

THE Health Reformer.

OUR PHYSICIAN, NATURE: OBEY AND LIVE.

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WORK FOR THE WEALTHY.

Is thy bark gilded and gracefully molded?
Anchors it safe in the bay?
Sit ye not dreaming, with idle hands folded;
Others are drifting away!

Is it good fortune's tide gives thy bark motion,
Slumber the waves around thee?
Help, then, the ships on a storm-driven ocean!
Rescue the sinking at sea!

Living in selfishness, living in pleasure,
Courting the fair and the bright,
Miserly clutching superfluous treasure,—
This is not living aright.

Lift thou the fallen, and charity give,
Toil for *humanity's* gain,—
This is nobly and truly to live,
And not to live wholly in vain.

—Wild Edgerton.

Good Counsel.

My advice is, that you endeavor to be honestly rich or contentedly poor; but be sure that your riches be honestly gained, or you will spoil all. For it is well said by Causin: "He that loses his conscience, has nothing left that is worth keeping." Therefore be sure you look to that.

And in the next place, look to your health; and if you have it, praise God, and value it next to a good conscience; for health is the second blessing that we mortals are capable of—a blessing that money cannot buy—therefore value it and be thankful for it.

As for money, which may be said to be the third blessing, neglect it not; but note that there is no necessity of being rich, for I tell you there are as many miseries beyond riches as on this side of them; and if you have a competence, enjoy it with a meek, cheerful, thankful heart. I have heard a great divine say that God has two dwellings; one in Heaven, and the other in a meek and a thankful heart.—Sel.

MEN refine liquor; but liquor never refines men.

DR. TRALL'S Special Department.

Paradoxical.

THE *New York Tribune*, noticing the death of a little girl in Bridgeport, Conn., in consequence of morphine administered by mistake, says: "It is frightful, this paradox of taking something for your health, which immediately kills you." And the *Tribune*, in allusion to the deaths which are continually occurring because of giving the wrong medicine, or overdosing with the right one, expresses the opinion that there will never be any safety in taking medicine until exemplary punishment is inflicted on careless druggists.

The remedy proposed does not reach the root of the difficulty. Careless druggists may kill, and so may careful ones. And we incline to the opinion that the blunders of apothecaries are as often to the advantage of the patient as otherwise. They are as apt to blunder up a milder as a stronger preparation; and in a matter of poisoning, potency is the essential conundrum. To illustrate: Arsenic, calomel and tartar-emetic, look very much alike, and are equally devoid of sensible properties—that is, destitute of taste or smell. Now, if the druggist intended to give a scruple dose of calomel, and should, by mistake, put up that quantity of tartar-emetic, the dose would, in all probability, kill the patient. But if he carelessly dealt out a scruple dose of arsenic, the drug would probably occasion instant vomiting, by which the medicine would be ejected, and the life of the patient saved. In one case, the blunder might kill; in the other, it might be better (or not so bad) for the patient as the calomel which was prescribed would have been.

But, while the *Tribune* sees clearly enough the paradox—and it is a "frightful" one—

of administering *killative* agents to restore health, and although the *killing* results are perpetually occurring, it does not seem to comprehend the principle involved, and, therefore, can see no remedy but careful druggists. In the city of New York, more than two hundred—we state it advisedly—are *killed* every week in the year by the medicines which are prescribed by careful physicians, and put up by careful druggists. And if every physician who made a mistake in the hieroglyphical Latin in which his prescriptions are written, and every apothecary who blundered in compounding the prescriptions, were to be hung, or made to swallow his own medicine, mistakes and blunders might be materially diminished; but deaths by medicine would be none the less frequent.

Why should a person be poisoned because he is sick? This is the real question which underlies this discussion. When this is properly answered, we shall have no trouble in finding an adequate remedy for the evil complained of. Indeed, the evil will cease to exist. Until then, statutes, pains, penalties, and pharmacological colleges, will be in vain.

Alcohol as an Antiphlogistic.

ALCOHOL, in a false medical system, is very much like Satan in perverted human nature. Neither can be put down in one direction without turning up in some other. And as the devil seems to be all that is false, deceptive and fraudulent, in the catalogue of sin and iniquity, so alcohol is equally hydra-headed, double-faced and multipotent, in disease and medication. Snub the evil one as a liar, and he becomes a thief. Stop his thievery, and he goes to robbing. Suppress him as a robber, and immediately he appears as a slanderer. Exercise him in this particular, and you next hear of him as a murderer. Provide against his homicidal disposition, and burglaries, arsons, wars and oppressions, show that he is still abroad, and doing his own work.

So with alcoholic medicine. It had been employed four thousand years as a wholesome beverage. Then it was discovered to be no beverage at all; but, *presto*, it was found to be a good medicine. As a medicine, it was administered as a stimulant. Liebig disproved the stimulation theory, and made it out to be "respiratory food." The food theory, after a run of twenty years, was exploded, and then it became a "supporter of vitality." On this hypothesis the medicine has sped like a heresy and worked like a pestilence for a dozen years. But now, careful

chemists and experienced physicians are astonishing the world again. They have demonstrated that alcohol *depresses* the nervous system, and so they give it as a *sedative*. But, more startling still, close on the heels of this discovery, as one improvement on a stove, or a churn, or a washing-machine, follows another in the Patent-Office, comes another, that the ever-changing monster is an *antiphlogistic!*

Being an antiphlogistic (the exact opposite of stimulant, the contrary of "supporter of vitality," and the reverse of "respiratory food,"—if anything can be opposite, contrary, or reverse, in the technical jargon of medical literature), it is, of course, according to medical science as it is in drugopathy, a proper medicine in all the diseases for which it has hitherto been condemned, and a bad remedy in all the maladies for which it has heretofore been approved. A Dr. Richardson, of London, after an elaborate investigation, and much experimentation, has arrived at the conclusion that alcohol is not now, and never has been, a stimulant. According to his demonstrations, alcohol *reduces* the action of the heart and *depresses* the nervous energies, contrary to the assertions of medical books, and the teachings of medical schools in all the ages. Hence, its employment in conditions of debility, in states of exhaustion, in typhoid fevers, and in all diseases of low diathesis, has always been harmful. How many hundreds, thousands, or millions, of human beings have been made to people the ravelled earth, in consequence of this mistake, let imagination grasp—if it can. The future medical historian will have to record the astounding confession that, all over the civilized world, for thousands of years, alcohol has been prescribed freely in all forms of disease, except the purely phlogistic, on the theory that it was a stimulant; that it *increased* the action of the heart and arteries; that it *augmented* the nervous energies; and on this ground alone was predicated the doctrine that it was a supporter of vitality. If Dr. Richardson is right now, the medical profession has long labored under a most woful delusion. It has made suffering humanity swallow alcohol enough, on a false assumption, to drown the whole human race, were the medicine collected into one reservoir like Lake Erie or the Atlantic Ocean. If Dr. Richardson's position is correct, all who have taken alcohol between the years 1 and 1870, have been more or less damaged or killed, or there is no reason in science, nor common sense in logic, nor truth in history, nor use in figures, nor "virtue" in medicine.

And now comes forward, like a Cardiff giant emerged from "Onondaga Hollow," Prof. A. Jacobi, M. D., of the New York College of Physicians and Surgeons, corroborating all that Dr. Richardson has discovered, and adding some discoveries of his own. In a clinical lecture, recently delivered to the medical class, Dr. Jacobi states the "antiphlogistic" properties, or "action," of alcohol, in the following language:

"A good dose of alcohol will reduce the temperature by one, two, or three degrees, in a couple of hours, and sometimes in one hour or less. It is found that the reduction of temperature is in direct proportion to the amount of alcohol taken; and those of us who have been in the habit of using it much in practice, know that even women and children, who have never touched it in health, will sometimes require immense doses—not ounces, but pints—of brandy in the diseases which demand its exhibition."

What a grand discovery for women and children! And how marvelously simple and wonderfully sublime becomes the alcohol-antiphlogistic treatment of all diseases attended with preternatural heat of the whole body, or of some portion of it. It consists in measuring the doses of the grog by the thermometer. The hotter the patient, or the part, the bigger the antiphlogistic. Has the patient a fever—inflammatory, typhus, typhoid, enteric, yellow, ship, scarlet, small-pox, measles, erysipelas, miliary, bilious, remittent, intermittent, relapsing; or an inflammation—cephalitis, carditis, hepatitis, pneumonia, ophthalmia, quinsy, diphtheria, croup, gastritis, enteritis, nephritis, periostitis, dysentery, influenza; or a rush of blood to the head, or a "fever of indigestion," or a state of overheatedness from any cause—all that the indication demands is *quantum sufficit*, that is to say, a sufficiency of alcohol to reduce the temperature, be the quantity ounces or pints—especially if the patients are women or children.

The reasoning of Dr. Jacobi is even more astonishing than his medicine. He says: "Now, if it be true—and it has been so proved—that alcohol will diminish the temperature the most notably in those persons who have not been accustomed to it in health, we should naturally look upon it as one of the principal febrifuges for women, and especially for children."

We stop our quotation here to remark that we do not doubt the point of the professor's logic; nevertheless, we cannot see it. If the effects of alcohol are less notable on men than on women and children, because men are

more addicted to the medicine in health, we have only to give them the more of it. This logic may not be grogopathic, but it strikes us as eminently common-sensical.

We resume our quotation: "Indeed, a monograph upon this very subject of the use of alcohol in the diseases of children, has been put forth by a Frenchman, Dr. Godfrin."

We pause again for the purpose of exclaiming, Tremendous monograph! remarkable coincident! *le grand Frenchman! vive la children! bravo alcohol!*

Again we resume: "In what diseases, then, of children and others should alcohol be given? If it is an antiphlogistic, and will *always* reduce [the italics are ours] the temperature, why not give it in every febrile disease."

Once more we interrupt the thread of Dr. Jacobi's discourse, to observe, Yea, verily; why not? According to the theory he has just propounded, we *should* give alcohol in all the cases mentioned. But the professor, as is too frequently the case with medical professors, no sooner lays down a theory, than he upsets it with the facts. No sooner does Dr. Jacobi demonstrate theoretically that alcohol should be given, than he proceeds to exhibit facts why it should n't. Dr. Jacobi is not the first medical professor whose theories and facts are continually playing the game of cross-purposes. Dr. Jacobi proceeds to say (and here is where the profoundest phase of the muddlement comes in):

"To this I should be opposed. Alcohol should *not* [this italicized word also is *not* Dr. Jacobi's] be given in acute pneumonia, for example; for, when administered in large doses, only a part of the amount will be decomposed, and the remainder will be eliminated unchanged, not only by the kidneys, etc., but to a great extent also by the lungs. Now the lungs, which in acute pneumonia are the seat of congestion and nutritive disorder, would, in my opinion, suffer greatly from any new work put upon them. If the small amount of healthy lung is expected to get rid of this congestion, and to do the work of the whole lungs also, it should be spared the extra task of eliminating alcohol. Moreover, the *local* effect of alcohol is that of irritation. Whatever alcohol entered the lungs would act as a local irritant, and, despite the reduction of the general temperature, might increase the local congestion and inflammation. For this reason, I would not give it in other acute inflammatory affections, unless the general condition of the patient required a **STIMULANT** [small caps ours] in moderate doses.

In enteritis, for instance, it would increase peristaltic action by its local irritation, and therefore would be contra-indicated. But it is indicated in those fevers where we can get the general effect we desire without local injury, as in hectic fever, from whatever cause."

Was there ever such a muddlement of etiology, pathology, symptomatology, diagnosis (part of this word is manufactured for the occasion, as nothing in the dictionary will fit the case), and therapeutics? of technology and trash? of learning and bosh? of science and gibberish?

Because alcohol is an antiphlogistic (the opposite of stimulant, or "contra-stimulant" of some authors) it is good for fevers in general; but because it is a local irritant, it is bad for fevers in particular, *except when the patient requires a stimulant!* But more is to come:

Says Dr. Jacobi, "As a stimulant, I give alcohol for its antiparalytic effect."

Shade of delirium tremens! The Professor of the College of Physicians and Surgeons recommends alcohol to reduce temperature (especially in women and children), because it is an antiphlogistic; and he gives it in palsy to increase the temperature, because it is a stimulant. This is the logic of the toper illustrated, and applied especially to women and children. The toper takes alcohol when he is hot, to cool himself—as an antiphlogistic; and he takes it when he is cold, to warm himself—as a stimulant. He takes it when he is dry, to "wet his whistle;" and he takes it when he is wet, to dry himself—as an inspissant. He takes it when he is hungry—as "respiratory food;" and he takes it when his stomach is full—as a digester. He takes it in the morning as an eye-opener, at midday as a regulator, at evening as a sedative, and at bedtime as a hypnotic. He takes it when he is dull to enliven himself, and when lively, to calm himself. When the weather is misty, he takes it as an antifogmatic; and when fair, to exhilarate. When he is alone, he takes it for companionship; and when in company, for conviviality. When he is in trouble, he takes it to drown sorrow; and when he is prospered, to intensify enjoyment. When he is sober, he drinks because it is safe to do so; and when he is drunk, he drinks because he cannot help it. But he is only an illiterate layman. It takes a regular M. D., and a professor at that, to give us the rationale, that is to say, the practicality, we mean, the antiphlogistication and the stimulation, of the subject. And now a new complication "supervenes," like a typhoid fever "setting in" just as a bilious fever

"turns." Says Dr. Jacobi: "I may say that I regard it as a DIETETIC [the caps are ours] agent; and in the hot summer weather, I make all of my children take a little whisky with all the water they drink."

Commending these children to the attention of the Good Templars, we proceed to remark that we do not see anything in Dr. Jacobi's premises to preclude the grog rations in cold weather. But we seem to have reached the legitimate conclusion—the climax of absurdity—that all persons arrive at eventually who reason from the fundamental premise that "grog is good": Alcohol, as an antiphlogistic, is adapted to all diseases of excessive action. Alcohol, as a stimulant, is adapted to all diseases of defective action. Alcohol, as a dietetic agent, is both viuetals and drink, or, at least, useful to mix with them. We can only say, in conclusion, Abracadabra!

NOTE.—Lest our readers should take it into their heads to suspect that we have misquoted, garbled, or in some way misrepresented, the learned professor, we deem it prudent to inform them that the article from which we have quoted may be found entire in "*The Medical Record*" for Oct. 1, 1870, a "Semi-monthly Journal of Medicine and Surgery," of the allopathic persuasion, published by William Wood & Co., No. 16 Walker Street, New York, and edited by George F. Shrady, M. D.

* Good Words to Good Women.

THE much-talked-of address of Fanny Sewald to the women of Germany, published in the Cologne *Gazette*, is quite as applicable to a numerous class of women in America. The following extract ought to be read with a blush of shame by every fashionably-dressed lady in this or any other country:

"This is the time to point out to German women how much they are too blame for the present and ever-growing arrogance and self-sufficiency of the French. When has there been a fashion gotten out by the most shameless among French women, that the respectable wives and daughters of Germany have not adopted it? Don't you recollect how stylish you felt when, personally denuded to an immodest degree, you went about interlarding your simple German speech with frivolous French phrases? You were not dissatisfied, either, when French writers mutilated and misrepresented the writings of our great poets to furnish French composers with classic texts! It was no matter if your daughters had never read the standard authors of Germany, if only they could speak French with the air and the accent of some Parisian adventuress. You paid enormous prices for Paris-made dresses, and begrimed to the poor German seamstress, whose sons now

face French cannon to defend you from those whom you have enriched, even the poorest pitance. And you—you women of the better classes—you have made it possible that the French should dare to calculate not only upon a want of self-reliance among us Germans, but even your sympathy for the invader! And even now, while your sons storm French batteries, and thousands of German men spill their life-blood for the independence of Germany, you still strut the streets in towering French chignons, and wear clothes cut according to brazen French fashions!"

To spice this "lecture to ladies," let us add the following which we clip from a Philadelphia weekly paper :

What helpless nonentities our "young women of the period" are making of themselves, with hunches upon the hips like elephantiasis, a kink in the back that suggests croup in the stomach, a lolling of the hands in front like a puppy on his hind legs trying to "beg," and a general look of crooked, distorted fatuousness. They half creep, half amble, along the sidewalk, like sick kittens with their eyes just opened. And of such are to be the wives and mothers of our Republic. God help us!

Ice and Milk for Typhoid Fever.

We had occasion to visit a patient near Wilmington, Del., and there learned that typhoid fevers had been prevalent with the usual rate of mortality, except in the practice of a single physician. One of the physicians of the place treated all of his patients with iced-water and milk, without giving them a single drug—not even a dose of whisky. The result was just what any intelligent hygienist would have predicted—*all of his patients recovered*. We do not think that the milk part of the treatment was as good as the same quantity of pure water would have been; but it takes a large quantity of milk to kill a person, whereas a very little pure poison may do it. Nor do we approve of large quantities of very cold water; yet all the iced-water, or the ice itself, that a typhoid-fever patient can get into his alimentary canal, will not endanger life so much as will a single dose of either one of half a dozen drug-stuffs that physicians are in the habit of prescribing in such cases. The success attending the novel practice of our allopathic brother, is another illustration of the wonderful cures which Nature is capable of effecting when not seriously interfered with, and of the success which uniformly attends the medical man when he don't give any medicine.

AGAINST fortune oppose courage; against passion, reason.

A Post-Mortem Clinic.

At the Jefferson Medical College of Philadelphia, not long since, a cadaver was examined, to discover, if possible, the nature of the malady which occasioned the death—a problem, however, which the dissection did not solve. But the history of the case was interesting, especially to those who could understand the lesson it taught.

The patient had been subject to "congestive chills," for which he had taken the customary "antiperiodic"—quinine, and the usual "specific"—whisky. The disease, or the medicine, or both, or something else, had so congested the chills, that he became entirely prostrated—apoplectic. In this condition he was brought to the hospital. And what did the doctors do there? What, indeed, could they have done except to increase the doses? For, is n't it as plain and palpable as a Burgundy-pitch plaster, that, if ordinary doses of antiperiodics and specifics are inefficient to cure or kill, extraordinary doses must be given? This the doctors did do. They increased the quinine; they augmented the whisky.

This was according to the reasoning of the physicians of Jefferson Medical College, which claims to be super-eminent among the medical schools of America; and, probably, so far as the *quantity* of its students, the weight of its doses, and the bulk of its literature, are concerned, its claim is well founded. How, otherwise, could these doctors have reasoned? For, take the quinine and the whisky out of their *materia medica*, and how could they reason at all, especially if the question be congestive chills, intermittent or dumb ague? Well, they could n't, and did n't; and so the poor fellow, on being introduced into the hospital aforesaid, and delivered to the doctors hereinbefore mentioned, was made to perform deglutition on eight grains of quinine, the antiperiodic, and one ounce of whisky, the specific, once an hour, so long as the breath of life continued. It is perhaps unnecessary to remark that, as soon as the breath of life ceased to continue, the medicines were discontinued. That the patient died for want of breath, is entirely probable; and it is equally presumptive that, if the patient had continued to breathe for some time longer, he might have taken more medicine, both antiperiodic and specific, and the post-mortem might have been correspondingly delayed.

We conclude our report with the eloquent words of the clinical professor, as he brought the necrological story to the point of his scalpel

and tenaculum : " Notwithstanding this active and energetic treatment, the patient succumbed to the violence of the congestive chills ; " which suggests the following query : If the quinine and whisky had been doubled or quadrupled in doses, or repeated once in ten minutes instead of once an hour, would the patient have lived longer or died sooner ?

A Hygeo-Homeopath.

A GENTLEMAN who graduated from the Hygeo-Therapeutic College three years ago, is now attending the Homeopathic College in Philadelphia. This is no great affair *per se*. But, among outsiders, several questions might arise ? Was he unsuccessful as a hygienic practitioner ? Has he become convinced that homeopathy is true, and that he ought to adopt it ? Is he of opinion that there is " virtue " in both the hygienic and the homeopathic systems, and that he can treat diseases more successfully by combining the two systems ? or is he a fool, knave, humbug, or ignoramus ? We will give his own version of the matter, and leave our readers to form their own conclusions. When we asked his motive, he replied, " I find the people must be humbugged a little, to get along well, and I am going to do it. Hygiene, pure and simple, don't pay. The great majority of the people want to be humbugged, and are willing to pay for it ; and I am going to let them. I am sorry to have to acknowledge the fact ; but it is so."

This man has property, and is able to live with very little labor. He has health, and is able to work at some honest calling. He has a respectable position in society, and is regarded as a man of probity ; so that he has strong inducements to be true to himself, and but slight temptation to devote himself to a calling which he believes to be false and fraudulent. But, he has large acquisitiveness. He wants to make money, and he does not like to work. He is inclined to be lazy ; and having conscientiousness, he has deliberately chosen to sell himself to the evil one. In some half a dozen other cases in which hygienically-educated physicians have renegaded to some of the phases of drugopathy, or have gone into some of the numerous quackeries of the day, they were sorely tempted. They were poor, or had no character nor position to lose. They can plead some circumstances, not in justification of the crime, but in mitigation of punishment. Not so with our recent Judas Iscariot. He has betrayed the truth for much less than thirty pieces of silver. Perhaps the master whom he has chosen

to serve will reward him liberally for a time, in inducing the sick to patronize him more and pay him better ; but the devil never helps any one without exacting a fearful interest, even the very soul of the person he compacts with.

Consumption Cured.

IT is no uncommon thing for consumptives, in the early stages of the disease, to be cured at the hygienic health institutions and " water cures." Many cases which have arrived at the second stage are also cured ; and occasionally one recovers who has reached what is technically termed the third stage. We do not, therefore, report cases of consumption cured because they are rare ; but we have a case which presents some peculiarities which may be instructive to others, and so we relate the chief circumstances.

The patient, a middle-aged woman, is now in our medical class. One year ago, she came to us as a patient. She had confirmed consumption, and the disease had progressed so far that we could promise nothing. We could only say that the chances were in her favor. The form of consumption was apstematous. Abscesses had repeatedly formed in the lungs. She was very much emaciated ; kept her room constantly, and her bed much of the time.

Soon after the commencement of the last college term, she was introduced to the medical class, and a clinical explanation made of her case, as all of them will doubtless remember. The *prognosis* was given as favorable, for the reason that she had never taken much medicine, and with this qualification ; viz., provided she adhered strictly and undeviatingly to the treatment prescribed, and especially the dietary. She did so ; and the result is, a complete recovery ; and the predisposition to consumption seems to be entirely overcome. She has recovered her normal weight of flesh ; her chest has expanded somewhat remarkably, and her lungs appear to be sound throughout. Being an excellent reader, she has frequently, in our parlor evening entertainments, read from the works of Dickens and others a whole hour without the least appearance of hoarseness or fatigue—a test quite conclusive, not only of the condition of the lungs, but of the free play and vigor of the whole respiratory apparatus. Indeed, she is now strong and well developed at the very vital point where a majority of American women are rapidly going to decay and consumption ; we mean the breathing apparatus. If the thousands of our short-breathed, narrow-chested,

consumptive-looking women and girls would adopt the same means, they could also be restored to that degree of health and vigor which would not only arrest their present rapid tendency to consumption and death, but render them capable of usefulness and enjoyment.

Answers to Correspondents.

SALT—BREAD—OIL—SUGAR—BUGS.—
N. A. S. C.: "Dr. R. T. Trall—Will you please to answer the following questions through the useful monthly, the **HEALTH REFORMER**? 1. What use (dietetically) did the ancients make of salt? 2. How, and with what, did the ancients make their leavened bread? 3. Was not their leavened bread as wholesome as our unleavened Graham bread? 4. Did not the ancients use vegetable oil as food? If so, how did they use it? 5. Do you consider the cultivation of sugar-cane, and the manufacture of sugar and molasses, a sinful or antichristian business? 6. How can wheat be kept free from bugs or insects? In Louisiana a small bug, usually called the "corn bug," gathers so numerously in the grain while in barrels or sacks, that a bushel is destroyed in a very short time."

1. They employed it as a seasoning for food, or as an antiseptic to preserve organic matters from putrefaction, as the moderns do. 2. With yeast, as the moderns do. 3. No. 4. Yes. They ate it, or drank it, or mixed it with food to shorten it, or put it on the food to season it, as the moderns do. 5. That is a question of conscience. "As a man thinketh, so is he." It would be sinful and unchristian for those of us who believe sugar to be injurious; but for one who conscientiously believes it to be good food, it would be both christian and righteous. 6. Keep it in bug-tight bins or boxes.

SALT-RHEUM — ITCH — CARBUNCLES.—
L. M.: "Dr. Trall—Since the pictorial illustrations in the **HEALTH REFORMER** of the insects (*animalculæ*) burrowing in the flesh, and being really "the itch," I have thought to inquire: 1. Does not salt-rheum incite to scratching, as well as the itch? 2. Does not salt-rheum disclose itself by rough, scabby risings of the skin over the affected parts, as in the case of the itch? 3. Do not *animalculæ* affect parts of the human body where salt-rheum appears, and cause a like itching of those parts? 4. What causes itching of the parts affected by salt-rheum? 5. Do not *animalculæ* infest all corrupted places or states of the human body, as festering in

salt-rheum and itch, and also boils or carbuncles—the like as are conceded, and seen with a large magnifier (microscope), infesting frosted or withered leaves or plants? 6. What are the proper remedies for salt-rheum? 7. What do you suggest as the cause of salt-rheum?

The term, salt-rheum, is applied to a variety of cutaneous affections, caused by morbid humors, chiefly biliary, in the blood. It appears most frequently on the hands, and in cold weather. It may be occasioned, in persons who have torpid livers, by sudden and severe exposure to cold. It has more the appearance of blotches, cracks and fissures, in the skin, and less of the form of vesicles, than is noticed in cases of itch. There is some degree of itching, sometimes smarting, and, in extreme cases, very great itching, closely resembling, in this respect, the real itch. It is only curable by purifying the mass of blood, and restoring the normal action of the liver. *Animalculæ* are liable to infest any part denuded of the skin, as well as all places where the skin is not kept sufficiently clean. The itching sensation, in cases of salt-rheum and the itch, is caused immediately by the presence of morbid matter pressing on the extremities of the nerves diffused under the cuticle. In the case of the itch, this feeling is greatly aggravated by the motions of the itch insect.

INSTINCT AND REASON.—W. B. M.: It is one of the errors of the schools, that instinct is the guide of the lowest animals, while reason is the guide of the "higher animal"—man. Here, as everywhere, the greater includes the less. Man, when unperverted, has precisely the same instincts, for exactly the same purposes, and just as perfect, as the animals.

ALBUMINURIA AND BRIGHT'S DISEASE.—R. C. L.: These names apply to the same disease. Albuminuria means an albuminous condition of the urine. It has been termed Bright's disease, because Dr. Bright first described it. In all such cases, the kidneys are more or less disorganized. The patient is curable, except in a very late stage, although a cure under treatment is very rare. The special indication in treatment is to restore the function of the skin; but the kind and temperature of baths must depend on the condition of the patient.

UMBILICAL HERNIA.—A. J. P.: The sooner the treatment is undertaken, the more easily a cure can be effected. This rule has no exception with infants, nor with adults. An ingenious mechanic who understands the an-

atomy of the part, ought to be able to fit a truss to any case.

DROPSY.—H. H. L.: The general swelling of which you complain, is owing to deficient action in the liver and kidneys. "Sweating baths" are not proper; but a moderate perspiration, without overheating the body, is desirable. Milk is a *very* bad article of food for this patient.

OBESITY.—A. E. B.: "The patient is fifty-nine years of age. When married, at the age of twenty-four, she weighed ninety pounds; now, she weighs one hundred and ninety pounds. For several years she has been very corpulent and fleshy, and for twenty years, has been pronounced dropsical. She has been troubled with heart disease seriously for years, with palpitation of the heart. Four years ago she consulted a physician who said that ossification of one of the valves of the heart was taking place. She has headache continually, and pain in the right side and hip much of the time. She has a bad taste in the mouth, and is confined to the bed most of the time. Her teeth are badly decayed, in consequence, probably, of mineral medicines taken in early life."

The patient is not fleshy, but adipose. Nor is there any evidence of ossification, or probability of heart disease. The palpitation, headache, etc., are owing to obstruction. Constipated bowels and accumulations in the areolar tissue explain all her symptoms. She may be, and probably is, more or less dropsical. Tepid ablutions, with plenty of gentle friction, and a hygienic dietary, are the essentials of the proper treatment.

Dealing Sincerely with Children.

SEVERAL children were playing near my window to-day, while I sat writing inside. My attention was drawn to them by the clear, happy voice of my little son; for it was a dirty word I heard him say. I saw by his whole manner that he had no conception of its meaning, but made the exclamation as he had heard some one else—and to a little girl as innocent as himself.

"Hush!" said an older boy. "Your mother can see you." The little fellow did not seem to see the application of the remark, and the play went on. That evening, when we were alone, I asked him about it. No particular impression had been made upon his mind, so I told him what I had heard, and explained the immodesty of using the word he did—a word that has no decency in any sense whatever. He comes to me now

with every new idea he gets. If I can only retain his confidence, how thankful I shall be! It is worth while to consider how this can be done.

Some mothers very carelessly betray the little secrets their children confide to them. They are simply amused by the candor of the little ones, and repeat their sincere utterances as good jokes. Then, perhaps, the big brothers or sisters tease the little ones about their honest speeches. It is very cruel, especially in its lasting results. What a beautiful thing a child's sincerity is, and how it refreshes one in the midst of the artificiality and constraint of grown-up people! It should be carefully guarded, and need only be taught such restraint as a liberal interpretation of the golden rule imposes. A mother who does not encourage her children to confide their childish pleasures and troubles to her sympathy, need not expect that her sons and daughters will make her a confident of their love affairs, or speak freely to her of their religious hopes, and doubts, and denials.

It is not difficult to teach children a becoming modesty, in respect to certain subjects, in mixed company. But children should be encouraged to speak with the utmost frankness to their parents. There are certain questions that they *will* ask, and they naturally go to their mothers first for the desired information. It seems to me a great pity for any mother to lose this precious opportunity. Their curiosity, once aroused, must be satisfied somehow. Who shall do it, and how shall it be done?

A mother can tell a falsehood—some sort of silver-spade, or hollow-log, or doctor's-saddle-bags story—but it will not be long before she will be found out in a lie; and will that pay?

She may put off her children with the remark that "It is not proper to talk about such things;" or, "When you are old enough, you will know all about it;" but such a course only whets curiosity, as I know by my own experience. My mother used to tell me, kindly, but mistakenly, "When you are older, I will tell you all about it." I would come again, begging, "I am older now. Tell me now;" to be again put off. The curiosity was certainly innocent. It always is in its beginnings; but the only way to preserve its innocence is to meet it frankly. A playmate told me part of the truth, and I ran with it to mother. She, with the best of intentions, affected to be shocked, and promised to tell me all I wanted to know when I should be fourteen years old. She never had the opportunity. Long before the appointed time

came, I learned a great deal more than I should have thought of asking her, or any one else, as I lay awake and heard two older girls—excellent girls too—relating to each other all that they had surreptitiously gleaned relating to the physical development and functions of woman. I did not tell this to my mother; for it was what she did not wish me to know. Some feeling of honor led me to keep it all to myself for a good while; and then how I astonished some of my companions with my knowledge! Worse things than this might have happened to all of us. Suppose some ignorant and evil-minded servant girl had found a vile pleasure in feeding our curiosity. Such things have occurred.

There are mothers—an increasing number, I suppose—who meet their children's questions of this kind promptly and truthfully. I have never heard of one who had reason to regret such a course. Once I heard a good man deal with this subject in a sermon—so plainly that some modest people, and some not so modest, had to bow their heads. One woman who heard him, soon had occasion to put his teachings in practice. Her little boy, eight or nine years old, came to her with the question of every child about the origin of our bodies. This is my opportunity, thought the mother, and she promised him, as she would about anything else, that when she could get a chance, she would tell him what he wanted to know. She kept her word. The child listened reverently—for you can guess that a good mother would speak very seriously and tenderly, as of sacred things. He asked more questions, and she answered them, probably with a frankness hardly contemplated at the outset. It seemed to her that the talk did them both good, and that her son was her's more intimately than ever before, in close confidence and guardianship.

Does any one suppose that a child so taught would go and retail the knowledge to profane ears? The children are rare, I hope, who could betray such confidence. It must be safest for children to get information on these topics before the development of the passions. Yet one would hesitate to direct a child's thoughts to these matters before curiosity is awakened. Mothers will see the proper occasions if they are attentive to their children's development. It is surprising how little information will satisfy a child if given just when desired. Give an honest answer to the first question, and probably a long time will pass before it will be followed up.

I have heard how boys sometimes congregate on board piles, or in sheds, on summer evenings, and tell all the indecent stories they

have gathered in vile places, chuckling over having found out so much that big folks know, but conspire to keep boys ignorant of. If a child who has received "well-stated knowledge" strays among them, I fancy he will not love to linger. But an innocent child to whom all these things are strange, might be detained by itching ears till great harm had been done.—*Faith Rochester.*

Bad Habits.

I HAD a schoolmate. She was a fair young girl, of pretty features and light complexion, and of medium height. She was invited to all the balls, dances, receptions, etc., that we had, and always attended, and was always remarked upon as having such a beautiful form, such tiny hands, and such delicate-looking feet. She was always gay and cheerful. Her mother was a widow, and, at last, Mary, for so we will call her, was obliged to go to work in the factory to earn her living. But she did not give up the idea of going into society as much as usual. She continued in this manner for some time, working hard all day, and staying out late in the evening, having late suppers, until this, combined with tight lacing, which was one of her every-day practices, had a bad effect on her physical health, and she was soon obliged to remain at home both night and day.

She continually grew worse, and at last found herself with badly-diseased lungs. It was soon known all over the village that Mary P. had the consumption, and that six doctors had given her up to die. As a last resort, they employed a female physician from Dr. Trall's Institute. She had not treated her many weeks before she began to improve, and was rapidly recovering, when, one morning, she refused to taste the food prepared for her by her new doctor. She had been so used to living on rich food, that it was very hard for her to "come down," as she called it, "to nothing but dry crusts." (Who would call all the nice fruits, vegetables, and the many, varied grains, "dry crusts"? None but the ignorant, I am sure.)

But let us go back to Mary. It seems she preferred to die; for she has tried still another new doctor, who says she may eat anything she craves. She is now fast sinking where no human aid can reach her, and I often think, as she slowly walks by my window on a pleasant day, for she lives near, what a different life she might have led. Oh! young girls, be careful of your health while you are young. And ye mothers, see that your daughters keep good hours and avoid fashionable suppers.

H. M.

The Health Reformer.

Battle Creek, Mich., December, 1870.

Health Reform.—No. 2.

ITS RISE AND PROGRESS AMONG SEVENTH-DAY ADVENTISTS.

BY ELD. JAMES WHITE.

"I have yet many things to say unto you; but ye cannot bear them now." John 16:12.

THE number of Seventh-day Adventists in the United States, is probably not far from fifteen thousand. From a very small beginning, they have existed twenty-two years; and as an organized body, only ten years. Their growth has been slow, but permanent. They have cherished some of the principles of health reform from the first; but have been impressed with the importance of the subject, so far as to effect a change of general diet, and style of woman's dress, only about five years.

Seventh-day Adventists have taken up the subject of health reform religiously, and they adhere to it in the love and fear of the God of the Bible. They have a living, growing interest in the reform as taught among them, because of its harmony with science, their own invaluable experience, and the word of God. With them it is a permanent thing. Their ministers teach it to the people publicly, and at the fireside, and practice it, as far as possible, wherever duty calls them. And this people also carry out the reform in all their social relations with kindred and friends, at home and abroad. This straightforward course makes them practical, as well as theoretical, daily teachers of health reform.

And it may be expected of that people who have moral courage to leave the deep cart-rut of human custom, and observe the seventh day of the week as the Sabbath of the Lord, purely from principle, that they will be firm and true in all good reforms. To be out of joint with all the rest of the world, two days in each week, is neither convenient nor profitable in this life. The observance of the Bible Sabbath is frequently attended with pecuniary losses. It is also decidedly unpopular; and nature shrinks from

taking a step that carries one out so far from the world. And the high sense of truth and duty, that leads them to a conscientious observance of the Sabbath of the Bible, also leads them to adopt and carry out the principles of health reform.

This people have taken their position upon unpopular points of theology, from hearing sermons, and reading works, which appeal to their moral and intellectual senses. The grand themes upon which they dwell with delight and profit, are, comparison of prophecy with history, the origin, nature, and perpetuity, of the divine law, and that purity of flesh and spirit requisite to heirship to the future inheritance.

While thousands are induced to take a position in matters of religion, simply because their feelings are wrought upon, and tens of thousands adopt a popular religion, simply because it is popular, Seventh-day Adventists are moved by appeals to the noblest powers of the human mind. Such a people are prepared to follow truth wherever it may lead them, and properly estimate reforms wherever they may exist. And having taken their position on the subject of health reform, from reason and conscience, they are prepared to defend it, and to reap the benefits of it.

As a people, we have discarded the use of tobacco in all its forms. There may be a very few of our people who have not fully overcome the filthy, soul-and-body-destroying habit; but the number is very few, and constantly on the decrease. Thank God for such a glorious victory over perverted appetite. In our largest annual assemblies of the leading men of our denomination, not the least taint of the filthy weed can be discovered by sight or smell.

Our people have also left the use of tea and coffee, as unnecessary, expensive, and injurious to health and happiness. Here is another glorious victory gained. It is our decided opinion that not one in one hundred of our people make any use of tobacco, tea, and coffee. During the months of June, July, September, and October, we held twelve camp-meetings, which were general gatherings of our people, in twelve different

States. This gave us a favorable opportunity to judge of the progress of health reform among our people.

This work of reform has entered not less than four thousand families among us, and saves an expense of not less than twenty-five dollars annually to each family, making the entire sum saved in one year not less than one hundred thousand dollars, simply from abstaining from the use of these slow poisons. This, indeed, is a handsome sum to give for the cause of humanity and Christianity. When the benefits of emancipation from the slavery of morbid appetite are taken into the account, we, as a people, can well afford to double the sum, and give two hundred thousand for the benefit of the needy, as a tribute to the blessings of health reform.

But the reform among us does not stop here. Our people have put away the use of swine's grease and flesh-meats generally. This they have done with a clear conviction that flesh is not the most nutritious, and the most healthful, food for man. While flesh-meats stimulate, they do not build up the system as other foods do. With our people, once, this was an experiment; now, it is demonstrated. There are thousands of laboring men and women, who report better health, and an increase of physical strength, and power to endure, since they have left the use of flesh for food.

Convenient Food.

THE prayer of Agur is instructive: "Remove far from me vanity and lies; give me neither poverty nor riches; feed me with food convenient for me; lest I be full, and deny thee, and say, Who is the Lord? or lest I be poor, and steal, and take the name of my God in vain." Prov. 30:8, 9.

Among the evils of this life, are extreme poverty, and great riches; either frequently deprives men and women of convenient food. The poor sometimes suffer from want of the plainest bread; while the rich suffer more from the ruinous effects of the indulgence of appetite.

The prayer of Agur should be our prayer. And as we pray, we should act our part in the answer of the prayer.

I have traveled extensively, during the past season, east and west, from Kansas to the State of Maine. I have had an oppor-

tunity to see that but few understand how to take care of their bodies. I have seen many groaning under infirmities which they could not account for, only as they charged their sufferings to Providence. They seemed to console themselves with the thought that pain was the common lot of mankind, and they must be reconciled. But in nine cases out of ten, the afflictions we meet are in consequence of the continual transgression of the laws of life. The collision between nature and their habits, results in suffering and disease.

While in the depot at Tipton, Indiana, I was a listener to the remarks of several who were conversing together in regard to a family then lying at the point of death, a few miles distant. The entire family, save one, had been poisoned by drinking Java coffee. The family physician had pronounced them to be in a critical condition, and their recovery very doubtful. The question may arise, How do they know that the coffee poisoned them? It was stated that they all partook freely of the coffee, except one child. She ate with the rest of the family, but could never be induced to taste coffee. While the rest, in a short time after their meal, were thrown into convulsions, the little girl was as well as usual.

It has been no wonder to me that sickness and disease are so prevalent; but it has been a marvel why many live at all, under the abuses they put upon themselves. Every transgression of nature's laws will be followed by the penalty.

While upon the cars, I heard parents remark that the appetites of their children were delicate, and unless they had meat and cake, they could not eat. When the noon meal was taken, I observed the quality of food given to these children. It was fine wheaten bread, sliced ham coated with black pepper, spiced pickles, cake, and preserves. The pale, sallow complexion of these children plainly indicated the abuses the stomach was suffering. Two of these children observed another family of children eating cheese with their food, and they lost their appetite for what was before them, until their indulgent mother begged a piece of the cheese to give to her children, fearing the dear children would fail to make out their meal. The mother remarked, My children love this or that, so much, and I let them have what they want; for the appetite craves the kinds of food the system requires.

This might be correct if the appetite had never been perverted. There is a natural, and a depraved, appetite. Parents who have

taught their children to eat unhealthful, stimulating food, all their lives, until the taste is perverted, and they crave clay, slate pencils, burned coffee, tea grounds, cinnamon, cloves, and spices, cannot claim that the appetite demands what the system requires. The appetite has been falsely educated, until it is depraved. The fine organs of the stomach have been stimulated and burned, until they have lost their delicate sensitiveness. Simple, healthful food, seems to them insipid. The abused stomach will not perform the work given it, unless urged to it by the most stimulating substances. If these children had been trained from their infancy to take only healthful food, prepared in the most simple manner, preserving its natural properties as much as possible, and avoiding flesh-meats, grease, and all spices, the taste and appetite would be unimpaired. In its natural state, it might indicate, in a great degree, the food best adapted to the wants of the system.

While parents and children were eating of their dainties, my husband and myself partook of our simple repast, at our usual hour, at 1 P. M., of graham bread without butter, and a generous supply of fruit. We ate our meal with a keen relish, and with thankful hearts that we were not obliged to carry a popular grocery with us to provide for a capricious appetite. We ate heartily, and felt no sense of hunger until the next morning. The boy with his oranges, nuts, pop-corn, and candies, found us poor customers.

The quality of food eaten by parents and children, could not be converted into good blood, or sweet tempers. The children were pale. Some had disgusting sores upon their faces and hands. Others were nearly blind with sore eyes, which greatly marred the beauty of the countenance. And still others showed no eruption upon the skin, but were afflicted with cough, catarrh, or difficulty of throat and lungs. I noticed a boy of three years, who was suffering with diarrhea. He had quite a fever, but seemed to think all he needed was food. He was calling, every few minutes, for cake, chicken, pickles. The mother answered his every call like an obedient slave; and when the food called for did not come as soon as was desired, as the cries and calls became unpleasantly urgent, the mother answered, "Yes, yes, darling, you shall have it." After the food was placed in his hand, it was thrown passionately upon the car floor, because it did not come soon enough. One little girl was partaking of her boiled ham, and spiced pickles, and bread and butter, when she espied a plate I was

eating from. Here was something she did not have, and she refused to eat. This girl of six years said she would have a plate. I thought it was the nice red apple I was eating she desired; and although we had a limited amount, I felt such pity for the parents, that I gave her a fine apple. She snatched it from my hand, and disdainfully threw it quickly to the car floor. I thought, This child, if permitted to thus have her own way, will indeed bring her mother to shame.

This exhibition of passion was the result of the mother's course of indulgence. The quality of food she provided for her child, was a continual tax to the digestive organs. The blood was impure, and the child sickly and irritable. The quality of food given daily to this child, was of that nature to excite the lower order of passions, and depress the moral and intellectual. The parents were forming the habits of their child. They were making her selfish and unloving. They did not restrain her desires, or control her passions. What can they expect of such a child, should she come to maturity? Many do not seem to understand the relation the mind sustains to the body. If the system is deranged by improper food, the brain and nerves are affected, and the passions are easily excited.

A child of about ten years was afflicted with chills and fever, and was disinclined to eat. The mother urged her: "Eat a little of this sponge cake. Here is some nice chicken. Won't you have a taste of these preserves?" The child finally ate a large meal for a well person. The food urged upon her was not proper for the stomach in health, and should in no case be taken while sick. The mother, in about two hours, was bathing the head of the child, saying she could not understand why she should have such a burning fever. She had added fuel to the fire, and wondered that the fire burned. Had that child been left to let nature take her course, and the stomach take that rest so necessary for it, her sufferings might have been far less. These mothers were not prepared to bring up children. The greatest cause of human suffering is ignorance on the subject of how to treat our own bodies.

The inquiry with many is, What shall I eat, and how shall I live, to best enjoy the present time? Duty and principle are laid aside for present gratification. If we would have health, we must live for it. If we perfect Christian character, we must live for it. Parents are, in a great degree, responsible for the physical health and morals of their children. They should instruct their children,

and urge them to conform to the laws of health for their own sake, to save themselves unhappiness and suffering. How strange, that mothers should indulge their children, to the ruin of their physical, mental, and moral health! What can be the character of such fondness! These mothers make their children unfit for happiness in this life, and render the prospect of the future life very uncertain.

As I saw the manner in which parents were treating their children in the cars, I thought, These poor children are indeed creatures of circumstance. Both parents and children were suffering the effects of eating irregularly, and of unhealthful food. As the result, there was a manifest lack of genuine affection with parents and children. All were sufferers. They were nervous, irritable, and desponding. The indulgence of appetite lessened their constitutional strength, as well as their mental and moral powers.

ELLEN G. WHITE.

Croup.

THIS disease is not confined to childhood, but old people frequently become its victims. It presents itself in two forms, catarrhal and pseudo-membranous. It may be confined to the larynx only, though it generally extends to the trachea, as well as to the bronchial tubes; or, it may even occupy one or several divisions of the respiratory passages.

There are two prominent symptoms generally present in croup: first, high vascular irritation of the mucous membrane of the larynx and trachea; second, a spasmotic action of the interior muscles of the larynx.

Some doctors say that this disease is entirely confined to children. This is a mistake, as I have seen it in old people; and about a year ago I had a very severe case in the person of a young lady.

As this is a membranous disease, the most successful treatment must be of a preventive nature. To treat it the most profitably, we must lower the heat of those parts; for the membrane cannot form while the parts affected are below such a temperature.

The disease usually appears near evening, or between three or four o'clock in the afternoon and the same time the next morning. In the interval between, there is little or no danger of its return.

When the croup begins, it may be known by a spasmotic crowing sound. It is also complicated with diphtheria, but the treatment is about the same in either case. Decided measures should be taken at once to combat the disease, for a few moments' delay

will sometimes sacrifice the patient. However, I have never known a case to prove fatal under the hygienic treatment.

TREATMENT.

Wet the head of the patient in cool water, and give a warm bath, continuing it until sweating is produced. Then wipe dry, and let him go to bed. Then apply cloths, wrung out in very cold water, to neck and chest, at the same time letting him drink as much cold or iced-water as he wishes. By thus doing, we cut down the membranous exudation, and by keeping the parts thus cooled, no membrane will form. By setting the depurating organs at work, the danger will soon be over. Thus, the treatment is simple, yet effectual.

The diet should be of an unstimulating nature. Milk is an objectionable article in this disease, as it tends to form a tough mucus in the mouth and throat, which tends to obstruct the air passages. Various kinds of gruels are better in this disease, as well as in diphtheria, pneumonia, asthma, etc.

Children most liable to croup are those of a scrofulous nature, with lax fiber, etc. They should be well protected from the weather, and be regular in all their habits. The bowels should move daily. Let them have all the sleep they wish, and all the out-door exercise possible.

J. H. GINLEY, M. D.

Health Institute, Battle Creek, Mich.

Words of Encouragement.

I WOULD say, for the encouragement of those who have charge of the Institute and the publication of the REFORMER, that the latter is a very welcome visitor; I could hardly do without it; each number grows more interesting and instructive. I think the same amount of instruction could not be obtained from any other source for five times what the REFORMER costs. The better people live out the principles it inculcates, the more happiness they will have, and the better able will they be to serve God, and to appreciate his blessings. As an individual, I can bear testimony to the benefits of the health reform. My health is better, I can endure more hard labor, have a better appetite for food, and sleep better, than when I lived in the ordinary way.

May the Lord bless all connected with the Institute and REFORMER; and may he give them strength and patience to labor on in this great reform.

D. R. LEIGHTON.

New Haven, Conn.

Letter to a Friend.

DEAR FRIEND M.: Your letter of recent date came to hand, stating that you wished to wear the reform dress, and would like the patterns. How glad I am to see you willing to adopt a style of dress so healthful. As you have never seen this dress, you probably know nothing about it. I will give you a few directions:

First, the skirt should be as full as for a long dress; you can cut it goring if you please. It should be eight inches from the floor behind, and one inch shorter in front. Make the pants of the same material as the dress. For worsted, you must have the best kind of canvas to put in about half way, to keep them in place. They should be lined, and faced around the bottom with oil-cloth, an inch and a half in width. The seams should be nicely pressed. Fold them on the right side, having the seams come together; dampen where they are folded, and press well.

For calico pants, line with coarse factory, and face with calico. On the wrong side rub very thick starch, fold as for worsted, and iron. When stiffness is out, starch again. Pants, when finished, should be eighteen inches around the bottom.

Next sew buttons on the drawers (such as nankeen). In order to have the pants hang well, place the first button two inches toward the front, from the inside seam; then divide the remainder into five parts. Care must be taken to have the fold of the pants directly in front. You will perceive, by the pattern, that the inside seam is shorter than the outside. Have the buttonhole which is in the shortest seam, buttoned on to the first button spoken of above. There is danger of having them too long, or too short. They should be two inches from the floor behind, with high-heeled shoes. Some have them come to the tops of their shoes; which appears as if they *must* wear the pants, but were ashamed to have them seen. Such a style is a disgrace to the dress. Be sure and have them both hang alike. Put the looking-glass on the floor, beside a chair, then you can see for yourself. Great pains should be taken with this style of dress, as it attracts much attention.

For hoop-skirt, have steel springs, or cords, run into a skirt made of drilling. For a person of medium height, one and three-fourths yards around at the bottom is large enough; the others should be smaller. You should have your skirts suspended from the shoulders, because it is injurious to health to

have them rest on the hips. You can button drawers on to a waist made for that purpose. With the patterns, you will find the sack pattern; this also must fit nicely.

You see I have given you instructions as though you knew nothing. I am so anxious for you to have them just right. I send you some tracts on the reform dress, to hand to those who have much to say about your style of dress. Keep up good courage, and I doubt not you will succeed.

Your sincere friend,

HANNAH.

Greenville, Mich.

That One Fault of the Reformer.

I HAVE but one fault to find with this journal, and that is, it is too small. I would like to have it as large again; and I hope the time will soon come when you will be able to enlarge it. I am a firm believer in the doctrine you promulgate, and I would rather miss any of my papers or magazines than the REFORMER.

Yours respectfully,

A. K. WHITE.

Lincoln, Nebraska.

Another Bolt Drawn.

ED. HEALTH REFORMER: One by one, the doors of medical colleges are being opened to women. The Homeopathic College of St. Louis has opened its doors. The women are to be admitted on the same terms as the men. This is another step in the right direction. (Thanks to the noble women who have helped push them to it). We know they will never regret the step they have taken. No one ever did regret an act of simple justice.

Now that the doors are open, giving woman a chance to compete with her brother man, we hope a goodly number will avail themselves of the privilege. Let them show to the world that they are competent for the task. I would, of course, a hundred times rather they would attend the Hygeio-Therapeutic College, and hear the great practical truths and logical reasoning which drop from the lips of Dr. Trall; but people have not their eyes open to see as we see; so, for the present, we hope they will avail themselves of the next best.

Our allopathic brethren are very slow to draw the bolt. The experiences of other medical schools where the co-education system has been tried, and the good results told to the world, ought to convince any right-thinking man or woman. In Zurich, Bienna,

Paris and Edinburg, the women students have been eulogized for the energy and perseverance they have shown in regard to their studies. The following is from the *Edinburg Review*, of August 5, 1870:

LADY STUDENTS IN THE CLASS LISTS.

From the official class lists just published by the University of Edinburg, and by the Royal College of Physicians and Surgeons, respectively, we learn that there has been no falling off in the diligent industry and the corresponding success of the ladies now studying medicine in our city. All six ladies were "placed" in both courses that they attended. In the Natural History Class, three ladies attained first-class, and three, second-class, honors; and though the very highest prize was not won by a lady, the successful competitor had evidently a hard struggle for it. A gentleman, of the name of Marshall, obtained 90 per cent of the attainable marks, and the first medal; Miss Pechy obtained 88 per cent, and the second medal. The remaining students attaining first-class honors, are as follows: Mr. Pilgrim, 86½ per cent; Miss Chaplin, 85; Mr. G. Ogilvie, 77; and Mrs. Thorne, 76½; so that, very curiously, the ladies and gentlemen actually alternate; a result which proves satisfactorily that neither talent nor industry are monopolized by the competitors of either sex. In the Botany Class, the ladies appear, of course, in the junior list, as first year's students. Heretere were 146 competitors; viz., 140 men, and 6 women. Two gentlemen only obtained first-class honors, Messrs Dalkeitt and Mackintosh having respectively 78 and 75 per cent of the available marks. Then comes the list of second-class honors; and at the head of it we find Mrs. Thorne, with 72 per cent; Rev. Mr. Robertson, with 71 per cent; then Miss Chaplin, with 69 per cent. Two other ladies are in second-class honors, taking respectively the twelfth and twenty-fourth places in the junior division; and finally the other two ladies appear among those deserving "favorable mention," as thirtieth and thirty-third in the list.

The whole number of gentlemen who appear in the prize lists, are 32 out of 140 competitors, i. e., about 23 per cent; of the ladies—all. We believe that these results prove, not that woman's capacities are better than those of men—a thing that few people would assert—but that these women who are devoting themselves to obtain, in spite of all difficulties, a thorough knowledge of their profession, are far more thoroughly in earnest than most of the men are, and that their ultimate success is certain in proportion. Nor would we omit the inference that, this being so, those who wantonly throw obstacles in the way of this gallant little band, incur a proportionately heavy responsibility, as wanting not only in the spirit of chivalry, but even in the love of fair play, which we would be sorry to think wanting in any Briton. It may be interesting to mention that, in both classes, all competitors were distinguished by mottoes only, so that even the professors knew nothing of the relative success of the students until the names were declared on the final day of prize-giving.

MARY DODDS, M. D.

St. Louis, Mo., Aug. 31.

A Newly-Made Grave.

THERE is a newly-made grave in our village cemetery. It tells a sad story of the ruinous effects of drug medication. A gentleman in middle life, strong and robust, who had not seen a sick day for years, was slightly indisposed. A drug doctor was called, who said his liver was out of order. Drugs were administered. In a few days it was announced that he had typhoid fever. Soon it was whispered among the neighbors that he was dangerously ill; and in a short time the community was shocked by the death of one of its most highly esteemed and useful citizens.

We have often heard the deceased ridicule those who "eat to live," always saying that as he paid no attention to his diet, and was never sick, it was good proof that they were in error. This is a common error which health reformers have to combat. This gentleman had been sowing the seeds of disease for long years, although he considered himself in good health; and when his system made an effort to rid itself of the impurities that had so long been accumulating, drugs being freely administered, his vitality was soon exhausted.

This case forcibly illustrates the necessity of strictly obeying the laws of life and health. If we carefully adhere to the principles of the health reform, we need have little fear of sickness; and, if we get sick, the disease will readily yield to hygienic treatment. The same means that will keep us well, will restore us to health when we are sick. Physical salvation comes alone through obedience to physiological laws.

EARNEST FAITHFUL.

Fashionable Women.

FASHION kills more women than toil and sorrow. Obedience to fashion is a greater transgression of the laws of woman's nature, a greater injury to her physical and mental constitution, than the hardships of poverty and neglect. The slave woman at her task will live and grow old, and see two or three generations of her mistresses pass away. The washerwoman, with scarcely a ray of hope to cheer her in her toils, will live to see her fashionable sisters all extinct. The kitchen maid is hearty and strong, when her lady has to be nursed like a sick baby. It is a sad truth that fashion-pampered women are almost worthless for all good ends of life; they have but little force of character, they have still less power of moral will, and quite as little physical energy. They live for no

great ends. They are dolls, formed in the hands of milliners and servants, to be fed to order. If they rear children, servants and nurses do all, save to conceive and give them birth. And when reared, what are they? What do they amount to, but weak scions of the old stock? Who ever heard of a fashionable woman's child exhibiting any virtue and power of mind for which it became eminent? Read the biographies of our great and good men and women. Not one of them had a fashionable mother.—*Presbyterian.*

Boys Smoking Tobacco.

THERE are many causes of intemperance, physical, moral, and social. One cause is the practice of smoking tobacco. I am well aware that some smokers do not drink, and that many intemperate men do not smoke; but I am convinced that the practice of smoking has led many a young man into habits of drinking, and has introduced many to fast life and evil companions. I am therefore grieved to see mere boys smoking cigars and pipes in our streets. These boys know nothing of the poisonous nature of tobacco, or the dangers connected with its use; they commenced smoking from imitation of others, or from the false idea that it made them look manly. It is, however, a practice especially injurious to the health of the young. It involves them in expense, and leads to other evil habits. The effects of smoking, upon the health of boys, have recently been investigated by M. Decaisne. The *Medical Times*, of July 18, gives a summary of the results of this investigation. M. Decaisne was struck with the number of boys between the ages of nine and fifteen, who smoked tobacco. He selected several cases of smoking lads, of the easy class of society, residing either in Paris or the country. Of thirty-eight of these lads, he found notable effects to be present in twenty-seven; eleven, having only smoked six months, and sixteen, for more than two years; eight of the boys being from nine to twelve years of age, and nineteen, from twelve to fifteen. In twenty-two of the boys, there were various disorders of the circulation, palpitations, difficult digestion, etc. In twelve, the blood exhibited a deficiency of globules. M. Decaisne states that even a limited employment of tobacco produces a pale, bloodless appearance, and that ordinary medical treatment is of no avail while the practice of smoking is continued. He also states that boys who smoke "exhibit a degree of dullness of intellect, and a more or less marked

taste for strong drinks." It appears that on giving up smoking, these symptoms disappear. It is to be wished that every boy who has engaged in the useless and dangerous practice of smoking, should at once give it up. It is a practice which cannot give either honor or profit, but which can injure health, cause a waste of time and money, and expose its votaries to temptations to the use of intoxicating drinks. I therefore exhort every boy who may read this paper, to have nothing to do with cigars, or pipes, or tobacco.—*Weekly Record.*

Be Cheerful at Your Meals.

THE benefit derived from food taken, depends very much upon the condition of the body while eating. If taken in a moody, cross, or despairing condition of mind, digestion is much less perfect, and slower than when taken with a cheerful disposition. The very rapid and silent eating too common among Americans, should be avoided, and some topic of interest introduced at meals, that all may partake in; and if a hearty laugh is occasionally indulged in, it will be all the better.

It is not uncommon that a person dining in pleasant and social company can eat and digest well that which, when eaten alone, and the mind absorbed in some deep study, or brooding over cares and disappointments, would be long undigested in the stomach, causing disarrangement and pain, and if much indulged in, becoming the cause of permanent and irreparable injury to the system.—*Scientific American.*

Take Care of Your Eyes.

MULTITUDES of men and women have made their eyes weak for life by the too frequent use of their eyesight in reading small print, and doing fine sewing, by artificial light, and spent thousands of dollars in vain, and lost years of time, in consequence of not knowing how to take care of their eyes.

In view of these things, it will be well to observe the following rules:

Avoid all sudden changes between light and darkness. Never begin to read, or write, or sew, for several minutes after coming from darkness to a bright light. Never read by twilight, moonlight, or on a very cloudy day. Never read or sew directly in front of the light, or window, or door; it is best to have the light fall from above obliquely over the left shoulder. Never sleep so that on first awakening the eyes shall open on the

light of an open window. Do not use the eyesight by light so scant that it requires an effort to discriminate. The moment you are instinctively prompted to rub the eyes, that moment cease using them. Avoid all stimulating food and drink, or excesses, anger, fear or debauchery of any kind; for anything that will prostrate the nervous system, affects the eyes.

If the eyelids are glued together on awakening, do not forcibly open them, but apply saliva with the finger—it is the speediest dilutent in the world; then wash your eyes and face in warm water.—*Sel.*

The Little Girl.

YOUNG children, in common with all other young animals, are very susceptible of cold. The exposure of their bare legs and arms to a temperature which would cause positive discomfort to the healthiest adult, is therefore not likely to promote their physical well-being. It is, in fact, a most foolish and mischievous piece of cruelty, whatever fashion, which evidently ignores physiology, may say to the contrary.—*Dr. D. H. Jacques.*

Mothers, did you ever think that the present mode of dressing the little girl is destroying the health of your child? It is not only unphysiological, but decidedly immodest. I hope you will pardon me if I speak too harshly. I say immodest, because the exposure of the legs attracts especial, and too much, attention; girl's are taught—though not directly—that boys like to see them. And hence, the lower passions are aroused prematurely, and long before they are capable of self-government. This is one of the causes why so many girls are unfortunate in life. They grow up unguarded, though you may think you are doing your duty. But so long as you are guided by fashion in this particular, your effort to inculcate and develop the more noble and refined qualities necessary to the building of a true woman, is like sending the Bible to the heathens, and, at the same time, intoxicating drinks. Many may escape any perceptible bad results, yet doubtless all are more or less affected in this way; and those who are the least guarded by surrounding moral influences, and those who have the lower faculties large from birth, fall a victim, and are destroyed. So long as one of these little ones is gradually drawn away from the path of virtue, it is your duty to remove the cause, whatever it be. Throw around your little girl a guard, as it were "a wall of fire."

The present dress is unphysiological, be-

cause the body is unequally dressed. The parts that possess the least power to maintain an equal temperature, are the least protected. The arteries that convey the blood from the heart to the extremities, are deeply seated, and very little affected; but the veins that carry the blood back, lie superficial, and are very susceptible of external influences. Imperfect protection from cold at this point, chills the blood, and it is returned to the heart much reduced in temperature, which immediately disturbs the equilibrium of the circulation. This is a potent cause of so much heart disease among young girls; scarcely a day passes by that we are not consulted and called on to prescribe for cases of this sort, the cause of which may be referred to the improper dress of the lower extremities. To make matters still worse, the habit of wearing garters constricts the limbs and retards the easy passage of blood at this point. Garters may be loosely worn above the knee, without doing much harm; the veins lie deeper at this point than below the knee; but in delicate children, nothing of the kind should be permitted.

The only dress that I can recommend, as a physician, is the reform dress, which does not only protect the lower extremities, but is vastly more beautiful than the one in use. Under garments may be worn to suit the taste, or as the changes of the weather may demand. Drawers may fit closely, but should reach quite to the ankle, inside of the stocking, and fasten underneath the foot with a band. A neat pair of pants is the next garment. They should be of the same color and material as the dress, and cut out quite similar to gentlemen's pants; should be lined with colored Canton flannel, and supported by suspenders; should come quite down over the shoes, the same as men or boys wear them. The shoes should be warm, and thick soled; should fit well, yet still be so loose as not to interfere with the circulation.

Any kind of dress, cloak, or shawl, may be worn with the "reform dress," and still be more beautiful than when the extremities are exposed. Will the good women of our land make a move in this direction? To facilitate this work, I would suggest the organization of "Woman's Health and Dress Reform Associations," exclusively for ladies; here you can assist each other in bringing about immediate reform. We have favored this move or years, and now are happy to say that we can assist much in this work through the medium of our paper.

No single individual can ever succeed in bringing about a radical change, in any de-

partment of human life. All bear a part. Suppose one girl should go on to the street, wearing the reform dress, she would be ridiculed, and laughed at, and would utterly fail to make the desired impression; but let a hundred or more turn out, and the result will be quite different. The child has a claim upon us; if improperly guided, has a right to prefer charges against us.—*Homeopathic Journal.*

A Great Mistake.

WE educate the intellectual and moral powers of our children, and neglect the selfish and social faculties; whereas, we should pay special attention to the training of the latter, because depravity arises more from the perversion of the passions and propensities, and the wrong direction of the social feelings, than from any other source. The frontal region of the brain is educated in the day-school, the coronal in the Sabbath-school, while one-half of the brain receives but little attention. We need schools which shall guide the passions and impulses of the child, as well as those which embellish the intellect and cultivate the moral sentiment.—*Prof. L. N. Fowler.*

Sunny Rooms.

EVERY woman is wise enough, and careful enough, to secure for her house-plants every bit of available sunshine during the cold winter months. Great pains is taken to get a southern exposure for them. Indeed, if one can secure no other than a north window for her plants, she has too much love for these unconscious, animate things, to keep them at all. She would rather leave them out in the cold to die outright, than linger out a martyr existence in the shade.

Folks need sunshine quite as much as plants do. Men and women, who have a fair degree of strength and the use of their limbs, can get out into the world and get a glimpse of the sunshine now and then; and if they choose to do so, let them live in rooms with only a northern exposure; but if possible, let us secure rooms into which every ray of sunshine that falls in winter may enter, for the little babies who are shut up in the house, invalids who cannot leave their rooms, and aged people who are too infirm to get out of doors. Let us reflect for a moment that these classes of persons if kept in rooms with only north windows, will suffer just as much from the absence of sunshine, as green, growing plants would do in the same rooms; and their

suffering is of account in proportion as a human being is better than a geranium or fuchsia. Everybody knows how a bright, sunny day in winter gladdens every one who is situated so as to enjoy it. Let us make some sacrifices, if need be, in order to give the feeble ones their measure of sunshine.—*Laws of Life.*

NO WONDER HE DIED.—A Cincinnati physician, who has investigated the sudden death of a resident of that city, has made a long report, in which he says: “It is evident, I think, that Mr. W. had a phlegmonous inflammation of the fauces, which involved the tonsils, the adjacent areolar tissue, the soft palate, the epiglottis, and the superior vocal cords. An oedematous state of the arytenoepiglottidean folds ensued, constituting that condition known as *œdema of the glottis*. The mode of death was by *apnæa*, a considerable increase in the effusion suddenly taking place while he was asleep.”

Spring Diseases.

As the weather gets warmer, less food is needed to keep the body warm; we, in our blindness, endeavor to keep up the same heat, to burn as much internal fuel in July as in January. If we do eat as much, the system cannot appropriate it; it is rejected, it is cast out; but in making the effort to cast it out, force is naturally expended which ought to have been saved, weakening ourselves unnecessarily, while we were weak and languid before; and these were the very feelings which prompted us to be doing something to make us feel better, to improve our general condition, and to increase our strength. The means we used were to force upon the stomach much larger amounts than were craved, thus imposing upon that much-abused organ the additional labor, not only to expend the strength of the system unnecessarily, but to cause irritations, and fevers, and inflammations, which bring wreck and ruin to thousands every spring and summer—the deaths in the warm months being nearly double those in the cooler ones, in October and November.

Health increases in the autumn. The health, and strength, and bodily enjoyment, of all communities, increase as the weather begins to cool in the first days of October; the appetite gradually improves, because Nature sees that as the weather is getting cooler outside, there must be more fuel consumed within, and she instinctively calls for more

food ; and the strength increases proportionally.—*Dr. Hall's Health by Good Living.*

Woman's Dreadful Dress.

VERY few ladies know how to appreciate an easy, healthful dress. They think their dresses are loose, when a man or boy put into one as tight, would gasp for breath, and feel incapable of putting forth any effort except to break the bands. Ladies are so accustomed to the tight fits of dressmakers, that they "fall all to pieces" when relieved of them. They associate the loose dress with the bed or lounge. To be up, they must be stayed up; and to recommend a comfortable dress to them, is not to meet a conscious want of theirs. It is a great pity, none the less. If they could once know what a luxury it is to breathe deep and full at each respiration, to feel the refreshment which the system takes on by having the blood enlivened and sent bounding through the arteries and veins, to have the aids to digestion which such process gives, to have their own strong, elastic muscles keep every joint in place, and themselves erect; if they could for a good while know this blessed luxury, and then be sent back into the old, stiff, straight-jackets, they would fume, and fret, and rave, in very desperation, if they could not get rid of them. As it is, they prefer to languish, and suffer dreadfully, and die young, and leave all their friends, and their husbands, and their little children; and I do not see any other way, but to let them be sick and die till they are satisfied. If only the sinner were the sufferer, it would not be so worth while to make a great ado about it; but the blighting of future innocent lives, which must follow, renders the false habits of our women in the highest degree criminal.—*Laws of Life.*

Changes of Air.

MRS. CARR and Mrs. Hooker were both notable housekeepers in their way. Spiders, flies, and dirt, generally found no quarter in either establishment. But one house was always pleasant and cheery, while the other reminded you of a sepulcher. Mrs. Carr had netting in all her windows and doors, and convenient catches by which the windows could easily be raised or lowered. When the family left their rooms, it was the rule to leave the windows of their sleeping rooms open in all seasons. All the house was thoroughly aired during the day, though this practice was managed so judiciously that no one was made uncomfortable by it. The rooms were

thus always sweet and pure; and if a stray odor from the kitchen kettles stole up the stairs, the rooms were sure of an extra airing.

At Mrs. Hookers's, the plan was entirely different. Flies were so dreaded, and that terrible destroyer of fine colors, the blessed sunshine, that bolts and bars were employed to keep them out. Seldom was a window of the house opened, or a shutter thrown back, except by the direst necessity. The chambers in summer were like furnaces, and always the close, poisoned air in them was stifling to those not accustomed to it. All through the house, stale odors from the cooking stove had nestled themselves; cabbage, and turnip, and beet, and potato, and fried ham, all commingling their fumes. Words are unnecessary. You have all experienced such abominations on some occasion, no doubt. If you have not been compelled to sleep in such a house for a night, you may consider yourself fortunate.

There can be no neatness without an abundance of fresh air. There cannot be health and comfort in a family where the sleeping rooms are kept shut all through the day for weeks together. Only make it a standing rule that the windows shall be raised when the bedrooms are left in the morning, and the whole "up stairs" is renovated more thoroughly than a broom could cleanse the floors; that, too, without any further labor or trouble. Change of air in the house would often do more for the health of a household than an expensive trip for that purpose to the seaside or the mountains.—*Country Gentleman.*

A CERTAIN amount of opposition is a great help to a man. Kites rise against the wind, and not with the wind; even a head-wind is better than none. No man ever worked his passage anywhere in a dead calm. Let no man wax pale, therefore, because of opposition; opposition is what he wants and must have, to be good for anything. Hardship is the native soil of manhood and self-reliance. He who cannot abide the storm without flinching, lies down by the wayside to be overlooked and forgotten.

HOW TO KEEP WELL.—Learn how, what, and when, to eat and drink, how and when to sleep, how to breathe, how to exercise, and how to rest, how to clothe yourself, how to bathe, and how to regulate and control your appetites and passions. After having learned all this, *put it in practice.*

THE celebrated French physician, Dunmoulin, on his death-bed, when surrounded by the most distinguished citizens of Paris, who regretted the loss which the profession would sustain in his death, said:

"My friends, I leave behind me three physicians much greater than myself."

Being pressed to name them, each of the doctors supposing himself to be one of the three, he answered, "Water, Exercise, and Diet."

THE EFFEMINATE MAN.—The effeminate man is a weak poultice. He is a cross between a root beer and a ginger-pop, with the cork left out of the bottle over night. He is a teacup full of syllabub, a kitten in pantallettes, a sick monkey with a blonde moustache. He is a vine without any tendrils, a fly drowned in sweet oil, a paper kite in a dead calm. He lives like a butterfly—nobody can tell why. He is as harmless as a cent's worth of spruce gum, and as useless as a shirt button without any buttonhole.

PURE AIR.—Pure air is all-important. Read the annexed, from an exchange:

To insure pure air, it should be taken at an elevation of several feet from the ground, and the higher the better. It should be heated by radiating surfaces, so ample, in fact, as not to exceed 220 degrees Fahrenheit. It should, when heated for use, come as relatively near saturation with moisture as it was in its normal condition when taken from the atmosphere. In that event it will feel soft and bland to the skin, and yield an immediate sensation of warmth and comfort to one coming from the coldest outside weather. And all the wood-work of a room thus heated, and the furniture within it, will not suffer injury from unnatural shrinkage. It should enter a room above the heads of the occupants, to avoid sensible currents, and should leave it from its lowest point, and by as many and diffusive places of egress as the architect can readily devise, but mainly at the base of the walls, as it is in contact with these that the warm air first becomes chilled, and hence acquires a specific gravity, which causes it constantly to pour down the same in a steady current. It is also upon the floor of a room that foul air—the product of breathing, and of burning lamps and gas lights, constantly finds a place—for the reason that it is heavier than common air.

TRUTH scorns all kinds of equivocation.

Items for the Month.

The readers of the REFORMER will be glad to learn that "W. C. G." who has been dangerously sick with the bilious fever, is now convalescent. His illness, also, is the reason why the following items did not appear in the November REFORMER.—PRINTER.

ON OUR SIDE.—Among the book notices in the New York *Independent*, we lately observed one of a work on temperance. The book is sharply criticized for its literary defects, and the editor then indulges in a regret that the author of the work is "on our side."

Without stopping to defend the book, or its teachings, which, by the way, are radically and thoroughly temperance in the fullest sense of the word, we would like to ask the critic aforesaid which is "our side." Does he mean that "side" of the paper which is sometimes sold to the devil, and occupied by some of his subjects in advertising some articles of "bitters," or other quack medicine? The paper is no worse than many others; for it says a little in favor of temperance in its reading columns, but spoils it all by allowing its advertising columns to be occupied in setting forth the virtues (?) of some vile compound, which will do more to destroy the influence and power of the temperance reformation than a hundred earnest organizations can counteract.

When the press, religious and secular, and especially the former, will take a stand for the right in regard to the use of their advertising columns, we may hope for a good influence from them in behalf of the temperance cause, and not before.

COSMETICS.—If what the *Ledger* states is true, New York will, in a few years, be as notorious for its ugly elderly, as it is now for its "fast" women. The *Ledger* says:

"No one can ride or walk through the fashionable portion of New York city, attend any place of amusement, or go to any evening party, without becoming aware of the horrible fact that many women, of whom better things might be expected, have fallen into the pernicious habit of applying to their skins the enamels which, under various attractive names, are advertised and sold in all parts of the land. Not only faded faces, but countenances so young, plump, and pretty, in outline that they must in their natural condition be attractive, are lacquered over with an unnatural polish of fine porcelain, which produces an effect such as one might imagine if a china doll were afflicted with consumption."

The application of paints and enamel to the skin permanently destroys the complexion.