back in, as many of the salves do, but) to help draw the humor out? and what should be used? 2. Is corn hulled with lye unwholesome? 3. When is the proper time for drinking? As you say water should not be drunk at meals, should we drink before or after meals? 4. What should be done in case of constipation when we have no

means at hand? Hygienic living will cure it, I suppose, but that takes time, and something should be done right off.

1. Neither poultices nor salves will "draw the humor out." The latter should be avoided. Water dressings, warm or cold, according to circumstances, will be useful. Bread-and-milk poultices will do no harm, and will serve to keep the sore warm and moist, when such conditions are demanded.

2. Not if all traces of the lye are thoroughly washed from the corn.

3. The rule is, to drink when thirsty. But under the prevailing style of living, thirst is created by improper diet, &c., so that a natural rule may not always be safely followed under unnatural conditions. Avoid drinking much immediately before, and for an hour or two after, a meal, unless great thirst be experienced, in which case, a few sips of cool water held in the mouth and slowly swallowed, will be sufficient.

4. We really cannot see how you will find relief from constipation when you "have no means at hand." The best thing you can do is to provide means in the shape of a good syringe, which no family should be without. The Fountain Syringe, advertised in our columns, is an excellent article, and just what you should have.

M. E. P. writes from N. H.:

What is the cause, and what should be done, where the food is purely hygienic, when it sometimes produces a burning, fainting, distressed feeling, and belching of wind from the stomach?

The cause is dyspepsia. Perhaps the food is not properly eaten, and it may be taken in too large quantities. A disordered stomach cannot dispose of even the best of food. See article on Dyspepsia, in April REFORMER.

M. L., N. H.: Fertilizers are good for plants, because they are broken down, or inorganic. The more thoroughly they are broken down, or "rotted," the better fertilizers do they become. Food for animals, however, should be just the reverse. The more highly organized, and the less broken down, the better, provided it is suitable for food at all. Animal growth and vegetable growth are thus seen to be essentially different in their natures.

Mrs. A. B. T., N. Y.: If your little boy is properly cared for he will outgrow the difficulty. Do not give him rhubarb. See that his diet is of such a character as to prevent constipation; and if the bowels move with difficulty, give tepid enemas, followed by the injection of a little cool water, to be retained. Your course, in the main, has been judicious.

Patiently persevere, and we think the difficulty will be remedied. Do not allow his mind to be much exercised. Keep him from books and study for some time yet, and from all exciting influences.

O. A. R., Oregon: A felon may be treated as follows: As soon as its coming is suspected dip the hand in as hot water as can be borne, and then slowly increase the temperature to as great a degree as can be tolerated. The entire arm may be thus immersed to advantage. Then follow with cool compresses. If this operation, two or three times repeated, does not arrest its progress, much pain and suffering will be saved by having it opened to the bone, by the surgeon.

E. V. R., Iowa: We know of no work on the hygienic treatment of the sick, in the German language.

H. A. T., Vt.: The lady is suffering from derangement of the stomach, liver, and kidneys. Her scrofulous tendencies lie back of all her troubles, and at her advanced age a complete restoration to health cannot be expected. By careful attention to her habits, she may enjoy life better than she now does. Her diet should be carefully regulated, to the exclusion of condiments, &c. The wet bandage may be worn as much of the time as convenient, and consistent with comfort. Two sitz baths per week may be taken to advantage, followed by vigorous hand-rubbing. The reform dress should be worn, as a great auxiliary in the treatment.

C. S. H., Mich.: The young man whom you describe should make it his chief business to get well. The difficulty with his eyes would require constitutional treatment, which his present situation does not enable him to enter upon. A few weeks at a good "Cure" would be of great benefit to him.

A. S. H.: The treatment for canker and cold sores should be of a character to purify the blood, and thus prevent them. This would vary, according to circumstances and individuals.

RIFLE BALL.—A gentleman whose name has become detached from his question, having accidentally swallowed a rifle ball, wants to know what to do, as it seems to be lodged in his stomach. We would suggest that probably Nature will take care of it in due time. But if he wants to try something, it would do no harm to take a warm water emetic after a full meal, allowing it to operate with the head lower than the stomach,

giving it a chance to run down hill. A thorough vomiting might dislodge it.

J. F., Ohio: The Universal Bath is sold only by agents, or sent by express where agents are not canvassing. For particulars, send to Mr. Knowlton, Ann Arbor, Mich., for a circular. You will find your other questions answered elsewhere.

Quiet Babies.

A CORRESPONDENT of the *Medical Gazette*, who is a practicing physician, comes to the rescue of the babies against what he denounces as their deadly enemy, Mrs. Winslow's Soothing Syrup. He says he was called to see an infant that was in a dying condition, apparently from the effects of a narcotic poison, and he was assured that it had taken no medicine but the "Soothing Syrup." The doctor took the bottle and had some of the Syrup analyzed by a skillful chemist, and the analysis showed that each ounce of the stuff contained nearly one grain of morphine. A dose for an infant three months old, as prescribed by Mrs. Winslow's printed directions, contained an amount of morphine equal to ten drops of laudanum. This is ordered to be given to the child every two hours, in certain cases, and double the quantity to a child six months old. As children are very susceptible to the influence of opium, of which morphine is the active principle, four drops of laudanum having been known to kill an infant of nine months, and as the manufacturers of Mrs. Winslow's Soothing Syrup sell annually about one hundred thousand two-ounce bottles in the single state of New York, the reader can form some idea of the number of babies that are soothed to perpetual sleep by this nostrum. Mothers had better fall back on catnip tea.

CHINESE DOCTORS.—The Chinese doctor sells his medicine as well as prescribes it. He tells his customers what he thinks best for them or their friends; but it is very frequently the case that they make the selection. For instance, he may make up a prescription of ten or thirty remedies to be compounded, when the question will arise, how much is the cost? The physician makes as low an estimate as possible, and replies. The patient or friend may think it too high, that it cannot be afforded; and one article or another is thrown out to reduce the cost—often the article most valuable to the patient. In some cases they cannot agree on a prescription or its price, and the patient deliberately gives himself up to die rather than pay the price demanded.

Items for the Reformer.

WASHING WHEAT.—Lay a temporary platform of boards in the sunlight, say 8x12; then spread upon this two clean sheets. Now put a half bushel of wheat into a clean tub, or kettle, and put into this plenty of water, so that the light stuff, such as oats, chaff, bugs, worms, chaff, &c., will float to the surface. Skim off this quickly; and next stir the wheat thoroughly, and as the filth rises to the surface, continue to skim it off, until none remains. Now pour off the water, and add more, until the water is clear. Drain it of water, and spread the wheat, say four bushels, upon the platform, as above described.

I think, if you try this plan, you will be glad to avoid (with even all this work) eating the filth you thus separate from your bread. Two or three days of hot summer sun will dry your wheat. But you had better have wheat washed beforehand, so that it may have time to season in the granary, after it is washed, and become hard and brittle, as it is thus fitted to be ground into Graham flour.

WATER-PROOF BLACKING.—Mix tallow and tanner's oil, equal parts; or, if it is in winter, put in more tallow; if in summer, a little more oil; add a little beeswax. Now pulverize a box or two of blacking for a pint of the composition—I prefer common stove polish, say one paper to the pint of composition. It is good for the leather. Apply with a swab, rubbing in with a warm grease brush. Repeat this every day, until your boots are water proof. Now use the blacking polish brush, whenever you need a fine polish. It is very durable. I have had it last, with only a dry brush, for weeks. A little water upon the brush is sometimes necessary. Of course upon the farm, or road, boots in hard usage need it oftener applied. Leather well filled with this composition is susceptible of a polish at any time, with only the use of the dry brush, with perhaps a little water. It is not really a water-proof blacking, but comes as near to it as any application I know of, and it is good for the leather.

VORACIOUS APPETITES can be best satisfied with cold food—cold gems, cold vegetables, cold fruits; and if the bread is leavened, let it be at least three or four days old. Cold water, hard crackers—such is the diet for a confirmed glutton. He will eat too much of even this, unless he is determined to overcome.

It is as hard to cure gluttony as drunkenness. No vice is more hateful to God than gluttony. Gluttony will shut you out of

Heaven. Gluttony will cause you to lose wholesome self-respect, and will disgrace you, even among honest men. It is demoralizing, it is debasing, it is brutish—worse than this, for few brutes become so. ECONOMIST.

Advice on Short-sightedness.

SHORT-SIGHTEDNESS is that state of vision in which a person can see objects perfectly, only when they are at a very short distance from the eyes; nine inches, or less, being the greatest distance at which objects can be plainly seen.

Near-sighted persons are very apt to stoop while engaged in study. To avoid a practice so injurious to the figure and health, they should use a high desk when reading or writing; and if glasses are indispensable, such only should be used as just suffice to enable the parties to pursue their occupations at the ordinary reading distance, that of fourteen inches. Small type, sketches, microscopical pursuits and objects, requiring close inspection, should be avoided; the individual should overcome his natural tendency to a cramped hand, and write boldly and freely; and be the pursuit what it may, in which he is engaged, the greatest possible distance should be maintained between the eye and the object.

In all cases of myopia, or short-sightedness, and especially in early life, or when the affection is just commencing, it is highly important that any tendency to an over-supply to the eyes should be counteracted by a proper amount of bodily exercise, and every opportunity should be embraced for exercising the eyes on distant objects. Near-sight is comparatively rare in persons engaged in agricultural pursuits, and is almost unknown among those uncivilized nations whose eyes are constantly practiced in nomadic warfare or the chase.

Near-sight may be acquired in early youth by the habit common to infants of approaching their eyes very close to any object on which their attention may happen to be engaged. Observe a group of children learning to write or draw, almost all their faces sideways and their tongues in one corner of their mouths, nearly touching with their cheeks the paper or slate on which they are laboriously accomplishing their task. Many infants have been rendered short-sighted, and many have acquired squints, from constantly playing with toys; as the visual axis converges when objects are held near the eyes, frequent repetitions of this may end in strabismus. And I may here remark that strict

attention should be paid to the position of an infant's sleeping cot, and to the attitude in which it is placed in its nurse's arms. The eyes of the infant ever seek the light, and many an unsightly cast has been entailed on a child by its being always placed with one and the same side to a candle or window. The light in the nursery should not be too much on one side of the cradle, nor should a candle or lamp, in the evening, be so placed that the eyes of the child are distorted when looking at it. There is sound judgment in printing children's books in good bold type, in encouraging them to observe distant objects, and in inviting them to describe what they see in landscapes.

Near-sighted children are often fond of books and love to pore over some favorite story in a quiet corner, for hours together. They should be watched and compelled to hold their heads ten or twelve inches from the page, and the same in the school-room. Such children are obliged, during music lessons, to lean forward in a very unseemly manner, to distinguish the notes. To obviate this, a sliding bookstand should be attached to the piano, and should be drawn forward when the child is practicing. As, however, some musical instruments will not admit of such an arrangement, spectacles of a low power may be used at that time, and that time only, and the lesson should not exceed half an hour, without a pause of a few minutes for the eyes to rest.

Insufficiency of light in rooms where children receive instruction, or where they are taught mechanical work, is a cause of near-sight, and, occasionally, even more serious mischief. Care should, therefore, be taken that school and working rooms should be properly and sufficiently lighted.—*Phillip's Ophthalmic Surgery.*

Church Ventilation.

MANY persons have gone to church, taken cold, gone home, and died in a few days, from sitting in an ill-warmed or ill-ventilated church, arising from the inattention or ignorance of sextons, or indifference of church officers; hence tens of thousands are interested to the extent of life and death in the perusal of these few lines. Perhaps three persons out of four, who attend divine service on the Sabbath day, are conscious, within two minutes after taking their seats, that they have been in a hurry: that both mind and body have been more or less in a turmoil, they have been hurried in getting to church in time; the result is, they are overheated, that

is, the body is in a state of warmth considerably above what is natural; and if in this condition they sit still, even for ten minutes, in an atmosphere cooler than that of outdoors in summer, or below sixty degrees at any time, a cold is the result, slight or more severe according to the vigor and age of the individual. What would give but a trifling cold to a person in robust health, would induce inflammation of the lungs, called by physicians pneumonia, in an old person, or any one of infirm health.

Many a person has taken cold and died of pneumonia in three or four days, although in perfect health previously, by sitting a few minutes in a fireless room in winter time. The danger is still greater if the room has been closed for several days: this is specially applicable to houses of worship. Within a few minutes after benediction, at the close of the Sabbath services, the house is shut up, doors, windows, and all; the atmosphere of the building has been saturated with the breath of the worshippers; as it becomes gradually cooler, this dampness condenses and falls toward the floor, so does the carbonic acid gas, which is what becomes so unpleasantly perceptible on entering a sleeping chamber after a morning walk, and there is experienced a sepulchral dampness and closeness enough to chill any one on first entering the church, after having been closed several days. We once knew a gentleman, who was something of an invalid, to take a chill and die in a short time, from entering a warehouse in December, which had been closed for a week or two.

The practical conclusion is, that every church ought to have the windows and doors open for several hours, including the middle of the day, before it is opened for service. In cold weather, preparatory to the Sabbath service, this ventilation should be secured a day or two previous. A thermometer should be kept hanging about five feet from the floor, near the center of the building, and the mercury should be kept at about sixty-five or seventy degrees in fire-time of year—better seventy than under sixty-five.—*Hall's Journal of Health.*

OLD DR. A— was a quack, and a very ignorant one. On one occasion he was called by mistake to attend a council of physicians in a critical case. After considerable discussion, the opinion was expressed by one that the patient was convalescent. When it came Dr. A—'s turn to speak: "*Convalescent!*" said he; "why, that's nothing serious; I have cured *convalescence* in twenty-four hours!"

Beef as a Civilizer.

Editors of the Gazette: An article headed "The Non-Beef Eating Nations," taken from "*Hours at Home*," appears on the first page of your paper of the 22d. The purpose of the article is to show that the superior civilization of France, England, and America, as well as that of the old Romans, is attributable to *beef*. Before the writer of that article can maintain his assertion, he must give us an example of a *purely* beef-eating nation. No such exists, and none could exist long. Beef is a *part*, but not the greater part, of the diet of the French, English, and Americans. Their diet is a *mixed* one; and I venture to say that vegetable food constitutes the larger portion of the diet of all these people. If, according to the philosophy of the writer referred to, beef produces one kind of civilization, and vegetable food another, then it follows that the diet of the French, English, and Americans, being a mixed one, must produce a mixed or composite civilization. Let us, then, try to analyze our civilization, and see if we can find therein the several products of beef and bread. The beef probably crops out in the burning of witches; the persecutions for opinion's sake; in grim and bloody wars; in intemperance; in the cruelties practiced upon animals; in capital punishment; in prize fights and the like. So much for the beef. Now the vegetable food, it is to be presumed, shows itself in the principles of toleration; in freedom of thought and speech; in peace societies; in temperance reform; in asylums for widows and orphans, and other unfortunates; in schools, and other philanthropic institutions.

And that I am right in my classification, will appear, if we compare the flesh-eating with the vegetable-eating animals. The former, as the lion and tiger, are cruel, blood-thirsty, and useless; while the latter, as the horse, the ox, and the camel, are docile, patient, and serviceable.

So we see that our civilization, like our diet, is pretty well mixed up, materially, civilly, and religiously. Our wines are mixed with whisky and logwood; our whisky with fusil oil and strychnine; our sugars with sand and plaster. Our Christianity is mixed with Judaism, Paganism, and many other isms. Our Civil Government is a compound of British aristocracy, French republicanism, true democracy, and rigid theocracy. We have the Mosaic law, the common law, Lynch law, the Maine law, and the higher law.

Beef and bread: "by their fruits shall ye know them." I go for "the staff of life"

as being a better civilizer and much more nutritious than beef. Nature, in unmistakable language written on the anatomical structure of man, declares that his natural diet is derived from the vegetable kingdom, embracing the wonderful varieties of delicious fruits, glowing with rainbow hues, and heavy with ambrosial juices; thus at once delighting the eye and regaling the taste.—SETH HUNT, in *Hampshire (Mass.) Gazette*.

Quantity of Food for Working Men.

INDIVIDUALS whose organs of digestion, secretion, and respiration, are weak, need food different in quantity and in quality from that of persons in more robust health. For every stage of life a certain mixture of food alone is fitted; and what we all consider as a matter of course for the infant, is, strictly speaking, applicable to every period of life. The evil is, that every one has not the free choice of what he will eat; but by learning what is especially suited to his wants, or what is hurtful for him, he may help to lengthen his life a short while. The daily work performed by an individual bears relation to the mass of his muscles, as this depends on his nutrition in relation to his food. Two individuals with muscles unequally developed, cannot perform daily the same amount of work. A badly-fed individual has little muscular formation, and requires less food than one well fed. With the same quantity of food which would keep the badly-fed individual up to his weight, the better-fed man, with greater muscular formation, would lose weight. The English railway contractors measure the capacity for work of their men by their appetite.—*Liebig*.

PURE AIR.—No wonder the dwellers in towns almost instinctively seek sea-air whenever business ties are in any way relaxed. The fact is, that citizens are well-nigh poisoned month after month by the bad chemicals poured into the atmosphere by domestic and manufacturing fires; and it is only on or near the sea that you can breathe the unsophisticated breezes of heaven. Rain-water contains the washings of the air through which it falls; test it, and you are testing the stuff that you take into your lungs. Now when the cloud-drops from over the sea are analyzed, they are found to contain nothing but a little common salt, which won't hurt anybody. As you go inland they yield sulphuric acid, in combination with mineral substances.—*Sel*.

BUSINESS neglected is business lost.

An Anglo-American Turkish Bath.

[The editor of the *Scientific American* has been Turkish bathed. As his experience is very much like that of many others, and as his description, under the above heading, is very vivid and suggestive, we present it to our readers:]

READER, you have, without doubt, heard something about Turkish baths. You have probably read more or less about them; but did you ever take one? We have. The "gentle spring's ethereal mildness" had given us a cold. The cold brought with it a daily headache. Not one of those attacks which, though severe for a short time, yield to a cup of tea, and a nap on the sofa; but a lurking, treacherous ache, that came unannounced, always accompanied with a qualm at the stomach, and then left, to return again when least wanted—if it be possible to suppose degrees of desire for that which is utterly undesirable.

"The Turkish bath is the thing for you," said a friend who has tried it extensively, and who—having probably never been sick in his life—has been cured of everything by this universal remedy. We took his advice, and the ticket with which the advice was accompanied, which in due time secured the bath.

Presenting our ticket at a little ante-room of the building in which the Anglo-American Turkish bath is administered, we were presently shown into a little stall, in which privacy was secured by a thick curtain. This would hardly seem necessary, unless it is to carry out the general principle of graduation, which underlies the administration of a Turkish bath, as the subsequent operations and manipulations constituting the entire process, gradually increase in vigor, until they arrive at a pitch where feelings of delicacy, having decreased in precisely the same ratio, nearly vanish.

We found in our stall a long linen towel, which we were directed to wrap round our loins, when we had completed our disrobing. This towel is an embarrassing affair to a novice, who has not inventive talent to adjust such primitive costume in a permanent manner. Having wrapped it about us as well as we could manage it, we fell to wondering what would be the next step in this new experience. Thrusting our head out at one side of the curtain, we found a swarthy Mongolian standing sentinel at the door of our cell. This individual had a pleasant expression of countenance, but his clothing was as meager as our own; though so much more gracefully and securely adjusted, as to make us blush

for our want of taste in matters of dress. We immediately put ourselves under instructions, and succeeded in getting the thing on in a manner that we fancied would not wholly disgrace a primitive barbarian.

We were then inducted by the man and brother who had us in special charge at this stage of the proceedings, into—Whew! a room heated to 120° Fahrenheit, where we felt as though we would at once expand and burst open, like a roasted oyster.

With what gratitude we looked upon our Mongolian friend, who at this instant relieved us of all our oppressed feelings by clapping upon our head a large sponge, filled with tepid water, which ran down our beard and o'er our scanty robe, now sadly in need of re-adjustment, but not so extensive in its environment as to absorb much time in the operation.

In this room we took a seat, and put our feet into a small tub of hot water, opposite a small boy, young in years, but much older than ourselves in experience of the Anglo-American Turkish bath. This old boy informed us that he "took it offun." We inquired had he rheumatism? "No." Had he gout? "No." Did he take the baths to relieve the system of former mercurial treatment? "No. He took them for pleasure." We looked at his feet; they resembled infant boiled lobsters. We looked at our own; they appeared like large boiled lobsters. Nevertheless, we experienced a sort of pleasure in inspecting them, analogous to that experienced in youth, when reading of martyrs compelled to walk over red-hot plough-shares. We came to the conclusion that the sufferings of those martyrs had been mentally exaggerated. We now deemed it quite possible to encounter anything in the way of heat without much pain.

At this instant appeared at the door another barbarian, clad in a pair of calico pantaloons of the latest cut, only extremely short at both ends. We judge the legs could not have been more than eight inches in length. He was a grim and gaunt barbarian, with a mustache, and an eye that seemed to glow with eager anticipation. Like the spider in the fable, this attendant invited us into his parlor, and like the fly in the fable, we accepted the invitation. We found the tessellated marble floor of this apartment so hot that we could not rest our feet upon it, but the barbarian placed under them a wet towel, which felt good and comfortable.

Glancing at a thermometer which hung near, we found it marked full 140°. The barbarian turned down an hour glass, of the ex-

trême accuracy of which we feel some doubts, and left us to watch it and the thermometer. Whether the labor of this watching was so severe, or whether it was because the room was so warm, we soon found ourselves dripping with perspiration from millions of pores. We tried to recall our physiology, and to speculate upon the source from which all this fluid was drawn, but found ourselves capable of nothing but watching the thermometer and the hour glass.

From this not unpleasant Inferno, barbarian No. 2 took us into a little room where we saw the last of our primitive raiment. Here we were placed prone, and shampooed. That is, we were rubbed and scrubbed by the barbarian; were pulled and hauled and touselled and pumped upon by a hose in the hands of the barbarian; were soaped, brushed and kneaded; our limbs were stretched and twisted, and our head was rubbed until consecutive thought was an utterly impracticable achievement.

Pop! went an explosion like a Kentucky rifle, at which we jumped up in alarm. We were reassured by the barbarian, who explained how the thing was done. This he did experimentally on his own person. The hand is held so as to form a sort of cup, which is filled with suds. Brought suddenly down upon the flesh it makes a loud crack, but it does not hurt much. Down we laid again, and the barbarian fired a successive volley, ending in general firing all along the line of our spine. Then we were again drenched by a discharge of hot water from the hose, and plunged into a large vat of pure water at 70°. We found the power of consecutive thought at once fully restored by this plunge, and immediately analyzing our sensations, found them to be wholly Oriental.

We felt an intense longing for fleet horses, and tents in the desert; for flocks and herds, and opium pipes and harems, and sherbet and coffee; for loose trowsers, and shoes with pointed and turned up toes, and a turban. We tried a word or two of Arabic, but whether it was from our ill pronunciation, or whether the barbarian was such only in the matter of his skin and dress, we could not make him comprehend us.

The free use of towels having removed the moisture from our cuticle—that is, the rudimentary cuticle which the Anglo-American Turkish bath permits to remain—we began to resume delicacy and dress in the form of a linen wrap, which we folded about our person, and we were then led to the cooling and drying room, where we were placed in an easy chair with a support for our feet, and

abandoned to rest and to dreams. Opium and coffee are not served, which is considered an improvement upon the Oriental custom, but a refreshing drink of hot lemonade is furnished in the first stage of the sweltering process.

From a period of blissful rest we were aroused to resume our every-day dress and revisit the earth, which we were all the more ready to do from a feeling of intense hunger experienced at the moment.

Issuing from the establishment, we heard the bells striking 6 P. M., and could almost imagine the voice of the *muezzin* calling to prayer from distant minarets, and perfumes of "Araby the blest," blending with the less aromatic odors of our metropolitan atmosphere.

Sleep.

THE following remarks on sleep are so in harmony with nature and common sense that we commend them to the consideration of all. They express the views we have entertained for many years.

There is no fact more clearly established in the physiology of man than this, that the brain expends its energies and itself during the hours of wakefulness, and that these are recuperated during sleep; if the recuperation does not equal the expenditure, the brain withers—this is insanity. Thus it is that, in early English history, persons who were condemned to death by being prevented from sleeping, always died raving maniacs; thus it is, also, that those who are starved to death become insane; the brain is not nourished, and they cannot sleep. The practical inferences are these:

1. Those who think most, who do most brain work, require most sleep.

2. That time saved from necessary sleep is infallibly destructive to mind, body, and estate.

3. Give yourself, your children, your servants—give all that are under you, the fullest amount of sleep they will take, compelling them to retire at some regular hour, and to rise the moment they wake; and within a fortnight, nature, with almost the regularity of the sun, will unloose the bands of sleep the moment enough repose has been secured for the wants of the system. This is the only safe and sufficient rule; and as to the question how much sleep any one requires, each one must be a rule for himself. Nature will never fail to write it out to the observer under the regulations just given.—*Sel.*

SORROW'S best friend is employment.

Tobacco a Solace.

It is said by some one arguing that tobacco is a useful luxury, that "it is a *solace* to 200,000,000 men." We should like to know if men need this solace more than women. Do they not need it decidedly less? Generally, men are more occupied with business, have their own choice of professions, the largest wages, the best places, the advantages of more travel, and all the universities and colleges in which to train their minds so they may be active thinkers and intelligent citizens. Women, on the other hand, have their sphere of labor more or less cramped. Their bodies are less powerfully developed, and there are more of them on the invalid list; they go from home less, and see less of the world; they have less pay, less opportunity for school culture, less interest in business and politics, and a good deal more drudgery in housekeeping, the care of children, etc., etc. Why would not the cigar, and pipe, and chewing, solace 200,000,000 women quite as well as that number of men? Would *mankind* object? Would anybody object? Is there any less propriety in women—ladies, mothers—going about with a cigar in their mouths than men? We believe not, for there is no propriety or decency in either case! If 200,000,000 women were addicted to the use of tobacco, as are this number of men, it would be a sad thing for the future of our race. The comparative absence in vices of this sort among women, is what keeps up a tolerable degree of stamina in a small portion of those born.

But, after all, is it not very humiliating to admit that 200,000,000 men need to be solaced daily, and almost hourly, by the use of tobacco? Is there such an amount of grief, anxiety, or distress, among men as to require any solace at all, except what comes from sleep, recreation, good food, and enough to do? We believe not; but if there is, woman needs it as much and more than man, and there is not a bit more impropriety or objection to her sharing it with man. Must he have a monopoly in this solace, as in almost everything else?—*Ex.*

TWO FACTS FOR PARENTS.—I would be glad to see more parents understand that when they spend money judiciously to improve and adorn the house and the grounds around it, they are in effect paying their children a premium to stay at home as much as possible, to enjoy it; but that, when they spend money unnecessarily, in fine clothing and jewelry for their children, they are pay-

ing them a premium to spend their time away from home—that is, in those places where they can attract the most attention, and make the most display.

The Impending Reform.

MAY I offer a thought, or intimate a suggestion to the many honest, earnest friends of our reform cause? The greatest of all reforms inaugurated since the days of the lowly Nazarene is soon to burst upon the world as one of the great, living, vital issues of the age. It underlies the best interest of church, society, and state. Bad health engenders dissension in church, lust in society, and corruption in politics. Good health means good morals, virtue, refinement, purity, religion. Bad health means disease, licentiousness, vice, impurity, deadened spirituality, and immorality.

A diseased people never do, and never can, act out or present to the world a pure and undefiled religion. Bad digestion, deranged nerves, foul blood, imperfect breathing, clogged-up skins, and constipated bowels, will breed lust, selfishness, and bad tempers; while these conditions arrest and prevent mental, moral, social, esthetical, and spiritual growth and development. These are known facts to every physiologist and health reformer; but the world knows it not yet. This reform is only in embryotic life. It has not yet come forth from the womb of time to warn, and to war. It is nurtured now by a few brave hearts, and fed by the hands of the poor and despised, who love *virtue* more than *bread*; who hate and loathe the wretched vices of our fallen humanity. It must be a child of lowly mien, but of mighty power, born to redeem and strong to save from a thousand hideous vices. Like all revolutionary influences, it must be of humble birth. It will not be born in a palace of luxury, nor whirled into popular favor by glittering chariots. Great reforms, like great men, come from obscure and humble parents. A poor peasant often shakes kingdoms.

Mystic, unseen influences are concentrating on this young child of wisdom. Its sinews are being molded and hardened for war. Its heart is being steeled for mighty conflicts. Its feet are being shod for wearisome marches over thorny paths. In the meantime, if we nourish it with our souls' best and purest thoughts, God will breathe into it the breath of life, and it will become a living power in the land.

THOS. W. ORGAN, M. D.

ABUNDANCE, like want, ruins many.

Items for the Month.

Our notices to delinquents are bringing in many responses in the shape of renewals, and the paying up of back dues. As there are quite a number more yet to hear from, we extend the time another month. We hope this will accommodate even our most distant subscribers, and leave no reasonable ground for complaint. Let us hear from all who are not paid up to 4-11.

The *Peninsular Herald*, a very readable temperance journal, published at Detroit, speaks as follows:

"The HEALTH REFORMER for April is on our table, and as usual is filled with interesting and instructive matter. The REFORMER pays a great deal of attention to alcoholic spirits, and universally condemns their use in almost every form—the true and only correct ground for health journals to take."

We would also remind Bro. Russell that this is the only true ground for temperance journals to take. The temperance reform never will succeed until it is placed on the true temperance platform; and while alcoholic medication is tolerated, and the public are taught that a little rum is good for sick people, you can never persuade them that well, or only slightly sick, people may not also be benefited by its use.

The following paragraph from *Good Health*, will illustrate how the readers of that journal are enlightened on the subject of "Diet and Medicine," which is the title of the article from which the extract is taken:

"The same substance, brandy, may, according to the mode of administration, act as a simple food, a true stimulant, a narcotic, or a poison. A drug or a beverage, useless or injurious in health, may prove invaluable in a state of disease."

The old toper's idea of liquor as "victuals, drink, and lodging," hardly affords a wider range of usefulness than this paragraph from a journal that aims to help the people in securing "good health." Is it any wonder that the temperance reformation progresses backward?

THE HANDY-BOOK OF HUSBANDRY.—We are in receipt of the advance sheets of a new agricultural work of the above title, from the pen of Geo. E. Waring, jr., author of several works on agriculture, drainage, &c. The book is now being published by E. B. Treat & Co., 654 Broadway, N. Y., and is to comprise over 600 octavo pages, with numerous illustrations. It is designed to treat upon all the branches and departments of farming, and will undoubtedly be a work of great value. It will be sold only by subscription, and agents would do well to make early application to the publishers.

ALFRED UNIVERSITY.—We have received the annual catalogue of this institution, located at Alfred, N. Y., Rev. Jonathan Allen, President. The faculty of the college is composed of men and women of culture, capability, and integrity, and the location of the institution in a quiet and thoroughly temperance village, renders it a safe place for students in a moral point of view. The catalogue shows the University to be in a flourishing condition.

OUR EXCHANGES.—*The Revolution*.—This sprightly woman's journal finds a welcome place on our table. It is ably edited, and well managed, and is in itself an illustration of what woman can do. Published weekly, at \$3.00 per year, at New York City. Susan B. Anthony, proprietor.

The Phrenological Journal and *Packard's Monthly* have become consolidated. The union promises to be productive of good.

Our eastern readers, who wish an agricultural newspaper, will find a most excellent one of its class in the *Mirror and Farmer*, published at Manchester, N. H., at \$1.50 per year. John B. Clarke, proprietor.

Hudson & Menet, advertising agents, have published an Annual for 1870, containing a full list of all the newspapers published in the United States and Canada, with valuable statistical information for the use of advertisers. H. & M. are successful advertising agents, and have the confidence of the press and the public.

OUR ADVERTISERS.—We intend to allow none but reliable, responsible persons to occupy our advertising pages. We take unusual pains in this particular, but may not always succeed. We do not wish to be understood as indorsing all who advertise; but should any of our readers know that any party whose advertisement appears in our columns, is not responsible, we would deem it a favor to be informed immediately.

MESSRS. GEO. P. ROWELL & Co., Advertising Agents, No. 40 Park Row, New York, are authorized to receive advertisements for this journal at our lowest rates.

The base use to which the Scriptures are often prostituted, is illustrated in the advertisement of a patent-medicine man, who quotes Paul's language in Rom. 14, where he says that "another, who is weak, eateth herbs." The advertiser thereupon proceeds to show that herbs are strengthening, especially when compounded in his inestimable bitters. And the dear gullible public will swallow the argument, and the bitters, too, not knowing that the apostle is talking of those who are "weak in the faith," and having no reference whatever to bodily conditions.