

# The Health Reformer.

OUR PHYSICIAN, NATURE: OBEY AND LIVE.

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## THE HEALTH REFORMER

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### COMPENSATION.

AFTER the night, the morning's dawn,  
Paling and blushing with pearl and rose;  
The greenest, sunniest fields are born,  
Fruit of the high-piled winter snows.  
After the storm, the rainbow gleams,  
Filling with beauty the heavenly dome;  
'Neath lowering clouds the sunlight streams;  
After the voyage is rest at home.

There is no sorrow, no pain of life,  
But bears from its anguish something sweet;  
Past the long hours of weary strife  
Comes victory, with her snowy feet.  
Through death is life; each pain and loss,  
Each grief we bear, is a heavenly prize;  
By his long anguish on the cross,  
Christ won our rest in paradise.

Then count not lost the hopes that fall  
Like leaves in autumn, one by one,  
Nor deem the light is vanished all,  
As the dark, dreary night wears on;  
You shall know at last that loss was gain,  
That through your weary, toilsome way,  
As you saw the stars in your life-sky wane,  
The night was leading to heavenly day.  
—*Home Guardian.*

### The Three Professions.

THE human family seems to be controlled by three great classes, the lawyer, the minister, and the physician. Each of these should be the guardian of suffering humanity, but alas! how different in many respects. Many times each seems to vie with the other in "fleecing the pockets" of those who confide in them.

The will of man, when aroused to its fullest extent, seems uncontrollable in its vehemence, or unsatisfied in its vengeance. It is at this critical moment that the lawyer has power to quell the turbulent spirit of his client, and calm the demon within him. But generally he laughs at his folly, and advises a prosecution to the fullest extent of the law, simply that a few more dollars may be accumulated. By these sordid desires the human passion is kept alive, the will strengthened, while the lawyer becomes more

wealthy than he would by advising a venial course of action.

But here comes another professed friend, the parson, who is pleased to call himself "Reverend," a word used but once in the "good book" of which he claims to be an expounder, and then is applied to God alone. This man bears the name of peacemaker, and happy would it be for society if he were found acting always in this capacity; but even he is found to step aside to grasp the "dollar." He, by precept and example, by word or deed, may do much to harden or soften poor human nature.

The physician, too, is often found guilty of misdemeanor, and accused of trifling with life for the sake of the "dollar," so much so that he is often looked upon with dread and suspicion. People reverence the lawyer and the parson, but dread the physician. But there comes a time when health fails, and life's prospects seem precarious. At such a time, the physician is called, and, although in health he may have been looked upon as of little account, in the hour of affliction, he is at once admitted into the very sanctum of the family. To him all eyes are turned; friends and relatives alike implore him to save, if possible, the dying member. What physician who possesses the least spark of feeling does not feel his soul stirred to its very depth at these earnest appeals? for here human nature is acted out in its true character. What physician can stand unmoved amid these trying scenes? Yet he alone is expected to remain composed, to act the part of pilot, to guide the frail barque over life's rough sea. Here he sees the strong will giving way little by little, here animosities which years of health could not efface are forgiven; foes meet face to face to forgive and forget the wrongs of the past.

The lawyer here is of little account; the parson renders good service in words of sympathy and consolation, while the physician is retained to the end of life. Would that all physicians felt the need of being in a condition to act the part of minister and physician at the bedside of the sick. It is an assumed axiom the world over that "the doctor knows."

The physician's sphere is one which constantly calls for sympathy. Yet in his toils, from daily habits, he is liable to grow cold and reserved, until some desperate case calls out his manly sympathies. How anxiously are his visits looked for by the suffering invalid whose earthly hopes are alone centered on him. What a power he

may exercise for good or evil. Would that all might be governed more by feelings of humanity and less by the paltry dollar, and that lawyers, ministers, and physicians, might see the need of using their powers for the betterment of society.

If these three forces could be brought into harmonious action, they might soon become the very highest earthly benefactors of the human race.

J. H. GINLEY, M. D.

*Health Institute, Battle Creek, Mich.*

### Digestion and Assimilation of Food.

AS THE unprofessional readers of the REFORMER and other health journals have no time and very many no means of studying medical works upon the above subjects, it may not be out of place to present in a brief manner some thoughts upon themes so interesting to all who have a desire to understand them.

The digestion and assimilation of food are the means by which the animal economy is developed and sustained in a healthy condition. In order to make the subject plain, we will commence, first, with digestion in its incipient stage. The Creator, in the formation of man and many of the inferior animals, has provided them with an apparatus, in the human subject, consisting of thirty-two teeth, which are both ornamental and useful, and which performs the first direct act of digestion. The food is first taken into the mouth, where it should be thoroughly masticated, or, in other words, ground fine and mixed with the saliva secreted by the salivary glands of the mouth, which fits it for deglutition or swallowing.

If this process has been rightly performed, digestion proper may be said to have commenced, by the action of the solvent properties of the saliva. It is of the first importance that the food be very thoroughly pulverized before reaching the stomach, for, unless this is done, a double tax is imposed upon the stomach. And as this organ has no teeth to grind the hard lumps of food thrust into it by fast and careless eaters, it will require a long time to soften them in the fluids of the stomach. The food, on reaching the stomach, meets with the gastric juice, which is copiously poured out from the mucous coat lining the cavity of this organ. The solvent power of this fluid is said to be unequalled in nature, so much so that some physiologists have regarded it as having a special endowment by the Creator. Very bountiful means have, indeed, been made in the organization of man to keep him in health, and repair his constant waste and decay. Man is wonderfully provided with a repairing system, through the digestive and assimilative organs, to perpetuate his growth, remove obstructions, and repair fractures or lesions of whatever nature.

After the food has been acted upon by the muscular contractions of the stomach, by which

process it is revolved from side to side and from end to end, mixing with the gastric juice until it is of a consistence like "pea soup," and called chyme, it is then passed on into the duodenum to be further acted upon by the pancreatic juice and the bile from the liver.

The secretion from the pancreas is similar to that of the stomach. The office of the bile has been a subject of dispute among physiologists, some taking the ground that it is an excretion, or simply waste matter to be carried out of the system; while others contend that it aids very essentially in digestion, but in what particular manner is not so clear. Dr. Carpenter in his *Human Physiology*, page 124, remarks, "And from the constancy with which this fluid is poured into the upper part of the intestinal tube, or even into the stomach itself, in all animals which have any kind of hepatic apparatus, it seems a legitimate inference that this secretion is not purely excrementitious, but serves some important purpose in the digestive process." It no doubt has a neutralizing effect upon the gases in the food, and helps in breaking down the fatty globules, forming a more homogeneous substance ready for absorption by the lacteals. The aliment after becoming mingled with the secretions poured into the small intestine, is called chyle—a substance resembling milk. By the vermicular motion and contractile power of this tube, it is caused to pass through it, portions of it being absorbed at every point by little hair-like vessels, not perceivable to the naked eye, called lacteals. By the time the chyle, or the contents of the small intestine from which chyle is elaborated, reaches the large intestine or colon, the nutritious portion has been nearly all absorbed and conveyed into the thoracic duct, which has its origin in the lower part of the abdominal cavity, but extending to the base of the neck, where it discharges its contents into the left subclavian vein, and is immediately carried into the right auricle of the heart. Other and numerous vessels, called lymphatics, but essentially the same kind of vessels as the lacteals, whose office it is to absorb from the tissues of the various parts of the system a watery substance called lymph, in which is also contained worn-out matter to be renewed or cast out of the system, convey their contents into this duct, also into the veins and a small duct leading into the right subclavian vein, and thence to the heart as before mentioned.

It is in place here to remark that the absorption of nutriment commences in the stomach itself, and together with the blood from the abdominal viscera is carried into the portal system, and conveyed to the liver, where it is relieved of its impurities, in part, before it is mingled in the general circulation.

We have thus briefly gone over the main points of the digestive process until the aliment is deposited in the heart to be conveyed to the

lungs, where it receives the finishing touch to fit it for assimilation in the tissues of the entire body. Immediately after the right auricle is filled with blood, it contracts upon itself, forcing its contents into the right ventricle, which, contracting in like manner, forces the blood through the pulmonary arteries into the lungs, where it is spread over a surface of several square feet, giving off carbonic acid and receiving oxygen. When it reaches the lungs, freighted with carbon and other impurities, caused by the destruction of minute cells or living globules while in active service in thought and action, it is of a dark color, but on giving up these impurities by expiration, and receiving the pure air by inspiration, it is changed to a bright red. It is now gathered up by the capillaries and returned by the pulmonary veins to the left auricle of the heart, thence by its contraction to the left ventricle, and thence by its contraction into the aorta, and through its subdivisions into every part of the body. In this condition, it is full of life, and used to build up the system, repair wastes, and give strength and animation to the entire structure. A large portion of this life-giving and life-sustaining fluid is sent to the brain, from which is elaborated the nervous fluid that circulates in the cerebro-spinal nervous system, other portions supplying the organic nerves that aid in carrying on the nutritive process.

After the blood has thus met its design in carrying nutriment to the various parts of the system, it is again gathered up by the venous capillaries, and by the veins returned again to the heart, to be renewed as above described, and which is constantly receiving through the digestive organs new supplies of aliment. The whole process is wonderful, and most clearly reveals the power and wisdom of the Creator in producing such a self-sustaining, self-acting, machine, mysterious and complicated in its structure.

In a succeeding article we will examine the subject of food and the various causes that facilitate digestion, also those which retard it.

WM. RUSSELL, M. D.

*Health Institute.*

LABOR conquers all things. Everything that we do has to have a certain amount of labor expended on it, to bring it to a state of perfection. However difficult it may appear, however impossible it may seem to be, remember, if you attack it with energy, and labor with all your might, your efforts will be crowned with success.

THE cultivation of such manners as shall express all the best feelings, the noblest thoughts, the refinement and grace of the mind and the heart, is a thing which cannot be too highly thought of, nor set about too soon.

### Evils of the Unphysiological Dress of Children.

EVERY one will be assured by a close investigation, if not by a glance at the anatomy or structure of an organized body, that a bad habit of dress will affect it very injuriously. Especially is this the case in the immature and developing state of infancy and youth. And it is time mothers turned their attention to the importance of this matter—that, instead of lending a hand in slaying the “innocents,” they act a nobler part, and aid and encourage the full developing of all the powers and faculties of those intrusted to them; for every transgression receives its just recompense of reward in the physiological character of those subject to it.

Mothers ought to consider their responsibility in this respect, and not regard it wholly as nature's work; though it belongs to nature, providing right conditions are supplied. But fashion is permitted to come in, and raise a false standard of dress, which it calls beautiful, contravening the laws of health and development. It is easy, by faulty dress, to deform and dwarf the body in babyhood and childhood.

If mothers will have their children rise up and call them blessed, they must awake, and to the extent of their ability protect and secure to them their rights. It is the privilege of nature to endow every child (and she would if there never had been any restrictions to her operations) with perfect lungs, a perfect digestive apparatus, perfect circulatory system, perfect organs of locomotion, and perfect mental powers, in short, with perfection; to be beautiful and symmetrical in form, sweet and amiable in temper and disposition, and to be lovable in character, enjoying health and happiness; to be a thing of beauty, and a joy forever, not only to others, but to themselves also.

Mismanagement in the attire of infants may thwart nature's glorious design, and impair every function in the body, and proportionately mar and render imperfect the happiness and usefulness of the future man or woman. To become intelligent on this point, let us look at the framework of the body—the bony structure. The bones give the body form and firmness. There are three stages in the development of this tissue. Its first form is of a jelly-like consistence, then it passes into a cartilaginous stage, from this it transforms into a dense, hard, bone substance. In the young, the bones are soft, pliable, and yielding, in some parts only cartilage; but as age advances, they consolidate. In the soft and yielding state, these parts may be bent and twisted into any shape. When the bones inclose cavities, as in the skull, chest, and abdomen, their expansion may be prevented, as also the organs contained in them, by pressure. This is the case every time pressure is made; and they are damaged in the degree that pressure is made

on them. The evils arising from this source would be more readily detected if we had living perfect models of health and development "of the human form divine" by which to compare ourselves in our marred and mutilated condition. Let any person reflect on the manner in which most babies are dressed the first day of their life, and which is kept up till days merge into weeks, and weeks into months, and months into years, and it will satisfy them there cannot be normal development. Especially is this the case with girls. And as girls are to be the future mothers of sons, they will likewise suffer from deteriorated health and imperfect development.

Over the cavities of chest and abdomen, in which are the vital organs, a wide band is placed and snugly fastened. The over garments are usually of a similar make. The plea is that they may not injure themselves in crying. We believe if babies were not mistreated they would seldom cry so as to injure the umbilicus. There is reason to suspect the means used to prevent hernia is often a cause of the trouble. The plump, round, expanded trunk of the body is compressed into almost a straight figure, so readily does the soft, flexible spine, ribs, and breast bones yield to pressure and assume a distorted position. The internal arrangements are not less displaced, and their movements and functions restricted. This may cause a gastric disturbance, with a general feeling of discomfort, which excites the violent crying, occasioning the difficulty the bad dressing was unwisely intended to obviate.

Every part of our body ought to be as free for expansion and circulation of the blood, and unrestricted movements, as is granted to domestic animals. There should be no pressure from things worn except that which must necessarily come from the weight of articles worn for protection from cold and exposure. There is no period in a lifetime when pressure can be made on the tissues of the body with impunity.

P. M. LAMSON, M. D.

*Health Institute.*

### Report of a Case in Practice.

LAST December I was called sixty miles away, to see Mrs. A. D., aged forty-two, of vital mental temperament.

On reaching the house, I learned that she had lost her husband two weeks previous of typhoid fever, and the report was that she was expected to die at any hour from the same disease. Upon examination, I found no typhoid symptoms, but a case of gastric fever and ulceration of the bowels, and a complication of female weaknesses.

An old lady was nurse and physician, who was treating her according to the rigid rules of the cold water system, and urging her to eat frequently to avoid starvation.

Looking the case over, I found her much ex-

hausted, nervous, sleepless, appetite gone, discouraged, dyspeptic, and in a high state of fever. I placed her in the hands of a hygienic lady physician, who in a few days removed her to her home where she remained several weeks, but, becoming somewhat discouraged in the case, requested that she should be removed to our cure.

Jan. 12, she came, and at her examination presented the following symptoms: Much pain and throbbing in the head; catarrh; soreness in throat; pain in shoulders and spine; bowels constipated, with much pain and soreness; hands and feet cold; sleeplessness; extremely nervous, and very weak; female weakness; disposed to gloominess, and to borrow trouble, having been out of health for several years; weight, seventy pounds.

This patient remained with us fourteen weeks. At this writing she has just made us a visit, looking well and rosy-cheeked, having gained fifty pounds.

Such cases are not few of persons who come to us looking down into the grave; but if they are willing to put themselves into nature's hands for a suitable length of time, they are finally rewarded with health and good spirits.

J. H. GINLEY, M. D.

### A New Recipe.

A FRIEND sends us the following recipe, accompanied by remarks:

"PORK CAKE.—Half a pound of salt pork chopped fine, two cups of boiling water poured over it, two cups of molasses, four cups of sugar, two heaping teaspoons of ground cloves, four of cinnamon, two nutmegs, two large teaspoons of soda, and flour enough to make of the consistency of gingerbread; add two pounds of raisins, one of currants, half a pound of citron. This will make two large loaves."

In these times, when suicide is becoming quite frequent, it may be interesting to those who love to read all the news to hear of a new way of introducing scrofula and dyspepsia into the human system.

You will observe that there is a feature in the nature of this recipe quite gratifying to lovers of raw pork. It is that the pork used in this compound gets but little cooking; and if there should happen to be any of the "trichina" crawling about, the eaters of the delicate morsel would have the animal with all its original flavor and richness.

Lest you might judge me an advocate of novelties, I observe that I present this recipe rather as a feature in the progress of cookery in this age of light, than as having any particular desire to swell the present demand for the class of animals denominated "swine."

## To Correspondents.

S. E., Massachusetts, says :

Mrs. M. W. has been afflicted for years with what seems to be scrofulous sores. They are large and painful. She eats pork, drinks tea, takes snuff, etc. What course can she take to free her from the humor?

*Ans.* She may get rid of her troubles in two ways: 1. If she continues the use of pork, tea, snuff, etc., the trouble will end in dissolution. 2. If she will cease the use of these articles, correct other bad habits, live on grains, fruits, and choice vegetables, and bathe twice a week in pure, soft water, breathe an abundance of pure air, dress warmly, providing she has constitution enough to build on, her troubles will be removed in a more satisfactory manner.

L. D. asks :

What will be the symptoms of one who has inhaled poison from carpet rags? and what could be done for such a case? The person is a lady forty-four years of age, who weaves carpets.

*Ans.* You do not say whether she was poisoned by coloring or by cutting the rags. She may have been poisoned from arsenic in coloring green.

P. F. P. says :

Please tell me how to keep the bile out of my system.

*Ans.* Live strictly on pure, hygienic diet for one year, and bathe the entire body in pure, soft water three times per week. And avoid excesses in labor and exposures of all kinds.

Mrs. K. V. T. asks :

How would you treat diabetes in a young girl?

*Ans.* Give her a grain and fruit diet; a general bath once a week, one sitz bath a week of a temperature of 95° for ten minutes, then cool down to 88° for two minutes.

J. R., of Indiana, asks :

What is the cause and what is the remedy for cold hands and feet?

*Ans.* 1. Poor circulation of blood, caused by torpidity of stomach and liver.

2. If you should give your feet a cold pack once or twice a week, you will find it beneficial. Wrap them up in cool or cold wet cloths for from half an hour to one hour on going to bed. It will in time overcome the coldness. Sitz baths are good to draw the blood to the feet.

L. J. C., Minn., says :

I have a weak stomach, am troubled with faintness, have soreness through my sides and stomach, have some pain in my head, am often dizzy. Will you please prescribe for me?

*Ans.* The very best thing you can do is to come to the Institute, as your case is much complicated, and needs skillful treatment. If this cannot be done, your next best course is to live strictly, using a simple diet, and but few varieties at a time, and do not use fruits and vegetables at the same meal. Eat slowly, masticating food well. Once a week, take a fomentation over stomach, and extending over spleen and liver. Continue fomentation fifteen minutes, then bathe the part in cool or cold water. Once per week take a sitz bath at 90° seven minutes, 85° three minutes; also once a week a dripping sheet at 95° two minutes. Let each of these baths be given at equal intervals in the week, in a warm room, three hours after breakfast. Take an abundance of rest, get all the sleep you can, ride out frequently in the sunshine, breathe plenty of pure air night and day, dress warmly and loosely, be cheerful and very hopeful, and you may improve.

G. M., of Texas, says :

You would confer a favor by giving directions for treating white swelling.

*Ans.* You should adopt a strict course of hygienic diet. Give the affected part a fomentation twice a week, fifteen minutes each time, followed by a cool compress for ten minutes. Take a general bath weekly. If there is much fever in the afflicted limb, bathe it all over weekly in tepid water.

E. H., Iowa, says :

How would you treat a case of sciatic of five years' standing?

*Ans.* Use fomentations, followed by cool compresses, over the painful parts; fomentations over liver also once a week; dripping sheets now and then if there is much soreness over the body.

Mrs. J. M. T., Oneida Co., N. Y., writes :

Twelve years ago, I was taken with distressed spells in my stomach. At first, I had but few in a year, but they kept increasing until they come every day, and sometimes two or three times a day. My heart is affected, have pain between my shoulders, have cold hands and feet, etc.

*Ans.* Your description is not definite enough to enable us to fully decide in your case, and we think it not advisable to prescribe for you. Resting from cares, a strict diet, bathing sufficient to keep the skin active, riding out daily, having your room properly ventilated, keeping your mind cheerful, will probably be all you can well do at home.

L. J. C., Boston, asks :

When acids in their natural state, such as fruits and berries, affect digestion by producing a fermentation of the food in the stomach, is it an indication of disease? and what treatment would you prescribe?

*Ans.* It is indicative of dyspepsia. Regulate

your habits and diet by strict hygienic principles. Eat but two meals a day, and masticate your food thoroughly. Use only fruits, grains, and vegetables, and take one or two baths a week for cleanliness.

E. S., N. Y., writes :

I eat two meals a day ; breakfast at half past seven o'clock, and am obliged to eat a cold lunch, or wait until five. Which do you think preferable ? Teaching is my occupation. I am trying hard to live out the health reform, but it is impossible to do so and teach in rural districts.

*Ans.* Eating cold food habitually is a very bad practice, and a sure way to become dyspeptic. Cold food and teaching will ruin your health, if long persisted in. According to physiological laws, food will not readily digest under 100°. By the introduction of cold food into the stomach, it is necessary to call the blood from all parts of the body to raise the heat sufficient to digest the food, thus converting that organ into a warming pan. Sooner or later the capillaries are robbed of their blood, and a chilly sensation is experienced, first, perhaps, along the spine, then over the entire body, and, in time, wasting of flesh, headache, nausea, dizziness in the head will ensue ; and before the possessor of such a stomach is aware, dyspepsia, with all its horrors, is upon him.

O. B. B., N. Y., says :

I think it would be of service to the readers of the REFORMER if you would give some directions in regard to taking baths.

*Ans.* We have frequently given directions how to take the most important kinds of baths. This was done quite extensively one year ago, occupying several numbers of the REFORMER. It is not proper to repeat these too frequently. We shall, however, try in future to accommodate our readers as far as is consistent. We have for sale an excellent work, "How to Bathe," also "Water Cure for the Million." Price of each, thirty cents. Every family should procure works on hygiene, and post up, and in this way preserve health and save doctors' bills.

J. W., Ohio, writes :

Please give mode of treating ague on a baby nine months old.

*Ans.* If the baby is strong enough, once a week place it in a tub of water up to the neck, at a temperature of 98° for five minutes, then reduce the bath to 88° one minute, after which, rub dry. In about two days after, give a pack at a 100° thirty minutes, then bathe quickly in tepid water, and rub thoroughly dry. In about the same time thereafter, give it a hot and cold wet hand rubbing over liver and bowels, by first dipping the hand in hot water, then in cold or cool. Follow this, as all the former baths, by dry hand rubbing. If it is feeble, use less

treatment. Give it plenty of pure air to breathe, and a good diet of pure milk from a young, healthy cow, and a little strained graham gruel. If its mother is healthy, and has plenty of natural food, it is best.

B. B., Va., asks :

Is flannel good to wear next to the skin when a person has rheumatic pains in his limbs ?

*Ans.* Doubtless flannel would be the best clothing for you in your condition.

S. B. E., Ind., asks :

What kind of a bath would be best for catarrh in the head ?

*Ans.* Catarrh is usually a consequence, following a torpid liver and dyspepsia. At least, we very frequently find these complications. The treatment should be directed against the primary disease. A strict grain and fruit diet, moderate in quantity and partaken of only twice a day, warm hip baths, packs, dripping sheets, fomentations over liver, and frequent foot baths, are good. Take only two kinds per week ; also use nasal douche.

B. B. asks :

What treatment would you recommend for cold feet ?

*Ans.* One of the most essential things in order to have health is a good circulation of the blood. This can only be had by living a true life of temperance in all things. To insure warm feet, invigorate the general circulation, avoid overeating, and the use of improper food. Secure plenty of sleep in a well-ventilated room. Keep the skin clean by bathing twice a week. Bathe the feet frequently, first in warm water five minutes, then in cold two minutes, and follow with dry friction.

A. G. writes :

Mrs. S. B. D., of N. H., wishes to know the effects of snuff upon the human system, as usually taken by the lovers of snuff.

Tobacco, whether chewed, smoked, or snuffed, acts both as a stimulating and depressing poison. It first stimulates the nerves, but debility and prostration of the nervous force follow. It is a narcotic drug, stupefying the sensibilities of those who use it. We regard snuffing it up the nose as the worst form in which it can be used.

PHYSICIANS, HEALTH INSTITUTE.

YOUTHFUL INEXPERIENCE.—It would be amusing, were it not so mournful, to listen to the callow theories of young men. What revolutions are *they* not going to effect when they appear in the arena of public life ! It is so easy to sit in one's chair, and move the nations. Alas ! when they really appear in the practical field, wheresoever that may be, what infants they find themselves !

### Regularity of Meals.

SYSTEM, method, regularity, and promptness, are necessary elements of success in any department of effort. Accuracy is secured in the arts, skill in mechanical pursuits, and eminence in science, by a proper regard to these conditions. The business man who meets his financial engagements a month after date, soon becomes familiar with the import of "protests" and failures, and yet it is not more certainly true of him that disaster follows a disregard of these conditions than it is of men occupying almost any position in life. He who treats this body like a worthless machine, instead of a complicated arrangement of organs and adjustments, will at some time be convinced that the violation of a law of this physical structure is certainly visited by a penalty, a penalty never averted by any amount of penitence unattended by improved habits.

This body, as a condition of health and vigor, demands exercise, succeeded by rest. If overtasked and underfed, its powers necessarily diminish, and become more or less diseased. The supply of strength and health is secured, in part, at least, by the daily food, which is designed to repair the waste occasioned by the taxing of both body and mind. Rest and sleep render this supply still more available. The regularity with which the need of rest and sleep is indicated, is shown with as much certainty in the appetite, if normal, plainly showing that our meals should be taken at stated periods.

The necessity of this regularity is not wholly based on the wants of the body as connected with the waste resulting from exercise, but in part on the fact that we are creatures of habit, while it is manifest that our constitution favors this, suggesting the idea of a regular routine, not only in regard to employments, but in all respects. The stomach, so to speak, expects its meals at regular intervals, and is able to conform to almost any reasonable arrangement. As if endowed with intelligence, it seems to demand periodical rest, while making the necessary arrangements for the next labor, the digestion of the next meal. During this time, and even before, the several glands of the mouth, stomach, etc., are engaged in the secretion of the necessary juices to aid in this digestion, making these preparations with a remarkable precision and system. And, in this connection, it may be remarked that this supply is just sufficient to meet the wants of the body—never more than is needed, in perfect health. The stomach may, indeed, adapt itself to existing circumstances, digesting a meal in three, four, or five hours, often imperfectly, it is true, yet it seems to demand that there shall be a uniformity of the intervening periods, about the same from day to day. If, for example, the dinner hour is at two o'clock, instead of twelve, the hunger returns at that time, the in-

dividual suffering no marked or special inconvenience by the change, after a few days, especially if the change is understood in advance, the stomach adapting itself to the temporary exigencies, at least to a certain extent. Abrupt changes are always unfavorable, always tending to derange the organs of digestion.

A certain amount of time is demanded for the digestion and assimilation of the various articles of food, varying from one hour to between five and six, while, of necessity, any material variation from the usual time of taking our meals, must produce confusion. If, for example, a meal has been taken demanding five hours for digestion, and before the expiration of that time another is taken, it is manifest that a part of the labor of the stomach must remain unperformed, a part of the food remaining in the stomach. As a necessary consequence, this undigested food mingles with the new supply, producing confusion and derangement. But still worse, ordinary food will not long remain in any warm place, of the temperature of the stomach, without undergoing the process of fermentation, proceeding to an actual decay and putrefaction. This fermentation is the direct cause of the gas in the stomach, known as "wind," and sometimes ignorantly supposed to be common air.

Of course, this fermented, putrid food never can make good blood for the nourishment of the body, but poisons it, being practically the same as eating fermented and putrid food. The same principles apply to the custom of taking luncheons, especially at bed-time. Like the body as a whole, the stomach demands rest, one or two hours at least between each meal, which is only secured by some system. If fruits, even tithbits of any kinds, are taken between the usual hours of the meals, it is impossible to escape the natural penalty, the necessary taxing of the stomach, an unnatural wasting of its powers, often attended by inflammation and general disease. Indeed, that hydra-headed disease, dyspepsia, is mainly attributable to this irregularity and haste in eating, instead of being, as sometimes supposed, a "mysterious dispensation of Providence." There is no mystery about it, resulting as it does in the usual order of sequence.—*The Household.*

WARM BATHS FOR CHILDREN.—A physician in a very sensible article upon bathing, says: "For the 'wind in the stomach' children are thought to have, for their tiresome crying, and for the restlessness and worrying at night with which they are afflicted, if the warm bath were resorted to oftener, and the dosing of soothing syrups and worse nostrums less, it would be better for the children."

THE superiority of some men is merely local. They are great because their associates are little.—*Johnson.*

DR. TRAILL'S  
Special Department.

Science Once a Month.

WHEN scientific men talk and write on subjects whose premises are indisputable, their reasonings are generally sound, and their conclusions correct. But when they reason from false premises, their words may be as inconsistent and their conclusions as absurd as it is possible to conceive. All of our standard works on physiology, pathology, materia medica, therapeutics, and toxicology, illustrate this statement. But it is more especially shown in the works on the theory and practice of medicine. These works are all written by men of learning and experience. The symptoms of diseases, and the doses and effects of medicines, are as familiar to their authors as the letters of the alphabet. But their reasonings on the subjects of diseases and remedies are as veritable twaddle and nonsense as it is possible for language to express. And why? Simply because the reasoning is based on false premises.

The *Popular Science Monthly* is another illustration of our position. All of its articles are written by able scholars; most of them by the foremost scholars of the age in the departments of knowledge for which they are distinguished. Some of them have a world-wide reputation for critical judgment and profound research. And when they write on geology, chemistry, astronomy, natural history, or any of the physical sciences whose premises are established, their articles are invariably logical and instructive. But when they enter the domain of vitality and write about food, drink, health, diseases, remedies, etc., the most benighted minds of the dark ages could not have perpetrated more preposterous jargon.

In the *Popular Science Monthly* for October is an article by Professor Voit on "The Physiological Influence of Condiments," which, judged from the hygienic standpoint, is a tissue of meaningless phrases and flat absurdities. Let us call the attention of the readers of that excellent journal to some of them.

The Professor tells us, to begin with, that condiments, "though not in themselves nutritious, are nevertheless necessary to nutrition." This statement, considered as a matter of fact, we dispute. It is a contradiction in words as well as ideas. Common sense and true science teach that what is not in itself nutritious is not necessary to nutrition. One might as well argue (and it is the same idea in other words) that poisons, though not in themselves wholesome, are nevertheless necessary to health. Or the moral teacher might as well say that lying, though not in itself truthful, is nevertheless necessary to truth.

Professor Voit next informs us that "condiments act principally upon the nervous system." This we do not believe, and the Professor offers no proof except his bare assertion. Then, "others of them, having been absorbed in the blood, reach the central organ of the nervous system." We cannot find any such organ in the works on anatomy, not by dissection on the cadaver. The truth is, condiments are never absorbed in the blood, and they never reach the "central organ of the nervous system," whatever that may be. They may, however, be taken by the absorbent vessels into the blood; but then, instead of "reaching" the imaginary "central organ," they are expelled from the blood through the excreting organs.

But what are condiments? Professor Voit confounds aromas or flavors, emanations of various kinds, pleasant, nauseous, wholesome, or poisonous, as well as substances added to food as seasonings under the name of condiments. He even "reaches" the "central organ" of absurdity and classes alcohol and tobacco among the condiments, and with no reason, sense, authority, or science, only that morbid appetences crave them! He might as well call the malaria of the swamps, the stench of the gutters, or the odor of the pig styes, condiments.

Let us inform the Professor that the flavors of all nutrient substances are parts of the food, one and inseparable, and no condiments at all; that sweet, acid, aromatic, fragrant, etc., are terms which represent the molecular arrangement of the particles of organic matter, and not entities, and that real condiments are actual entities, as salt, vinegar, mustard, pepper, spices, etc. Whoever heard of any one putting the flavor of these things on his victuals, instead of the things themselves? If the flavor is the condiment, why not smell of them instead of eat them?

Says Professor Voit, "A mixture of pure albumen, fat, starch, salts, and water, would suffice for alimentation." We are obliged again to differ. The contrary has been demonstrated by experiments innumerable. If the Professor will try the experiment on himself, and survive it, we will acknowledge our mistake, or confess that he is different from ordinary humanity.

Again, says the Professor, "All alimentary substances, even those which come from the vegetable kingdom, are combined with substances which, though not nutritious, still have a flavor, and the former are not easily digested until they first gratify the palate." This is partly true and partly false. The whole truth is, all aliments have a flavor that is agreeable to normal palates. Morbid appetites may dislike normal flavors and be gratified with stenches, as liquor, tobacco, fermented bread, putrescent flesh, etc.

Professor Voit places the "extract of meat" in the list of condiments. In this we coincide. He admits that if an animal is fed only on the "extract of meat," the animal will die sooner

than if it has no food at all. This is probably true; and it proves that the "extract of meat" is no extract at all.

"There are some condiments the effects of which are not at first local. They act only after having been absorbed, and their action is then perceptible in the central nervous system. This is the case, for instance, with coffee, tea, tobacco, alcoholic drinks, etc." All wrong again. The Professor confounds effects and actions—very different matters. The simple truth is, the condiments do not act at all, either locally or generally, but are acted on. Their effects are the actions of the living system.

Lastly, "Neither man nor animals take their food without some condiment." A slight mistake. Animals never use condiments. Some men use them, and others do not.

We could point out several other scientific *misdeemeanors* in the article, but enough is as good as a feast.

### Astronomical Etiology.

THE *New York Medical Journal* for October contains an article on this subject, covering twenty-nine mortal pages (illustrated at that), the animus of which is to make it appear that, "the stars which fought against Sisera," are sometimes in the relation of enemies to us; that they are in fact the causes of epidemics. The author is Dr. M. L. Knapp, of Mexico. He proves by historical data that most of the pestilences which are recorded in medical works are coincident with unusual planetary influences. But when he assumes that the perihelia of the planets are the sole causes, or even the principal causes, we think he perpetrates a grand mistake.

The groundwork of his new theory may be understood from the following quotations: "I charge the malign cosmical influences of continued bad weather, and extraordinary vicissitudes, excessive cold, excessive heat, excessive droughts, and other malign meteorological inharmonies that destroy the crops and fruits, and inaugurate blights and epidemics, to *periodical excess of planetary attraction*. \* \* \* The pestilential periods are always coincident with the perihelia of the large superior planets, especially of Jupiter and Saturn."

Dr. Knapp has certainly collated the data of astronomical science and the facts of pestilential history very industriously, and certainly makes out a plausible case. But, practically, it only amounts to moonshine. We are very ready to admit all that is claimed, so far as planetary influences affect heat, cold, dryness, and moisture. But, without other co-operating causes, they would never occasion epidemics. If Dr. Knapp had prosecuted his researches as intelligently with regard to human habits, he would have learned that the prevalence of all the extensive epidemics ever known on the earth harmonizes,

not only with "excess of planetary attraction," but also with excess of unhygienic habits. The "Great Plague" raged fearfully in the middle ages, but only in places where the cities were foul, and the people addicted to riotous living, gluttony, or personal filthiness. That there is in some seasons a greater predisposition to certain diseases because of the "perihelia," etc., we are ready to admit; and this fact ought to teach the nations the lesson of living so as to be pestilence proof, despite the "malign planets."

Again, if the planets were solely at fault, the epidemical diseases should always be the same, or very similar. But we find them very different, as plague, small-pox, cholera, measles, spotted fever, catarrh or influenza, scarlatina, miliary fever, etc. It is true that prolonged droughts might fill the air with malaria; but how prolonged cold could do it is not easy to understand. Yet very cold seasons have been noted for the prevalence of febrile pestilences as well as very hot ones. There may be something mischievous in planetary influences; but there is more that is pernicious in human habits.

### Extract of Blood.

CAN any one outside of an insane asylum be expected to believe that blood is to become an article of the materia medica? Within a few years, several physicians have suggested the propriety of utilizing the blood of slaughter houses by eating it. But the French are ahead of us, and a Parisian druggist has contrived a blood-pill, which is said to be not only as nutritious as blood-pudding, but as medicinal as cod-liver oil. A correspondent of the *Medical Times and Gazette* writes from the French Capital:

"In the practice of medicine, as in other worldly matters, certain things are in fashion for a certain time. Bleeding and mercury have had their day; cod-liver oil and chloral hydrate are already on the wane; alcohol and bullocks' blood are now in vogue among the Parisians—the former for fevers and all inflammatory affections, and the latter for anæmia and pulmonary phthisis. It is a curious sight to see the number of patients of both sexes and of all ranks and ages who flock to the slaughter house every morning to drink of the still fuming blood of the oxen slaughtered for the table. I was struck at the facility with which young ladies take to it, and I have heard many say that they prefer it to cod-liver oil. For the more fastidious, however, a pharmacien has prepared an extract of blood, which is administered in the form of pills, each of which, weighing about three grains, is said to be equivalent to about half an ounce of pure blood."

Perhaps somebody is expected to believe this stuff. Probably a majority of people do not know that concentrated blood is as big a humbug as "extract of meat." One ounce of this

is said to have the substance of forty ounces of fresh beef; and three grains of blood-pill are said to be equal to forty times the amount of fresh blood. Both stories are silly delusions or wicked lies. Let their authors take which horn of this dilemma they please.

### The Salt Muddle Again.

A DOZEN years ago, a paragraph from Professor Johnson, of Scotland, in favor of the use of salt, went the rounds of the press, appearing in some papers several times, so valuable was the article considered. But it was replied to by an American P. C. S. (Professor of Common Sense), whose article did not have much of a run. We reproduce it in the REFORMER, so as to give our exchanges another opportunity to run it if they will.

#### "SALT UNFIT FOR THE BLOOD.

"How does Prof. Johnson's idea appear to one who lives without using a grain of salt, and at the same time enjoys far better health than those who do? And there are thousands of such people in this country; and nearly half the human race elsewhere use no salt.

"How does it look to one who observes that when a person uses salt every day of his life, salt would of course be found in his blood on analysis? Hence we see the absurdity of arguing that therefore we should continue the supply of salt. When one eats food prepared in brass vessels, brass will consequently be found in his blood. Should he therefore continue to eat brass? Everybody in Christendom is in the habit of eating victuals prepared in iron vessels. Iron is therefore found in his blood. According to the logic of the foregoing paragraph, he must not stint the supply of iron, at fearful risks.

"How does it sound to those farmers who have for experiment been raising their live stock without salt, with success equal to that of their neighbors, and sometimes better? No result of these experiments has yet been favorable to the idea that salt is beneficial.

"Salt is a foreign substance, an impurity, and has abnormal, inimical relations to the vital functions. Blood, no more than anything else, can be purified by the introduction of more impurities.

"The paragraph under notice says that the skin and kidneys expel salt, and there is therefore constant waste. It is just such waste as pus from a boil. That very action of the skin and kidneys shows that the system regards salt as an enemy, and endeavors to get rid of it in that way.

ANOTHER PROFESSOR."

PRICELESS as the gift of utterance may be, the practice of silence, in some respects, far excels it.

### Chilling the Chills.

THE *Georgia Medical Companion*, published at Atlanta, has the most formidable array of editorial names of any periodical in the "wide, wide world," and its recipes for treating the chills are almost as formidable in numbers and potency as its editorial staff. We notice on its title page a list of two editors, seventy-one associate editors, and twenty-two corresponding editors.

In the midst of counsel there is supposed to be safety, but we have often had occasion to fear that, the more doctors around a sick person the more danger. On turning to the *multum in parvo* department of the *Companion*, we find a page of recipes for the treatment of chronic chills, which have been so prevalent in many parts of the country the past season. It is as follows:

" Sulphate of cinchona,	one drachm.
Sulphate of iron,	four drachms.
Sulphate of strychnia,	two grains.
Sulphate of copper,	four grains.
Aromatic sulphuric acid,	one ounce and a half.
Distilled water,	eight ounces.

S.—teaspoonful 3 or 4 times a day for 30 or 60 days."

The length of time it is to be persisted in shows that great expectations of immediate benefit are not entertained, while the iron, vitriol, copper, and dogbane (strychnia), prove that humanity is tough, if chills, or fever, or life itself, can hold out thirty to sixty days.

But this is not all, not the worst of it. The journal of ninety-five editors says: "The administration of this preparation should be combined with the cold shower-bath every morning." No matter what the condition of the patient in the morning, no matter if he is chattering with the chills, he must be further chilled with cold water administered in the most chilling manner possible, and then have three or four doses of chilling drugs during the day.

No wonder such abominably nonsensical practice drives some physicians to the opposite extreme of semi-cooking their patients in hot air, vapor, or Turkish baths. There is not much to choose between these absurdities. The one induces injurious internal, and the other injurious external, congestion. A little common sense as it is in hygienic medication, would be better than all the Turkish baths of all creation, and all the doctors of the *Georgia Medical Companion*.

### Answers to Correspondents.

QUININISM.—E. S.: "There is a shoemaker in this city, about fifty years of age, who has been bilious and feeble for many years, and has taken considerable medicine, especially quinine. Last spring he was cured by means of warm baths and friction; but there supervened a peculiar morbid condition of the sense of touch, mostly

in his fingers at first, afterwards extending up the arms. He can perceive the temperature of bodies around as well as ever, also their degree of smoothness or roughness, but he cannot feel the shape of anything. This ailment is painless, but so serious as to disable him for work, and to some extent from feeding himself. There are no other signs of palsy. What is the matter with him?"

The matter is, probably, the effect of quinine. This drug often produces temporary and sometimes permanent subparalysis, or disordered conditions of the organs of sense. Hearing and seeing are most frequently affected, but feeling is sometimes deranged or perverted. In all cases of disordered sensation short of total loss of sensibility, the organ affected can recognize some of the qualities of objects and not others, or else recognizes everything abnormally. Electricity is adapted to such cases, in the manner termed "central galvanism," that is the negative electrode to the pit of the stomach, and the positive to the head and along the spine, so as to reach the great centers of the organic nervous system.

CATARRHAL CONSUMPTION.—J. M.: "Dr. Trall—*Dear Sir*: As my wife has been complaining for some time with her lungs, we would like to know if there is any hope in her case. She coughs very little, except after taking cold, but has a constant pain in the chest with a sense of heaviness in the upper part. She has also pain in the region of the stomach and liver. Has had catarrh for two years. She is subject to cold feet, and some days has slight fever. Pulse eighty to ninety."

She is in the incipient stage of consumption, but is probably curable. Take her to a health institution.

LIVER REGULATOR.—R. M. J. wants to know our opinion of Simon's Liver Regulator. Send us an analysis of the thing and we will tell you. If it is composed of fresh air, pure water, and wholesome food, in proper proportions, it may prove to be the best medicamentum in the world to regulate irregular livers. But if its ingredients are found to be poisonous drugs, the Regulator should be regulated to the street sewer, or fed to rats, rattlesnakes, and hogs.

THE HORSE EPIDEMIC.—M. M.: The disease which has recently been so prevalent among horses in various parts of this country and Canada is properly named catarrhal fever, and is analogous to influenza in human beings. Those who know how to manage a bad cold, ought to be able to treat the sick horses successfully.

HYDROCEPHALUS.—L. O. S.: The child has what medical books term internal hydrocephalus, but this is a misnomer, as the disease is chronic inflammation. The case has probably reached the incurable stage.

TOBACCO STATISTICS.—S. S.: We are not in possession of the figures you desire; but all the statistics on the subject the health teacher needs is the confirmed fact that, more land "in the free States" is every year devoted to tobacco-raising; shops for selling tobacco are increasing faster than those devoted to any other business, and that tobacco-using is increasing at a much greater ratio than our population.

#### Lack of Knowledge.

"My people are destroyed for lack of knowledge." These were the words of the Lord to ancient Israel in the days of Hosea. "Through whoredom, wine, and new wine, their heart was taken away," so that they "ate," yet did "not have enough." Appetite and lust controlled them, and they were destroyed for lack of knowledge of the evil results of their vile course. Had they understood and practiced the wish of one of God's ancient prophets, far different would have been their condition. "Blessed art thou, O land, when thy king is the son of nobles, and thy princes eat in due season, for strength, and not for drunkenness." Eccl. 10:17. "Eat in due season"—eating at proper hours, no late suppers, no eating between meals, but at our meals eating a sufficient amount of wholesome, nutritious food, then giving the stomach a good opportunity to rest.

"Eating for strength"—that is, not being controlled simply by taste, but learning what food is best adapted to our system, and best calculated to impart strength; eating of that, and not simply being controlled by taste.

Again, having ascertained what food is best calculated to sustain life and impart strength, eat of that food moderately, and not in such quantities as to overtax the digestive organs in disposing of more food than the system requires.

But what was true anciently is in some respects true to-day. The people are destroyed "for lack of knowledge." Yes, in this latter half of the nineteenth century, with all its improvements, its scientific researches, and its boasted learning, there is a great lack of knowledge—knowledge of the human system, its functions, its operations, its supplies needed, its liabilities to get out of repair, and the sources from whence these liabilities come, the cause of derangement in the operations of the organs of the body, the application of simple means to remove the cause of those derangements, instead of ignorantly increasing the difficulty we would propose to help. There is a lack of knowledge on these points, as also a knowledge of what disease is, and how the so-called drug medicines affect the human domain, what proper food for man is, what man's condition of mind and body should be, that he may be well and happy, and how he can so relate himself to all things around him as to derive benefit, and not harm, therefrom.

I rejoice that the work of the REFORMER is onward. It is an organ especially devoted to disseminating light on these topics. I am glad to learn that it now visits over ten thousand families. I wish it were millions, instead of thousands.

People are dying all around us for the lack of knowledge of the simple, plain facts that this journal sets forth. Many act as though they were so "wonderfully made" that they could not understand anything about themselves. They commit the care of their bodies as complacently to the hands of the doctors as though there was no responsibility of their lives on themselves. That injunction, "Thou shalt not kill," means you shall not kill yourself, just as much as it means you shall not kill your neighbor.

Had you some bird of beautiful plumage and sweet note, from some foreign land, committed to your care, you would consider it of the greatest consequence that you learn the habits of that bird, and what food was most natural and conducive to its health, otherwise your first acts of supposed kindness to that bird might result in its death.

If you had committed to your trust the care and management of a steam engine, you surely would consider it of consequence to learn the power of steam, how to control it, to learn the strength of your engine, and what is a lawful amount of pressure, that it may be safely run.

The most delicate and refined piece of machinery, "fearfully and wonderfully made," is the human organism. Each person is placed in charge of, and is responsible for, his organism. Alas! men who can manage the most intricate engine, that can cause stock and bird of any variety to flourish, are as ignorant of their own bodies as the birds are of Blackstone's Commentaries.

The idea has become patent that disease is a mysterious thing, or entity, that fastens itself like a leech upon a man, and that there is some latent power in medicine; that it either has an affinity for the disease and coaxes it out of the system, or the disease is afraid of the medicine, which it expels from the body.

The truth, as ably set forth in the REFORMER pages, is, that disease is a remedial effort of the system to remove obstructions to the normal or healthy action of the body, and that there is the closest relation between the habits of life, in eating, drinking, working, resting, dressing, bathing, social surroundings, and condition of mind, and the health of the body. Health is the proper and healthy action of all parts of the body. So improper, or unnatural action, would be disease.

Constipating food mixed with irritating and exciting stimulants diseases the whole stomach and alimentary canal, an inward fever is created, nature seeks to relieve the difficulty by causing an excessive flow of mucus to wash and cool

the irritated surface of the intestines, and the result is a diarrhea. The drug doctor comes, and now this mysterious diarrhea must be got rid of. It must be checked; and so it is, by giving exciting irritants, perhaps, which create so much fever that the flow of mucus is dried up and a worse state of things ensues—rigid constipation. A little common sense in such cases is good. I have seen many cases where, under proper treatment, such diseases have been cured as though by charm, while in other cases, under drug treatment, the difficulty has increased until death has ended the scene.

Let us all be active to impart what knowledge we can, that the perishing around us may be reached. If our own tongues cannot tell the tale, let us push the REFORMER into every nook and corner of the land where people can be induced to read it, and let us scatter by the thousand the health tracts as they come from the pens of able writers.

J. N. LOUGHBOROUGH.

Woodland, Cal.

### Babies—Their Food and Sleep.

GIVE a baby plenty of food of the proper quality; plenty of sleep at regular intervals; plenty of flannel of suitable length, and your baby should be healthy and jolly. Babies become as much addicted to habits as old folks; and if you pat them on their backs and sing lullabys in their ears every time they roll over in the cradle, or give a little grunt indicative of restlessness, be sure they will always expect such services of you, and will demand it accordingly.

Most mothers have great times putting babies to sleep; and if you should be writing an article for a health magazine *down* stairs, you would imagine that a decidedly unhealthy one had exploded *up* stairs, were you to judge from the racket produced in soothing baby into his evening sleep. We believe, because we have seen it demonstrated again and again, that no such measure is necessary, but that babies can be taught habits quite as easily as children of larger growth. They should be fed at regular hours, and not every time they wake, or fret and cry. Babies cry quite as often from being over-fed as from hunger; and many times the derangement of the bowels, colic, and other unpleasant symptoms common to infants, are directly attributable to the habit of cramming them with food, simply as a "soothing process," or for the reason that the mother does not know what else to do to produce peace and quietness in the household. Babies' stomachs are even more sensitive than grown people's, and can digest but a certain amount of food, while the surplus lodged there from the stuffing process must pass into the bowels in the form of undigested material, there to give rise to the various pains and aches which mothers are so familiar

with. Therefore, use common sense in the feeding of your baby, and do not force food into its little stomach for every complaint it happens to make.

Baby should have its sleeping hours, which should be regulated according to its age. Quite young babies should sleep nearly *all* the while—that is their chief design. Those who have attained one year of age can be taught to have their sleeping and feeding hours, and will indicate them as regularly as your best timepiece. Should the baby sleep all night, he should have a long nap in the middle of the day, and then be kept awake until six or seven o'clock in the evening, when he should be placed in his crib, and left to go to sleep without rocking, trotting, walking, swinging, or other hullabaloo. He may rebel against such treatment a few times; but he will very soon learn that no attention will be paid to his outcries, and will fall asleep in spite of himself. Let this plan be persisted in by mothers before they have established bad habits in their babies; good ones are quite as easily obtained, when the mother will be surprised to find how little trouble a baby really is in the house when properly managed.—*Sel.*

### The Best Physicians.

ALL physicians give fewer drugs than formerly, and have greater faith in the curative powers of nature and good nursing. A French physician gave good advice to his medical friends.

As the celebrated physician Desmoulins lay on his death-bed, he was visited by the most distinguished medical men of Paris, as well as other prominent citizens of the metropolis. Great were the lamentations of all at the loss to be sustained by the profession, in the death of one they regarded as its greatest ornament. But Desmoulins assured his brother practitioners he left behind him three physicians much greater than himself. Each of the doctors, hoping his own name would be called, inquired anxiously who was sufficiently illustrious to surpass the immortal Desmoulins. With great distinctness the dying man answered: "Their names are Water, Exercise, and Diet. Call in the services of the first freely, of the second regularly, and of the third moderately. Follow this advice and you may be well without my aid. Living, I could do nothing without them; and dying, I shall not be missed, if you make friends of these, my faithful coadjutors."—*Youth's Companion.*

If physicians have lost their faith in drugs, why not abandon them, and tell the deluded people frankly that all the curative powers are to be found in nature; and that the sick must depend wholly upon God and nature, with good nursing?

R. F. COTTRELL.

RICHEST is he that wants least.

### Causes of Disease.

DISEASE undoubtedly commences when the blood has become so charged with matters foreign to itself that they have come to be hindrances to the operations of digestion and assimilation. But Prof. Liebig asserts that disease decomposes the constituents of the blood, and that the process goes on as long as any particles remain that are susceptible to decomposition.

How often do men who have devoted their lives to one branch of study try to explain everything from that particular standpoint. It is an evident fact in chemistry that two substances possessing chemical affinities for each other, when their atoms come within insensible distances, unite to form a third substance unlike either. If it can be proved that a similar change can be effected in the elements of the blood and life still continue, then it will be evident that there is no difference between living and dead matter. But it remains to be shown that the blood was ever disorganized while living.

But foreign matters, not constituents of the blood, may accumulate in the fluids of the body to a great extent, and yet the person may seem to possess good health. If he or she die suddenly, it is easy to call it a case of "mysterious Providence," and pass it by without further thought.

Hippocrates said that "all diseases are caused by poisons received from without, or ingenerated." So long as people eat pork, butter, salt, sugar, spices, etc., there is no telling when the blood will commence a violent effort to rid itself of these impurities. Then, if people eat too much of the best food, that part of it which is not digested properly will enter the blood as foreign material, and induce disease.

Here is the secret of health and long life: Those who perfectly digest the purest food are never sick.

J. A. TENNEY, M. D.

*N. E. Hygeian Home, Concord, Vt.*

### A Few Plain Truths.

A PRETTY large proportion of the whippings, scoldings, shakings, shuttings up, loss of holidays for imperfect recitations, and other similar tortures to which childhood is subjected, is owing to the injudicious and indiscriminate feeding everywhere so prevalent.

So, mother, before you punish your child for perversity and disobedience, this morning, just think of the mince pie, doughnuts, cheese, etc., which you gave him for supper last night, and then sent him to bed, because you had been bothered with him all day and wanted a few moments of quiet before retiring yourself.

When you are wondering what makes your boy so restless, and discontented with the toys and games you provide for him; wondering why he can never amuse himself nor remain in one

place "five minutes," just think of the pepper, and mustard, and "chow-chow," and other stimulating condiments wherewith you permit him to irritate his stomach, causing much of this feverish unrest, so annoying to yourself and to others, besides preventing all healthy development in the victim of your folly and wickedness. I can call it by no softer name.

I cannot help wondering if a thorough knowledge of physical laws would not convince us that much of the evil in the world, which we are prone to attribute to a natural state of sin and depravity, is traceable to a temporarily disturbed, or permanently diseased, physical condition.

But it is toward the children that my warmest sympathies are elicited in this matter of diet; for they do not know where the danger lies, nor how to escape it if they did. And it pains my soul to see them made sick, and then drugged till some incurable malady is induced. That's the way of it.—*Ex.*

### Work and Health Reform.

ONE of the chief objections which people have to the health reform is, that it will not do to work hard upon, as they think. It is not at all strange that those who have not tried it should think so. Always accustomed to depend upon meat, tea, coffee, three meals per day, etc., it very naturally seems to them that without these they would have no strength to labor; hence they say that the reform will do very well for those who do not have to work hard, but not for those who do.

Now I know that this is not true. In the first place, it is not reasonable; for there is more nutriment by far in graham bread, beans, peas, rice, fruits, etc., than there is in meat. In the second place, in the last seven or eight years, I have seen as hard working men as I ever knew who have lived and flourished on the health reform. They have done as much or more work than their neighbors, have paid no doctors' bills, and have had good health. I could name many instances of this among both farmers and mechanics. Though I am not a farmer or a mechanic, yet I claim to know what hard labor is. As an illustration, in looking over my diary, I find that in ninety-two days, embracing the months of July, August, and September, I have held one hundred and eighteen meetings, at nearly all of which I have preached from an hour to an hour and a quarter. This is an average of nine meetings a week, all the way through. During the same time, I have every day visited from house to house, thus spending most of the day. When not doing this, I have been studying or writing. Nor is this an exceptional case, as I have worked about the same for years, and this on the health reform too. I am

now stronger, healthier, and more able to work than when I began, years ago.

Contrast this with ministers who take their three meals a day, and live on tea, coffee, fine flour, pork, chicken, etc. Generally, they preach twice a week, about forty minutes each sermon, and attend a prayer-meeting one evening. Many of them become weakly, pale creatures, get the consumption, bronchitis, or something else, and have to take a vacation to rest up!

Suggest to these dear souls that a plain, vegetable diet, and two meals a day, would be good for them, and they have an answer ready, viz: Men who have to perform such severe mental labor as they do, require a strong, nourishing diet!!

The Lord pity them and their flocks till they learn what a good, strong diet really is.

D. M. CANRIGHT.

### Epizootic Influenza—Nature of the Disease and Cures.

THIS disease is essentially an inflammation of the upper air passages, and has been called at various times, and by various persons of different degrees of intelligence, pink-eye, catarrh, horse distemper, influenza, catarrhal fever, epizootic catarrh, mucous fever, etc. Wilkes' *Spirit of the Times*, like ourselves, thinks it like those epidemic visitations of influenza in England, which sometimes follow a long course of dry, harsh winds, which have come across the great Tartarian steppes from the northern borders of China. Then, nearly all the people are coughing, sneezing, and running at the nose.

The disease in its sporadic form, when pure, uncomplicated, and typical, consists of two factors; a general fever, that may be very slight, and an inflammation of the mucous membrane of the nose, throat, mouth, eyes, and air passages. The appearance of a horse suffering from sporadic influenza differs, in general, not much from one suffering from the disease in its epidemic form. The suddenness with which the disease, where it does exist, has affected nearly all the horses, is a peculiar feature of the epizootic influenza.

The chief points of discussion among veterinary surgeons are, Is it influenza simply? or is it something more, as mucous fever? Like influenza in man, there is first a great dryness of the mucous membrane of the upper air passages, caused by dry winds, while the temperature is above the usual point at that season of the year. A sudden change occurs, and cold, damp weather sets in, or there may be rapid alternation of dryness and moisture for several days, and steady cold, rainy weather sets in. This sudden change produces first a chill, followed by a congestion of the mucous membranes of the throat, nose, eyes, etc., with general febrile symptoms. Whether the inflammation extends farther, and involves

the lungs, depends on the management of the animal. If driven hard during this first stage, or allowed to be exposed, the inflammation is very apt to extend down to the lungs, and the horse not unfrequently dies suddenly from suffocation. If the horse is feeble or rather flabby, the danger of lung complication is very great. Dry feed given during the dry, irritable, coughing stage is entirely out of place. If purgatives are used, inflammation of the whole alimentary tract is very sure to be set up. If the horse has weak kidneys, or if diuretics are administered, inflammation of the urinary tract may arise. The severity of the case in its inflammatory stage, and the complications that may arise, depend greatly upon the previous health of the animal, and the treatment instituted. The dry, congested stage is rapidly followed by a stage of effusion. The inflamed mucous membranes become bathed in a secretion which is at first clear and watery, and finally becomes thick, yellow, and even greenish. The lighter the attack, the longer this discharge remains thin, and the less it will be in quantity. The more profuse the discharge, the greater is the danger, 1st, of choking; 2d, spreading into all the cavities, and especially the frontal sinus and lungs; and 3d, of prostrating the subject, and prolonging the attack, or even of destroying the animal altogether.

In 1868, in the epidemic among the cavalry horses in Mexico, they found after death "the lining membrane of the pharynx—upper throat highly inflamed and thickened, and a thick mucous pus filling it, causing suffocation." In the present epidemic, Dr. Smith, of Toronto, found, on a post mortem, the mucous surface of the trachea—windpipe, highly inflamed, and the disease extended to the lungs, thus producing congestion and death.

Many cases of death have resulted from working the horse too soon after the attack. They drop dead evidently from syncope or fainting. In case of recovery, the mucous membrane gradually recovers its tone, the discharge grows less, and finally ceases; in time, it gets back to its natural condition.

There is in certain cases a weakness or sensitiveness of the mucous surface, which may remain for a long time, in fact, keep up a sort of chronic catarrh. Much depends on the horse, the care and treatment he receives, and subsequent usage.

The animal should not be used until fully recovered, and then cautiously, or a weakness of some other organ may be induced that will remain, and perhaps entirely ruin the animal.

The disease runs its course from ten to thirty days. Some cases may be arrested in the first stage, and the animal be all well in less than a week. But if the attack is severe, and badly managed, two or three weeks is the usual duration of the attack.—*Western Rural*.

### Temperance and Longevity.

It is readily seen by candid observers that there are more persons who die in early age, and less that live to a good old age now, than there were in former years. Many deplore this state of things without considering that one of the leading evils which has greatly tended to bring this about is intemperance; and that in order to see many days, or long life, it is needful to be "temperate in all things." Arbernetny truly said, "Instances of longevity are chiefly among the abstemious." I will here notice a few cases which have come under my observation of very aged persons now living whose experience clearly demonstrates the fact that temperance is a great means to prolong life, and to keep good the mental and physical faculties.

Gen. S. B. Hazeltine, of Bakersfield, Vt., aged eighty-two years, enjoying good health, having no recollection of ever taking as much as a pill in the line of medicine, his faculties good, able to read and write well without the use of glasses, being now on his fifty-second year as town clerk, a land surveyor, and frequently filling, by appointment, the office of county commissioner, recently stated to me in the presence of Professor Moore, his son-in-law, that he has not drunk spirituous liquors of any kind for the last forty-five years, has never used tobacco in any form whatever in his life, has eaten meats very sparingly, and that he has always made it a rule to retire early and to rise early. His wife is in the enjoyment of good health. A few years ago, they celebrated the fiftieth anniversary of their married life.

On the 9th day of last September, I attended the celebration of Stephen Cole's ninety-second birthday, at his home in Charleston, Vt. His wife was present, being only eleven months younger than himself. They are both in comfortable health, have pretty good hearing, and are quite social and interesting in their conversation. The seventieth anniversary of their married life was celebrated the 19th of May, 1870. They have had ten children, who have all lived to have families. Nine of them are still living. They were the tenth family that came to settle the town now called Charleston, in Vermont, in A. D. 1810. He is about six feet in stature, never was sick but once, never used drugs nor tobacco in his life, has not drunk spirituous liquors for scores of years, can write with a steady hand, and can read in his old family Bible without the use of glasses. He has always tried to be temperate in all his habits, and has never spoken an unkind word to his companion during their married life. In her ninetieth year, Mrs. Cole had used a little tobacco, when she realized that her nerves were affected by it, and discontinued the use of the weed at once, since which time she has had steady nerves.

There are similar cases that have come under

my observation; but I will only notice in conclusion, the case of a centenarian. The celebration of Elias Truax' one hundredth birthday was held on the 4th of July last, at the house of his son, Elias Truax, Jr., in Franklin, Vt. He had children, grandchildren, great grandchildren, and great great grandchildren present. He was born in the town of Albany, N. Y. Has been temperate in his habits, and a professor of religion for many years. The old gentleman is hale and hearty, and his mental faculties are good. He reads considerable, and remembers what he reads. The week after the 4th, he went away by the cars to visit relatives and friends, and returned in September.

Dear reader, would you see many days, study to be "temperate in all things."

A. C. BOURDEAU.

### Dried Fruit.

PERHAPS there have been no greater improvements made in any direction for years, than that recently made in the drying of fruits. The old methods of drying by exposure to the weather, to dust, and to flies, has been finally superseded, and, instead of the discolored, half-fermented, and disflavored dried fruits of the olden times, we can now obtain, by the process of desiccating with a blast of hot air, fruits that retain all their freshness of flavor, and that are even superior in saccharine to the fresh fruit plucked from the tree. All testimony goes to prove that this is the grand discovery of the age, and that it must open up one of the greatest and most important industries—one that will furnish labor for thousands and food for millions. There is now no need of canning fresh fruits; they can be kept fresh by drying, and in such shape that they may be as easily handled and transported as wheat, corn, or flour, while in the kitchen they may be quickly prepared for the table without losing one particle of their most desirable qualities.

It is stated that in Delaware there will be in operation another season enough of the Alden dryers to use up all the surplus peaches, and that orders for them are already made. In the south, farmers are turning their attention to fruits, where, but for this process of drying, there would be no inducement to engage in fruit growing.

The demand for fruits thus preserved will steadily increase until they will be considered as indispensable in every household as meat, potatoes, and flour, are to-day. Orchards will be wanted especially to supply the demand, and fruit growing will more than ever become a profitable and indispensable branch of farming.

Mr. L. A. Gould, of Santa Clara, has this season erected a building with engine, blower, etc., and has dried samples of fruits and vege-

tables of many kinds, and is prepared to fill small orders for his desiccated fruits. We know what we are saying when we recommend such fruits. Every person interested in this developing industry should use efforts to become thoroughly acquainted with its details and principles. Then would the importance of this branch of the fruit business be comprehended. Fruits can be cured so as to retain all the richness and excellence of natural freshness. The process, though simple, is a wonderful one. When Mr. G. was East last year, he examined the Alden process, but, owing to the cost of a royalty from Mr. Alden, Mr. Gould set about inventing a way of his own, which he has filed a caveat on, to protect himself against the possible patents of others. But he is willing any one should adopt his method free of royalty. This is the spirit we feel like commending; and we hope to see the people all profit by the improvements.—*The California Agriculturist.*

### The Use and Abuse of Sewing-Machines.

A CORRESPONDENT says, and very truly, that it takes longer to make a dress for street and church wear with the machine than it took our grandmothers with the needle. Suppose it does. If a woman chooses to buy twenty yards of goods for a dress when twelve is quite enough, and frill and pucker and box plait and flounce it from the neck to the edge of the skirt, has she not a perfect right to do so? If she chooses to go without books and magazines and the time to read them, in order that she may hang around her waist a few more yards of tortured and confused and chaotic folds and furbelows, who shall say her nay? She is the real sufferer, and not we who look on with a mingled feeling of commiseration and—no matter what—not admiration, certainly.

The panier is an unmixed and teetotal abomination. We did hope the horrid thing would go out of fashion, but as it has not, we must utter "our fixed and unalterable protest." Just where nature has made a curve, we must make a hump. Not content with that, we must adorn it, and weigh it down with multiplied proofs of the perversity of our taste. Everybody knows by this time that the weak point of American woman is her back. Not one woman in a thousand but complains of back-ache, yet this particular weak spot is the very one pitched upon by the tyrant Fashion to bear the heaviest burden she imposes upon our suffering sex. But no; we are mistaken; paniers are never heavy, no more are corsets tight, though the cords that lace them go off like a pistol shot when severed by the scissors; no more are high-heeled shoes uncomfortable—fashion is warmth in winter and coolness in summer, and delight all the year round. But we are wandering from our subject. It is true that forty stitches, to speak

very modestly, are put into garments where one would suffice; but those who indulge in such a luxury of stitching do not have so much time to read sensational novels, or gossip with their neighbors, and here there may be a gain. Sensible women, who form by far the majority in most communities, find the sewing-machine a real help, and by its aid gain many an hour for mental improvement, for the culture of their children, and offices of charity for the public.—*Bellville Weekly.*

### The Trichina Spiralis.

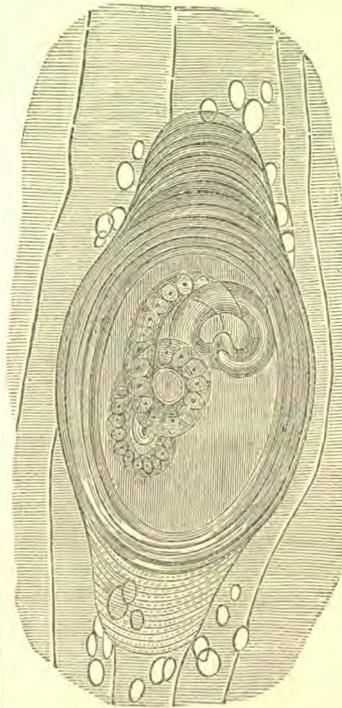
THE following article we take from the *Chicago Illustrated Journal*, published by Horton & Leonard, Nos. 10 and 12 North Jeff. St., who have kindly granted us the use of the engraving for its illustration. We commend the article to the careful perusal of every one. The reason, it seems, why more people are not slaughtered by infected pork is because the parasites happen to be killed in cooking. But these disgusting animals, though dead, we would not suppose could be considered by any one the most inviting kind of food. The more startling fact, however, is, that these worms are now discovered in other kinds of meat, in fowls and in oysters. A person who, to meet the cravings of appetite, indulges in any kind of meat liable to be thus infected, and finds himself as the result doomed to inevitable death, from having taken into his system myriads of these loathsome parasites, to consume him as the worms consumed Herod, Acts 12:23, must feel that he has sold his life at a very cheap rate. Let all take warning in time.

It may not be inopportune at this season of the year, when meat becomes more largely an article of diet, as the cold weather advances, to give to the public at large, and to pork lovers in particular, a little information resulting from recent investigations with the microscope.

The *Trichina Spiralis* or "Pork Worm" was at first supposed to be an inhabitant of pork only, but later investigation announces its discovery as an accident, of many if not all flesh-eating animals. It may be said, however, to be more naturally "indigenous" to the pig, as about one in ten of the hogs fattened for slaughter are found to be thus infested. So minute are they that a powerful microscope is required to reveal their presence, and an ordinary pork steak might contain enough parent insects to generate a million or so to infest the flesh of the unfortunate consumer. In a piece of flesh one-twelfth of an inch square and one-fiftieth of an inch in thickness, as many as twelve trichina have been ob-

served, which would furnish seven thousand two hundred to the square inch.

The following cut represents the worm as it appears under a microscope of great magnifying power, and as found in specimens of diseased



pork. When reposing, coiled in its tiny capsule, it presents the appearance of an egg-shaped mass, but upon being taken into the human stomach the capsule is dissolved by the gastric juice, and the liberated worm proceeds immediately to penetrate the surrounding coats of the stomach and the flesh, where it propagates its kind rapidly and indefinitely, causing a

speedy and horrible death of its victim.

These insects have a wonderful tenacity of life, and when once introduced into the human system there is no remedy so far as science has yet been able to discover.

They have been known to live for three days in a temperature of forty-five degrees below the freezing point of water, and they have been boiled in thin slices of meat for twenty-two minutes without killing them, but a heat of one hundred and seventy degrees is said to be sufficient to dissolve the albumen, which forms the surrounding capsule of the insect, and thus destroy it. This being so, we advise lovers of pork to see to it that they do not eat their steak *rare*, and as the trichina has been found in oysters also, those who have been in the habit of rapturously "gobbling" them *raw* will reflect solemnly after reading this article before they again indulge in this refreshing pastime. Just think of it! You might be swallowing a million in "one fell swoop."

The founder of the Jewish law showed great wisdom in forbidding the use of *swine's* flesh, and the Jews, unto this day, religiously abhor the use of pork as an article of diet. Many of our best medical authorities concur in the wisdom of the Mosaic precept, and recommend its entire discontinuance. \* \* \*

## The Health Reformer.

Battle Creek, Mich., December, 1872.

### Close of the Volume.

WITH this issue closes the seventh volume of the HEALTH REFORMER. And in reference to the past, present, and future, of this journal, we state:—

1. The first volumes had only sixteen pages of reading matter, and a very limited circulation. About the time of Dr. Trall's connection with the REFORMER, more than four years since, it was increased to twenty-four pages, but a large portion of the additional eight was occupied with advertisements. Two years since we increased the white pages to thirty-two, and restricted advertisements to the cover. We do not give any advertisements for money pay. Three pages of the cover are devoted to those advertisements, and those only, which are designed to serve the cause of health reform. Reformation, of no small importance, has taken place in the REFORMER, and yet there is room for more improvements, which will have our especial attention during the year 1873.

2. There are no reasons why the REFORMER should not be the very best health journal in the land. Dr. Trall stands at the head of the great American health reformation. His popularity as an able medical author, journalist, and lecturer, is too widely known to admit of a question as to his position in this movement. The doctor's connection with the REFORMER was an important event in its history. His Special Department alone is worth twice the subscription price of the REFORMER. Having thrown off other labors and cares, we design to give the REFORMER our first and closest attention. We shall labor to secure the best writers, and to make the best selections from health journals and medical works.

3. Our work is to educate the people, so that those who are feeble may learn the only true path to health and strength, and that those who are comparatively well may know how to keep out of the hands of the doctors, enjoy the happiness of health, and save their money for better purposes than to enrich drug dealers. We have received hundreds of letters during 1872, stating that by receiving the principles taught in the REFORMER alone had saved the writers

large sums of money for doctors' bills, painful sicknesses, and consequent feebleness. And with many, conformity to the principles of the reform had restored them from protracted feebleness, with all its mental depression, and ruinous results, to a good degree of health, with its hopeful, happy, and beneficial influences.

It is a fact that the oldest readers of the REFORMER seldom come to our Health Institute at Battle Creek, from the simple fact, that our journal is so highly practical, and they so closely follow its teachings, that sickness with them is nearly out of the question. They have learned to treat themselves and their families in season in all those common cases of colds, fevers, &c., which are few and far between with all well-instructed, practical hygienists. Some of them are renewing their strength, and apparently their youth like the eagles. In short, while thousands of our patrons are enjoying freedom from sickness, freedom from the stench, poisonous influence, and the expense of drugs, and are improving in health, strength, and happiness, since reading our journal, their doctors' bills are just one dollar a year for the HEALTH REFORMER and twelve cents postage.

4. As a very large portion of our readers are deeply interested in the subject of Bible Hygiene, this will claim our especial attention during 1873. And we shall expect that those of our readers who have no particular interest in the Sacred Writings, will be too liberal in their feelings to object to our articles upon health principles as found in that time-honored volume, in which the majority take a lively interest, when we give them in each issue a great variety of invaluable matter to which none can object. When correctly understood, it will be seen that the sacred writers of both the Old and New Testaments are on the side of the true philosophy of life, health, and true happiness.

5. During the past two years the circulation of the REFORMER has increased from 3,000 to 11,000. The increase during 1872 has been 6,000. About one-half of these, however, have been for the Trial Trip of four numbers. In many cases these have been ordered and paid for by unknown friends. These are urgently invited to renew their subscriptions for 1873. Special appeal to all Trial Trip subscribers and definite directions are given in colored pages in fore part of this number. Every effort will be made to make the REFORMER what it should

be, and to increase its circulation to 30,000 during the year 1873. With a rapid increase of patronage we shall be able to give our journal more time, and secure for its columns the richest productions from the ablest and best writers upon physical, mental, and moral improvement.

### Redemption.

TO REDEEM is "to purchase back from sale or from slavery; to restore from the bondage of sin or its penalties." So says Webster. God proposed the redemption of the race through his Son. This great redemption is three-fold. First, from the condemnation and practice of sin; second, from the grave; and third, from the disgrace of the fall.

1. Redemption from the condemnation and practice of sin. "Sin is the transgression of the law."—JOHN. The apostle doubtless refers particularly to the moral code, yet the transgression of law, moral or physical, established by our beneficent Creator to govern our actions, is sin. Said the angel, referring to the Redeemer, "His name shall be called Jesus; for he shall save his people from their sins." The mission of the Son of God was to save man from, not in, the transgression of law.

Man fell under the power of appetite. The Redeemer took hold of redemption just where the ruin occurred. In order to be better qualified to redeem man, sold in transgression of moral and physical law, the Redeemer subjected himself to a total fast of nearly six weeks at the time of the temptation in the wilderness. In this, he set his people an example of self-denial. And he says to them, "Whosoever will come after me, let him deny himself, and take up his cross, and follow me." The denial of self comes first, before men are worthy to bear the cross of Jesus Christ.

But what of those professed followers of Jesus Christ, who are really drunkards and gluttons? How does the Master esteem those who gratify appetite in their food and drink without regard to either expense, or the physical and moral influence of such a course upon themselves and their children? These are simply baptized gluttons. And those ministers who dare not touch their sins, but rather give them support by being in the same transgression, are simply ordained gluttons. Ministers and peo-

ple, clergy and laity, chew, smoke, and snuff, the "filthy weed," simply because it tastes good, or produces, for the time being, a pleasant sensation. They will pollute their breath, their blood, their clothes, their dwellings, and the atmosphere of even their places of worship, to gratify morbid taste. Slaves to tobacco! The moral and intellectual in servitude to the animal! Are these Christians? The Protestant, church-going people of America pay out more money annually for tobacco, tea, and coffee, to poison their blood than for the gospel of Jesus Christ to purify their lives. The appetite, however perverted, must be gratified, if the heavens fall. Professed Christians will yield to the clamors of appetite, and roll in those luxuries and indulgences which stupefy their higher powers, and increase the baser passions, and still talk piously of the self-denial and cross of the Christian life! This farce certainly falls but little short of a burlesque upon the Christian religion. In the words of Charles Beecher, "O unhappy church of Christ! Fast rushing round and round the fatal circle of absorbing ruin! Thou sayest, I am rich and increased in goods, and have need of nothing; and *knowest not* that thou art poor, and miserable, and blind, and naked!"

Again the Redeemer of a world lost by yielding to appetite addresses his people by way of Patmos, "To him that overcometh will I grant to sit with me in my throne, even as I also overcame, and am set down with my Father in his throne." He stood the test on the very point where Adam failed. And as a victor, he leads the way, and bids his people follow in self-denial and purity. "Know ye not," says Paul, "that ye are the temple of God, and that the Spirit of God dwelleth in you? If any man defile the temple of God, him shall God destroy; for the temple of God is holy, which temple ye are." 1 Cor. 3:16, 17. Again the apostle appeals to the church at Corinth in these words: "Beloved, let us cleanse ourselves from all filthiness of the flesh and spirit, perfecting holiness in the fear of God."

To those, and to those only, who by self-control refuse a life of excess, and choose a life of self-denial and purity, will the atoning blood of Jesus Christ be applied, to cleanse them from sin. Those who do all they can to redeem themselves may find their redemption complete in Jesus

Christ. He will help every man who will in faith help himself. It is said of the numberless hosts of the saved that they "washed their robes, and made them white in the blood of the Lamb." Their robes of character were not given them for the occasion to hide their sins. No; *they washed their robes*. We think that the tobacco-using, tea-and-coffee-drinking, swine-eating, shouting Methodist, might better stop his noise and go to washing. And when water and abstinence have well begun the work, then let him by faith wash in the blood of the Lamb, that he may be cleansed from all filthiness both of the flesh and spirit. After gaining such a victory, he has something worth shouting over. He may then shout of redemption even here, and sing hallelujahs to the Lamb to all eternity.

Some of the gracious blessings which it is the privilege for such a Christian to enjoy in this life, are mentioned in these stirring, burning, triumphant words of Paul: "That ye might be filled with the knowledge of his will in all wisdom and spiritual understanding; that ye might walk worthy of the Lord unto all pleasing, being fruitful in every good work, and increasing in the knowledge of God; strengthened with all might, according to his glorious power, unto all patience and long-suffering with joyfulness; giving thanks unto the Father, which hath made us meet to be partakers of the inheritance of the saints in light; who hath delivered us from the power of darkness, and hath translated us into the kingdom of his dear Son; in whom we have redemption through his blood, even the forgiveness of sins." Col. 1: 9-14.

And the beloved John declares the message "that God is light, and in him is no darkness at all." "If we walk in the light, as he is in the light, we have fellowship one with another, and the blood of Jesus Christ his Son cleanseth us from all sin." The Redeemer, in overcoming, set an example of self-control to his followers, and then closed his life of disinterested benevolence by the death of the cross, in which is seen his matchless love for sinners. Those who deny themselves, who overcome as he overcame, and by faith wash their robes of character, and make them white in his blood, may sing of redeeming power and love here, and they will find eternal ages none too long to swell the happy strain, *Worthy, worthy is the Lamb*.

2. The redemption from the grave, by the

resurrection to immortal life, of all those who are in this life redeemed from the condemnation and practice of transgression, is the second stage in redemption. The moral fitness for the next life is obtained in this. The change to immortality is not a moral change. It is simply an exchange of the corruptible body for one that will be incorruptible. This second stage in the Redeemer's stupendous achievement of the work of man's redemption is expressed by the apostle thus: "Who shall change our vile body, that it may be fashioned like unto his glorious body." And the Redeemer will not complete his work of redemption in a manner to leave man an invisible, immaterial nobody. When redeemed, the just will stand in all the tangible perfection of Adam's unfallen manhood, with the exceeding glory that their bodies will be fashioned like unto Christ's glorious, or resurrected, body.

3. The redemption of the just from the disgrace of transgression and the fall, completes the work of the Redeemer, and places the redeemed on higher and safer ground than that on which Adam stood. And in the estimation of Jehovah, Jesus, angels, and all created intelligences in the universe, they will be regarded the same as if our first parents had not disgraced themselves and their children, in recklessly and basely yielding to the power of appetite. The Redeemer has borne their sins and shame, and has accepted the punishment due to them, in his own sinless person. Man's failure to form a righteous character was complete. Jesus took man's place, stood the test, and his success in working out a righteous character in man's behalf, is as complete as was Adam's failure. And by a life of self-denial, self-control, and following by faith their triumphant Head, the righteousness of Christ is imputed to the just, and the redeemed lose all their shame and disgrace in their Redeemer. The redeemed will then stand complete, not only in the purity of their own robes of character, which they had washed and made white in the blood of the Lamb, but they will shine with a brighter luster from the divine righteousness and eternal glory imputed to them from their adorable Redeemer.

THE world is not to be educated, reformed, purified, and saved, in a day, nor by miracle, but by persistent effort.

EXPERIENCE is a general monitor.

## The Summer

IN THE ROCKY MOUNTAINS.

MINING is the principal business in the Territory of Colorado. There are some good farms, and an inexhaustible amount of small pines, but both the farming and the lumbering interests are subservient to that of mining. But we have neither time nor space in this brief sketch to descend into the earth, and show the reader *where* and *how* gold, silver, and other ores are taken out, and how they are worked. We must confine this narrative to a surface view.

And in attempting to describe the ever-changing and grand scenery which meets the eye of the traveler—of mountains reaching to the clouds, and frequently above them, whose almost perpendicular sides are dressed with dense evergreens, of deep ravines, or gulches, through which come pouring the pure, cool mountain streams, of parks whose borders are fringed by evergreens and surrounded by mountains whose numerous sharp peaks, dressed in green to their very pinnacles, appear at the distance like so many mammoth evergreens—we have several times given up in discouragement, saying, It is of no use to try to give a pen picture of this natural grandeur.

These Colorado Mountains of themselves are the most beautiful things in nature. He who supposes that they are huge mountain piles, painful to the eye, comes to bad conclusions. Those peaks which do not reach above timber line—that is, where it is too cold for trees of any kind to grow—are generally so regular in form, and so completely dressed in living green, that when viewed at a limited distance, they appear as models of nature's grandest perfections. Above these are the bald mountains, whose peaks reach above timber line. Destitute of nature's magnificent dress, these gray, old peaks generally appear like piles of huge rock, possessing but little interest, save their height.

As we turn from the mountains to the deep gulches, the scenery changes as it relates to beauty, but not in grandeur. Here, the creeks and rivers are rapid. The water dashes along, over and among the rocks, feather white. Carriage roads are narrow, and bend with the creeks and rivers around the base of mountains and immense rocks that appear to have been some day hurled directly in the way. These roads are

sometimes very narrow, they being dugways in the side of steep mountains, close to the rapid stream, while on the opposite side is the nearly perpendicular bank, or immense bodies of rock, in some instances reaching five hundred feet high, the summit almost directly over the traveler's head.

Traveling is most delightful in Colorado to those who love to view nature in her loftier moods, and have nerve to enjoy ascending to the heights, or descending to the depths, in the winding, narrow dugways in the sides of sharp mountains, where carriage wheels often run within a few inches of the precipice on the right, or on the left. To one who can see the finger of God in the foaming stream hasting along the ravine, the grand, old rocks that seem to have been some day hurled from unknown quarters without care, and the lofty mountains reaching nearly to the very heavens, the scenery is doubly grand, and he is inspired with reverence for Omnipotence, and feelings of love and unspeakable gratitude kindle in his bosom that he is a child of the great and terrible God.

The gentleman with whom we made our head quarters, about eight miles from the cities of Black Hawk and Central, is the worthy husband of Mrs. W.'s niece, and not only seemed to take pleasure in calling us "uncle" and "aunt," but treated us, as if he were an affectionate son, to all that heart could wish in his mountain home, and to horses, saddles, and carriage, and frequently with his own cheering company. God bless him!

The reader may be assured, however, that but very few of the overworked, brain-weary servants of the public good, who visit the Rocky Mountains, find those in the vigor of life, and prosperity of business, to call them "uncle" and "aunt," and treat them as if they were members of their own family. Those who visit Colorado for health generally do it at great expense, receiving that care only which money will purchase at high prices. After remaining with Mr. Walling and family nine weeks, we left with the promise of spending the summer of 1873 with him, at his urgent invitation, which, Providence permitting, we shall be happy to accept.

Trip over the Snowy Range into Middle Park will be given next month.

THE surest way to lose your health is to keep drinking other people's.

### The Letter Budget.

WE are daily in receipt of appreciative letters like the following. We conclude from them that the REFORMER is doing a work of which it need not be ashamed.

R. F. A., Ill., writes: I have been a reader of the REFORMER since its first issue. It has ever been a welcome visitor in my family, and has brought to me and mine blessings that silver and gold could not purchase. There is hardly a number that does not contain instruction that is worth more than the REFORMER costs for a whole year. I am decidedly in favor of its circulation being extended, and have always done what I could in this direction.

H. H. B., Vt., says: I cannot do without your valuable journal. It is full of rich lessons, and if the world would profit by its teachings, misery would be lessened.

O. H. writes: Your journal has thousands of earnest readers, and is making its way all over the land. May many that now sit in darkness, soon see its shining light. I am deeply interested in the health-reform movement, and predict for it a glorious victory.

B. R. N., Ind., writes: The sample number of the HEALTH REFORMER you sent me has been received. I have given it a thorough and careful perusal, and pronounce it worthy to be a companion in every household. Inclosed, please find one dollar for one year's subscription.

M. S., Mich., writes: I have been canvassing a little for the HEALTH REFORMER. Every one seems to be delighted with it.

A. B. writes: My mother and myself wish to help you in your labor of love. She has spent part of two days in procuring some of the names I send you. I once wore corsets, but find I am better off without them. I send the price of one, for which please send the REFORMER to a friend.

H. F. P., Minn., writes: Inclosed is one dollar for my REFORMER, which comes laden with good advice for young and old. We as a family are much indebted to its teachings. We should feel that we had lost a friend indeed if by any means it did not reach us.

Seven years ago, when we came to this place, people thought we were starving ourselves to death, because we ate no meat and but two meals per day. But we are alive, and enjoy the best of health, whereas had we yielded to the clamors of public sentiment and employed the M. D.s, some of us would no doubt have been in our graves ere this. And this is not all, men who at that time thought a broadside of pork all in all, now say too much meat, especially

pork, is not good for them. Let the work go on. I will do what I can to keep the ball in motion.

F. M. B., Washington, D. C., writes: Please continue the HEALTH REFORMER to my address. It has contained many valuable lessons in the past, and is worth to any family many times the subscription price.

Mrs. D. P., Ill., writes: The REFORMER was sent to us by a friend, and we liked it so well that we have subscribed for it ourselves.

J. T. E., Ohio, writes: I shall ever owe you a debt of gratitude for sending me the REFORMER during the past three years. I am not able to find words expressive of the estimation in which I hold it. It has become our M. D. and household friend.

M. W., Mass., writes: Accompanying this letter is a list of twenty-two names for the HEALTH REFORMER, which will assist in making up the fifteen hundred new subscribers called for in Vol. 7, No. 9. The number fifteen hundred would appear very insignificant compared with the figures which might be made to show the increase, if the friends of the cause would lend a helping hand, and place before the public a health journal second to none. I feel as if we could be engaged in no more noble work than giving light to the blind. If we all do what we can in obtaining subscribers for the HEALTH REFORMER, we shall see a mighty work accomplished.

J. F. R., Prin. N. W. Normal School, Ohio, writes: I presume you will pardon a short letter which bears testimony to the good work done by the Health Reform Institute in the case of Mrs. R., during her stay there nine weeks last season. Hers was a case of most aggravated dyspepsia, and though not fully cured, was benefited to such an extent as to make the time and money spent a valuable investment.

What I consider of most value is the acquaintance she formed with the correct principles of true living—the very foundation of all hygienic reform. She has conscientiously adhered to these principles since her return, and the effects are manifest in a more healthy condition of her entire family. We are gradually incorporating the principles of health reform into the Normal School, and with *marked success*. We believe in every good word and work, and therefore bid you God-speed in the enterprise of inculcating sound teaching in the matter of health and true living.

The hundreds of earnestly-approving letters received, and an increase in our circulation of several thousand during the past year, may be looked upon as a good omen for the future. Although the REFORMER has not been all that we hope to make it, yet we feel that its success in meeting the demands of the people, and ful-

filling the expectations of its friends, is not wholly undeserved, for we have endeavored to make it a live journal.

But if we do take some credit to ourselves, we do not overlook the fact that much of our success may be attributed to the friends who have endeavored to increase our circulation; for it might be freighted with the choicest cargo, and yet if it was not brought before the people, they would never be benefited by it, or our list be increased.

In view of this, we would here express our thanks to one and all who have in any way aided us in this respect.

ONE WHO KNOWS.

### The True Principles of Health Reform.

BY M. G. KELLOGG, M. D.

NUMBER ONE.

THE present is an age in which all the circumstances by which man is surrounded give evidence of degeneracy and decay; an age in which almost everything seems to have become demoralized, and in a greater or less degree to fail in accomplishing the object of its existence; an age when everything upon which the eye can rest seems to call for remedy, repair, and reformation. While this is true of the entire physical world, it is also true that there is no one thing that stands in so great need of reformation as man.

Man has a threefold nature, physical, intellectual, and moral. And in the manifestation of the powers of each of these natures in this age he gives evidence of degeneracy and decay. If we look for the development of moral powers, we find that, in the great mass of mankind, the moral sensibilities are benumbed and blunted, and that very few possess sufficient strength of character and moral stamina to do right simply because it is right, and to govern their actions, and live by the principles of love and righteousness, but that almost without exception the entire race is governed by selfishness, each seeking only self-gratification and aggrandizement, regardless of the rights of others. Surely, here is a demand for reform.

Again, when we look at the physical condition of man, we find but few possessed of sound physical organizations and healthy constitutions, but we see disease manifesting itself in some of its varied forms through the entire family of man, and all are marked as victims for the grave, while deformity, suffering, and sorrow surround us on every hand. The days of prattling infancy, of gleeful childhood, of blooming youth, and mature manhood, are shortened by the fell monster death. Our cemeteries are fast filling up with premature graves, while but few of our

race attain to old age. We pause to inquire, Cannot these evils be remedied? Is there no balm in Gilead? Is there no Physician there? Why then are not these evils averted? To these inquiries we have to answer that we are surrounded on every side with men who claim to be laboring to remedy all these evils. We see the religious world full of zealous, earnest D. D.s who labor with might and main to bring about a moral reform. They compass sea and land with all the talent, influence, wealth, power, and enginery of more than seven hundred denominations, creeds, and theories, yet the moral condition of mankind is waxing worse and worse, and the same is true in regard to the physical condition of man.

We see energetic, self-reliant M. D.s grapple with disease and contend with the grim monster for each and every one of his victims. And that their efforts may be successful, they too compass sea and land, and search the earth from pole to pole, gathering every poison known in either the mineral, vegetable, or animal kingdoms, and these they faithfully administer, not to the disease, not to that cruel monster, death; but to the victim of disease, hoping that through spuing and purging, bleeding and blistering the poor patient, they will be able to kill the disease. But alas! in spite of all their endeavors, and their forty thousand drugs and appliances, death sooner or later takes all, and diseases multiply in our midst, and the physical stamina of the race is continually waning.

Why is it thus? Are there no remedies for all these evils? Is it true that an all-wise Creator designed from the beginning that man should sin and suffer? We cannot believe this. Were this true, it would be useless for us to attempt to either avert or remedy any of these evils. We might far better fold our hands, and in silence await our fate. Neither can we for a moment suppose that the same Omnipotent power that has created the physical universe with so much precision, and who has established such fixed and unalterable laws for its government, had no definite object in man's creation, or that he has placed man in existence as a mere creature of chance. A careful survey of the material universe, of this earth and all things upon it, man included, must convince any reflective mind that all material things and existences have been devised by the same omnipotent mind, and fashioned by the same plastic hand, and that the same motives that actuated, and principles that governed, the Almighty Being in one of his actions must have governed him in all, and that he in creating man had a definite object in view, which he designed to have accomplished through man, and that he, for the accomplishment of this object, established certain unalterable laws, which, if complied with, would result in bringing about the accomplishment of the ultimate object of man's existence, and which if not com-

plied with, would result in returning the transgressor to that condition in which he was before he was created.

If this position is correct, the most casual observer must see at a glance that in whatever respect we consider man, whether it be as a moral being, or an intellectual being, or simply as a physical being, that his Creator had a special object in view when he established the special laws that govern man in the development of each of these natures, and that if the final end for which man was created is ultimately attained, it can only be through the proper development of his threefold nature, and that neither his moral, intellectual, or physical nature can be correctly developed unless he comply strictly with those special laws established to govern in the development of each of these natures. It will also be seen that if one of these powers or attributes are neglected, then there will, to a greater or less extent, be a failure on our part to accomplish the object of our existence.

These facts lead us to see at once why such ill success attends the labors of the so called model reformers and health reformers of the day. As a general thing, these two classes of teachers have confined themselves to a single branch of the work of reformation, each forgetting that man is so constituted that an attempt to develop and cultivate either his physical, intellectual, or moral nature while any one of these are neglected, must result in failure.

If we who are engaged in this great work of health reform would be successful, we must recognize the great fact that man in his threefold nature is a unit, and that the perfection of manhood consists in the proper development and cultivation of each and all of his nature, attributes, faculties, and powers, and that he who fails to properly develop and cultivate any of these is but partly a man. We must also recognize the fact that the great object for which man was created was for the development of his highest nature, and the manifestation of its attributes and power, and that whatever lower natures, attributes, and powers he possesses were all established to enable him to develop and manifest the higher, the lesser to be subservient to and contributory toward the higher, and that any exercise of the lower natures, faculties, and powers, that does not have a direct tendency to develop and manifest man's highest nature and attributes is a perverted, an abnormal, an unhealthy use of his lower natures. Now, as man's physical nature is his lower nature, and as his intellectual nature is wholly dependent for its existence on the perfect organization and condition of his physical structure, and as his moral nature is wholly dependent for its existence on the perfect development and condition of both the physical and intellectual natures, it follows that whenever the physical organism of man is impaired his mental, and especially his moral, nature suffers loss.

Again, as the great object for which man's peculiar physical organization was made was that intellect might be developed and moral character manifested, it follows that whenever the physical organism has become abnormal or unhealthy in any of its conditions or actions so as to demand remedying or reforming, then the highest natures should be appealed to, and the moral attributes should step in and direct and control all efforts at reforming the bodily habits and conditions; for in the effort to develop and maintain the physical organism in health, there is no remedy that we can apply that will so readily contribute to the accomplishment of this end, as will the constant keeping in mind the great object to be gained by our existence.

Again, whenever there exists in man a moral degeneration that needs reforming, it follows from the foregoing facts that all the physical habits and conditions of the body that are adverse to the development of moral character must first be reformed.

Thus we see that at any attempt at health reform, or moral reform, both must go together for either to be successful.

### Hygienic Treatment.

[VERY many of our new subscribers having sent queries to this Office in regard to the meaning of certain terms and technicalities used by hygienic writers, and in reference to treatment, etc., the following article from one of the physicians at the Health Institute in Battle Creek is furnished to enlighten the minds of all such inquirers.]

#### FOMENTATIONS.

In a variety of morbid conditions, warm and hot fomentations are exceedingly useful. A fomentation may be used for pain more or less severe in any organ or part, when the state of the system is not actively inflammatory, nor the part unnaturally hot. When this is the case, cool or ice cold applications may be the most efficacious. A good and safe rule in the choice of cool, cold, warm, or hot, is the sensations of the patient. That temperature which feels most agreeable is the best.

It must be borne in mind that fomentations are always for occasional and not for constant employment. They are specially intended to relieve congestions, quiet pain, and subdue local irritation. They cause temporary relaxation, but no permanent debility when followed by cool bathing, or a compress or bandage is worn for a while. Here is an important point: Whenever water is applied to the whole or any part of the body at so high a temperature as to relax the capillaries and distend them with blood, it must be followed by an application at so low a temperature as to constrict the vessels and restore the tone; otherwise, there is great liability to take cold. In chronic congestion and irritation

of the liver, stomach, bowels, and spleen, fomentations are serviceable.

When any part of the trunk of the body is to be fomented, it is a good plan to fold a woolen blanket or sheet four times lengthwise and spread it across a bed or lounge. Let the patient lie down upon it, the upper part of the body divested of clothing. The folded blanket extends from the armpits to the hips. A piece of flannel folded from four to six thicknesses is put into a vessel, and very hot water poured on it. The flannel is wrung out of the water with the hands, by occasionally dipping them into a dish of cold water placed near by for that purpose, or the flannel may be put into a corner of a towel which is twisted around it, wringing it thoroughly. It is then immediately laid on the part to be fomented. The blanket is brought over it first on one side, and then on the other, and snugly tucked under the body, then the bed clothes spread over all. The patient remains quiet five or eight minutes, and then the application should be renewed or replaced by a fresh cloth. Care should be taken to expose the patient as little as possible while the hot cloths are being changed. This process seldom requires at one time to continue more than from five to twenty minutes, changing the cloths from two to four times, as the case may be.

Fomentations are useful in neuralgia of the head and face, in toothache and earache, in sore throat, diphtheria, quinsy, and congestion of the lungs. Often in congestion of the lungs, it is well to apply the fomentation over the shoulders back of the lungs, at the same time having a cool compress on the lungs in front. The same treatment may be used beneficially over the stomach, cool in front and hot on the back.

Another point in treatment is always to keep the feet warm and the head cool. Foot baths may be taken before fomentations are applied, when necessary.

For colic with nausea and vomiting, fomentations over stomach and bowels are beneficial; and in dysentery, when there is tenderness, pain, and soreness in the bowels, or in any condition of the bowels attended with these symptoms. The fomentation may also be applied to the pelvis in painful menstruation, cramping, etc. Rest, and not exercise, should usually follow the application of a fomentation. Feeble, nervous persons will not bear very hot or prolonged fomentations, frequently not more than five or eight minutes. A warm fomentation may be more prolonged than a hot one. When the pain is deeply seated, it often requires perseverance in hot applications to cause it to yield. As a general thing, it is better to wear a cool compress for an hour or so after the hot applications, unless the patient is bloodless and of low vitality, liable to chill, then sponging off the parts is sufficient.

#### WET HAND RUBS.

The wet hand rub is a mild bath, and may serve a good purpose, when it is not convenient or expedient to foment. Repeatedly dip the hands into hot water, rubbing over the irritated, painful parts thoroughly, then dip them into cool water, and apply, then dry off. This form of bath can be made quite efficient in affections of the throat, lungs, liver, spleen, and stomach, and also on the back when it is weak, with heat and soreness in it, they can hardly be used amiss.

#### DRY HAND RUBS.

For very weak and nervous persons of poor circulation, dry hand rubs are beneficial. If able, the patient may stand, having a sheet thrown over him, while the attendant rubs vigorously over the entire body for a few minutes. If unable to stand, the patient may sit or lie down. Discovering at any time the throat or lungs becoming sore, a dry hand rub will often draw the blood to the skin, relieve the congestion, and prevent further trouble.

#### DRIPPING SHEET.

This is one of the best general baths used, when a person is well enough to take a bath standing, and the easiest to be administered in home treatment. It may be given in any room, and on a carpet, provided a rug or something is spread down to keep the carpet from getting dampened. The first thing to be considered in giving treatment is the temperature of the room. It should be sufficiently warm as not to chill. The more feeble the circulation, and the lower the vitality, the warmer in proportion the air needs to be. Let the patient lay off the clothing, and step into a tub, in which is a shallow foot bath of a temperature of ninety-eight or one hundred degrees. Have half a pail of water at from ninety to ninety five degrees, as conditions require. Gather one end of the sheet in folds in the hand, dip it into the water, partially wring it out, put one corner of it lengthwise over the chest, quickly passing it around the back, lapping it in front. Then set to rubbing vigorously over the entire surface of the body, over the sheet. Then the sheet may be taken off and wrung out of water at a lower temperature, if desired, and replaced, or the sheet may be loosened a little at the neck, and water poured in over the body under the sheet with a dipper, rubbing again. The wet sheet should be removed, and the body enveloped in a dry one, and briskly rubbed until dry and warm. This bath is excellent for the patient when in a feverish condition, and for night sweats, for restlessness, and wakefulness (taken on going to bed), and for tenderness and soreness of the muscles, and for stiff and tired feelings caused by a cold.

P. M. LAMSON, M. D.

HEALTH reform is the basis of all reform.

## MRS. WHITE'S DEPARTMENT.

### The Right Use

OF TEMPORAL BLESSINGS AND SPIRITUAL GIFTS.

Wish for them cautiously,	Prize them inestimably,
Ask for them submissively,	Court them earnestly,
Want them contentedly,	Seek them diligently,
Obtain them honestly,	Ponder them frequently,
Accept them humbly,	Wait for them patiently,
Manage them prudently,	Expect them hopefully,
Employ them lawfully,	Receive them joyfully,
Impart them liberally,	Enjoy them thankfully,
Esteem them moderately,	Improve them carefully,
Increase them virtuously,	Retain them watchfully,
Use them subserviently,	Plead for them manfully,
Forego them easily,	Hold them dependently,
Resign them willingly,	Grasp them eternally.

### Proper Education.

In the early education of children, many parents and teachers fail to understand that the greatest attention needs to be given to the physical constitution, that a healthy condition of body and brain can be secured. It has been the custom to encourage children to attend school when they are mere babies, needing a mother's care. Children of a delicate age are frequently crowded into ill-ventilated school rooms, to sit upon poorly-constructed benches, and the young and tender frames have, through sitting in wrong positions, become deformed.

The disposition and habits of youth will be very likely to be manifested in the matured man. You may bend a young tree to almost any form that you may choose, and let it remain and grow as you have bent it, and it will be a deformed tree, and will ever tell of the injury received at your hand. You may, after years of growth, try to straighten the tree, but all your efforts will prove unavailing. It will ever be a deformed tree. This is the case with the minds of youth. They should be carefully and tenderly trained in childhood. They may be educated in the right direction or in the wrong, and they will in their future life pursue the course in which they were directed in youth. The habits formed in youth will grow with the growth and strengthen with the strength, and will generally be the same in after life, only continue to grow stronger.

We are living in an age when almost everything is superficial. There is but little stability and firmness of character, because the training and education of children from their cradle is superficial. Their character is built upon sliding sand. Self-denial and self-control have not been molded into their characters. They have been petted and indulged until they are spoiled for practical life. The love of pleasure controls minds, and children are flattered and indulged to their ruin. Children should be trained and educated so that they may calculate to meet with difficulties, and expect temptations and dangers.

They should be taught to have control over themselves, and to nobly overcome difficulties; and if they do not willfully rush into danger, and needlessly place themselves in the way of temptation; if they avoid evil influences and vicious society, and then are unavoidably compelled to be in dangerous company, they will have strength of character to stand for the right and preserve principle, and will come forth in the strength of God with their morals untainted. The moral powers of youth who have been properly educated, if they make God their trust, will be equal to stand the most powerful test.

There is sufficient cause for mourning by fathers and mothers as they witness the steady and rapid increase of sins and crimes among children and youth of this age. The great proportion of sins and suffering of children and youth, proceed immediately from the appetites and propensities.

Through the channel of appetite, the passions are inflamed, and the moral powers are paralyzed, so that parental instruction in the principles of morality and true goodness falls upon the ear without affecting the heart. The most fearful warnings and threatenings of the word of God are not powerful enough to arouse the benumbed intellect and awaken the violated conscience.

The indulgence of appetite and passion fever and debilitate the mind, and disqualify for education. Our youth need a physiological education as well as other literary and scientific knowledge. It is important for them to understand the relation that their eating and drinking, and general habits, have to health and life. As they understand their own frames, they will know how to guard against debility and disease. With a sound constitution, there is hope of accomplishing almost anything. Benevolence, love, and piety, can be cultivated. A want of physical vigor will be manifested in the weakened moral powers. The apostle says, "Let not sin, therefore, reign in your mortal body, that ye should obey it in the lusts thereof."

A solemn duty is resting upon parents in regard to their children. The exciting amusements of our time keep the minds of men and women, but more especially the youth, in a fever of excitement, which is telling upon their stock of vitality in a far greater degree than all their studies and physical labors, and have a tendency to dwarf the intellect and corrupt the morals.

Many bemoan the disobedience of Adam, which resulted in bringing sin, suffering, and death, into the world. Surely, such should cease to transgress. But instead of doing better themselves than Adam did, they follow a course of transgression, thereby increasing the tide of woe. But let the children of Adam, who have the example of their father before

hem with all its terrible results, stop sinning, instead of complaining of their father, while they themselves are doing worse than he did.

Men seem not to be satisfied with the result of Adam's trial in disobedience. While they bemoan Adam's weakness in yielding to temptation and breaking the Father's law, they defy the law of God in disregarding his prohibitions and follow in a course of disobedience to learn when too late that the wages of sin is death and that God means what he says.

If we wish to manifest how much greater wisdom we should have shown were we in Adam's place, tempted as he was, we need not go back to occupy his position, to give evidence of our firmness and moral rectitude. We have ample opportunities to show our strength of moral power in resisting the temptations of our time.

But few parents realize that their children are what their example and discipline have made them, and that they are responsible for the characters their children develop. If the hearts of Christian parents were in obedience to the will of Christ, they would obey the injunction of the heavenly Teacher: "But seek ye first the kingdom of God, and his righteousness; and all these things shall be added unto you." If those who profess to be followers of Christ would do this, they would give not only to their children, but to the unbelieving world, examples that would rightly represent the religion of the Bible. If Christian parents lived in obedience to the requirements of the divine Teacher, they would preserve simplicity in eating and in dressing more in accordance with natural law. They would not then devote so much time to artificial life in making cares and burdens for themselves that Christ has not laid upon them, but positively bade them avoid. If the kingdom of God, and his righteousness, were the first and all important consideration with parents, but little precious time would be lost in needless ornamentation of the outward, while the minds of their children are almost entirely neglected. The precious time devoted by many parents to dressing their children for display in their scenes of amusement might better, far better, be spent in cultivating their own minds, in order that they may be competent to properly instruct their children. It is not essential to the happiness of these parents to use precious probationary time God has lent them, in dressing, in visiting, and gossiping.

Many parents plead that they have so much to do that they have not time to improve their minds, or to educate their children for practical life, or to teach them how they may become lambs of Christ's fold.

Parents will never realize the almost infinite value of the time they misspend until the final settlement, when the cases of all will be decided, and the acts of our entire life are opened to our view in the presence of God, and the Lamb, and

all the holy angels. Very many parents will then see that their wrong course determined the destiny of their children. Not only have they failed to secure for themselves the words of commendation from the King of glory, "Well done, thou good and faithful servant, enter thou into the joy of thy Lord;" but they hear the terrible denunciation, Depart. This separates their children forever from the joys and glories of Heaven, and from the presence of Christ. And they themselves also come under his denunciation, Depart, "thou wicked and slothful servant." Jesus will never say, "Well done," to those who have not earned the well done by their faithful lives of self-denial and self-sacrifice to do others good, and to promote his glory. Those who have lived principally to please themselves instead of doing others good are meeting with infinite loss.

If parents could be aroused to sense the responsibility in the work of educating their children, more of their time would be devoted to prayer, and less to needless display. They should educate them to understand that health is indispensable to their usefulness and enjoyment in this life; and that health, strength, and their power to do good, depend upon their obedience to the laws of their being. Parents should reflect, and pray earnestly to God for wisdom and divine aid to properly train their children, that they may develop characters that God will approve. Their anxiety should not be how they can educate their children that they may be praised and honored of the world, but how they can educate them to form beautiful characters that God can approve. Much prayer and study are needed for heavenly wisdom to know how to deal with young minds; for very much is depending upon the direction parents give to the minds and wills of their children.

In order to arouse the moral sensibilities of your children to the claims that God has upon them, you should imprint upon their minds and hearts how to obey the laws of God in their physical frames; for health has a great deal to do with their intellect and morals. If they have health and purity of heart, they are then better prepared to live and be a blessing to the world. To balance their minds in the right direction and at the right time is a most important work; for very much depends on the decisions made at the critical moment. How important, then, that the minds of parents should be as free as possible from perplexing, wearing care in needless things, that they may think and act with calm consideration, wisdom, and love, making the physical and moral health of their children the first and highest consideration. The inward adorning should be the great object for parents to attain for their dear children. Parents cannot afford to have visitors and strangers claim their attention, and rob them of life's great capital, which is time, making it

impossible for them to give their children patient instruction, which they must have every day to give right direction to their developing minds.

This lifetime is too short to be squandered in vain and trifling diversion, in unprofitable visiting, in needless dressing for display, or in exciting amusements. We cannot afford to squander time given us of God to bless others, and for us to improve in laying up a treasure for ourselves in Heaven. We have none too much time for the discharge of necessary duties. We should give time for the culture of our own hearts and minds, in order to qualify us for our life's work. To neglect these essential duties, in conforming to the habits and customs of fashionable, worldly society, is doing ourselves and our children a great wrong.

Mothers who have youthful minds to train, and the character of children to form, should not seek vain excitement in order to be cheerful and happy. They have their important life-work. They and theirs cannot afford to spend time in an unprofitable manner. Time is one of the important talents which God has intrusted to us, and for which he will call us to account. A waste of time is a waste of intellect. The powers of the mind are susceptible of high cultivation. It is the duty of mothers to cultivate their minds, and keep their hearts pure, and improve every means in their reach for their intellectual and moral improvement, that they may be qualified to improve the minds of their children.

Those who indulge a disposition to love to be in company will soon feel restless, unless visiting or entertaining visitors. The power of adaptation to circumstances, the necessary sacred home duties, will seem commonplace and uninteresting. They have no love for self examination or self-discipline. The mind hungers for the varying, exciting scenes of worldly life. Children are neglected for the indulgence of inclination. And the recording angel writes, "Unprofitable servants." God designs that our minds should not be purposeless, but that we should accomplish good in this life.

E. G. W.

### A Word to Mothers.

LET us hope that mothers are beginning to realize more clearly than ever before the power they hold over the destinies and character of their children. Let us hope that women are awakening to the truth that to them is intrusted the gravest of God's works on earth; that the gifts of nature are their gifts, and come through their obedience, or are withheld through their disobedience; that not only is it right training of the child in the nursery, but right training of themselves before that commences; that fearful suffering is often caused to mother and child for

years, perhaps for the whole of life, by wrong conditions at this important period, by weakness, fretfulness, selfishness, indulgence of their lower appetites, by lack of self-restraint and nobleness. Oh! if women could see and know what fearful power is intrusted to them, and what noble results, what heavenly joy and satisfaction, would flow from its faithful use, then what different mothers and children we should see. What different men and women would soon fill the world!  
—*Home Magazine.*

### "I Haven't Time!"

"YOU are engaged upon an elaborate piece of embroidery, Mrs. Remington?"

"Yes, it has occupied my time for a fortnight, and is not now half completed. My last magazine has an elegant pattern. Sarah, bring the lady that book from the center-table. And there is the conclusion of a lengthy novelette in which I have been very much interested for several months. I could hardly await the arrival of the magazine; but what do you think of the pattern, Mrs. Holmes?"

"It is pretty!—still, I should hardly think it profitable to spend so much time on one small piece of muslin!"

"Oh, but it will be so beautiful, when completed! I think I shall try to embroider a muslin dress from it, for Emilia to wear to the New-Year's ball; don't you think it will create a sensation?"

"Very likely it may! but Mrs. Remington, have you visited our school?"

"I have not; my time is so much occupied otherwise, that I never find leisure for doing so!"

"Our teacher is young, and has a difficult school to manage; I think she needs encouragement; besides, she is here alone among strangers, and feels so sad since her mother died; but she tries to be cheerful, and to do the best she can for her school."

"Well, I should be glad to go in, but it does seem nearly impossible. Almost the whole morning is occupied in dressing, and receiving and returning calls, and in the afternoon I am too much fatigued to go out; but my son thinks he does not learn anything."

"What studies is he pursuing?"

"Really, I have forgotten! I seldom pay much attention to his lessons; I think that is the teacher's business; I have no time for it; if I can get him away to school in time in the morning, I think I have done remarkably well; nine o'clock comes so soon! It is often past that hour before I am aware of it, and then, such a time as I have in getting him dressed! A mother's situation is trying! just think, when one is not half ready for company, and is fearful every moment that some visitor will be announced, to be obliged to leave her own toilet, and attend to

the dressing of children! Don't you think we have need of patience?"

"Certainly we have; but I do not regard the matter of which you speak as so trying; I take pleasure in preparing my little ones for school in the morning; they seem so happy after a good night's rest, just like little birds. I enjoy their childish prattle, and when they have given me their good morning kiss, and trip away to school so joyously, I feel that it is a happy thing to be a mother, and I thank God for my children."

"Well, my Edward is not like your children! I wish he was, for I think I should take more comfort with him; but I always get completely worried out with him in the morning. The fact is, he does not like to attend school, and I have either to coax or scold him for about half an hour before I can get him started. That all seems lost time to me, and I suppose I sometimes exercise too little patience toward him. What a difference there is in children!"

"And what a difference there is in mothers!" thought Mrs. Holmes, as she sat in her own cheerful home-circle the evening after the interview with Mrs. Remington. "Poor Mrs. R.: no time for visiting the schools, no time to prepare the child for school, or to interest herself in his studies, or for the enjoyment of his society! and all this from a love of display, fashion, and frivolity! And what is the consequence? Her child is idle, willful, a source of much unhappiness to her and to his teacher, and is likely to grow up to manhood uncultivated in his intellect, unrefined in his manners, and loose in his principles. Poor, mistaken mother!"—*Michigan Journal of Education.*

### What Sleep Will Cure.

THE cry for rest has always been louder than the cry for food; not that it is more important, but is often harder to get. The best rest comes from sound sleep. Of two men or women otherwise equal, the one who sleeps best will be the most moral, healthy, and efficient. Sleep will do much to cure irritability of temper and peevishness. It will cure insanity. It will build up and make strong a weary body. It will do much to cure dyspepsia. It will relieve a languor and prostration felt by consumptives. It will cure hypochondria. It will cure headache. It will cure neuralgia. It will cure a broken spirit. It will cure sorrow. Indeed, we might make a longer list of nervous maladies that it will cure. The cure of sleeplessness, however, is not so easy, particularly in those who carry grave responsibilities. The habit of sleeping well is one which, if broken for any length of time, is not so easily regained. Often an illness treated by powerful drugs so deranges the nervous system that sleep is never sweet after. Or perhaps long continued watchfulness produces the same effect;

or hard study; or tea or whisky drinking, and tobacco using. To break up the habit, are required: 1. A good, clean bed. 2. Sufficient exercise to produce weariness and pleasant occupation. 3. Good, pure air, and not too warm a room. 4. Freedom from too much care. 5. A clear stomach. 6. A clear conscience. 7. Total abstinence from stimulants.

### Woman's Rights and Maternity.

DR. HAMMOND'S Journal, in a recent article, maintains that the "prevailing ideas of women are unfavorable to maternity," that its occurrence, instead of being hailed with enthusiasm and secret joy, as in the earlier periods of the world, is generally regretted. The doctor further maintains that wifehood, so far as it involves necessary dependence on a husband for pecuniary support and daily society, is widely looked upon as one of the evils of life.

This is evidently an extreme view of the subject. It is only true as to that class of women who are ambitious to become prominent in those walks hitherto regarded as exclusively to be occupied by men, and by a vain and weak body of women whose only pleasure is in dress and display of personal charms. These by no means make up the mass of American women. They are indeed but a feeble minority, too numerous, to be sure, but still not yet formidable.

The obstacles which nature has placed in the path of women entering the active pursuits which have been, and still are, properly esteemed masculine, are so obvious that all the cant and sophistry and subterfuge of the woman's rights advocates will need no answer; and as the woman's rights movement further develops itself, its own inherent unfitness will be seen by even casual observers. It is, nevertheless, at this moment, the parent of many of the social trials and marital hardships of the period. The desire for show, the vain rivalry, the consuming effort to eclipse, which destroys the peace, and banishes all ease from so many families, is the outgrowth, in a great degree, of the usurpation of strongminded women whose deference for the husband's opinions and disregard for his sounder judgment and capabilities have been lost in the assumption of equality, which, in the very nature of things, and above all, in human nature, has no existence.

The influence of an evil must be felt before it can be checked. The woman's rights movement may be reaching that magnitude. The journal we have alluded to attributes much of the crime, idiocy, and insanity of the present generation to the uneasy, agitated state of the women, so unfitted for the conditions and duties of maternity. This is doubtless true, and in conjunction with other more obvious objections to women's rights, will tend to restore the sexes to their natural spheres.—*Sel.*

## Items for the Month.

### New Work.

**HEALTH AND DISEASES OF WOMAN** is the title of a new work by R. T. Trall, M. D. We print an edition of 10,000, expecting a rapid sale of this very important pamphlet at the low price of 20 cents, post-paid.

### Health Reform Institute.

It is said that there are more patients at the Battle Creek Health Institute than at this season of any previous year, and all doing well.

We are happy to report that M. G. Kellogg, M. D., who has had remarkable success in raising the sick by hygienic treatment, when given over by drug doctors in California, will be connected with the Health Reform Institute, after spending a few weeks at Dr. Trall's.

### Reduced Prices.

We adopt the policy of low prices and rapid and extensive sales. The prices of the two works, entitled *Tobacco-Using*, and the *Hygienic System*, are reduced to 20 cents each, post-paid.

### Rates of Discount.

THE statements of discounts and prices in the November REFORMER were too hastily and imperfectly made to be fully understood. Our usual discounts on books published at the REFORMER Office are one-third for cash. Special discounts will be made to all Health Institutions who use the REFORMER as an advertising medium, and give it a wide circulation for their own and our advantage. We will also give their business cards free, each month, if possible.

A WORD FROM WASHINGTON, D. C.—We wish you could induce a good physician to locate in this city. It is a good place for patients. The Departments contain many persons who, from ill-health, cannot pursue a more active life. There are several here who desire to obtain hygienic board, but cannot. There are those here who live hygienically, but do not take boarders. Please notice this want in the HEALTH REFORMER, and oblige a dozen or more REFORMERS.

THE Chicago Sun, a wide-awake daily, has a good word for the REFORMER. It says, "The editor and all who contribute to the columns of this excellent periodical have a rare faculty of presenting the most important truths in a manner that can hardly fail to interest every class of intelligent readers."

## OUR BOOK LIST.

THE books named below will be furnished by mail, post-paid, at the prices given. By the quantity, at the Office, or delivered at the express or R. R. freight offices, for cash accompanying orders, at one-third discount on those books published at this Office. Those books in this list not published by us will be furnished by us as low as by their publishers.

**Health and Diseases of Woman.** By R. T. TRALL, M. D. Price, post-paid, 20 cts.

**The Hygienic System.** By R. T. Trall, M. D. Published at this Office. It is just the work for the time, and should be read by the million. Price, post-paid, 20 cents.

**Tobacco-Using.** A philosophical exposition of the Effects of Tobacco on the Human System. By R. T. TRALL, M. D. Published at this Office. Price, post-paid, 20 cents.

**Cook Book, and Kitchen Guide:** comprising recipes for the preparation of hygienic food, directions for canning fruit, &c., together with advice relative to change of diet. Published at this Office. Price, post-paid, 20 cents.

**Science of Human Life.** This is a valuable pamphlet, containing three of the most important of Graham's twenty-five Lectures on the Science of Human Life—eighth, the Organs and their Uses; thirteenth, Man's Physical Nature and the Structure of His Teeth; fourteenth, the Dietetic Character of Man. Published at this Office. Price, post-paid, 35 cents.

**Hand Book of Health.—Physiology and Hygiene.** Published at this Office. Price, post-paid, 75 cents; paper cover, 40 cents.

**Hydropathic Encyclopedia.** TRALL. Price, post-paid, \$4.50.

**Water Cure for the Million.** TRALL. Price, post-paid, 20 cents.

**Uterine Diseases and Displacements.** TRALL. Price, post-paid, \$3.00.

**Science of Human Life.** By SYLVESTER GRAHAM, M. D. His complete work of twenty-five Lectures. Price, post-paid, \$3.00.

**Hydropathic Family Physician.** By JOEL SHEW, M. D. Price, post-paid, \$3.50.

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**Reform Tracts**, by mail, in packages of not less than 200 pages, post-paid, at the rate of 800 pages for \$1.00. One-third discount will be made by the hundred copies, at the Office, or with other books delivered at the express or R. R. freight offices. We design to publish a series of Health Tracts immediately. At present, we have only *The Dress Reform*, 16 pp., *Principles of Health Reform*, 16 pp., *Dyspepsia*, 8 pp.

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