

THE Health Reformer.

OUR PHYSICIAN, NATURE: OBEY AND LIVE.

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THE PLEDGE.

Thou sparkling bowl! thou sparkling bowl!
Tho' lips of bards thy brim may press,
And eyes of beauty o'er thee roll,
And song and dance thy power confess,
I will not touch thee, for there clings
A scorpion by thy side that stings.

Thou crystal glass! like Eden's tree
Thy melted ruby tempts the eye;
And as from that there comes from thee
The voice, "Thou shalt not surely die."
I dare not taste thy liquid gem.
A snake is twisted round thy stem.

Thou liquid fire! like that which glowed
For Paul upon Melita's shore;
Thou'st been upon my guest bestowed,
But thou shalt warm my house no more;
For wheresoe'er thy radiance falls,
Forth from thy heat a viper crawls.

What tho' of gold the goblet be,
Embossed with branches of the vine,
Beneath whose burnished leaves we see
Such clusters as pour out the wine;
Beneath those leaves an adder hangs;
I fear him, for I've felt his fangs.

The Hebrews who the desert trod,
And felt the fiery serpent's bite,
Looked up to that ordained by God,
And found that life was in the sight.
So the worm-bitten fiery veins
Cool when we drink what God ordains.

Ye gracious clouds! ye deep, cold wells!
Ye gems from mossy rocks that drip!
Springs that from earth's mysterious cells
Gush o'er your granite basin's lip,
To you I look, your largess give,
And I will drink of you and live.

No character can be lastingly injured by a fearless discharge of duty. Calumny or prejudice may obscure it for a time, but in the end it will shine the brighter for the clouds which obscured it.

DR. TRALL'S
Special Department.

Thoughts for Unthinking Persons.

To write thoughts for those who do not think may seem like a waste of good ink, valuable paper and precious time. But, as all of the patrons of the HEALTH REFORMER are active members of the Thinking Society, they can, by a little effort, put our words into the hands of many of the unthinking multitude, and thus, perhaps, induce some of them to think a little for themselves on a subject respecting which less thinking is done (and that little mostly by proxy) than in relation to almost any other that can be named. Now, we think, and have long thought, that the people of the United States are paying one hundred millions of dollars annually for medicines, which do them no good—which are worse than useless. And why? Simply because they employ others to do their thinking; and these hireling thinkers only think how they can increase the sale of their medicines. If the people would only do their own thinking on this subject—if they would exercise the same common sense in relation to the poisons they swallow that they do with regard to houses, lands, raiment, railroads, steamers, telegraphs, and ordinary business matters, they would very soon come to the conclusion that dosing and drugging sick persons was a mistake in the beginning, and will be to the end; and that all human wisdom in relation thereto is concentrated and summed up in the maxim, "the less of it the better." This has been the conclusion of every person without a solitary exception who has, since the doctrines of health reform were announced to the world, investigated the subject in the light of the laws of nature. And if all persons should thus study this subject they would all conclude as many thousands have done, that poisoning any living organism is an egregious error, in

its morbid as in its normal conditions. The result would not only be a yearly saving of a hundred millions of dollars, but of a sum of vitality and a stock of health worth more than twice that amount.

The regular medical profession has in its materia medica about two thousand drugs—poisons—and the irregular trade supplies about one thousand advertised preparations, each containing several drugs—poisons; so that the opportunities of the people for being cured or killed may be said to be immense. Do these medicines cure or kill? We answer, They do both. *They cure by killing.* This may seem paradoxical, but we will try to make it apparent.

Says Professor Paine, "Our remedies are essentially morbid, and only cure one disease by producing another." Says Professor Clark, "Every dose diminishes the vitality of the patient." And says Professor Draper, "Vitality once lost can never be regained."

For four thousand years alcohol has been regarded as in some sense an *elixir vitee*. It is still prescribed by the medical profession as a "supporter of vitality." And yet it is the concurrent testimony of all nations and all peoples, physicians and rumsellers included, that alcohol is productive of more disease and misery in the human race than all other causes combined. Wherein is the delusion? Does alcohol kill or cure? We answer, Both. *It cures by killing*, as do all other poisons.

Diseases are attended with bad feelings—aches, pains, cramps, spasms, &c. The safety of the living organism requires that this should be so, otherwise we should not be aware of the morbid conditions whose causes ought to be removed. As every drug induces a new disease, it will often change or supersede the existing symptoms, and thus occasion more or less relief. In this way the primary malady is *cured*, yet the patient is worse off than before. He has more cause of disease than before, and must inevitably in some way suffer the penalty. Narcotics and stimulants, in sufficient doses, will suppress almost all kinds and degrees of pain, but they do not remove the causes. These exist still to occasion mischief in a more destructive because in a more insidious form. A person shivering with ague may find quick relief or a rapid cure in huge doses of quinine. But now he has chronic congestion of the liver. He is pathologically in a worse condition than before. He is indeed *cured* of the ague, but his liver is half killed. Better a hundred times that the ague had not been *cured*. His system then would soon have purified itself, and sound health would have been the consequence.

Abstemious diet and rest are more beneficial in cases of ague, and, indeed, in fevers of all kinds, than are all the doses of the drug shop.

There is scarcely a newspaper in the country whose columns are not burdened with the advertisements of infallible cures for all manner of maladies. The waters of a hundred medicinal springs; one hundred and fifty alcoholic preparations; a hundred specifics for consumption; fifty panaceas for dyspepsia and liver complaint; a score of rejuvenators for nervous debility; a dozen nostrums for rheumatism; many pills for constipation; with innumerable bitters, buchu, sarsaparillas, resolvents, detergents, pain killers, aperients, pulmonics, cholagogues and electuaries, are sold extensively all over the country. These remedies are all warranted to cure. And now, dear unthinking people, did it never occur to you that if those nostrums possessed one-tenth or even one-hundredth part of the virtue pretended for them, invalids ought to be scarce? But statistics, mortuary and sanitary, as well as ordinary observation, will show that the particular diseases they are guaranteed to cure are undiminished in frequency and fatality. Take consumption for example. In all of our large cities there are one or more consumption curers. They advertise special plans or specific remedies which are infallible even in the second and third stages. Patients flock to them in droves. But those who will take the trouble to inform themselves, will ascertain that the death-rate is not diminished in the least. In New York several fortunes have been made within twenty years, by specialists who set up business as consumption curers; *but not one person has been cured by them.* Does not this fact alone prove the knavery of the whole business?

Thoughts for Thinking Persons.

THERE are some thousands of families in the United States who do not use medicine. In health they do not need it. In sickness they regard it as the greater of two evils. There are at least one hundred thousand individuals in our country who are so thoroughly indoctrinated with the principles of the health reform that they discard the drug shop utterly. Many of them have lived twenty years or more—half of them, perhaps, ten years or more—without swallowing poison of any kind in the name of medicine. They have not paid the apothecary a penny, nor the nostrum-monger a farthing, nor the doctor a copper, save for his advice and actual labor done and performed. They have had more

or less sickness. Like other folks, they have been more or less exposed to unphysiological conditions; many of them have inherited predispositions to disease; some have had frail constitutions; others have been sadly drugged in early life, and nearly all have learned the truth of the hygienic system through tribulation. And now if there is any virtue in medicine; if the whole materia medica of drugopathy is not a disastrous delusion, these persons ought to be among the most ailing and complaining classes in the community, while the rate of mortality among them ought to rate high. But, the contrary is the fact. Comparatively they are seldom sick, and when sickness occurs they are easily restored to health. They may have fevers, rheumatisms, choleras, inflammations, colds, &c. But, in nineteen cases out of twenty, one day's fasting, one extra warm bath, and quiet for a day or two, is all the medication required. They are seldom confined more than a day or two. We are acquainted with a hundred families whose children—of all ages below twenty—have never taken medicine. Most of them have had the ordinary contagious diseases—measles, whooping cough, &c. Some have had the small-pox, and more of them the scarlet fever. Some of them have been apparently dangerously sick; but, so far as we know, not one of them has died. All, without a single exception, whose parents or physicians have persevered in the no-medicine treatment, have recovered. And we here repeat the statement we have often made, that, in treating some hundreds of cases of febrile and other acute diseases—including small-pox, measles, scarlatina, pneumonia, cholera, dysentery, typhus and typhoid fevers, ship fever, &c.—hygienically, we have not yet lost the first patient.

And why should any person die of fever, even though it be severe, or "malignant"? Fever is remedial effort. It is a process of purification. It is an attempt of the living organism to free itself of obstructions and impurities. And why should the remedial process end in death? It never does under favorable circumstances, however severe and prolonged it may be. If patients who have fevers of any kind die, it is not the disease that kills them. It may be bad nursing; it is generally drug medication. Eight out of every ten of the men, women and children, who are said to die of fevers, are killed by the medicines, while one in ten is sent out of the world by unhygienic nursing. Tenths of the whole would recover—taking our experience for a quarter of a century as

the standard of judgment—if the patients could only have proper nursing and *no medicine*.

Another consideration is worth thinking a little about. Of the hundreds whom we have treated for fevers and other acute diseases, nine-tenths have recovered within one week, not more than one in ten has been sick two weeks, and not one in a hundred three weeks. Yet it is well known that, under the ordinary medicine treatment the average run of the fever exceeds thirty days; some are sick eight, ten and twelve, weeks, while very few recover in less than two weeks.

And, lastly, a thought in relation to the comparative mortality. Under drug treatment the deaths in the mild cases average ten per cent, and in the severe cases twenty-five per cent. Under hygienic treatment the deaths are 0 per cent. And finally, a majority who do recover under drug treatment have shattered constitutions for the rest of their lives, while all who are treated hygienically come out sound and whole.

Woman's Incapacity.

THAT the mental as well as bodily inferiority of American women is owing chiefly to her silly slavery to fashionable dress, is sufficiently apparent to all who observe them and their dry goods with a critical eye. And when such periodicals as the *Home Journal*—which circulates mostly in the circles of fashion—declare that "clothes absorb the thought of a great portion of the feminine world," the advocates for dress reform may claim to be an important if not an indispensable element in sociology. Under the head of "Nothing but Dress," the *Journal* says:

No wonder that such empty, shallow faces drift past us on crowded thoroughfares, set off with all allurements of dress and ornament, but so weak, so blank, so devoid of all intensity of thought, purpose or emotion, that one almost questions whether there can be, dwelling behind them, an immortal soul.

The evils caused by this extravagance in dress are too manifold to be readily enumerated. The infrequency of marriages—since the very means taken to secure a lover must prevent him from becoming a husband; the temptations to dishonesty in our business men, who feel compelled at any price to furnish means for this display; the entire absorption in money-making, which is ruining the health of our countrymen, withdrawing them more and more from their families, and lessening their influence over their children; the going down to dusty death of so many of our sisters to whom the love of fine attire

proves the path that leads to perdition;—all these evils, so threatening in our present society, may be traced in no indirect way to the baneful influence of the reigning extravagance in dress. This exaggeration of the value of clothes lessens, in a great proportion, the value of woman herself. It degrades the scope and purpose of her life; it leads directly to ignorance, ill-health, extravagance, and social crime. Whether, therefore, it springs originally from her strong, native love of beauty, perverted and indulged beyond due limits, or from the low estimation in which she has been held, as a plaything and an ornament, bound only to please the selfish wishes of man, it should be the duty of every true woman to control and repress it. A "gentleman from the old country," in an article published in *Putnam's Magazine*, among other truthful but not complimentary remarks on American women, says:

But one is disenchanted, not only of his ideal of womanhood, but of the most homely and humble domestic illusions, by the sight of crowds of gaily-dressed females, with huge greasy masses of hair on the back of their heads, and no modest shield to their brazen brows, dragging their long silken trains through the dirt of Broadway, or crushing, like half-inflated balloons, their ample skirts through a densely-packed omnibus. The triumph of extravagant luxury may be seen, at certain seasons, at what looks like a palace—a huge, lofty, marble building, in the principal thoroughfare of this city; it is not a royal residence, nor a gallery of art, nor a college—it is a dry-goods shop. Imagine a thousand women there convened, an army of clerks showing patterns, measuring off goods, or rushing to and fro with change and orders. Every one of these females is dressed in silk; at least one-half, if attired according to their means and station, would wear calico or homespun; perhaps an eighth out of the whole number of husbands to these shopping wives are either bankrupt or at work in Wall street, with fear and trembling, risking their all to supply the enormous current expenses of their families, whereof half relate to female dress. Carry the inference from these facts a little further; of course, the daughters marry for an establishment, look abroad for enjoyment; by-and-by go to Europe, ostensibly to educate their children (leaving papa to his club and counting-room), but really to gossip at Dresden, flirt at Rome, or shop in Paris.

Medical Prize Won by a Woman.

WOMAN'S natural fitness for the medical profession has recently been demonstrated in a manner more convincing to authors and editors than successful practice at the bedside could be. The *Philadelphia Press* says:

Hardly have the headaches of the late Medical Convention passed off before there comes a fact to silence all the insulting theories of the Rip

Van Winkles. Last fall the editor of the *New York Medical Gazette* offered a prize for the largest number of accepted articles on clinical reports, to be published in the columns of that paper. A series was furnished over the signature of M. M. W., which were published, attracting considerable attention and commendation from members of the medical faculty for their clearness and generally excellent treatment. The prize was awarded to this writer, who proved to be Mrs. M. M. Webster, M. D.

And what is most provoking of all to the sleepy old fogies is the fact that Mrs. Dr. Webster is a graduate of a Woman's Medical College in Philadelphia. The editor of the *Gazette* has been among the opposers of "female physic;" but the fact of a woman's beating him on his own ground the very first time she tried, brought him to the *amende honorable* in the following words:

To those of our brethren who dogmatically flout "female physic" on "general principles," we would hint that submission to the inevitable is the part of wisdom, and that individual capacity must henceforth be our criterion for judgment, unbiassed either by prejudice on the one hand or by gallant leniency on the other; to our fair competitors, who, resolved to try their lances in arduous battle, lay aside their sex's claim to tender consideration and ask only "a fair field and no favor," we can assure grudging praise if they are victors, and little pity if they fail; to the great body of male applicants for enrollment in our ranks we offer an adjuration to profit by the instruction afforded them as industriously as has at least one of those whose claims to recognition it is the fashion to perhaps underrate, and finally, to our new colleague herself we tender a welcome to our profession, and this recantation on her behalf of much that we have heretofore said.

We commend these considerations to the especial attention of the regents of the University of Michigan, who have imitated the Rip Van Winkle action of the M. D.'s of Pennsylvania, in closing the doors of their Medical Department to women.

Iced Beverages.

MANY persons are seriously injured, and several are killed outright, during each "heated term," by the free use of iced water, ice-cream, and other very cold ingesta. A typical case happened in Wheeling, West Virginia, recently. A man who drank iced water freely at dinner, was soon after affected with cramps, and died in a few hours. Now, drinking freely of extremely cold water is injurious at all times, except in certain inflammatory conditions; but the danger is greatly increased while eating. The true physiological rule is to drink nothing at meals; but if persons will use salt, grease, pepper, saleratus, fine flour, and other thirst-pro-

voking materials, they should drink as sparingly as possible at meals, and freely between meals. And in this way, if they do not get the better of two good things, they will have the lesser of two evils.

Young Wife's Cook Books.

If young wives do not succeed in feeding their husbands, young or old, properly, it will not be for lack of books of instruction on the subject of victuals. Once a year or oftener some publisher of a book he is naturally desirous of selling, announces a new work for young wives. Of course a newly-married woman wants to know something about cooking, and she would as naturally inquire for the latest fashion in a book as in a bonnet. And at the present writing this happens to be the work entitled according to the heading of this article, which is published in Philadelphia, and consists of 676 mortal pages. We advise all young wives, and all old ones, to let it alone severely, and to eschew all similar volumes. They are not only botherations, but abominations. If any young marriageable woman does not know how to cook food so as to have it wholesome and palatable, she is sadly to be pitied, and so is the man who marries her. She is not fit to be either wife or mother. But, be she ever so ignorant, the fashionable cook books will only make a bad matter worse. She had better trust the instincts of her servant, or her own common sense, if she has no servant. She may bake, boil, roast, stew, fry, mix, season, conglomerate ever so awkwardly, yet she cannot possibly make more unphysiological and disease-engendering dishes than are paraded as "nice," "rich," "palatable" and "wholesome," in the current books on cookery. We know of no books extant on cooking, except the Hydropathic, and Hygienic, which are not collections of recipes for pandering to perverted appetences. A morbid stomach is the stand-point from which the author compounds her viands; and, how will it sell? the important question with the publishers.

Women Doctors in Europe.

No less than nineteen young women are studying medicine at the University of Zurich, in Switzerland. All of the subjects of instruction—*anatomical and surgical*, as well as *medical*—are treated of before the students of both sexes, and that without the least embarrassment. Indeed, the officers of the University, after a six-years' trial, report that, not only is there no disturbance or difficulty of any kind as a consequence of the

association of ladies and gentlemen on precisely equal terms, but that, on the contrary, better order and decorum on the part of the gentlemen are the results. At Vienna in Austria, at Moscow in Russia, and at Paris in France, the same plan of educating the sexes together in the medical schools is pursued, and with the same happy results. Possibly some of the professors of the New York and Philadelphia medical colleges may live to be ashamed of their mean and selfish opposition to woman physicians. But, whether they do or not, it is as certain as it is that there will be future generations, that the business of administering to the sick will ere long be mainly in the hands of women. Every year adds to the number of women who are attending medical schools, both in Europe and in this country; every year witnesses an increase of the number of women physicians who are engaged in successful practice, and every year lessens the public prejudice and diminishes the social barriers against women's pursuing the healing art as a vocation.

Sien Chi Fum, M. D.

BEING in New York a few days ago, we noticed placards in various parts of the city announcing that a Chinese doctor has opened an office in Fourteenth St. He has imported his *materia medica* directly from the celestial kingdom. It consists of dried snakes, flies, bugs, centipedes, and other preparations of animals possessing rare and invaluable medicinal virtues. We know this fact through the custom house, where the questions arose whether these goods were dutiable, and whether they were admissible into the country under any circumstances. We confess ourselves unable to understand why the medicaments of Professor Fum are to be discriminated against. So long as spiders and spiders' webs are recognized as medicines by us, we do not see how we can legitimately object to his dried snakes. We tolerate Spanish flies. Why may not the Chinese article be as good or better? And if Doctor Fum proposes to dose his patients with bugs and centipedes, do not our American M. D.'s medicate us with venoms and viruses of much greater worseness, as Josh Billings would say? Our more enlightened physicians administer the virus of the rattlesnake, the contagions of small-pox, and the infection of syphilis, to prevent or cure disease. To restore vitality they prescribe alcoholic poison, and to cleanse the blood they recommend the impurities found in our various mineral springs. And

when to all this is added, taking our blood out with lancets and leeches, and destroying patches of our skin with blisters and setons, to say nothing of poisoning us through and through with mercurials and antimonials, we see little ground to protest against the importations of Doctor Fum. The snakes, and flies, and bugs, and centipedes, of the Chinese dispensatory cannot be less scientific than the officinal preparations of the United States Pharmacopœia, while they are certainly less injurious. They are, to ordinary drug treatment, what Homeopathy is to Allopathy, the less of two evils. If one half the people in New York City would employ no physician except Dr. Fum, the mortality would be reduced two hundred per week.

The Chemistry of Wheat.

AS THERE is no chemistry in living structure, and as "organic chemistry" is a misnomer, what is termed chemical analysis can never determine the actual nor relative value of any kind of food. This is a vital question, and can only be ascertained by physiological data. It is, however, interesting and instructive to note that all medical men who experiment chemically on the relative value of the whole grain of wheat, or the bolted meal, as an article of food, come to the conclusion that the unbolted article is the more wholesome and nutritious. Indeed, they tell us that the bran, which is so generally rejected as only fit for the stomachs of cattle or hogs, contains certain elements which fine flour does not, and which are essential to the perfect nutrition of all the structures.

The London *Lancet*, of April, 1870, contains the statement of a careful and thorough analysis of wheat, by a Professor Atfield, from which the editor concludes in the following words: "The fine-ground flour [meal] of the entire wheat grain is proved, therefore, to be altogether the most desirable for general consumption, and we hope it will take the place of the purely starchy compounds now in use, both in the case of children and adults."

We have known, taught, and practiced, this fact for more than a quarter of a century. And now that a regular medical journal has proved it to be true, let us see if the regular medical profession will teach and practice it. We suspect it will continue to eat fine-flour bread, and to recommend sago, tapioca, corn starch, farina, and all the other known "starchy compounds," to their patients, whether children or adults, just as though nothing had happened.

A "Forerunner of Some Sign."

MISS MARY PUTNAM, of New York, has lately graduated as physician at Paris, receiving the *tres satisfait*, the highest certificate ever given, and won this year by no other person. The next highest award of honor for eminent qualifications—the *bien satisfait*—was obtained by an English lady. No one among the male students achieved either mark of distinction; and only two received any testimonial whatever, and these two only that of "passable." In view of the fact that men have had access to the schools of medicine for ages, while women have been excluded, the result above chronicled ought to teach the young gentlemen students of New York and Philadelphia a little modesty, if it does not inspire them with a sense of justice or a spirit of decency. And the same remark applies to their professors, who, in medical lectures and society speeches, are forever blowing blatant nonsense about woman's want of mental capacity to grapple with the intricate problems of medical science. Is it not also a humiliating fact that, notwithstanding our boasted progress and enlightenment, and the superior liberality of our public institutions, we are so far behind England, France, Germany, and Switzerland, in recognizing the equal rights of woman to the medical profession?

Answers to Correspondents.

DYSPEPTIC FLATULENCE.—G. K. H. P.: "Dr. Trall—What is the best remedy for flatulence arising from dyspepsia? There are flying pains about the lower region of the stomach and bowels, with much belching; complicated with severe itching. What is the real cause of these symptoms?"

The immediate cause is, chronic inflammation of the mucous membrane of the alimentary canal, or some portions of it; and the remote causes are the patient's unphysiological habits. The food should be mainly dry and solid, as wheat-meal bread or crackers, with uncooked ripe fruits. It should be eaten very slowly, and thoroughly masticated. No drink should be taken at meals, nor anything eaten between meals. The wet girdle, hip baths, and "movements," are useful auxiliaries.

ABDOMINAL TUMOR.—E. A. C.: The enlargement may be ovarian, uterine, or mesenteric, or, possibly, ascites. In its present advanced stage, a careful examination would be necessary in order to determine its precise character. We can say nothing of the treat-

ment required, nor of the probability of cure, until a correct diagnosis is made out.

DISPLACEMENT OF THE LIVER.—R. S.: Your physician is probably correct. A displacement, or rather movable condition of the liver, is a possibility. Indeed, there are well authenticated cases on record; and we have such a patient at this writing. In these cases the abdominal muscles will be found weak and relaxed, and such manipulations as are calculated to contract and invigorate them constitute the specialty of treatment.

SEA-SICKNESS.—S. J. M.: A sea voyage might benefit you, but the nausea and vomiting would be an injury rather than benefit. Avoid them, if possible, by a simple, abstemious diet. One day's fasting before going aboard is a good preparation. Overloaded stomachs and constipated bowels are the chief causes of the prolonged and distressing sickness that afflicts so many transatlantic travelers. We have crossed the ocean during an unusually severe equinoctial storm lasting a week, and without the least sensation of nausea or giddiness.

SENSATION AND MEMORY.—“R. T. Trall, M. D.: A writer in the *Phrenological Journal* speaks of the soul as ‘receiving sensations and impressions,’ and says of memory, in relation to external objects, ‘After memory has selected a few of the perceptions,’ &c. Is sensation an entity? Is memory a thing? Is perception a substance? Is such talk good phrenology?”

It may be good phrenology, but it is bad philosophy. Sensation is an action, a recognition on the part of a mental organ, not a receiving of something. Memory is not a distinct organ or faculty, but a quality of each organ. Perception is not an entity to be received, transmitted, or taken cognizance of, but the act of recognizing external objects. For want of a correct mental philosophy, phrenological writers perpetrate an immense amount of nonsense.

TOO MUCH POULTICE.—J. F. C.: We cannot explain the cause of the child's death, but it is certain that covering the whole back, chest, hands, and feet, with a slippery-elm poultice was bad practice. It would be dangerous to cover so much of the surface of a well child, only a week old, with a poultice of any kind.

DISTORTED JOINTS.—P. J. P.: So long as rheumatic inflammation exists, the affected joints should be covered with wet cloths. The distortion is to be overcome by alternate

hot and cold applications, or the fomentation followed by the douche. Judicious manipulations will expedite the cure.

CONSTITUTIONAL SYPHILIS.—R. M. S.: Hygienic treatment is not only the best, but the only efficient method of removing this affection. If it has been aggravated by mercury, a longer treatment is necessary. When the patient has been severely mercurialized, very cold water should never be employed, externally or internally.

MEMBRANOUS DYSMENORRHEA.—M. H. J.: The periodical discharges are owing to chronic inflammation, with an exudation of coagulable lymph. This matter concretes on the mucous surface of the uterus, and is then cast off and expelled, attended with pains very much resembling those of labor.

HIP DISEASE.—W. T.: Blistering alone may occasion shortening of the limb, and always aggravates that condition. Water treatment will always arrest the destructive local inflammation if judiciously applied in the early stages. After caries of the bones, or dislocation of the joint, has taken place, months of treatment may be required, and permanent deformity may be the unavoidable result.

HERNIA.—A. L.: There are no trusses on sale that are suitable for all cases. In some difficult and peculiar cases, a truss has to be made expressly for the patient. We can get trusses made and fitted to any form of hernia if the patient is with us. We can send trusses that will answer in all ordinary cases.

WATER-CURE DISEASES.—J. M.: We are opposed to the practice of applying bandages, girdles, or wrappers, until the cuticle is destroyed, and the skin ulcerated. The better way to purify the body is through the natural emunctories.

AFTER EFFECTS OF OPIUM.—F. E. B.: “A friend of mine in Washington, D. C., had rheumatism in the back, for which he was treated hypodermically—with opium injected into the skin. He was confined to his bed between three and four months, and had spells of turning black in the face. Finally he became so reduced that his recovery was despaired of. Vitriol was administered, among other medicines. The gentleman is now able to crawl about, but his back troubles him constantly, and it is difficult for him to stand erect. The opium was put into the small of the back. To me there seems to be a pretty close connection between his treatment and his long sickness. Please give your opinion

of the after effects of opium in such cases."

You are right. The opium has had a permanently paralyzing effect on the muscles. Hygienic treatment invariably cures such cases in a few days. The patient ought to go to a health institution and remain six months. It will require more than that length of time to overcome the bad effects of the drug treatment to which the patient has been subjected.

Injurious Effects of Tobacco.

"DOCTOR," we said to a splendid specimen of the profession, "tell us something about the baneful effects of tobacco."

"Its effects, sir," he replied, "are evil and only evil, and that continually; and it is a perfect mystery that gentlemen of my profession care so little, do and know so little, about a poison that is doing mischief at so terrible a rate."

"Sir," the doctor continued, "I was on a council of physicians the other day, on the borders of this town; the patient was a young man prostrated by paralysis; he was deprived of the use of his lower limbs from the abdomen to the toe; we overhauled him; we withdrew and talked about antecedents and probable causes, and came to no satisfactory conclusion. Dissatisfied and impatient, I inquired of the attending physician whether the poor fellow used tobacco."

"O, no!" he replied, "I guess not," and with an air of nonchalance, added, "What if he does? that can have nothing to do with his case."

"I did not ask you," I replied, "about the effects of tobacco, but simply if the patient used it."

Gruffly he said, "Go and see."

Stepping to his bedside, I said, "My young friend, do you use tobacco?"

With a squealing voice, more cat-like than human, he answered, "I use a little."

"How do you use it?"

"I smoke a little."

"Did you smoke this morning?"

"Yes, a little."

"Did you smoke at noon?"

"Yes, a little."

Before I quit his side I ascertained that he had actually consumed sixteen cigars a day, and the poor fellow's soul was so obfuscated by smoke that he considered that prodigious amount but a little!

"This," continued the doctor, "may seem strange, but the strangest thing of all is the fact that his attending physician, regular and well bred, did not know, in the first

place, that his patient used tobacco, and secondly, if he did, he did not know that a rank and deadly poison could have anything to do with his case."

We are indebted to the medical profession for the most effective testimony against this most popular poison; hence we have no wish to arraign it and denounce it in wholesale style. But account for it as we may, on the score of selfishness or ignorance, the main body of the profession are mournfully derelict in duty touching the ruinous effects of this great and fashionable narcotic.—*Am. Baptist.*

Interesting to Tea Drinkers.

[ED. HEALTH REFORMER: The following, taken from the *Alta Californian*, a San Francisco paper, of October 22d, 1869, may interest those who do or do not think there is any special virtue in "pure China teas." Teas of the same character may reach other markets besides San Francisco.—J. N. LOUGHBOROUGH.]

A gentleman has left at this office a sample of an article which he purchased within a few days as a superior quality of tea. Being an old tea drinker, and compelled to use the article medicinally, his attention was attracted a few days since by the appearance of some tea at a store in the city, put up in neat packages and marked with a well-known brand. He purchased a small quantity, but after drinking one cup prepared from the so-called fancy tea, was taken violently ill. Upon a close examination of the leaves which had been steeped, he found them to be simply the leaves of the ordinary California chaparral. Further inquiry developed the fact that the leaves of this and other shrubs are gathered in great quantities upon this coast, and packed in bales and shipped to China, whence, after being dried and prepared by some process unknown, it is returned to San Francisco properly put up in packages, and branded and sold as a superior quality of tea. The sample shown resembles the best quality of black tea, both in appearance and smell, and is calculated to deceive an ordinary purchaser. While there is nothing absolutely poisonous about the leaves of the chaparral, its effects upon the system are very disagreeable, and decidedly prejudicial to health.

EVILS in the journey of life are like the hills which alarm travelers upon their road; they both appear great at a distance, but when we approach them, we find that they are farther from insurmountable than we had conceived.

Horrors of the Gastric Laboratory—What a Human Being Eats.

WHEN we come to earnestly think of all the diseases to which flesh is heir, we do not wonder that there should be a school of vegetarians. The cupidity of some men is so great that we, who depend upon the butcher to supply us with steaks, roasts, and chops, never know what we are eating. And perhaps it is well that we are partly kept in ignorance, for if we could know the entire truth as to the condition of the beasts when brought to the shambles, we would be very apt to lose our appetites at the breakfast and dinner tables, and sensitive feeling be so outraged as to welcome starvation as bliss, or become so callous as to be shocked at nothing, however disgusting. The flesh of animals that have been excited before death by over-driving or torture, is unwholesome, and yet how many animals are slaughtered in the vicinity of New York that yield up life, the blood feverish with excitement! We jam them into foul cars, inflict upon them all manner of torture, hurry them through our streets, and then, at the slaughterhouse, possibly force the herd designed for the shambles to stand and watch the death agonies of the first, afterward every succeeding one of their number, offered up as a sacrifice. The treatment that the animals have received is in such striking contrast to that enjoyed by them in quietly ruminating over green pastures that the blood is already boiling in their veins; but we do not stop to consider this—we prefer to excite them to a pitch of frenzy by giving them a foretaste of the death which they are about to suffer. And thus meats are prepared for the dainty consumption of man! The picture is shocking, but not less shocking than true. Such flesh cannot be healthy, for fever, which is a symptom of the most violent and fatal diseases, has taken possession of the blood. Liebig tells us of a family of five persons made seriously ill by the flesh of a roebuck which had been caught in a snare and undergone an exciting struggle previous to death. There was no poison in the flesh, only such poison as was communicated to it by the heated, unnatural state of the blood.

Putrid meat is not wholesome, and yet how often is such consumed. In sausages, tainted meat is worked up and so disguised with spices, that we detect in it, so far as taste is concerned, no signs of decay. At our cheap restaurants meat in the first stage of decay is generally used because it is cheap, and cheapness is the principle that gives reputation to

such establishments. But these putrid meats are made palatable by a nice adjustment of strong flavors. Taste is deceived, but the influence is none the less marked on the healthy action of the vital functions. The power of habit, in reconciling the stomach to the digestion of decayed meat, unquestionably is great; but we do not forget that there are many well-attested cases of violent disease and death, in a wholesale or epidemical way, traced to flesh of this kind. The epicure, too often a gourmand, in the course of time, manages to destroy the natural action of the stomach to such an extent as to cause him to crave tainted food; but the epicure, in passing sanitary judgment upon a question, should not be taken as a model by any means. As evidence of this, we can state that what seems so delicious to him, produces when eaten, violent retching and purging like cholera in one whose stomach has not been diseased by an abuse of food. We have, indeed, abundant evidence of the terrible consequences of admitting putrid matter into the circulation, for they were once too common among those engaged in the dissection of the human body. In fact, the mere handling of decomposing animal matter for any time will often produce disease of the hands or other parts of the body with which it comes in contact. Our safety, perhaps, in using such food is in the antiseptic power of good cooking; but this is not always an easy affair; for the tissues are generally so soft from decay that they will hardly bear the common action of heat; so that if they be boiled for any time they will fall to pieces, and if they be roasted they will shrink without forming that delicious crust of osmazome which is characteristic of good meat. Still, cook these meats as we may, we must disguise the taste of decay by strong flavors.

It is the fault of our people to pay little attention to what they eat. Vital strength and longevity, they should remember, in a measure depend upon wholesome food. If we take the necessary exercise, the most frugal fare is tempting to the appetite; and we may safely say that the stomach craves unnatural food, strong spices, and tainted flesh, in proportion to the extent that it has become diseased through a lack of physical culture. The idea, certainly, is a suggestive one.—*Turf, Field and Farm.*

LET your promises be sincere, and within the compass of your ability.

HE who never changes any of his opinions, never corrects any of his mistakes.

The Health Reformer.

Battle Creek, Mich., September, 1870.

Pancreas vs. Grease.

ADVOCATES of meat-eating have for years based an argument on the assertion that the pancreatic juice has no other known office but to make an emulsion of the fat which passes into the duodenum, in the process of digestion. Hence it is argued that we need to eat fat meats; probably for fear that the pancreas will get out of work.

Now these same scientific physiologists ought to be able to inform us what use is made of this "pancreatic emulsion," or soap grease, or whatever you please to call it; whether the system demands any such supply, or whether the operation of the pancreatic juice is not a wise provision of Nature to dispose of the superabundance of grease which perverted appetites cause to be thrust upon her. But no. These philosophers have no duty in this direction; but like many others who claim to teach the people, they base very much of their reasoning on what they *don't know* instead of on recognized scientific principles. Because they don't know what other office the pancreatic juice performs, they jump at the conclusion that it has no other.

The latest effort of this kind which has come to our notice is from the "Scientific and Sanitary" department of the *Christian Union*. A correspondent of the *Herald of Health* writes to that journal that he has lived on a fruit and vegetable diet for thirty-five years, eating no meat, nor grease of any kind, and drinking nothing but water; and adds that he has not been sick during the time, while most of his old friends who ridiculed his way of living are in their graves.

To this the "scientific and sanitary" editor responds: "That some people can live on such narrow diet is unquestionable;" which is a remarkably frank admission, considering that quite a number of thousands in this country are living and thriving on it. But will the gentleman please define a *wide* diet? The moment the filthy grease is removed from our food it suddenly collapses, and becomes very "narrow." A person may confine himself to the potatoes and bread raised on his own farm, and the hogs and chickens raised in his own door yard, and even fattened from the offal of his own premises, and his diet is considered "rich," and "generous." But if he omits the grease, and expands in his tastes, including in his diet all the grains and fruits at his command, going even to the

tropics for variety, his diet is denounced as "narrow." But to the point in question. The editor continues:

We have, on the other hand, sad memories of those who, in spite of our arguing and advice, persisted in the same course, and, became insane and died in early manhood. Much depends on occupation, the use that is made of the body, and the amount of brain work. Generally we find that people who talk in this way have not brains enough to understand a very simple proposition."

We never regard it as much to the credit of a writer's brains when he commences a combat by disparaging the brains of his opponent. It savors too much of the political arena and the bar-room. If the writer will give us "scientific and sanitary" facts which the brains of ordinary mortals can grasp, in support of fat-eating, we will acknowledge that our brains heretofore have been paralyzed on this point. Admitting that the writer knows of insane vegetarians, what does it prove? If it proves that vegetarianism made them insane, we may with equal propriety assert that the much greater proportion of lunatics who eat meat have been rendered insane from that cause. Our writer continues:

In certain ways the human digestive apparatus is expressly adapted, on the plan of the carnivorous animals, to masticate and digest animal food, appointments which are otherwise useless entirely. Is this a mistake on the part of the Creator, or not? That is the point-blank issue which vegetarians make with actual fact. Meats of various kinds are very readily taken into the system, are more rapidly absorbed than vegetables, and give strength to those that use them. If it was not intended, in the physical economy, that this should be so, then meats are poison, and would long before this have made evident their deleterious qualities by being rejected from the organs. It suits the purposes of health reformers to denounce fatty materials in food, and they take delight in calling all such things *grease*.

The old, worn-out assertion that the system is adapted to a flesh diet has been so often met and disproved, that we regard it as hardly necessary to say anything further concerning it. Some of the most eminent physiologists, meat-eaters themselves, declare that no argument for flesh-eating can be based on the anatomical structure of man; while the assertion that meats are "more rapidly absorbed than vegetables, and give strength to those that use them," proves nothing at all. If we were to frame our dietary according to this principle, we might select an exceedingly pernicious collection of articles, and assert that the "human digestive apparatus" is "expressly adapted" to them. The question is not, How quickly can our food be digested? but, What is the best adapted to our wants?

It certainly does "suit the purposes of health reformers to denounce fatty materials in food," and *grease* is the right name for them.

But now comes the pancreatic argument:

Now it happens that one organ in the body, the pancreas, has no work that can be discovered except to produce a fluid which takes up the fatty food, and makes an emulsion of it, thereby preparing it to be taken up by the proper vessels into the blood. In many cases of consumption and debility it is found that fatty elements of food, which supply combustion and vital heat, are wanting, and the leading physicians of the world are greatly interesting themselves in correcting this cause of disease, while their experience is justifying their efforts. Inunction, or the rubbing of oil into the skin, proves in some cases of great benefit. A new preparation of fat with the pancreatic juice, called pancreatic emulsion, is coming also into favor, on the theory that a feebleness of the pancreas may thus be supplemented. We are acquainted with a case of consumption in which the patient commenced with this preparation a few weeks back, and has recovered wonderfully the powers of life. *Other cases** may not justify the hopes which are entertained of it. The theory *may** be false, but there is no doubt that in all scrofulous diseases physicians have great reason to lay much stress on the use of fat—butter, cream, lard, cod-liver oil, &c.

If this argument proves anything, it may be stated in the following syllogism:

1. The human body is provided with a pancreas.
2. The office of the pancreatic juice is to dispose of fat and oil.
3. If Nature had not intended that man should eat fat and oil, he would have had no pancreas.

But how about horses, and oxen, and hogs, and other animals which Nature has furnished a "sweet-bread?" Are we making a mistake in feeding them on such "narrow diet" as grass, and grain? If we were on the other side of the question, we would dispose of that difficulty like this: As Nature designed that man should eat flesh, she must also have designed that cattle and hogs should exist for the purpose of supplying that very want. And each one was provided with a pancreas to furnish material for "pancreatic emulsion" to meet the wants of man. If it be asserted that the pancreas may have a different office in these animals, we ask for the proof. And further, if we are rightly informed, the pancreas of the bovine species is the very article employed in making the "pancreatic emulsion" which threatens to work such a revolution in the science of medicine. It is true that "physicians have great reason to lay much stress on the use of fat;" and hygienic physicians are doing it by advising its discontinuance under all circumstances. And while they are doing this, the "regulars"

are prescribing cod-liver oil, butter, lard, "pancreatic emulsion," &c.

And now let us compare results. Under the greasy *regime*, consumption is still defying the skill of practitioners, and the pretensions of quacks, and cures are few and far between.

Under the hygienic system, where grease is excluded from the dietary, the cure of consumption in its first stage is almost a certainty, and in its second stage quite frequent; while some cases even worse have recovered. If the pancreatic theory be true, the cure of consumption would be impossible under the hygienic system; and that class of patients ought all to grow worse instead of better.

But admitting for a moment that the theory is correct, why "supplement" a "feebleness of the pancreas?" Until it is clearly shown that grease is necessary for the system, why not let the pancreas rest a little by giving it no grease to work upon, in its feeble condition? It certainly seems that reason would teach such a course. But, alas! reason is blinded by the theories of science, "falsely so called," and the traditions of a system of medication which has been truly styled "false in theory, and fatal in practice."

W. C. G.

Dysentery.

As the period most remarkable for the prevalence of dysentery is now approaching, I will call the reader's attention to its nature, prevention, and treatment. I regard this disease as a catarrh of the bowels. The condition favorable to its development is a relaxed state of the system, by fatigue or from any cause which debilitates the vital action of the body. Hot days and cool nights conduce to its spread, as also do improper food, eating at unseasonable hours, &c.

The incipient stage is variable, or it may occur without any premonitory symptoms. Generally it is preceded by constipation, lassitude, impaired appetite, and dull or wandering pain through the abdomen. Sometimes it is ushered in by a painless diarrhea, with or without fever. With children, the stools are of a green or greenish hue, mixed with white particles like curdled milk; sometimes streaked with blood. When this is the case, the brain is involved, and there will be great danger unless prompt measures are taken in the treatment of the case.

Dysentery is essentially a disease of the stomach and bowels, but more especially of the lower parts (colon and rectum). In some cases the passages are free and frequent, while in others there is straining, &c., with great

*Italics our own.

pain and tenesmus. This form saps the vitality of the patient in a very short time. From the unsuccessful attempts at stool, save a little blood that passes, it is often thought by the observer that there is but little to pass away. This is a mistake; for, although there seems to be an urgent desire to evacuate the bowels, yet the real trouble is costiveness high up in the rectum. This must be remedied before any great headway can be made in the treatment.

Dr. Dunglison says, "The whole management must of course be antiphlogistic [literally, against burning], that is, opposed to inflammation." But how does he do this? By mercury, one of the very medicines which produces inflammatory effects. The same author, in speaking of calomel, says, "Children bear larger doses than adults." Verily, here is the grand reason why this sheet anchor of old-school practice drags so many to the grave. He also says, under the head of mercury, iodide and biniodide, "They both are violent; the biniodide especially is a powerful caustic." Judge then, reader, of its anti-burning properties.

Hear Dr. Wood on dysentery and camp diarrhea. "Bleeding is not necessary in all cases of dysentery." For camp diarrhea and dysentery he recommends mercury, opium, mineral tonics, such as sulphate of copper, nitrate of silver, sesqui-salts of iron, sub-nitrate of bismuth, arsenic, alkaline salts, sulphate of zinc, warm baths, &c., &c. Surely, he is liberal enough in his drugs, and if medicine cures, all would stand a good chance to recover under such potent influences. But let us quote this author still further: "Opium is an invaluable remedy in dysentery." True, it cures the disease by ruining the patient, or killing him outright. "Not only is calomel useful in the commencement of the disease, but afterward," &c. "Acetate of lead has been employed in all stages of disease. Fomentations and emollient cataplasms to the abdomen are useful, and rendered still more so by anodyne additions, with camphor, laudanum, and decoctions of poppy capsules." ammonia, enemas of acetate of lead, aconite, sulphur, and others which I forbear to mention. Upon the strength of these medicines men have built up their theories, and enshrouded them in the mysterious mantle of Greek and Latin.

Now the question comes up, is there any better way? Most assuredly there is. I believe there is but one true way, and that is by the hygienic system. I can with confidence recommend it to all, as I fully believe it to be the most successful of all systems.

TREATMENT.

If there is much pain and soreness in the bowels, give an enema from 98° to 110°. After evacuation inject from one to three gills of cool water to be retained. Then let the patient rest for one or two hours. If there is much fever, tenesmus, &c., give a sitz bath, from 100° to 110° for five minutes, if the patient is weak in constitution, and from ten to twenty minutes if robust and strong. Then cool down to 85° or 88°, for one or two minutes, in the former case, and from two to five minutes in the latter. Wipe dry and allow a rest of three to six hours. Then if the fever continues, with nausea and vomiting, give a pack as warm as can be borne, from fifteen to twenty-five minutes in the first case, and from thirty minutes to one and a half or even two hours, in the latter case. It is well at the end of each course of treatment, and between if necessary, to apply a cool or hot compress (as is most agreeable) to the abdomen and stomach.

Be sure that the head is wet in cool water before using any treatment; otherwise the blood may be thrown upon the brain with such violence as to produce congestion.

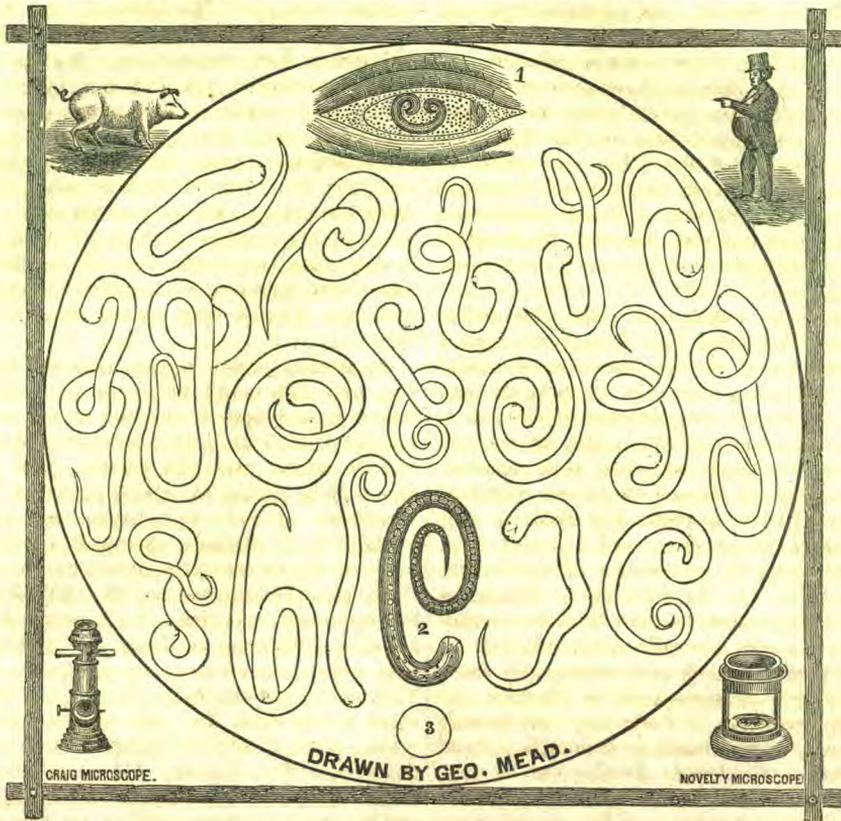
If the pupils of the eyes are very much dilated, the back brain is affected; if they are contracted, with sensitiveness to light, the front part of the brain and the optic nerve are involved. But if, in addition to this, the discharges from the bowels are mucus, or are of a green color, mixed with blood, and white substance resembling curdled milk, there is trouble ahead. Look well to the brain. Apply hot wet cloths to the head, followed by cool ones, and change the condition as soon as possible. In dysentery of children, here is the greatest danger; and if not well looked to the case may prove fatal.

Cool sitz baths may prove at times more serviceable than warm ones; also the rubbing wet sheet; but great good can be accomplished by warm enemas followed by cool ones. Also, by fomentations followed by cool compresses to bowels. If the case is watched closely, much of the disturbance of the brain may be kept down by keeping the head cool, and seeing that the hands and feet are kept warm.

Graham gruel, bran tea, &c., and as convalescence sets in, an abstemious diet, with some fruit, may be allowed, taking care not to overload the stomach. Exclude all unnecessary visitors, as their presence only tends to aggravate the difficulty. Children are often more observing than adults, and the sight of a stranger may prove injurious, and even fatal.

J. H. GINLEY, M. D.

Health Institute.



Trichina Spiralis.

SOME months since we gave our readers an illustration of the trichina, which has made such havoc among pork-eaters, together with a descriptive article concerning the disease which the worm causes, known as trichinosis. We have since had an opportunity of examining a piece of human muscle in which the trichina were found, and have come to the conclusion that the picture has not been in the least overdrawn.

The above illustration presents a view of the worm as seen under the Craig microscope. In a piece of infected human muscle about the size of a pea, eighteen of the trichina were found, as presented inside the large circle.

Figure 1 shows the trichina as it appears in the cyst. Figure 2 gives the actual appearance of the worm as seen under the Craig microscope. We have one of the specimens in our possession, of which Fig. 2 is a complete portrait.

The illustrations in the upper corners are sufficiently suggestive without comment. Those in the lower corners represent the Craig

and Novelty microscopes, with the former of which the trichina was first discovered in this country by Dr. Kendall. W. C. G.

Small-Pox.

PERHAPS there is no disease to which human beings are liable, that strikes so great a terror, as that known as small-pox, the very name almost causing a shudder to come over a person. The reason for this is to be found, first, in the fearful mortality that takes place among those who have this disease; and secondly, in the terrible disfigurement of person to be seen in those who survive; and still further from the fact that the disease is so very infectious, as it not unfrequently sweeps over large sections of country, leaving death and mourning in its track. Especially has this been true in this State during the last two and a half years.

About two and a half years ago a ship load of Coolies (Chinese slaves) arrived in San Francisco from China. During the voyage the small-pox broke out among them, and several died; yet on arriving in San Francisco they were permitted to land, and min-

gle with the citizens. As might be expected, the disease spread far and near. In fact it was carried from town to town, and even now is prevailing in several places to some extent. The mortality that has followed this disease since its introduction into our fair State has indeed been frightful. The graveyards of California and Nevada now contain thousands of the victims of this noisome pestilence; and go where you will, you meet those whose fair features have been marred by this terrible malady.

During the autumn of 1868, the writer (then residing near San Francisco) kept a memorandum of the number of cases, and of deaths occurring from this cause in the city of San Francisco, as published from time to time in the reports of the health officers, and when one thousand cases had been reported, the same reports showed that three hundred and seventy-five of these had died, so that three cases out of every eight proved fatal. In other towns the proportion of deaths was still greater. In considering a disease so fearful in its results as the one under consideration, a query naturally arises whether its nature is indeed such as to necessarily cause such terrible consequences, or whether the peculiar condition of body may not modify or aggravate this disease as it manifests itself in various individuals. If this last be true, then it is also true that a proper observance of the laws of health and life would cause even small-pox to be shorn of its terrors. That this is the case I am led to believe from actual observation and experience.

Observation has convinced me that where the living of an individual has been simple and plain, the chances are much greater for his recovery should he be prostrated with small-pox, or any other similar disease, than they would had he been a gross, or what is called a high, liver.

It is a fact that where individuals, either from choice or from necessity, have lived upon a vegetable diet, with proper attention to cleanliness and ventilation, such persons have either wholly escaped, or had the disease very light, when their neighbors whose living was more gross were dying all around them here in California.

While laboring in connection with Elder J. N. Loughborough, in holding religious meetings in the town of Bloomfield, the small-pox made its appearance in a family residing just out of town. Five of the family were taken down at about the same time. An M. D. was called in to see them. He was a man of years, had practiced medicine long, and claimed to hold diplomas from three

medical colleges. He declared the disease to be one with which he was well acquainted, and said he had treated hundreds of patients similarly affected, yet did not inform the friends and neighbors that it was small-pox. He dosed these five patients with various drugs, and he allowed the neighbors, with the exception of certain friends, to go in and out indiscriminately, and without warning. The result of his practice in these cases was, that in less than two weeks four of the five patients were in their graves, and within another week the disease was spread through the town.

As soon as it was known what the disease was, and that many had been exposed, yet before it had spread any, the writer, at the request of citizens, gave a lecture on the subject, in which plainness of diet, total abstinence from greasy or highly-seasoned foods, cleanliness of body and house, and proper ventilation of sleeping apartments, were set forth as the necessary requirements to enable the exposed individuals to pass safely through the approaching crisis. I also advised each exposed individual to adopt an abstemious diet, and to take twice a week a sweating bath. This course was generally adopted, but within three weeks from the time of the first exposure some thirty-five persons were taken down with the disease. Of these about a dozen had only the premonitory symptoms, and did not have any eruption, yet were quite sick for several days. In several of the others the eruption appeared but slightly, while in some six or eight cases it was more marked, but not sufficiently to cause any fears of death. The remaining twelve or fourteen cases were generally of the distinct form, but were as bad as bad could be, their bodies being completely covered, so that I counted 600 pustules on the face of one child six years old, and several others were much worse. Several had the pustules run together in large patches, as in the confluent form. In fact, in the forty-three cases that occurred in Bloomfield within the past two months, the small-pox could be seen in all its forms, from the individual who was but slightly unwell to the one who had the disease in its most malignant form. And the cause of this difference was not because those who had it lightly had been vaccinated, and the others not; for this was not the case. Some that died had been vaccinated, and it had worked well, but a few months previous to their death, while several who had it lightly had never been vaccinated. The same was true in San Francisco two years ago.

From these facts I conclude that the con-

dition of the patient's body at the time he is exposed has much to do in modifying or aggravating this disease. In fact, I believe from what I have seen, that if a person lived strictly in accordance with health laws, having strong vital organs, in nearly every case he would throw off the poison without any particular discomfort.

Of those who died in Bloomfield, the first four were treated eclectically. The fifth, a Mr. Watson, had no medical adviser, he prescribing for himself. The sixth, and last, was a child two years old; was treated by its father, but was seen occasionally by the writer, who had no hopes of its recovery from the very first, for the reason that it was in a very gross condition, and the eruption ran completely together in large patches, and finally broke out inwardly in the air passages of the lungs, the intestines, and the various internal membranes of the body.

I treated, in all, eleven cases, all of whom, with the exception of the child above mentioned, recovered. Of the ten who recovered, two had the disease very light. Four had it quite severe, yet I never considered them in danger. The other four had it in its worst form.

THE TREATMENT

Was as follows: As soon as the patients began to manifest symptoms, such as lassitude, headache, pain in the back, nausea, pain in bones, &c., I put them into a hot bath for fifteen to thirty minutes, and gave them a sweat, then cooled down by pouring over them a few quarts of cool water, and wiped dry and put to bed. In the meantime I gave a thorough enema of warm water, and administered warm water emetics to remove bile from the stomach.

Nothing further was done until the hot or fever stage appeared. As the fever came on, I washed the entire body with water varying in temperature according to the heat of the body,—if very hot, cold water was used; if less heat was manifested, the chill was wholly removed from the water before applying.

These washings were sometimes with a sponge, with patient in the bed; at other times in a tub, as seemed most agreeable to the sufferer. I generally washed them five or six times a day. I also kept cool, wet cloths on the head, and on various parts of the body and limbs, as temperature indicated. I was careful to keep the feet warm, the rooms well ventilated, and the house quiet.

After the eruption made its appearance I discontinued the use of cool water washings and cool cloths, except about the head and

face, and simply washed the patient in a tub of warm water twice a day. If the bowels did not move naturally, I gave free injections, and moved them as often as once in forty-eight hours during the entire sickness. If patient complained of pressure at stomach I gave hot water to drink. I applied hot fomentations to relieve pain in back. I restricted my patients to a very simple diet, consisting at first of gruel. As they became somewhat craving in appetite I gave boiled rice, or milk toast, or light bread with fruit sauce; and as they became convalescent I allowed a fuller diet, as soft boiled eggs, potatoes, &c. As the pustules began to dry up, I gave a thorough bath twice a day for cleanliness, with warm water and castile soap. As soon as the eruption made its appearance I kept the face well oiled with sweet oil, and very few pits can now be seen. I treated and nursed six patients in one family, all of which were severe cases, and one very severe case in another family, as above indicated, all of whom recovered.

As for myself, I have never had the disease. I have for many years been a vegetarian. I have also been vaccinated, and it worked well at the age of two years, and also again at the age of eighteen years, when it again worked well. This was twenty years ago. I had some symptoms of the disease after caring for the sick, but did not take it; but I do not consider that the vaccination preserved me from it, for the reason that six of the patients nursed by me had been vaccinated, and it had worked well in each case, leaving finely-pitted scars. Three of these had been vaccinated forty years previous, one fifteen years previous, and two of the children two years previous. Of these six the three last named were among the very worst cases in the place. I therefore lay my escape more to my manner of living than to any prophylactic effect vaccination might have produced in my case.

M. G. KELLOGG, M. D.

Petaluma, Cal., July 28, 1870.

Eating During Convalescence.

SEVERAL years ago I was called to see a young man who, by profession, was a health reformer. Although possessed of less than average ability, he was laboring under the fatal impression that what he did not know was not worth knowing. I found him laboring under a severe attack of bilious colic. I ordered the usual hygienic appliances, and strictly enjoined abstinence from food. After the pain subsided, and for several days, there was considerable inflammation of the bowels.

However, in ten days, he was free from pain, his appetite natural, food digesting well, and rapidly gaining in strength. At this time he began to eat large quantities of meat, with plenty of greasy gravy, fine-flour bread, &c., in a word whatever his appetite craved.

The remainder of the story is soon told. The unmistakable symptoms of dyspepsia and liver complaint were soon manifested. He grew feeble in strength, and emaciated in flesh. As a result of his gluttony, he was an invalid for years, and is still in frail health.

Like thousands of others he was a health reformer by profession, but not in practice. If he had followed my directions, he would have been fully restored to health in one month's time.

This case forcibly illustrates the necessity of a strictly hygienic diet both in quantity and quality during the period of convalescence.

EARNEST FAITHFUL.

A Word to the Unhygienic.

It is a fact that most families, especially among farmers, generate about their dwellings enough miasm from decomposing animal matters to poison the purest air that ever swept over wooded hill or rolling prairie. There are stables, and pig-pens, and cow-lots, and goat-pens, and hen-roosts, and chicken-coops, and swill-barrels, and filthy yards, to say nothing of badly ventilated houses, with perhaps wet cellars beneath them.

Most farmers, when they build a stable, a pig-sty, or other unfragrant "institution," and locate it, never stop to consider which way the wind blows. They would do well to take this into the account, so long as they continue to create, multiply, and amplify, these nuisances, and to place them *near* to their dwellings. In nearly all our Middle and Western States, the wind, in summer, blows almost constantly from the south, or south-west; and the same is true during a great part of the balance of the year.

I have witnessed, in the West, at a single farm-house, *this* "happy combination" of domestic arrangements—stable and barn-yard on the south-east of the house; pig-sty on the south; cow-yard on the south-west; two hog-pens just beyond; hen-roost on the east; well of water on the north (ice in winter, and mud in summer); privy any where out of doors; cats and dogs in the house; ducks, geese, chickens, turkeys, guineas, pigeons, young pigs, etc., *all over the premises*, but increasing in numbers in geometrical ratio as you approach the house. Of course you look in vain for bright "blue grass," or

choice shubbery, in a yard into which Noah's ark has been emptied. No wonder the family have "chills," and typhoid fever, every summer.

Now, my good country friends, if you *must* have cows, calves, pigs, and all the rest, better put the stables, pig-pens, cow-lots, &c., on the *other side* of your dwelling, so that the wind may not waft the poison directly into it the year round. And the chickens, and other "winged things," had better be hatched at the barn, and taught to stay there.

It is rather a deplorable state of affairs, healthwise considered, when the neatest, sweetest, healthiest spot "about the house" is a good many rods *from* it. Surely there are miasms enough, especially in a new country, arising from the decaying vegetable matter of centuries' growth, without our adding thereto, by all manner of unwise, short-sighted, domestic arrangements. Look to it, farmers; and to this extent, save your health and your doctors' bills. For though the foods you eat may give you liver complaint, and the pork you swallow be the death of you, these *miasms*, of your own creation, you can just as easily have wafted on the winds, to your neighbor on the north, as to breathe them all yourself, you and your family, and die of typhus and other putrid fevers.

S. W. DODDS, M. D.

St. Louis, Mo.

The Use of Bitters.

THE *New York Times* is of the opinion that large numbers of women in this country are rendered inebriated by the use of "bitters." It says they take them at first innocently, for some real or fancied ailment, and awaken a craving for them that leads to ruin.

The victims for bitters are chiefly women; "for when men want to drink they find plenty of opportunity for doing it openly. They can ask for whisky over a counter without exciting scandal. But a woman cannot walk into a bar-room and call for Bourbon or Rye. It is for her, therefore, that the great proportion of bitters, under all sorts of fantastical names are scattered broadcast over the land." In allusion to this statement, the *Guardian* testifies to the knowledge of a family high in social position, where one daughter has died of delirium tremens, and another has had an attack of the same disease.

We have been glad to see the above extract going the round of the papers, because we think it will do good. But we wonder if it ever occurred to the editor of the *New York Times*, *why* women use so much bitters. He

says "they use alcohol in this form because they cannot, as readily as men, get it in other forms." But why do they want it at all? His answer is—"They take them at first innocently, for some real or fancied ailment, and awaken a craving for them that leads to ruin." Very true; but *back of this* lies the real reason *why* "they take them for some real or fancied ailment." It is this—"They think alcohol is good medicine. They want it because they think it will cure them of their ills, and taking it in the form of bitters is only a question of convenience, gentility or custom. They do not take them at first because they love them, but because they honestly think their use will benefit them. But taking them leads to ruin. Now what shall be done to stop it? In our opinion just one thing. *Prevent the beginning.* But how can we do this? Very easily in one way. Teach women the truth in regard to the effects of alcohol in disease—teach them that it is of *no value in any ailment*, and when they shall come to realize this truth they will not want anything to do with it.

You may declaim against the use of bitters as long as you please; but while people think they will cure disease, you may as well talk to the wind. BUT DIG UP THE ROOT, AND THE PLANT WILL NEVER SPROUT AGAIN.

THOMAS F. HICKS, M. D.

Why We Should Wear Beards.

THERE are more solid inducements for wearing the beard than the mere improvement of a man's personal appearance and the cultivation of such an aid to the every-day diplomacy of life. Nature combining, as she never fails to do, the useful with the ornamental, provides us with a far better respirator than science could ever make, and one that is never so hideous to wear as that black seal upon the face that looks like a passport to the realms of suffering and death. The hair of the mustache not only absorbs the moisture and miasma of the fogs, but it strains the air from the dust and soot of our great cities. It acts also in the most scientific manner, by taking heat from the warm breath as it leaves the chest, and supplying it to the cold air taken in. It is not only a respirator, but with the beard entire we are provided with a comforter as well; and these are never left at home, like the umbrellas and all such appliances whenever they are wanted. Livingstone and Moffat, the African explorers, and many other travelers, say that in the night no wrapper can equal the beard. The remarkable thing is, too, that the beard, like

the hair of the head, protects against the heat of the sun; but, more than this, it becomes moist with the perspiration, and then, by evaporation, cools the skin. A man who accepts this protection of Nature may face the rudest storm and the hardest winter. He may go from the hottest room into the coldest air without any dread; and we verily believe he might sleep in a morass with impunity—at least his chance of escaping the terrible fever would be better than his beardless companion's.

Poisonous Water.

A SCIENTIFIC writer says that water which has stood in an occupied bedroom over night is utterly filthy, a deleterious poison, and unfit for drinking. The water is a powerful absorbent of gases, taking in during the night all the poison that is thrown off by respiration. The colder the weather the more impure the water will become. At ordinary temperature a pail of water will contain a pint of carbonic acid gas and several pints of ammonia. The capacity is nearly doubled by reducing the temperature of the water to ice. Of course the matter becomes doubly serious when a small or close room is occupied. These facts disclose another of considerable importance in domestic economy during cold weather; viz, that water may be used as an absorbent of frost. Place a tub of water in a cold cellar over night, and in the morning the vegetables will be found untouched by frost, even though the water should be frozen solid. Water is excellent as a purifier, but people who regard their health should be certain that it is itself pure before applying it to the person, either externally or internally.

FOOD for the stomach is watched by the sentinels: sight, taste, smell, and touch. Food for the lungs is unguarded. We take what we can get. The chest expands, and air, good or bad, flows in, and does its work upon the centre of vitality. Many people only know it is bad when they gasp.

Food for the lungs compels the process by which food for the stomach becomes blood. We all feel this need of aeration after a hearty meal. The most luxurious feasts without this precious gift of air to complete digestion, are a mockery. The rights of oxidation being denied us, we are miserable, though every other imaginable good thing be provided for our entertainment. Food for the stomach is often taken in excess; food for the lungs cannot be—those in most perfect health feel need of the most bountiful supply.

To Correspondents.

B. B., Virginia: 1. Your son and daughter are both scrofulous. In the former, the sore lips indicate foul stomach, which is the probable cause of his difficulty. In the latter, the sore eyes indicate a scrofulous condition of the system. Both need to live very carefully. The eyes and lips should not be treated locally, but attention should be paid to the purification of the blood, and the making of healthy tissues. 2. We cook vegetables, &c., in various ways, and without bacon or pork. For full particulars see "Health Reformer's Progressive Cook Book," published at this Office. 3. We know nothing of Dr. Scott, and have no confidence in his or any other medicines.

J. O. C., Michigan: In congestive chill, the first step should be to warm the patient. This is best effected by dry heat. Wrap the person in hot blankets, until warmth is induced, then proceed as in any case of congestion, treating with fomentations and compresses. If the patient is first warmed by the application of hot water, as in ordinary chill, the reaction is apt to be unfavorable.

J. A. W., Maine: Membranous croup is simply an advanced stage of the common or spasmodic croup. It is curable, but less easily than in the earlier stages. The treatment would require more space than this department allows. We will at some future time devote an article to the subject.

C. H. D., Penn.: We do not know where graham crackers can be obtained nearest to Western Pennsylvania. If any one can give the information, please advertise through the REFORMER.

E. M. H., Ohio: 1. The frequency with which the head should be washed depends upon circumstances. No general rule can be given. 2. Your declarations that you *can't* do without salt, and *can't* eat graham flour, compel us to say we *can't* prescribe. Your health demands a radical change in your living; and if you cannot do it, we see no use in prescribing for you.

Mrs. M. E. R., Michigan: Your condition of health is such that a home prescription will do you but little good. The eruption is an erysipelatous difficulty, and probably proceeds from the presence of bile elements in the blood. A bad state of the liver is also the cause of your aches and pains, coupled perhaps with nervous debility. Your

treatment should consist of fomentations, packs, rubbing wet sheet, sitz and foot baths, &c., not more than two in a week. Say fomentation and pack one week, with three days intervening, and sitz and foot bath, and rubbing wet sheet, the next week, with cool applications to the head with each form of treatment.

A correspondent signing himself Horace Green, writing from "Sluegundie, New Jersey," but with the envelope bearing the postmark of Whitefield, N. H., wants information concerning the nutritious qualities of "oxen's milk." A friend at our elbow suggests that it must be excellent in combination with rooster's eggs!

The Potato Disease.

Mr. W. Taylor, of Renfrewshire, England, publishes a tract upon "The Potato disease, its cause and cure," in which he says:

The primary source of this calamity exists in the mistaken system of over-crowding or close setting the seed, and of forcing the plant by the use of fertile manures, more especially that of horses, thereby bringing forth an exuberance of foliage, which checks ventilation and excludes the free admission of air so essential to the formation of a vigorous and healthy plant. This mass of foliage falling (across the furrows) between the drills, creates the most favorable circumstances for the growth of fungi, which fasten on the leaves and stem of the plant, and disseminate their putrid influence. From over-crowding, forcing, heating, cutting, and bleeding, the stem of this esculent root has been enfeebled and deprived of a portion of its woody fibre, so that instead of now having strong and upright stems, they have degenerated to a mere crawler, resembling a garden cress, the wind blowing over them as across a field of slugged (lodged) wheat or hay.

In the years of 1809-10 I was employed to pluck the flowers from the plant, an idea being then prevalent that the weight of the plums would increase the roots. In pursuing this fallacious occupation, I can well remember, when passing up and down between the drills, the stems opened before and closed behind me with the elasticity of willows, but now, you would be entangled among the crawlers.

In those days it was truly a gratifying sight to look upon a field of potatoes in full bloom, like a sea of flowers in all their variegated hues, gracefully waving to and fro in the summer breeze, their own motion causing a fresh supply of air to effectually extinguish

the generation of fungi. But, in the present day, there is a very marked absence of this motion; the wind blows over them, not into them, and the disease is generally developed when a few weeks of dry warm weather are followed by heavy showers of rain, succeeded by a sultry, moist atmosphere; fungi springing into existence, rot ensues, and is announced by a stench so well known to potato growers.

What, then, is the cure for this great evil? Potatoes for seed should be planted in a separate plot of ground; select the most sandy part of the field, manure the ground at the end of autumn, plowing it well, and taking particular care to have it thoroughly grubbed or harrowed, form shallow drills, three feet six inches apart; seed about the size of a duck egg is preferable and should be planted whole in the spring, putting in two sets where at present it is customary to put in four, hoe them up only once (if some are green, all the better for seed,) remove the weeds and grub deep between the drills. Let them be completely ripe before lifting; dig in sunshine, dry them by exposure to the rays of the sun for a day or two, (more if the weather will permit), spread them on the floor of a dry barn or outhouse, and if any exhibit symptoms of sprouting, turn them; the smallest may be retained for next year's seed, and the largest cut and planted for the general crop.

About fourteen years ago I was so thoroughly convinced that the want of air was, in a great measure, the cause of the disease, that I raised a small mound, three feet high, in the most airy part of my garden, and planted therein a few sets. They were entirely free from the disease, while the others were more or less infected.

Seven years ago I planted several sets in the same manner as dahlias, supporting the foilage; no disease. The following year I repeated the experiment; some of them yielded blossoms, and in another year all did well, carrying flowers and a profusion of plums.

If this method of planting and preserving the seed from year to year be adopted, the plant will become erect, strong and healthy, and the disease will only be a thing of the past. On the other hand, if nothing is done to raise this fallen plant, the first year that it comes with the same atmospheric influences for producing fungi as the year 1845 we shall have the same disastrous results, but greatly aggravated, as the potato is weaker now than it was then, and less able to resist its deadly influences.

To demonstrate the advantages of the the-

ory he thus advocates, Mr. Taylor recommends agricultural societies to appoint committees, with a concerted plan of operations for practically testing the efficacy of this system.

Expansion of the Lungs.

To prevent consumption has been the laudable endeavor of many scientific physicians, as well as many quacks. That more can be done to ward off this fell destroyer than can be effected to cure the malady when fixed, is beyond a doubt.

Our object in referring to this disease now is, not to repeat or lay before our readers all the hygienic means that may be used in such cases, for they are legion; but simply to call attention to a single one that may be useful in preserving the lungs in a healthy state. It is simply *expanding* them. Consumptives are usually narrow-chested. Asthmatics are usually broad-chested, and become so very much from the difficulty they have in breathing when attacked with asthma. Hence, asthmatic persons are seldom the victims of consumption.

Many inventions have been sought out for expanding the lungs; but the following simple means will accomplish the work as well as it can possibly be done. Go into the air, stand erect, throw back the head and shoulders, and draw the air through the nostrils into the lungs as much as possible. After having thus filled the lungs, raise your arms, still extended, and suck in the air. When you have thus forced the arms backward, with the chest open, change the process by which you drew in your breath, till the lungs are emptied. Go through this process several times a day, and it will enlarge the chest, give the lungs better play, and serve very much to ward off consumption.

If the lungs are tender, or the blood-vessels weak, due care must be used, at first, not to overstrain them.—*Good Health.*

AN exchange says God intended women to be beautiful as much as he did the roses and the morning glories; and what he intended they should become, they would, if they would obey his laws, and cut indolence and corset strings, and indulge in freedom and fresh air. For a girl to expect to be handsome with the action of her lungs dependent on the expansive nature of a cent's worth of tape, is as absurd as to look for tulips in a snow bank, or a full grown oak in a little flower pot.

Items for the Month.

The article in this number from Dr. Kellogg, on the subject of small-pox, with his late experience in the treatment of the disease, will be read with interest, and furnishes a demonstrative proof of the superiority of the hygienic over all other systems. As might be expected, the cause of health reform received a good impetus in that village, and the doctor sends us twenty-four new subscribers to the REFORMER at one order. He also disposed of between thirty and forty hygienic works.

We found the example of Dr. K. in standing at the post of duty, to all practitioners and advocates of the hygienic system. A more potent means of spreading light and truth can hardly be found than such opportunities as that described by Dr. Kellogg.

NOW READY.—The Health Reformer's Progressive Cook Book, and Kitchen Guide: comprising recipes for the preparation of hygienic food, directions for canning fruit, &c., together with advice relative to change of diet.

This work is the cheapest, and in many respects the best, work on hygienic cookery ever published. It will meet a long-felt want. Price 15 cts., postage 2 cts. Agents wanted. Address HEALTH REFORMER, Battle Creek, Mich.

THE KEDZIE FILTER.—The increasing popularity and sale of this valuable invention is an omen of good; not simply because the manufacturer is being rewarded, but because it is a real blessing in any household. The continued use of hard water is a serious evil, and is often productive of great injury. There are many diseases which are *absolutely incurable* while the patient continues to use hard water, and many others which are greatly aggravated by its use. We therefore esteem it an important part of our duty in inculcating health reform, to advise the procurement of some facilities for a constant supply of pure, soft water. The most efficient of these is a good filter; and the best filter of which we have any knowledge is the Kedzie, manufactured by Mr. Bunnel, at Rochester, N. Y. We can supply our patrons at manufacturer's prices. We also offer it as a premium for subscribers to the REFORMER. See list on opposite page.

Mr. Vick's Illustrated Catalogue of Bulbs, for 1870, makes its appearance, fresh and smiling as the flowers which Mr. V. loves so well. His reputation as a florist and seedsman is already established with our readers, and we have only to say that he "still lives," and desires to please his patrons as heretofore. The catalogue is free to all of Mr. Vick's customers.

ALCOHOL AS MEDICINE, and How its Use Affects the Temperance Cause.—We have received a copy of this work, from the press of the Wesleyan Methodist Publishing House, Syracuse, N. Y. It is a discussion between an M. D., of Newark, Ohio, and Thos. F. Hicks, M. D., whose name has appeared in our columns, and whose positions on the temperance question are unmistakably sound. The work before us is an octavo pamphlet of 32 pages, giving both sides of the controversy, enabling the reader to compare the relative strength of both positions. Every friend of temperance should read it. Price 20 cts., postpaid. Address T. F. Hicks, M. D., Syracuse, N. Y.

OUR EXCHANGES.—*The Mirror of Typography*, a quarterly journal in the interests of the "art preservative," comes to us embellished with the choicest specimen of printing in colors which we have ever seen from a letter press. It consists of a copy of Prang's Chromo, "The Barefoot Boy," printed in colors by a new process, on the Campbell Cylinder Press, a printing machine, by the way, which we can heartily commend to our brethren of the craft from personal knowledge. The *Mirror* is published by T. H. Senior & Co., 6 and 7 Sun Building, New York.

The Manufacturer and Builder.—This journal still presents its attractions to the mechanic and the man of science, and maintains its reputation, already well established, as a first-class scientific journal. Each number is handsomely illustrated. Western & Co., publishers, 37 Park Row, New York.

The Little Corporal commenced its eleventh volume in octavo form, an improvement over its former shape. It is one of the best magazines of its class which comes to our table. Sewell & Miller, Chicago, \$1.00 per year.

The Standard, Chicago, is the recognized organ of the Baptist denomination of the North-west, and is an ably-conducted journal. The *Chicago Tribune* says of it: "Though decidedly Baptist in tone, it is catholic in spirit, kind, well-edited, and will be a blessing to any family, religious or otherwise, but to Baptist families it is indispensable." Price \$2.50 per year. Church & Goodman, publishers; who offer to send it to new subscribers from September to the end of the year for 50 cents.

THE AMERICAN NEWSPAPER DIRECTORY, published by G. P. Rowell & Co., Advertising Agents, No. 40 Park Row, New York, contains a full and complete statement of all facts about newspapers which an advertiser desires to know. The subscription price is five dollars.

The post-office address of Dr. Lay is Allegan, Mich.