

THE

# HEALTH REFORMER.

*Nature's Laws, God's Laws; Obey and Live.*

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## True Temperance.\*

BY O. WATERS.

[WE are happy to indicate our most hearty indorsement of the principles so clearly enunciated by the writer of the article which we give below. Mr. Waters evidently possesses an uncommonly clear appreciation of the relations of causes and effects in the production of the giant evil of the age, intemperance. We are sorry that we have not room for the entire paper in this number; the balance will appear in our next issue.—Ed.]

Whatever my practice may be, and however poor a follower I may be of what I shall suggest, my creed and my belief is that all men in all things should be strictly temperate. This is the plainly written law of Nature; and as a law, with all its long list of dread penalties, it ever hangs over all our doings and non-doings, ever shaping our destinies for good or ill, according as we obey or disobey. Its administration never varies; and we reap our reward for obedience with the same unerring certainty that we suffer our penalties for disobedience.

But as this creed or law in its comprehensive sense is too general for its application to the direct questions which have induced these meetings, I will for a time confine myself more narrowly to the question of temperance as relating to indulgence in strong drink. This subject has been ably handled by speakers here on other occasions, and I am sure that all are convinced that it is the evil of all evils. And as I hang before my mind's eye the pictures that imagination makes of the results of this love of strong drink as conceded and confessed by all, I almost shrink from my undertaking as a useless task, so

formidable are the barriers presented in the way of all reform.

Intemperance exists, after all that has been said by poets, orators, and philanthropists; after all the sad wreck that it has made of hopes, homes, and happiness; after all the mighty efforts that have been put forth by the Christian public; after all the prohibitory statutes that have been enacted. Its torrent still sweeps over us with an increasing volume; and there are more intoxicating liquors sold and drunk to-day in the United States than at any former period. Why is this so? why are the results achieved so out of proportion to the efforts that have been put forth? why will human beings still barter away their bodies and souls at the mart of King Alcohol? These questions come rapidly before the reflective mind, and in the light of the nineteenth century you and I are demanding an answer to-day. But who shall answer them? or who shall undertake it?

If we cannot answer them to our satisfaction, then let us reason together in regard to them; for it is evident that something is wrong somewhere.

Intemperance is a disease—a malady; and the treatment, in view of the above facts, heretofore given, is not altogether right. We have not gone to the bottom of the matter; we have lopped off some of the branches, while the trunk and root are left in vigorous growth. Now, in order to treat any disease successfully, we must first seek the cause of the malady and endeavor to remove that, and afterward attack the effects of that cause. Intemperance, you will all admit, is the effect of a cause. Public opinion has laid this cause to the dram shops. Shall we attack public opinion? I am well aware that it is a stronghold that no man of my limited experience can attack with impunity; but if the people of Battle Creek or of any other city, by their united thinking or their united effort, can make a breach in the walls of that stronghold at any point where an *error* stands guard,

\*The paper of which this article is a part, was recently read before the Reform Club of this city, and is published at the request of many friends.

they have taken one step toward reform. Then let us, with a will, hurl what weapons we have at our command at those errors, if errors they be, and only hope that they will not rebound to the injury of the cause.

I say, then, public opinion has laid the main cause of intemperance to the existence of the dram shops. But why do these dram shops exist? Why do John Doe and Richard Roe, any more than many of you, patronize their counters, and in face of all the convincing arguments to the contrary, pour down their throats their homes, their happiness, and their respectability? Why does the rum-seller grow rich on the drinker's estate, and fatten on the broken hearts and withered hopes of his family? I answer, Because there is a demand for dram shops; yes, a demand. Who demands them? The drinker. What demands them? The drinker's appetite. What creates that appetite? Now upon the answer to this, my last question, hang all my arguments; and I venture upon the ground before me with caution, knowing that I make an innovation upon the theories of temperance men that has as yet found comparatively but few adherents.

The law of demand and supply runs as beautifully between the drinker and seller of ardent spirits as it does between any other class of individuals. Whenever in any community a demand arises for any commodity of whatever kind, there are always to be found those who, for a consideration, are ready to supply that demand. Dram shops exist merely to supply a previously existing demand. They are not the prime cause, as public opinion says, of intemperance, though I am ready to admit that they very much increase the evil because they afford so ready a means of supplying this demand, and because, through their agency, persons, especially young persons, are led into habits of listless idleness and dissipation who otherwise would have remained sober and industrious. Admitting that they are the cause of much of the drunkenness that exists in their immediate vicinity, still they are for the most part but an *exciting* cause, the *inherent* cause, the *chief* cause, must be looked for further back; and we come naturally to the consideration of the question of what creates the drinker's appetite, so as to create a demand for dram shops. Now, I claim that this appetite is *educated* by what is called the better, richer, moral, and I had almost said the temperate part of community. This is a serious charge to throw upon the classes I have mentioned, but if you will follow me closely I will at least give you the groundwork for a good argument that such is the case.

We are living in a fast age, everything is done at railroad speed, and nothing short of the superlative degree in everything will answer for the people of to-day; and in the race for riches, under the pressure of active competition, we seem to need some extra stimulus to rouse at times our flagging energies and nerve us to the top notch of available activity. Simple, substantial food, as it was intended to be eaten, seems too tame and insipid; and our first step toward intemperate drinking, is intemperate eating. I hold that the chief cause of the appetite for strong drink in our people, and the great cause which overtops and overshadows all others, is to be found in the quality and quantity of the food we eat. So long as the American people consume such quantities of stimulating and highly seasoned food as they do, they will want to imbibe stimulating drink also; for stimulating food and stimulating drinks go just as naturally together as roast beef and plum pudding.

A man who commences his dinner with a dish into which he has poured some portion of the contents of nearly every bottle in the castor, then takes another over which he pours Worcestershire or some other piquant sauce, to be followed by a cut of roast beef or pork plastered over with mustard, must necessarily excite a thirst in his poor stomach, which, to his thinking, plain cold water will not quench. Not that cold water would not be the best thing to allay that thirst, but he does not want that, it is too insipid. Having partaken of food so prepared that it burns and stings, as his stomach begins to make ready to dispose of it, he clogs the machinery of digestion by pouring down a strong cup of tea or coffee, and between his meals he craves something to keep up the fever his overeating has excited; thus, day after day, he educates his appetite, the demand arises for strong drink, and to satisfy that demand he very soon becomes a visitor of the dram shops. I would not be understood to say that all who eat inordinately of highly seasoned food are drunkards; yet such a manner of living supplies the necessary conditions for becoming a drunkard, and if such a person does not become one, it is perhaps because of a high moral principle acting in conjunction with a great will power to restrain his appetite; for I hold that in every such case this appetite exists. The converse of this proposition, however, is true; viz., that, as a general rule, men who are addicted to stimulating drinks are fond of stimulating and highly seasoned food. Again, not every man who chews tobacco or smokes cigars will drink whisky; but the converse of this prop-

osition is true also; viz., that habitual users of ardent spirits, almost without exception, use tobacco in some form.

We as a people have educated our appetites to demand for table use in large quantities articles of diet which were unknown as such even within the memory of nearly all of us, articles, too, which have always been plenty with us. It is proverbial that the German loves his lager beer, and it has been said that the only reason why he imbibes more than the Yankee is because he has educated his appetite for this particular drink. I know not how he does so unless it is that from his cradle years to manhood he has partaken in unlimited quantities of highly seasoned bolognas, fermented sour krout, ancient smear, case, and rotted switzer. No wonder that a stomach containing these should demand lager beer; and so he takes it, and amid the clinking, foaming glasses of the beer gardens, day after day and night after night, he fights over the battles of King William, and recounts the legends of the fatherland—only calling for whisky when there is no more lager beer.

Little by little, step by step, the opium-eater educates his appetite to take enormous quantities of the drug; and everywhere almost every one seems to be testing the capacity of the system to see how much death and destruction, administered at all times and on any occasion, it will stand. Thus continually are we intemperately breaking the laws of Nature, and as continually paying the penalty. All that we eat or drink more than healthy sustenance demands, is intemperate. All that we wear more than decency, respectability, and comfort demand, is intemperate. All that we tax our physical energies more than they should bear, is intemperate. Thus it is through all the phases of life; the temperate man, in order to taste the rewards for his abstemiousness, must wage a warfare at every turn in life.

There are, in this country, associations of individuals who have awakened to this great fact of educating the appetite by intemperate indulgences, and have, as it were, withdrawn themselves from the contaminating influences of the outside world, and in narrower spheres are regulating their conduct more in accordance with the laws and demands of Nature. There are the followers of James H. Noyes, known as the Oneida Communists, of whom it may be said their only virtues are their temperate living and habits of industry; yet the faithful observance of these great helps to happiness throws around them, in the midst of all their sins and wickedness, a degree of excellence that makes many a man and woman

who properly hates their general religious influence yearn for their companionship.

The founder of this society has been a lifelong advocate of temperance, and long ago argued what I have tried to bring before you, that the appetite for strong drink was educated by our mode of living, by partaking of highly seasoned food; and, from the outset, he has banished from his table and the tables of his followers all such food as vinegar, mustard, tea, coffee, etc.; yet their tables are always loaded with good, wholesome, substantial food, sufficient, as they say, and as I say, for the healthy nourishment of the body. And does this abstinence pay? or does it prove the truth of any of my arguments? For answer, look at their full, free, healthy, buoyant frames; and in their history note the fact that for the last fifteen years not one of their number has ever been intoxicated, although, for the purpose of disposing of their manufactures, they mix freely among the people of the outside world where exist the dram shops, unpatronized by them simply because they have no cultivated appetite to demand what keeps those shops alive.

You all know the history of the sect called Shakers. They practice the same rules in regard to what they eat, with a like result; and who ever saw a drunken Shaker?

In the same list we may number the well-known Society of Friends, or Quakers. Their preaching and practice tend in the same direction; and no one ever saw on any occasion an intoxicated Quaker, unless he had forgotten how to say "thee" and "thou."

Coming nearer home, as a citizen of Battle Creek, I point with pride to the Society of S. D. Adventists, who have accomplished so much for the material prosperity and growth of our city. From small beginnings, from poverty, from obscurity, from derision that almost savored of persecution, they have emerged into a sunlight of fame that is as broad as our Republic, and is reaching out and making foothold in every part of the civilized world. Their motto from the outset has been, "Keep the body pure;" for this they have labored; and behold the result: From nearly all our homes we can look out upon the spires and domes that emblazon their house of worship, their halls of learning, and their temples of hygiene. Again, I say, is it claiming too much to say that their rigid abstemiousness is the groundwork of their success and prosperity? Their daily life proves that it pays to be temperate, and their revenue from this source will, I predict, continue to pour its blessings in upon them until such time as the drunkard can be seen reeling among them; and so long as wood

grows and water runs this will never be seen if they continue to cultivate, educate, and control their appetites as to what they shall eat. In what they are accomplishing they are making their lives sublime; for they are beautifying earth, ennobling its occupants, and glorifying God.

The creed of true reformers is, "temperance in all things;" but as alcoholic drunkenness is not the only intoxication which the reformer meets, I may be pardoned for digressing at this point to speak of some of the tributaries, as I regard them, of the great river of alcoholic intemperance. How often, nowadays, do we meet a sallow-cheeked, glassy-eyed dyspeptic. For the thousandth time he has been drunken on strong hot coffee. How often do we meet a foamy, phlegmatic individual, the belchings of whose stomach sent forth in his tainted breath, advertise his bill of fare for dinner, prominent among which you read mustard-covered pork or beef, fermented cabbage, covered with catsup or vinegar, all mingled with a strange conglomeration of pies, tarts, and custards, and all washed down by some strong drink; for the thousandth time he, too, is drunken on a genuine American dinner, such as many of us partake of every day.

Do you meet a garrulous individual who goes about preaching scandal and spreading slander;—ten to one he is in the habit of being drunken on the fragrant herb of China.

Do you meet a pale, face-smearred or yellow-skinned individual, who moves about with a nervous, impatient tread, dissatisfied with himself and all with which he has to do;—watch him close, for it is almost certain that he is drunken on the nicotine fumes of tobacco. Need I tell you again that all these are educators of the appetite for strong drink? Need I tell you that these, all these, we are as a people guilty of, and as individuals, according as we practice them, are creating unnatural appetites and making a tributary of causes that discharge their effects at the doors of the dram shops?

### The Skeleton in Modern Society.

[THE following abstract of an article published in *Harper's Monthly* three or four years ago contains so many profitable thoughts that we think it worthy of presentation to the readers of the REFORMER.—ED.]

That we must be born, that we must work, that we must die—we suppose that these things belong of necessity to us as men, and that we cannot get rid of either of them if we

would. Yet men quarrel with each of them, and would apparently get rid of them if they could. Some croakers are apparently sorry that they were ever born; and many who are not croakers are sorry that some of their neighbors and friends, and even of their own kindred, ever came into the world; while the great host of Buddhists, who are probably the largest religious body on earth, look upon earthly life as the greatest misfortune, and death as the greatest blessing. How many people would like to shirk work we need not say, for it is clear that no art is more popular than the art of killing time without labor; and not a few dreamers who are not imbeciles agree with Auerbach that leisure is diviner than labor, and the gods leave drudgery to us poor mortals. As to death, madly as many seem to brave it in battle and even by suicide, much as we try to beautify it by poetry and to subdue it by religion, this old visitant is not popular with the human race generally, either with the rough mass or the cultivated few. We may, and do indeed, see the necessity of the great change in general, but we do not like it in our particular case; and although we would not probably choose, if we could, to live forever in this world, and take our chance of what might happen to us here, yet most persons would put off the event without limit, and very likely our Christendom at large might vote to have it indefinitely postponed.

Very likely our modern life on earth is far more interesting than that of any previous age of the world, for we not only have our own children and property to look after, but the affairs of society and civilization in general, since the great common inheritance of our race is so marvelously increasing, and we feel that we and our children are heirs not only of the family estate, but of all the sciences and arts, the inventions, enterprises, co-operation, and progress, that are so changing the face of the earth, and making every score of years a great cycle of history.

Undoubtedly, if it were believed that it were possible to do away with the fact of death, and preserve life as triumphantly as chemistry has learned how to embalm the body and save it from decay, a great company of savants would give themselves to the search, and a vast multitude of followers would be on the stretch for the discovery of the astounding secret.

Death's doings are more hideous than any romance, and the past two years have seen more horrors in this line than Holbein's pencil ever drew. With all our high civilization and proud science, we not only have not done away with the fact of death, but we in some

respects multiply and intensify it in a manner unknown to Christendom before. We build hospitals, indeed, and our physicians and surgeons can keep alive if they cannot create a soul under the very ribs of death by their wonderful arts of healing and strengthening the sick and maimed; but at the same time we invent deadly weapons that deal out death as never before, and concentrate in an hour the carnage of the great battles of history. We have learned how to take from wounds their sting and from pain its anguish by draughts and vapors as potent as any that the alchemist ever dreamed of, yet men and women murder themselves and their children as never before; and while suicide undoubtedly increases in all civilized countries, many of the conspicuous habits and indulgences of our modern society may be justly called the *chronic* type of the self-murder, of which actual suicide is the *acute* form. It is not well to deal persistently in horrors, or to look much upon the dark side of life, but there is a time for all things; and with all the new trophies of our really grand civilization, we can bear to be reminded of our mortality, like Philip in the hour of his triumph, who had a servant near him whose business it was to cry, "Philip, thou art a man!"

The skeleton is an heir-loom in our great human family, and it has been handed down from father to son and from mother to daughter since creation. We all cover it up as well as we can with flesh and clothing; but there it is, the frame-work of this mortal coil, and to this complexion must we come at last. The prevailing feeling in the family is that death is an evil in itself; and Christendom affirms in its predominant creeds that the sin which threw man off from the original grace of the Creator, and the complete and blessed natural and moral life of Adam, threw him into every kind of mortal sin, and into death as its rightful fruit. We discern, too, a certain fitness and order in the facts of our mortality. We see that the propagation of our race implies that in some way, either by death or translation, the elders must go to give room for the young generation, or the earth would be overpeopled. We see, too, what old Father Süssmilch, the veteran of statistics, wrote more than a century ago, "that death, whose occurrence might seem to be capable of no order, is yet a wonderful display of order, and its power is subject to almost exact rules." He also says: "All ages, races, classes, and diseases must contribute to its law, in order to fill out yearly the definite mass of mortality, so as to bring it about that every year in any province one person out of thirty-six should die."

Yet this fact of the virtual regularity of death should not lead us into any easy, bland optimism, as if all were well with the dying as with the living, and human will and social perversity had nothing to do either with the amount or the causes and the character of dissolution. In all things a certain order appears, and crime, like death, has its periods and laws. The fact belongs not only to physical and vital statistics, but also to moral statistics, and the moral element enters largely into the discussion of the subject. Sickness and mortality are closely related to human folly and transgression, while intelligence and virtue are sure in the long-run to prolong life. Apparently our modern science and humanity have done a great deal to keep off disease, and bring down the average death rate in favored communities. Why should it not be so? If life is the due harmony between internal and external conditions of our being, whatever helps the proper adjustment by keeping off external or internal disturbance must strengthen or prolong life. In a certain sense all nature is our enemy, and earth, air, water, all elements and creatures, are watching to find our vulnerable point. Now all true science is the triumph of the human spirit over the tyranny of nature, and all the sciences and arts of health, all safeguards against infection by proper management of water-courses and miasmatic grounds, all preventive measures against the great contagions that ravage the earth, not only save individual lives, but keep evil germs out of the human constitution, and act upon the general vitality of the race. So, too, all efforts to act wisely upon the springs of conduct and character, to promote the domestic virtues of order and purity, the proper care of infant children, the thrift of the laboring classes, the due training of youth in a wholesome round of activity and recreation, tend to prolong life in the community where the efforts are made, and to tell to a certain extent upon the sanity of the nation and the race.

Oettingen, whose elaborate work deserves great respect, thinks that modern writers tend to overestimate the decrease of the death rate in recent years, and quotes leading writers to show that great mistakes have been made in the statistics of former centuries by false calculations of the relation between births and deaths, and also by mistakes as to the mortality among children, and also by overlooking the fact of the decreased number of children born of marriage in recent years, a fact which does not allow us to regard the absolute diminution of the death rate among children as a comparative diminution. Thus it does not do to say that fewer children,

comparatively, died in France in the latter years of the period between 1816 and 1855 merely because fewer died in proportion to the number of families, since within that period the number of legitimate children to a family fell from 4.08 to 3.07 or very nearly twenty-five per cent. Oettingen thinks that on the whole the average duration of human life remains about the same. He maintains that in Prussia the rate of mortality affirmed by Süssmilch so long ago—1 to 36—prevails now, and that in England since 1850, in spite of all sanitary measures, the rate is higher than for the previous term, 1838-44. The explanation of the seeming paradox is to be found, undoubtedly, in the fact that every blessing has its attendant evil, and that our enlightened scientific age has a dark shadow of depravity, an increasing corruption and recklessness, that seem to bear the character of a chronic self-murder, and to neutralize some of the advantages of our progress. We will glance now at some aspects of this chronic suicide.

The great master of statistics, Quetelet, considers insanity under the universal point of view of the "Development of the Moral and Spiritual Faculties of Man;" yet there seems to be an important distinction to be made between the vicious perversion of the mind and heart and merely physical disease of the brain. Moral statistics have mostly to deal with the moral and mental aspects of insanity, and with the influence of perverse habits in bringing on the bodily disease. It is hard to draw the line between the moral and physical factors of insanity, although there is a line of division between them; and in some cases the disease is wholly physical, the result of inheritance, climate, or acute sickness, and in other cases it springs from pride, sensuality, debauchery, and habitual vices, and has a previous history, a preparatory immorality, which ends in what is called "moral insanity."

The general opinion is that insanity is on the increase in modern civilization, and is multiplying that saddest form of death, the ruin of the intellect; but it is not easy to give positive facts to sustain that view. It is not just to base our estimate upon the increase of residents in insane hospitals, since the increase may only prove that better care is now taken of the insane, and the prejudice against those institutions has been dying away. Yet wherever observations have been made, the increase in the number of the insane has been reported as so constant, and under all circumstances as in such regular proportion, that we cannot help believing that this evil grows among us as decidedly as suicide.

The proportion of the increase in the different kinds of insanity, and the closer investigation of its distribution in city and country, as well as in the different civil and professional classes, leave no doubt that the peculiar ways and moral mischiefs of our modern civilization favor the progress of this calamity. Without being able to declare the absolute correctness of the figures, we may ascribe out of the 300,000 insane of Europe (including idiots) the greatest relative number, two per thousand, to the most highly civilized nation, the German; while the Roumanians hold the middle ground, nearly one per thousand, and the Slavie Tartars the lowest place, 0.6, or six-tenths of one, per thousand. It is much the same with insanity as with suicide, and it prevails, like suicide, more in the north and northwest of Europe than in the less civilized southern and southeastern parts. In all the more civilized countries, too, there is more increase of insanity than of idiocy; and it is the same in cities as compared with the country, for the stir and passion of overwrought civilization tend more to distract the brain into madness than to dull it into idiocy.

The increase of general paralysis is a sad feature of our new civilization. It is one of the worst diseases in a medical point of view, but it usually appears as insanity on a grand scale (*manie des grandeurs*). The reports of the Bicêtre in Paris for the exciting period 1828-49, which contains two revolutions, their causes and effects, record an increase of cases of paralysis, averaging from nine in one hundred up to thirty-four in one hundred cases of insanity. "This disease," says E. Friedel, "which seems to run parallel with the development of our culture and overculture, appears only among highly civilized people, and among these more in the northern than the southern races, disproportionately more in cities than in villages, more among the higher than the lower classes, more among gifted, educated, striving, ambitious, sanguine, choleric natures than among the ungifted, uneducated, indifferent, melancholic, phlegmatic natures. In this the well-experienced Guislain arranges the modern civilization of our almost aimless century, yet always aiming far and always eager for its aim, as the main factor in the increase of insanity in our day."

We may moralize over these things in the pride of our philosophy, or laugh at them in our self-conceit, but we cannot be so easily rid of them. We must allow that there is an unsound vein running through the constitution of our race, and that we are all of us exposed to its mischiefs, and in need of care and discipline. Every family has members

more or less delicate in nervous organization, and every man, however robust, needs to look well to his body and his soul in seasons of peculiar trial or weakness. Sometimes a whole community or nation runs mad; and the Paris that sung and danced early in 1870 went delirious at midsummer with dreams of conquest; and when defeat came, the madness of melancholy and malice took the place of that delirium of pride. We all need to keep ourselves humble, to say our prayers, and trust supremely in the grace that can keep the body from disease and the soul from all spirits of evil.

(To be Continued.)

### Quackery.

We have so often expressed in these columns our opinion of quacks and quackish practices that we do not need to offer any extended remarks upon the subject in this connection. We consider the quack as one of the very worst of all the enemies against society, since he tampers with that most precious of all interests, human life. The majority of the newspapers of the day, and nearly all other periodicals, furnish through their advertising and editorial columns the chief support of this class of sharks who prey upon the lives of human beings. It is through the press that quacks acquire their influence and their patronage. We consider it to be the duty of the press to protect the interests of the people, and to faithfully warn whenever danger threatens the welfare of the public. Since so many are derelict in duty in this regard, at least in the particular referred to, it is doubly necessary that those who are willing to stand for the right and fearlessly expose the wrong should be active in the work of enlightening the public, and by every laudable means endeavor to limit the operations of quacks and charlatans of every sort. With the purpose of aiding in this philanthropic work, we gladly publish the following able report presented by the Committee on Ethics and Grievances at the last meeting of the Calhoun County Medical Society.—ED.

TO THE CALHOUN COUNTY MEDICAL ASSOCIATION:—

Your Committee on Ethics and Grievances would respectfully report that they have had under consideration the following

Preamble and Resolutions, which were referred to them at the last meeting of the Association, and have given the subject the consideration its importance demands.

By DR. KELLOGG:—

Whereas, Dr. M. Gill, formerly a regular practicing physician in this County, has rendered himself obnoxious to the Code of Medical Ethics, and to all philanthropic physicians, by the use and advertisement of a secret remedy for hemorrhoids, and

Whereas, Dr. Gill has taken and is now taking a course to bring reproach upon the regular profession by advertising himself as a regular practitioner, as well as using the names of prominent members of this and other societies as references,

Resolved, That we hereby express our entire disapprobation of the course of the said Dr. Gill, and that we refuse to recognize him as a physician in regular standing, and do not allow the use of our names in favor of his secret practice.

By DR. CROSBY:—

Resolved, That the Committee on Ethics be requested to report at the next meeting of this Association upon the use of secret remedies, including cases in which cures are guaranteed.

As the same principles are involved in both resolutions, and as Dr. Gill is not a member of, nor responsible to, this Association, we shall report the views of the Committee on the subjects of *guaranteeing cures*, and *the use of secret remedies*, without considering the particular case to which the first resolution refers.

#### I. ON GUARANTEEING CURES.

Man owes integrity and fidelity to his fellow-man. Without these virtues society cannot exist. Physicians owe these virtues to their patients, together with strict attendance and such skill as the profession possesses. To society, their obligation is to so deport themselves as to give the people a truthful confidence in scientific medicine. To themselves, as well as the people, they are under obligations to prepare themselves by diligent study, interchange of opinions and observations, for the responsible positions they are called upon to occupy; for no people are more benefited by a frank and generous interchange of opinions than those whose mission is to alleviate human suffering.

It is a rule of law that every person should be considered innocent until proved guilty. But this is sometimes reversed, particularly when the character of a clergyman or woman is involved, to which we would add that evil is much more likely to be believed than good report of our profession. Every member should therefore guard well his own reputation, because the character of each member affects the whole fraternity.

Our skill and character being judged more

by our prognosis than anything else, we should not claim to a certainty to foretell the results of our cases, and never promise that of which we cannot be certain, by guaranteeing a *radical cure*.

It is true that a ligature properly applied to a severed artery will stop the flow of the vital blood. Quinine will generally cure malarial fevers, and the skillful application of a proper instrument relieves the terrible throes of labor, and saves two lives at once. Yet the application of the ligature may be followed by secondary *hemorrhage* or *gangrene*. Quinine sometimes fails to cure fevers, and the delivery of the woman may be followed by *septicemia*, *peritonitis*, and *death*. In the present state of the healing art it is impossible to foretell with mathematical accuracy the results of injuries or disease.

Your Committee cannot better express its views upon this subject than by quoting Section 3 of the Code of Medical Ethics of the American Medical Association, which this Association has adopted; to wit,—

“It is derogatory to the dignity of the profession to resort to public advertisements or private cards or hand-bills, inviting the attention of individuals affected with particular diseases, publicly offering advice and medicine to the poor gratis, or promising ‘*radical cures*’; or to publish cases and operations in the daily prints, or to suffer such publications to be made, to invite laymen to be present at operations, to boast of cures and remedies, to adduce certificates of skill and success, or to perform any other similar acts. These are the ordinary practices of empirics, and are highly reprehensible in regular physicians.”

Quacks and charlatans use secret remedies and guarantee cures, claiming a mystery in the treatment of their patients unknown to others. The physician who does the same, guarantees that of which he cannot be certain, and thus compromises his integrity, places himself on a level with the empiric, and when he fails of cure, brings the maledictions of the people upon himself and reproach upon the profession. Taking this view, your Committee believes the “guaranteeing of cures” to be detrimental to the patient, the people, and the profession, and recommends that it be not practiced by members of this Association.

## II. ON SECRET REMEDIES.

The profession is a necessity, and its mission is to alleviate human suffering. It has existed for ages, and has attained its present high position, not by experiment and observation of individual members alone, but by the fraternity collectively, freely and frankly, for their own and the public good, communicating through the press, medical

associations, and otherwise, the results of their experience, observation, and discoveries; and it is hoped and expected that not by putting its “*light under a bushel*,” but by “*diffusing light and information*,” it will continue to advance in knowledge and good works until, next to the religion of the God we worship, it shall be hailed as the greatest benefaction of mankind. The poet has said,—

“God never made an independent man;  
’T would jar the concord of his general plan.”

This is particularly true of the medical profession, for if we did not enlighten each other, and used only the knowledge each individual acquires by his own experience and observation, our profession would retrograde to what it was in the Dark Ages, and fall into the hands of the sorcerer and conjurer.

It is the peculiar trait of the charlatan to deal in mysterious and secret remedies, imposing upon the credulity of the weak, and extorting money from the afflicted; and if perchance he has a remedy of value, you will find that it is a discovery of, and stolen from, some honorable physician, and disguised for the purpose of more successfully practicing his mysterious charlatanry.

We do not know that Swain, who accumulated a princely fortune by vending a so-called panacea bearing his name, was afflicted with syphilis, but it is well understood that while working in New York as a mechanic he stole the formula for its manufacture from Dr. Mott.

Sappington, Ayers, and some others have abandoned the profession and gone to manufacturing proprietary medicines, and, to their greater shame, some others still more shamefully apostatized, and are practicing with *secret remedies*; but these are generally men of unbalanced minds, who, from mental, moral, or other obliquity of character, are not capable of successfully practicing legitimate medicine.

We repeat that man cannot be both learned and independent at the same time. The little that the wisest can learn exclusively from his own observation and experience is not sufficient to raise him above the intellectual dwarf. We must draw upon others for most of our knowledge. The vendor of patent and proprietary medicines always does this; the proprietor of the panacea spoken of obtained his from Dr. Mott, who, in turn, obtained his from an infinite number of sources.

The manufacturers of “patent pills and pectorals” could not succeed in preparing medicines but for the knowledge obtained from the chemist and others; and they who treat hemorrhoids with a secret remedy, but for the brains of the chemist who produces

creosote and carbolic acid would never be able to obtain the materials they use to cure that loathsome disease.

There is a mutual obligation existing between those who practice the healing art. As we receive most of our knowledge from others, we are honorably bound to reciprocate by communicating knowledge to them; and he who neglects or refuses so to do, is either a voracious cormorant or a hungry charlatan, living upon the credulity of the weak, unfortunate, and afflicted.

The 4th Section of the Code of Medical Ethics, which has already been adopted by your Honorable Body, embraces the views of your Committee on this subject. The section reads as follows:—

“Equally derogatory to professional character is it for a physician to hold a patent for any surgical instrument or medicine, or to dispense a *secret nostrum*, whether it be the composition or exclusive property of himself or others; for if such nostrums be of real efficacy, any concealment regarding it is inconsistent with beneficence and professional liberality; and if mystery alone can give it value and importance, such craft implies either disgraceful ignorance or fraudulent avarice. It is also reprehensible for physicians to give certificates attesting the efficacy of patent or secret remedies, or in any way to promote the use of them.”

Entertaining these views, your Committee recommend the following as a substitute for the Preamble and Resolutions under consideration:—

*Resolved*, That all persons practicing or advertising to practice a secret remedy or remedies render themselves obnoxious to the Code of Medical Ethics, to all philanthropic physicians, and to the best interests of society; and we hereby express our disapprobation of the course of such persons and refuse to recognize them as physicians in regular standing, and will not allow the use of our names in favor of such secret practice; and it shall be deemed dishonorable to countenance or consult with them.

All of which is respectfully submitted.

O. S. PHELPS,  
EDWARD COX.

### Poisons in our Homes.

BY GEO. C. TENNEY.

THIS was the title of a lecture lately delivered in this city by Dr. Azel Ames, of Massachusetts, a prominent health officer in eastern cities. Under the light of investigation, this subject is assuming vast importance as relating to the sanitary interests of our homes and communities.

Those febrile diseases which dismember families and devastate neighborhoods, may be in nearly every case, where the cause is ascer-

tained, attributed directly to the careless use, or worse than careless misuse, of some of the common commodities of life. Often, through negligence, those things which minister to our comfort and momentarily support our existence become the agents of death and calamity to us.

Nothing is more essential to life than the air we breathe. It is also a ready vehicle for those noxious gases and poisonous germs by which disease is generated and disseminated through the land. We will speak of some of the evils most frequently found in the atmosphere. In its normal state, the air is chiefly composed of nitrogen and oxygen in the proportion of four parts of the former to one part of the latter. Besides these principal elements, the air contains watery vapor in varying proportions, most minute particles of the different substances in nature, and carbon di-oxide, or  $C O_2$ , in the proportion of four parts in ten thousand. The latter is produced by the oxidation of different materials. By respiration, the lungs give it off at the rate of one cubic inch per breath, or one cubic foot in eighty-five minutes. Fire produces it in large quantities, as does every species of vegetable decay. This substance is most deleterious to animal life, a rank poison. When its proportion in the air is increased to more than six parts in ten thousand, it becomes absolutely dangerous, and its deadly qualities increase with its proportion.

It is easy to see, by simple calculation, with what rapidity the air in a close room containing even a few individuals will become contaminated and charged with this poison. Therefore we say, *ventilate*. Let those pernicious mixtures pass out of your dwellings and public rooms into the free air where they may be absorbed by growing vegetation, by which they are taken with eagerness. It is not sufficient to give your rooms a “good airing” once a week, or daily, but arrange for a constant supply of God’s free gift, fresh air.

Another poison with which the air is frequently impregnated is a gas called by chemists carbonous oxide, or  $C O$ . It is carbon partially oxidized, or partly burned, and is the result of incomplete combustion. The practice of closing the dampers of a stove when there is a large fire, is a bad one, as the needed supply of oxygen is thus cut off and this gas is thrown off in large quantities. The practice of turning down a lamp and leaving it to burn low, is one which should be at once discontinued; for by it gases are generated and set free which are extremely vicious in their effects.

We will mention one more source of danger in the atmosphere, which is a prolific cause of

disease. It is a gas known as sulphureted hydrogen, which is formed by every species of animal decay; not only decaying carcasses, but cesspools, out-houses, pig-pens, etc., contribute freely to the air this active and deadly poison.

The danger of poisoning from inhalation is great from the fact that through the lungs we are very susceptible to poisonous influences; much more so than through the stomach, because the membrane which lines the stomach is less than two square feet in extent, while that of the lungs would cover an area of fourteen hundred square feet, and the whole volume of the blood comes in close contact with it every three minutes. The vapor of alcohol inhaled, will intoxicate much more readily and effectually than the spirits themselves taken into the stomach.

These are facts by which the importance of breathing pure air becomes apparent to every one. And, in order to do so, it is not necessary for us to ascend some mountain or go up in a balloon; but simply to check at once those impure exhalations by which we are surrounded, or provide effectual means for conducting them beyond our reach. Thus will the desired end be gained, and in copious supplies of pure, fresh air, we may find health and gladness.

#### Rules for Preserving the Teeth.

THE Odontographic Society of Philadelphia awarded a prize to the compiler of the following excellent rules for the preservation of the teeth:—

"1. *Cleanse* your teeth once, or oftener, every day. *Always* cleanse them before retiring at night. *Always* pick the teeth and rinse the mouth after eating.

"2. *Cleansing the teeth* consists in thoroughly removing every particle of foreign substance from around the teeth and gums.

"3. *To cleanse*, use well-made brushes, soft quill or wood toothpicks, an *antacid styptic toothwash*, and *precipitated chalk*. If these means fail, apply to a reliable dentist.

"4. *Always* roll the brush up and down lengthwise of the teeth, by which means you may avoid injuring the gums and necks of the teeth, and more thoroughly cleanse between them.

"5. *Never* use a dentrifice containing acid, alkali, charcoal, soap, salt, or any gritty or powerful deterrent substance.

"6. *Powders* and *pastes* generally are objectionable. They injure the gums and soft parts of the teeth, and greatly assist in forming tartar. *A wash*, properly medicated and

carefully prepared, is pleasanter and more beneficial. It dissolves the injurious secretions and deposits, and the whole is readily removed with the brush and water.

"7. *Avoid eating hot food*. Thoroughly masticate and insalivate the food before swallowing it. Frequent indulgence in sweetmeats, etc., between regular meals, disturbs the process of digestion, and a viscid secretion is deposited in the mouth (from the stomach), which is very injurious to the teeth.

"8. *Parents*, carefully attend to your children's second dentition. Gently prevail upon them at an early age, to visit at frequent intervals a careful and skillful operator.

"Remember that four of the permanent double teeth come in at about the age of six years. They are very liable to decay early, are very large, and should never be allowed to require extracting.

"Children do not 'shed' their teeth as they did in former ages. Instead of being trained to masticate nutritious food, they are tempted with and allowed to 'gulp down' delicacies, hot cakes, hot beverages, etc. Thus, by depriving the teeth of their natural function and overtasking the stomach, a morbid condition of the general system is produced; the 'first teeth' are prematurely decayed, and the permanent set are not matured at the proper period of dentition. The consequences are terrible

"9. *Never allow any one to extract a tooth* or to dissuade you from having it filled, unless absolutely necessary. Many so-called dentists, actuated by selfish motives, advise extracting, and sacrifice teeth which competent operators can render serviceable for many years.

"10. *Carelessness and procrastination* are responsible for a large majority of the teeth that are lost."

**How to Escape from a Burning Building.**—The following directions are published by the Royal Society for the Protection of Life from Fire, and are just as appropriate in this country as in England:—

"Every householder should make each person in his house acquainted with the best means of escape, whether the fire breaks out at the top or at the bottom.

"Inmates at the first alarm should endeavor calmly to reflect what means of escape there are in the house. If in bed at the time, they should wrap themselves in a blanket or bedside carpet; open neither windows nor doors more than necessary; shut every door after them. [This is most important to observe.]

"In the midst of smoke it is comparatively clear toward the ground; consequently progress through smoke can be made on the hands and knees. A silk handkerchief, worsted stocking, or other flannel substance, wetted and drawn over the face, permits free breathing and excludes to a great extent the smoke from the lungs. A wet sponge is alike efficacious.

"In the event of being unable to escape either by the street door or the roof, the persons in danger should immediately make their way to the front-room window, taking care to close the door after them, and those who have charge of the household should ascertain that every individual is there assembled.

"Persons thus circumstanced are entreated not to precipitate themselves from the window while there remains the least possibility of assistance, and even in the last extremity a plain rope is invaluable, or recourse may be had to joining sheets or blankets together, fastening one end to the bedpost or other furniture. This will enable one person to lower all the others separately, and the last may let himself down with comparatively little risk. Select a window over the doorway rather than over the area.

"Do not give vent to the fire by breaking into the house unnecessarily from without, or if an inmate by opening a door or window. Make a point of shutting every door after you as you go through the house. For this purpose doors inclosing the staircase are very useful.

"Upon discovering yourself on fire, reflect that your greatest danger arises from draft to flames and from their rising upward. Throw yourself on the ground and roll over on the flame,—if possible on the rug or loose drugget, which drag under you. The table cover, a man's coat, anything of the kind at hand, will serve your purpose. Scream for assistance, ring the bell, but do not run out of the room or remain in an upright position.

"Persons especially exposed to the risk of their dresses taking fire should adopt the precaution of having all linen and cotton washed in a weak solution of chloride of zinc, alum, or tungstate of soda."

—It is computed that the grain used for liquors in a year in the United States reaches 70,000,000 bushels, which would make 1,050,000,000 four pound loaves of bread. Great Britain uses 80,000,000 bushels of grain yearly for the same purpose, and annually imports food to the value of nearly \$400,000,000.

## A APPEEL FOR ARE TO THE SEXTANT OF THE OLD BRICK MEETINOUSE.

BY A. GASPER.

[The following quaint article was published in the HEALTH REFORMER several years ago; but it presents a prevalent evil in such forcible light that we deem it worthy of reproduction in these columns.—Ed.]

O sextant of the meetinoouse, wich sweeps  
And dusts, or is supposed to! and makes fires,  
And lites the gas, and sumtimes leaves a screw loose,  
in wich case it smells orful,—worse than lamp-ile;  
And wrings the Bel and toles when men dyes  
to the grief of survivin pardners, and sweeps pathes;  
And for the servases gits \$100 per annum,  
Wich them that thinks deer, let em try it;  
Getin up befoar starlite in all wethers and  
Kindlin fiers when the wether is as cold  
As zero, and like as not tean wood for kindlers;  
i wouldn't be hired to do it for no some;—  
But o Sextant! there are 1 kermoddity  
Wich's more than gold, wich doant cost nothin,  
Worth more than anything exsep the Sole of Mann:  
i mean pewer Are sextant, i mean pewer Are!  
O it is plenty out o dores, so plenty it doant no  
What on airth to dew with itself, but flys about  
Scatterin leavs and blowin off men's hatts;  
in short its jest "free as are" out dores.  
But o sextant, in our church its scarce as piety,  
scarce as bank bills when agints beg for mischuns,  
Wich some say is purty often (taintr nothin to me,  
Wat I give aint nothin to nobody); but o sextant,  
u shet 560 men, wimmin and children,  
Speshally the latter, up in a tite place,—  
Some had bad brethrs, none aint 2 swete,  
Some is fevery, some is scroflus, some has bad teath,  
And some haint none, and some aint over cleen;  
But every 1 on them breethes in & out and out and in,  
Say 50 times a minit, or one 1 million and a half brethrs  
an hour.

Now how long will a church ful of are last at that rate,  
I ask you; say 15 minits, and then whats to be did?  
Why then they must breathe it all over again,  
And then agin, and so on, till each has took it down  
At lest ten times, and let it up agin, and wants more,  
The some indivisible dont have the privelidge  
of brethen his own are, and no one else,  
Each one must take watever comes to him,  
O Sextant, doant you know our lungs is belluses;  
To blo the fier of life, and keep it from  
goin out; and how can belluses blo without wind,  
And aint wind are? i put it to your conschens.  
Are is the same to us as milk to babies,  
Or water is to fish, or pendlums to clox,  
Or roots and airbs unto an injun Docter,  
Or little pill unto an omeopath,  
Or boys to gurls. Are is for us to brethe.  
What signifies who Preaches if i cant brethe?  
Wats Pol? Wats Pollus? to sinners who are ded?  
Ded for want of breth? why sextant when we dye  
Its only cause we cant brethe no more,—thats all.  
And now o sextant, let me beg of you  
2 let a little are into our church.  
(Pewer are is sartin proper for the pews)  
And do it weak days and Sunday tew—  
It aint much trouble—only make a hole  
And the are will come in of itself;  
(It luvs to come in where it can get warm;)  
And o how it will rouse the people up,  
And sperit up the preacher, and stop garps  
And yarns and figdits as effectooal  
As wind on the dry Boans the Proffit tells of.

—A man's charity for those who differ with him upon great and difficult questions will be in the ratio of his own knowledge of them. The more knowledge, the more charity.

# LITERARY MISCELLANY

Devoted to Natural History, Mental and Moral Culture, Social Science,  
and other Interesting Topics.

## DOWN INTO THE DUST.

Is it worth while that we jostle a brother,  
Bearing his load on the rough road of life?  
Is it worth while that we jeer at each other  
In blackness of heart?—that we war to the knife?  
God pity us all in our pitiful strife.

God pity us all as we jostle each other;  
God pardon us all for the triumphs we feel  
When a fellow goes down 'neath his load on the heather,  
Pierced to the heart: words are keener than steel,  
And mightier far for woe or for weal.

Were it not well, in this brief little journey  
Over the isthmus, down into the tide,  
We give him a fish instead of a serpent,  
Ere folding the hands to be and abide  
Forever and aye in the dust at his side?

Look at the roses saluting each other;  
Look at the herds all at peace on the plain;  
Man and man only makes war on his brother,  
And laughs in his heart at his peril and pain;  
Shamed by the beasts that go down on the plain.

Is it worth while that we battle to humble  
Some poor fellow-soldier down into the dust?  
God pity us all! Time oft soon will tumble  
All of us together like leaves in a gust,  
Humbled indeed down into the dust.

—*Joaquin Miller.*

## Little Foxes.

"DON'T be overcome yet. Maybe you'll change your mind before the end, miss. I've got a bit of advice for you and a promise to make first. The advice is, to leave off the piano for six months and to take to the kitchen. Men can't live on love and waltzes, much less a man of the Seldon tribe. I know 'em. If he don't have good food, he'll be sour first, and then he'll have dyspepsia, and there'll be a sound of a going in the tops of the mulberry trees; which things are a figure. But that's the advice."

That is the way grandma Jarvis vented some of her views as to Mabel Lee's approaching marriage.

"O grandma!" replied Mabel, "I can make splendid cake, and ice-pudding too, and charlottes, just as good as Cross."

"Fiddle-stick! You can't make bread, or boil a potato, or broil a steak."

"But anybody can do that."

Mrs. Lee smiled, and grandma turned a withering look on Mabel.

"Don't be a fool! There isn't one in a hundred can do either, and I doubt if you've got brains to; but you might try."

There rose up instantly a mighty resolve in Mabel's feminine soul to show grandma Jarvis that she could do more than she gave her credit for; that she would learn to cook in spite of this discouraging prophecy. It is just possible grandma knew who she was talking to.

"Then, as to the promise. I'm going to send you over a motto—one of those painted gimcracks everybody hangs up everywhere. I don't know why they call them illuminated, I'm sure, except by the rule of contraries, for they need extra spectacles and a calcium light to read them by; but you can read mine; I rubbed off the curlicues; only promise to read it every morning before breakfast, or I can tell you you won't get the tea-set."

"O yes, of course I'll read it, grandma—the idea!"

"Well, well, if you read it, you'll think about it, I'll warrant. Now I must go home and send Johnny over with the things;" and, with a frosty little caress on Mabel's fair cheek, and a nod to her mother, the old lady went.

"Grandma kisses me just like a clam-shell," said Mabel, in half-soliloquy as she sat down again by the window. Her mother could not help laughing, for the cool nip of thin lips, that was grandma's substitute for a kiss, certainly did suggest shells and clamminess. John came directly back with the package, and Mabel eagerly untied and unfolded it. The motto was printed in large German text, easy to read, though gay with gold and colors, and it ran thus:—

"Take us the foxes, the little foxes that spoil the vines; for our vines have tender grapes."

Mabel started.

"Mother, what on earth does it mean?"

Mrs. Lee smiled and sighed, both, as she read the legend over the girl's shoulder. "Look here, Mab," said she, slipping a flat gold loop over her third finger, and the girl read inside, "Beware of little foxes!" and looked up, freshly astonished, into her mother's face.

"I suppose grandma means me to tell you a story, Mabel, which she told me when I was first engaged. It hurt her bitterly to tell it, but it did me much good. I think she could not bring herself to tell you. You are

not her daughter, and cannot love her as I do, and you never have had reason to pity her as I have. You never saw grandfather Jarvis, Mabel."

"Why, I thought he died before I was born."

"No, he died ten years ago in Brazil. I never saw him myself, Mab; he never knew he had a daughter."

"Mother!"

Mrs. Lee's lovely dark eyes filled with tears as she drew Mabel down beside her on the sofa.

"I have been told that grandma was a very beautiful, high-spirited girl at your age, dear, animated, brilliant, thoroughly satisfied with herself and her surroundings, especially when Jonathan Jarvis fell in love with her. Her father died when she was three years old, and her invalid mother adored the child, and spoiled her, even more than I do you."

Mabel kissed the soft hand laid on her shoulder, and gave it a willful little bite.

"As if I was one bit spoiled!"

"If you were not, my child, you would not need grandma's lesson. She was spoiled, as I said, and Jonathan Jarvis knew it, but he was bewitched by her spirit and beauty, and thought, as men are apt to think, that he could control and cure all that. She loved him, too, very deeply, after her fashion, and there was nothing to delay their marriage; but the day was scarcely fixed when her mother suddenly sank and died. Grandmother did not mourn so hopelessly that it was thought best to put off her marriage, though out of respect to her mother's memory there was no wedding party, and the 'happy pair' began their life at once in the old homestead where grandmother lives to-day.

"The outlook before those two was very fair; youth, health, competency, what seemed to be devoted love, made them an apparently enviable couple; but no sooner were these unbroken wills brought into daily contact than trouble began.

"You may laugh, Mabel, but their first dispute was about a coffee-pot. Mother preferred the old-fashioned urn, her husband the newer style of pitcher. Neither would yield in a mere matter of taste, and this was the beginning of evil.

"Silly? Yes, it looks wonderfully silly to us; but I think I heard a very warm discussion only yesterday on the proper style of riding-hats for a lady."

Mabel colored to the waves of her dark hair, and tried to smile.

"They came to a compromise on this matter, agreeing to drink chocolate in place of

coffee; but other small disputes followed; they all burnt in on grandma's mind; but I forget most of them, so slight and trivial were the matters of discussion, though they grew to active means of torment.

"A child was born, and Jonathan, in his sad and sore heart, thought that would bring peace, and his indignant and grieved wife hoped it also; for each blamed the other, as combatants will. But the baby's eyes never saw their strife; it died, and the hope died with it. Little frets are what wear away love and life, Mabel. My poor father!—and my poor mother! There was no kindly friend to say a judicious word to either. They showed a smiling front to the world outside, but grew more alienated daily.

"There was no real quarrel, no vital disagreement, but the hourly fret of undisciplined tempers, impatient natures, strong wills, and a self-consideration that forbade yielding, that cherished pride and petulance, that recognized no duty except as owed to itself.

"The end of these things hastened. Before the nameless baby had been in its grave a year, father had set out for Brazil in a merchant vessel, leaving this short adieu to his wife:—

"You can say I have gone South on business, Mehetable, but *you* must know I shall never come back. I am tired of living in torment, and you will be glad to part with one who could never please you. So farewell.

"Yours at command,

"JONATHAN JARVIS."

"Mother was frantically angry at first. She raved in her own chamber over what she termed a mortal insult, but, as day after day came on, and her loneliness and weakness grew over her, she began to see things more honestly; and when news came that the ship had foundered at sea and all hands perished, then she was entirely prostrated. As she told me, her past life rose up, looked her in the face, and struck her down.

"I was born after my father's departure, and a very long illness carried her to the gates of the grave. She recovered at last, a stern and saddened woman, with only one interest in her life; but she brought me up with strictness and care, tenderly as she loved me; and, when I was about to take my life up for myself, told me this bitter story, and gave me this ring.

"If I had killed the little foxes,' she said sadly, 'I might to-day have a goodly vineyard of my own. Beware of them, Hetty. They have spoiled my life.'

"And after all, Mabel, my father was not

lost on the wreck. He was picked up by another vessel, and, under an assumed name, lived on in Brazil. In the grasp of mortal illness, he wrote to his wife, asking and giving pardon. It was from him that all her wealth came, but she has never forgiven herself."

"Poor grandma!" sobbed Mabel, "and I have been so hateful to her."

"It will console her for all your freaks, my darling, if you profit by her pitiful story."

The next time grandma Jarvis came over, Mabel greeted her with a stringent hug and a heartfelt kiss, not at all of the clam-shell order.

"The old lady drew back in astonishment and looked at Mabel; but she saw the brown eyes fill, and her own grew dim.

"Go along, child, go along!" she growled under her breath. "And now you've got your lesson, do n't forget."

It would have been hard for Mabel to do so, when the exquisitely-wrought tea-set that adorned her table through all her married life bore on every cover the sly and eager head of a tiny fox, and the very cream pitcher had for its handle the slender form of that treacherous animal, its eager head peering over the brim, and its long, bushy tail curving outward at the base. Many and many a time, when some trifling matter irritated her and a quick or stinging word rose to her lips, a glance at the tea-set shut her pretty mouth closely just in time; and when grandma Jarvis came into Boston a year after Mabel's marriage, to eat her Christmas dinner at Mr. Seldon's, she nodded quaintly at the lady of the house as she said, "I congratulate you now Mehetable; I can do it with a clear conscience. It's been a good hunting year I see."

Mabel colored and laughed, and her husband stared, but nobody explained the sybillic utterance, only Mrs. Lee gave her mother a loving and grateful look, and grandma Jarvis wiped her spectacles.

And the moral is—let us all go fox-hunting.

**Play Calling.**—"What kind of house will we play?" asked one little girl of another. "Oh, play calling," replied the other. "Mary, here, she can be Mrs. Brown, and sit on the step, and me and Julia will call upon her, and ask her how she is, and how her husband is, and if the baby's got over the measles, and tell her how nice she looks in her new wrapper, and hope it won't hurt her much when she has that tooth filled. And then we'll say, 'Good-by, Mrs. Brown; come and see us some time or other, and bring the children and your sewing; you're *such* a stranger we do n't see half enough of you.' And then

me and Julia will courtesy and walk off a piece, and I'll say to Julia, 'Did you ever see such a horrid old fright as she looks in that wrapper?' And then Julia, she'll say, 'The *idear* of anybody having false teeth filled!' And then I'll say, 'Yes, and what a homely lot of dirty little brats them young ones of her'n is!' Let's play it; what do you say?"

**"What Father Takes."**—There is food for thought in the story that is told of a young lad who, for the first time, accompanied his father to a public dinner. The waiter asked him, "What will you take to drink?" Hesitating for a moment, he replied, "I'll take what father takes." The answer reached his father's ear, and instantly the full responsibility of his position flashed upon him. Quicker than lightning, various thoughts passed through his mind, and in a moment his decision was made; and in tones tremulous with emotion, and to the astonishment of those who were acquainted with him, he said, "Waiter, I'll take water."

**Happiness of Japanese Children.**—An exchange has the following excellent words on the causes of the light-heartedness of the children in Japan, which afford suggestive thoughts to parents and all who have the care of children:—

"One of the first lessons presented to a foreign teacher in Japan is the reason of the great apparent happiness and light-heartedness of Japanese children. One may walk for hours through the streets of Tokio, and scarcely ever hear a child's cry of distress. Four principal causes of this superiority of the children of Japan over those of other nations have been suggested by an English lady resident there. They are worthy of the attention of the teachers at home.

"1. The style of clothing, loose and yet warm, is far more comfortable than the dress of our children.

"2. Japanese children are much more out in the open air and sunshine.

"3. The absence of furniture, and therefore the absence of repeatedly given instructions 'not to touch.' The thick, soft matting, forming at once the carpet and beds of all Japanese houses, and the raised lintel, on to which the child may clamber as it grows strong, constitutes the very beau ideal of an infant's play ground.

"4. Children are much petted, without being capriciously thwarted. A child is not cuffed one moment and indulged the next."

**The Coquito Palm.**—In Chili a sweet sirup, called *miel de palm*, or palm honey, is prepared by boiling the sap of the *jubea spectabilis* to the consistence of treacle, and it forms a considerable article of trade, being much esteemed for domestic use as sugar. The sap is obtained by the very wasteful method of felling the trees, and cutting off the crown of leaves, when it immediately begins to flow, and continues to do so for several months, until the tree is exhausted, providing a thin slice is shaved off the top every morning, each tree yielding about 90 gallons. The small nuts, which resemble miniature cocoa-nuts, are used by the Chilian confectioners in the preparation of sweetmeats, and by the boys as marbles.—*Journal of Applied Science.*

**The Chinese Wall.**—The great wall of China was measured in many places by Mr. Unthank, an American engineer lately engaged on a survey for a Chinese railway. His measurements give the height at eighteen feet, and a width on top of fifteen feet. Every few hundred yards there is a tower twenty-four feet square, and from twenty to forty-five feet high. The foundation of the wall is of solid granite. Mr. Unthank brought with him a brick from the wall, which is supposed to have been made two hundred years before the time of Christ. In building this immense stone fence to keep out the Tartars, the builders never attempted to avoid mountains or chasms to save expense. For thirteen hundred miles the wall goes over plain and mountain, and every foot of the foundation is in solid granite, and the most of the structure solid masonry. In some places the wall is built smooth up against the banks of canyons, or precipices, where there is a sheer descent of a thousand feet. Small streams are arched over, and in the larger streams the wall runs to the water's edge, and a tower is built on each side. On the top of the wall are breast-works and defenses, facing in and out, so the defending force can pass from one tower to another without being exposed to an enemy from either side. To calculate the time of building or cost of this wall is beyond human skill. So far as the magnitude of the work is concerned, it surpasses everything in ancient or modern times of which there is any trace. The pyramids of Egypt are nothing compared to it.—*Sel.*

—The Working Women's Hotel in New York, founded by the late A. T. Stewart, and left unfinished by him, has been brought

to completion by Judge Hilton, and will be ready for occupancy by Jan. 1st. Mr. Stewart saw that working women were subject to special discouragements and hardships in their attempts to earn a livelihood. He concluded, after much investigation, that the comforts and even luxuries of life could be placed within their reach. As an example, he projected the Women's Hotel, and devoted two million dollars to the object, without expecting any pecuniary return. The building covers sixteen lots, and is seven stories high. It is considered absolutely fire-proof. The number of private rooms is five hundred and two. The hotel will accommodate one thousand boarders; but the kitchen will have facilities for cooking for five thousand people. Cooked food will be supplied to day-boarders at cost. It is estimated that the cost to regular boarders will be between four and five dollars a week. The institution will be superintended by ladies; and strict regulations will be enforced, as at every first-class hotel.

—Sweet, kind words and gentle tones lift the poor, care-worn heart, so that it can look up and smile the smile of hope and confidence. God don't charge anything for them, and it costs you nothing to give them away. Do good by getting and using them.

—"I am having myself taken in oil," said a physician, complacently looking round. "Codliver, I suppose," said an experienced patient.

—He who possesses a contented mind possesses all things, as the snake, covered with his skin, needs no slippers for his feet.

—The truths that we least wish to hear are those which it is most to our advantage to know.

—The difference between a hill and a pill—one is hard to get up, the other is hard to get down.

—"Imagination," says a wise man, "is gazing on an empty wall and viewing paradise."

—A good many men are in the best health when out of spirits.

—A joker is near akin to a buffoon; and neither of them is the least related to wit.

—Never turn a blessing around to see whether it has a dark side to it.

## Popular Science.

**Balloon Voyage to the Pole.**—The latest plan for reaching the pole has been recently offered by an Englishman, who proposes to accomplish the object for which so many have vainly sought by the use of balloons. Three large balloons are to be coupled together, and to be used for traversing the great ice sea supposed to intervene between the extreme limit of navigation and the North Pole.

**Size of the Planet Mars.**—Before the discovery of the moons of Mars the determination of the size of that planet was a problem of extreme difficulty. Burkhardt estimated that 2,680,337 planets of the size of Mars would be required to equal the mass of the sun. Since the late discovery of the satellites of the planet, Prof. Newcomb has taken the problem in hand, and, by means of the data which are now available, and which are considered sufficient for a satisfactory solution of the problem, has arrived at the conclusion that the sun is 3,090,000 times the size of Mars, which makes the planet one-seventh smaller than has been heretofore supposed.

**What a Lump of Coal Contains.**—For years no one supposed that a piece of soft coal, dug from its mine or its bed in the earth, possessed any other quality than being combustible, or was valuable for any other purpose than as fuel. It was next found that it would afford a gas which is also combustible. Chemical analysis proved it to be made of hydrogen and carbon. In process of time mechanical and chemical ingenuity devised a mode of manufacturing this gas and applying it to the lighting of buildings and cities on a large scale. In doing this, other products of distillation were developed, until, step by step, the following ingredients or materials are extracted from it: 1. An excellent oil to supply light-houses, equal to the best sperm oil, at lower cost. 2. Bensole—a light sort of ethereal fluid, which evaporates easily, and combined with a vapor or moist air, is used for the purpose of portable gas lamps so called. 3. Naphtha—a heavy fluid, useful to dissolve gutta percha, india rubber, etc. 4. An oil excellent for lubricating purposes. 5. Asphaltum—which is a black, solid substance, used in making varnishes, covering roofs and cover-

ing vaults. 6. Paraffine, a white, crystalline substance, resembling white wax, which can be made into beautiful white candles; it melts at a temperature of one hundred and ten degrees, and affords an excellent light. All these substances are now made from soft coal.—*Sel.*

**The Muscardino.**—This curious creature derives its name from the peculiar musk odor which it emits. It belongs to the class known to naturalists as *cephalopods*, which means, animals that have their legs attached to their heads. The muscardino, or eledone, has many curious habits. M. Verany, an able naturalist of Nice, preserved many of these animals for a month in a great aquarium, noting their habits.

“When in a state of tranquility, the eledone clung to the sides of the glass tank in which it was kept. Its head is then inclined forward with the body sac hanging behind; the funnel turned upward, presents the orifice between the arms. In this state, the animal is yellowish in color, its eyes dilated, its inspirations regular. But if irritated, a remarkable change takes place: its body assumes a fine maroon color, and it is covered with numerous tubercles; the eye becomes contracted, a column of water is forcibly ejected from the funnel at the aggressor, and the respiration becomes precipitate, jerky, and irregular. The creature would take a strong inspiration, and, having collected its force, suddenly throw a jet of water to a distance of more than three feet. This state of passion, which the slightest touch is sufficient to produce, endures for half an hour or more. When it ceases, the animal resumes its form and primitive colors; but the least shock impressed on the water is sufficient to give it a deeper tint, which passes like a flash of lightning over the skin of this singular proteus.

“The eledone sleeps by day as well as by night, attaching itself during its sleep to the walls of its prison, leaving its arms to float around, the two inferior ones extending backward, and the sac inclining over them; its eyes are then contracted, and in part covered by the eyelids. Its respiration is regular and slow, and any ejection of water very rare; its color is then of a livid gray, and vinous red below, with whitish spots, while the brown spots have now entirely disappeared. While still asleep, it is watchful and attentive to all the dangers which could surprise it. The extremities of the arms floating around its body are ready to announce the

approach or contact of any other object. Even the most delicate touch is perceived immediately, and it shrinks from the hand which seeks to approach it. Under every circumstance the eledone exhales a strong odor of musk, which it preserves long after death.

"When the eledone swims, which it rarely does unless pressed by some urgent necessity, it carries the sac in advance, the arms floating behind—the six upper ones being on a horizontal line, the two others approaching each other below. Thus arranged, it presents, in consequence of its flattened form, a very large resisting surface to the water, its progress being due to the alternate dilatation and contraction of the body, which expels the water through the funnel, and by reaction produces a rapid and jerking movement. Sometimes the arms aid the movement; the eyes of the animal are then much dilated, and its color a clear, livid yellow, finely shaded with red, and covered with bright spots.

"It is a singular fact that the creature notably changes color under any exertion, so that the animal at rest and in motion is two different beings. When walking under water the funnel is directed behind, its arms are spread out, the head is raised, and the body slightly inclined forward; its mantle is then of a pearly gray, and the spots take the tint of wine lees. When at rest the shades disappear."

**Animal Grafts.**—Plastic surgery recognizes life in a part, and grafts one portion of the body on another, or replaces a portion of a nose or a finger when lopped off, and witnesses its continued growth. In lower animals this principle is more astonishingly developed. Cut a polyp into a dozen pieces, and each fragment will develop itself into an independent and perfect type of the species. A French naturalist, M. Vulpian, cut off the tails of tadpoles, and saw them not only live but grow for ten days, indifferent to all theories of nervous centers, digestive apparatus, or circulatory systems. The following interesting experiment was made by Mr. Bert: He dried a rat's tail under the bell of an air-pump, and in immediate proximity to concentrated sulphuric acid, so as to gradually deprive it of all moisture. Then he placed it in a hermetically sealed glass tube for five days. At the end of this time he subjected it for a number of hours to a temperature of 98 deg. Cent. in a stove, and subsequently sealed it a second time in his tube. Four days more having elapsed, he united this tail by its cut extremity, to a

freshly cut stump of a living, healthy rat, and quietly awaited the result. His success was as complete as it was marvelous. It commenced to expand and perform the natural duties of a tail, and three months afterward he demonstrated by a second amputation and careful injection, that it was furnished with proper vessels and was a living part of the second rat!

What rich lessons practical surgery may learn from such experiments, can be imagined. A careful anatomist has transplanted a fragment of bone from the skull of one rabbit to the skull of another, and found it form adhesions and replace the lost portions perfectly. A piece of periosteum taken from a rabbit twenty-four hours after death, grew and produced bone when neatly grafted on a living animal of the same species. Nerves also have been removed from one body to another with success, and some very singular results noticed when a portion of a motor was excised and supplied by a fragment of a sensory filament. The diseases to which grafted members are subject, after they have been exposed to certain re-agents, are also full of hints for the pathologist and the physician.—*Medical and Surgical Reporter.*

**The Horse-Hair Snake.**—There is a well-known popular belief, which still largely survives in spite of the efforts of naturalists to assure the public of its fallacy, that the gordius, or horse-hair snake, is actually live horse-hair. There are still many people who firmly believe that if the hair from a horse's mane or tail is left for some weeks in running water, the individual hairs will assume vitality and become horse-hair snakes. Many a country lad has tried this experiment, though, of course, with unsatisfactory results. At a recent meeting of the Maryland Academy of Sciences, Professor Uhler, the president, read an interesting paper summing up our knowledge of this strange worm. Dr. Leidy has determined the fact that in its adult state the "horse-hair snake" does not eat any food; like many insects in their final stage of life, it is then solely devoted to the reproduction of its species. A single female may have an enormous number of eggs; Dr. Leidy's estimate is 6,624,800. The young gordius attaches itself as a parasite to many fishes and small aquatic creatures, and also to such insects as grasshoppers and day-flies. The length of the mature gordius is about fourteen inches; its thickness, the twenty-fifth of an inch; its tendency to coil in knots has given the worm its scientific name.—*Sel.*

# THE HEALTH REFORMER

BATTLE CREEK, MICH., JANUARY, 1878.

J. H. KELLOGG, M. D., EDITOR.

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## A Happy New Year.

THE REFORMER wishes to all of its readers a happy New Year. As the poet says, in simple rhyme,

"This world is not so bad a world  
As some would like to make it,  
But whether good or whether bad  
Depends on how we take it."

Every man, woman, and child may make 1878 a happy year if he will. In order to do so the first requisite for each will be to forget that he wishes to make himself happy, and go to work to make others happy by doing them good. Work for humanity is the most happy employment in which one can engage. One can in no other way find such real enjoyment as in an earnest effort to elevate others.

Never was there more need of real honest work for the elevation and improvement of human beings than at present; and never was there a wider or a more promising field for work than is offered to any one who will engage with hearty enthusiasm in the cause of sanitary reform. All sanitarians agree that at least three-fourths of the annual mortality might be easily prevented by the general observance of proper sanitary rules. When we consider the immense advantages which would arise from so great a saving of human life as this,—the saving of physical suffering, and of grief, together with the expense attending sickness, funerals, and burials, it is obvious at a glance that the labor expended in securing a reform in sanitary matters in any community will afford richer returns than any other kind of missionary effort.

To this noble philanthropic work we invite the attention of all our readers. All can do something, and many can do much. Every one can do as much as to induce at least one

individual to become a subscriber to the HEALTH REFORMER, and thus learn how to live healthfully. During this year we shall endeavor to make the journal as rich as possible in all that pertains to human health, and we hope to be able to enlighten many hundreds upon subjects which have a close relation to their happiness in this world and the next. In this way we shall endeavor to do our share in making the world happy, and we hope that there are many hundreds among our thousands of patrons who will gladly engage in the same kind of work.

## Medical Education.

UPON no subject is there a wider diversity of opinion than upon that of medical education. How much education does a man require to make him a doctor? The law requires that before a man can be qualified to bear the honorable title of doctor of medicine, or M. D., of which "doctor" is the abbreviation, he shall pursue the study of medicine at least three years, and shall attend at least two courses of lectures at a regularly chartered medical college.

The requirements of the people are by no means so exact, and differ with the differing intelligence of individuals upon medical subjects. In most communities the majority require only that a man shall have the title "Dr." prefixed to his name or his office sign—no inquiry is made about his right to the title—and that he shall make great pretensions to the possession of an uncommon amount of wisdom. Usually the advertisement of a specific for the cure of piles, cancer, or some other common disorder, is all that is needed to bring a man plenty of practice, whether he possesses a modicum of medical knowledge or not.

Nevertheless, there is a growing demand for educated physicians, and a growing disposition on the part of the community at large to criticize more carefully the qualifications of physicians, and to make their criticisms from a higher standard. People are less easily satisfied with sham and pretension; they begin to realize that men who are as ignorant of the structure and relations of the human body as of the cabalistic mysteries of the Talmud, cannot safely be trusted with the custody of that most precious of all human possessions, human life.

We do not wish to be understood to maintain that a medical diploma is an absolute guarantee that a man is fully qualified to engage in the practice of medicine, since such is not always the case; but a diploma is *prima-facie* evidence that the individual possessing it has at least had an opportunity to prepare himself to bear with safety the momentous responsibilities devolving upon the physician, and that his qualifications have been submitted to the criticism of men competent to judge. The sciences of anatomy, physiology, and chemistry, and the arts of surgery and physical diagnosis, have in modern times reached such a degree of advancement that a proper knowledge of them can only be acquired by making a special study of the subject under favorable conditions, such as are afforded only by first-class medical colleges, of which there are a few in this country equal to almost any others in the world.

One thing quite essential to a thorough qualification for the medical profession is a profound knowledge of hygiene. The physician ought to possess a most complete understanding of all the laws of health and the principles of sanitary science. He ought to give to the guardianship of the public health a large share of his attention, since this is by far the most important part of the physician's work. Nevertheless, the physician is called upon for the performance of other duties, for which he also requires the most thorough preparation. A knowledge of hygiene is not sufficient to qualify a physician to perform his full duty to suffering humanity.

Judging from a letter recently received, there are those who really suppose that because hygiene is one of the most essential

branches of a medical education, it constitutes the sum total of the same. The writer of the letter referred to evidently labors under this grave error. A few months of active general medical practice would convince him of his misconception of the magnitude of the physician's work. There are quite too many who entertain much the same views on the subject. Some physicians lay themselves open to criticism on the same grounds by assuming the name of "hygienic physicians." We have for a long time entertained the opinion that the use of the term is both improper and unwise, unless the persons assuming that title confine their labors wholly to the improvement of public hygiene and sanitation. The true physician must be eclectic, prepared to use any and every remedy of value in the treatment of disease, as required by each individual case. No single principle of cure, and no single class of remedies, is sufficient to cope successfully with all the exigencies which arise in an extensive medical practice. The true rule for every physician to follow is to use the best remedy applicable to each individual case. There will always be a difference of opinion among physicians respecting the remedy to be used; but the best remedy in any case will be the one which will aid the patient the most in recovering his health with the least expenditure of his vital forces. The physician's skill will be largely shown in the care with which he will select his remedies.

Familiarity with a single class of remedies invariably leads to exclusive practice. Much harm has been done through this means. We are firm believers in thorough and broad medical education. The more limited and incomplete a man's information on any subject, the more bigoted he is likely to be, and the more unsparing in his criticisms and harsh in his denunciations.

We would advise all who have any expectation of engaging in the practice of medicine to stop short of nothing but the most complete and thorough preparation which the advantages afforded in this country can give them.

—It is stated that electricity is a very efficient remedy for seasickness; doubtless through its influence on the pneumogastric nerve.

### Excessive Physical Exercise.

FEW people realize the dangers attendant upon excessive physical exercise. Thousands of individuals die yearly from too little exercise; and a smaller though very considerable number die from excessive exercise. Even a violent fit of coughing or sneezing, which few consider dangerous, may result in permanent damage to the lungs. Jumping and running frequently cause the rupture of some important blood-vessel, or even fatal apoplexy from congestion of the brain. Overstraining of the muscles may cause them to undergo degenerative changes, so that they never recover their natural tone and strength.

Excessively prolonged exercise is almost equally injurious with violent exertion. When the muscles are kept too long without opportunity for repair, they lose the power to rebuild their wasted tissues, and permanent injury is the result. The heart, itself a muscle, is often the chief sufferer. Sometimes it is forced to make such violent contractions in order to supply oxygen to the tissues as rapidly as needed during great exertion, that it ruptures by its own effort or suddenly fails to do its duty. Baseball playing, football, and other games, walking and running contests, with skating, lifting, and other forms of popular amusement, are capable of being made the means of grave injury. They doubtless do much more harm than good. The *London Globe* is quoted as follows on this subject by a cotemporary, with comments:—

“The pedestrian feat, by T. Hunter, aged thirty-five, of Sunderland, has terminated fatally. On Thursday, Hunter commenced walking one hundred and sixty miles in forty-eight hours, ten miles farther than Weston; and on Saturday evening he completed the distance, with thirty-five minutes to spare. On Sunday afternoon, while in bed, he was discovered to be ill, and speedily died from heart disease through over-exertion and excitement. We trust that this sad occurrence may stop, or at least lessen, the rage for pedestrian feats. Medical advice and warnings have been uttered in vain against these and other senseless and dangerous ways of straining to the utmost man's powers of physical endurance. Rapidly fatal disease will speak with a louder and, we hope, more effective voice.”

“Another English journal, commenting on

the same occurrence, remarks in substance that this was a ‘sensational’ ending to a foolish experiment, the mischievous results being usually less obvious though none the less real. This is unquestionably true. Such feats of pedestrianism and other similar extravagances in athletics are unnatural, and cannot fail to be more or less injurious, especially to those who have not been prepared for them by a long course of ‘training.’ Certain ‘professional’ pedestrians and gymnasts may perhaps attempt these performances with comparative impunity; or if not, the world can well pardon the fools for shortening their useless or worse than useless career. Indeed, the sooner they kill themselves the better; for their example is pernicious in the extreme. Other people, who, but for the cheap notoriety gained by these muscular idiots, and the silly ambition to win similar ‘laurels’ for themselves, would never think of attempting such preposterous feats, are carried away with the mania, and suffer irreparable injury to health.”

### Poisoning by Burning Gas.

FEW are aware of the injurious properties of illuminating gas. Its capacity for injury is not destroyed by combustion, as the products of its burning are nearly as poisonous as those contained in the gas before combustion. Every one is familiar with the offensive and irritating character of the fumes arising from a burning sulphur match. Coal gas contains the same sulphurous gases which make a burning match so disagreeable and its fumes so injurious, especially to sensitive lungs. The methods of purifying gas are at present so imperfect that the poisonous gases contained in it are never wholly removed. On this account many eminent physicians are condemning its use altogether.

The only way to avoid the evil, if gas is to be employed, is by the use of gas made from gasoline. This kind of gas has been supplied at the Sanitarium, a special apparatus being put in for its manufacture, at considerable expense. The apparatus occasions not the slightest degree of danger, since no heat is employed in connection with it, and gives entire satisfaction, being already in successful operation. The machine employed is capable of supplying five hundred burners. It now supplies not only the Sanitarium building, but Battle Creek College, situated just

across the street, and two large street lamps. The London *Lancet*, the leading medical journal of the world, speaks thus respecting the dangers of ordinary burning gas:—

“To have our rooms pleasantly illuminated with gas is to undergo a process of poisoning, the more disastrous because, instead of directly producing characteristic symptoms of defective blood oxygenation, the gas-polluted atmosphere insidiously lowers the tone of vitality, and establishes a condition favorable to disease. It would be difficult to overrate the importance of this household peril. Pictures are spoiled by gas, gilt moldings are tarnished, the colors of decorated walls and ceilings fade, and men and women of delicate organization are enfeebled and injured by the foul air in which gas is discharged and supposed to burn innocuously. The extent to which this evil works in the midst of domesticated families during the long evenings is inadequately appreciated. After the first few unpleasant experiences are over, the physical sensibility becomes inured to the immediate results of breathing an atmosphere charged, more or less heavily, with the products of combustion and unconsumed coal gas. It is not creditable to the ingenuity of practical men that no method has yet been devised by which the advantages of gas as an illuminating agent may be secured without the drawback of slow poisoning, with the host of maladies a depressed vitality is sure to bring in its train.”

**Flatulent Dyspepsia.**—A great variety of remedies have been suggested and employed for the relief of this form of indigestion, many of which have aimed at the neutralization of the gas or the acid supposed to be connected with its formation from the food. A distinguished French physician recently read a paper before the Academy of Medicine of Paris, in which he expressed the opinion, “that food does not produce gas, and that the gases which are found in the digestive tube proceed from the external air, the blood, and faecal matter. These gases are continually put in motion by the pathological contractions of the muscular fibers of the intestines. Expelled by the mouth they are constantly renewed, and their production may be as incessant in a starving man as in one who is well fed. This symptom of production of gas, therefore, signifies an irritation of the stomach, which is always consecutive to a

long-standing gastric dyspepsia. The progress of the disease and the treatment to be adopted for its cure confirm these data of clinical observation. There is no need to seek for any therapeutic agent to combat these gases.”

**Medical Opinion of Alcohol.**—The able editor of the London *Medical Temperance Journal* offers the following significant remarks on this subject:—

“At a Temperance Meeting held in Marylebone in April last, Mr. Ernest Hart, editor of the *British Medical Journal*, said that it had been his duty for a number of years past to take note of the changes of medical opinion on every subject of importance to that profession. During that time there could be no doubt that the attitude of the medical profession had greatly altered with respect to the advantages of the use of alcohol. There was no longer any authority of weight who would seriously maintain that alcohol was a food. Instead of being fuel to the human body, it was the great consumer of that fuel. Its action on the human body was analogous to the action of a strong draught upon a fire. It burnt it away. Hence, the increase of warmth immediately consequent upon a person's drinking alcohol was only of a very temporary nature. In a short time the reaction would set in, and the person's temperature be lowered in a greater proportion than it had been raised by the use of the stimulant. This is the reason why a man who is ‘dead drunk’ feels so cold and clammy; and the surest test to apply to ascertain whether he is in that state or in a fit is to take his temperature. For the same reason, if one of two men, before camping out in a cold climate, took a dram of spirits, he would be frozen to death before the other who had not exposed his temperature to the same violent action and reaction. Mr. Hart concluded a very instructive address by saying that, as alcohol was not in any way a food; that, as even as a stimulant, it wasted the vital energy of the human frame; and that, as on the other hand drunkenness was the great evil of this country, and the peculiar sin of Christian peoples, there could be no doubt that it was the duty of all to do what they could to lessen and restrain it.”

**Citric Acid for Diphtheria.**—Dr. Caspari, a German physician, states that he has treated successfully more than forty cases of diphtheria, using as his principal remedy the local application of dilute citric acid. Lemon

juice is equally effective, being essentially the same thing; but it should be employed in conjunction with other appropriate remedies.

**Doctors and Intemperance.**—The *Dublin Freeman's Journal* recently published the following, on a subject which is deserving of the serious attention of both physicians and patients:—

"The existence of intemperance amongst women of the higher classes, to which, unfortunately, we cannot shut our eyes, is in some degree traceable to the culpable weakness of medical men. A woman suffers from some derangement of the nerves, brought on, perhaps, by late hours, or tight-lacing, or too much tea-drinking. She finds that a glass or two of wine will brace her up for a bit, and she gets a doctor who will give her the prescription she desires, and which she will probably exceed. That the abuse exists cannot be denied. Two hundred of the leading medical men in London testified to it under their hands some time since. That it is not confined to London, is, unfortunately, too true, though we think Dublin physicians more sturdy in the matter than their *confrères* in England. But they require a little awaking on the subject, and a general expression of opinion which would strengthen them in a difficult task. After all, their position is a hard one. Every doctor knows that in many cases he has the choice of ordering the dose he is called on to order, or losing the patient. Now, even medical men are but human. Some give in, some resist. We ourselves know cases of medical men having lost valuable patients because they would not prescribe drink. It is hard for individuals to make a stand against the system, which unfortunately is spreading. But if public opinion, and the opinion of the profession as a body, could be brought to bear, the task would be lightened."

#### Rest as a Remedy for Tetanus.

THE dreadful disease mentioned has been considered as almost certain to prove fatal, since so few recoveries occur in cases of this disease. It appears from the following, which we quote from the *New York Medical Journal*, that the great mortality has been due to the method of treatment rather than to the gravity of the disease:—

"Prof. H. de Reuzi, of Genoa, in *Gaz. Med. de Paris*, 1877, has addressed a letter to Prof. Botkin of Russia, concerning the

treatment of tetanus. In a large number of cases it appeared to him that rest alone was the only means by which the terrible sufferings could be relieved. The statistics of different authorities have demonstrated that the methods of treatment hitherto employed have, in the large majority of cases, been powerless. He relates how, by a series of observations, he was led to perfect this method of treatment by rest, the usefulness of which is recognized, and to accomplish cures which previously he could not obtain with the most powerful remedies. In one case of tetanus which died in spite of large doses of chloral, the effects of light were observed; the number and intensity of the attacks were almost doubled when the patient, previously kept in darkness, was exposed to light. The approximate proportion of paroxysms was ten in darkness, eighteen in full light."

The writer further states that of two cases of tetanus "the first was treated with successive doses of chloral and repeated injections of curare, and died; the second, treated almost exclusively by rest, recovered. Of three other cases treated in 1874 on the same plan, only one died. Since then, he further notes three recoveries out of four cases." The one death was attributed to failure of the nurse to carry out the treatment properly.

The Professor recommends, instead of the powerful remedies usually employed, that the patient be placed in a room from which the light is wholly secluded, his ears being stopped with wax to prevent disturbance from noises. The most complete silence should be observed in the neighborhood of the sick-room, which should be carpeted. In addition the patient requires nourishing food, as eggs, milk, beef-tea, and such other simple nutriment as will be readily assimilated, with mild remedies for the relief of pain.

It is quite possible that physicians generally are not fully awake to the importance of rest in many other diseases. In typhoid fever, spinal meningitis, spinal irritation, and numerous other maladies, it is equally important, though not, as in the case of tetanus, the sole reliance. Nevertheless it is quite possible that many physicians, especially those just commencing practice, might greatly improve their ratio of success by securing to their patients better rest and more careful nursing, and troubling the stomach less with disturbing remedies.

**Hygiene and Morality.**—Comparatively few apprehend the close relation there is between the habits and manner of living of an individual and his moral status. But the more we observe this fact the more apparent it becomes. No class of people are more reckless of moral obligations than that class which gives but little or no attention to the laws which govern their being. They are generally found among the ignorant, and they acknowledge no law but that of self-gratification. They revere nothing but what tradition or superstition has taught them to dread. Not having taken the first measures in the contest with evil, and being under the control of wrong habits and misconceptions of their duties to themselves, they are often incapable of receiving good impressions except by the slowest degrees. And then the first step toward real virtue is in reforming their physical habits; for when in such a condition individuals are not susceptible to good and elevating influences.

On the other hand, one who, having gained a knowledge of the laws of life, properly relates himself to those laws by forming correct habits, gains the first great victory in overcoming evil and forming a moral character by denying selfish desires, and allowing in himself only those things which are for his physical well-being. The first steps in moral culture are thus taken by denying self, which is the first requirement that the Saviour makes of him who wishes to become his disciple. A good foundation is now laid for a Christian character. The mind is prepared to receive, and capable of comprehending, moral truths. The evil desires and habits being controlled, the individual reduces these truths to practice, the school of virtue becomes a delightful one, and its lessons are received with gratitude, and are readily appropriated. No one can attain to true culture and refinement without having learned these first principles, which are self-control and a proper relation to the laws of being.

G. T.

**Funeral Reform.**—We are pleased to see that an effort is being made in some quarters toward the cheapening of funerals. A reform of this kind is greatly needed, and will be the means of great good in relieving the poor of a burden which is often grievous to bear in their poverty. There is no sensible reason whatever for the ostentatious display of fashion and the useless expenditure of money which attends most modern funerals.

Indeed it is the height of cruelty to sustain a custom which will compel a poor widow to spend the few dollars left after the protracted illness and final death of her husband in giving him what is called a "decent burial." We heartily indorse the sentiment expressed in the following paragraph which is being circulated in the State of Maryland:—

"Funerals should be conducted and mourning worn without the dismal paraphernalia of hat-bands, scarfs, plumes, heavy crêpe trimmings, and the like, which are quite inconsistent with a hopeful belief in a future state, involve unprofitable expenditure, inflict severe hardships upon persons of limited means, and neither mitigate grief nor manifest respect for the dead."

## The Sanitarium.

**Merry Christmas** was ushered in very pleasantly at the Sanitarium by an evening party and Christmas tree. The exercises included three songs by the glee club, a few happy and instructive remarks by Dr. Kellogg, three recitations, and the distribution of presents. These were numerous and pretty, and some of them valuable. Nearly every one of the large family was remembered and made happy by a gift. Much real pleasure was felt by all, and gratitude to the great Giver for every good and perfect gift found expression by singing "Old Hundred" at the close. The dinner on the following day was well worthy the occasion. It was bountiful, elegant, and healthful; a demonstration of God's bounty without the pernicious mixtures and dainties which so often make up Christmas dinners.

G. T.

**December at the Sanitarium.**—The weather having been unusually warm for this part of the year, the guests at the Sanitarium have enjoyed much out-of-door exercise. The new buildings, now approaching completion, are objects of interest, which, under the hands of the workmen, assume new features and proportions every day. Two very pleasant evening entertainments have lately been given by the college students in their hall opposite the Sanitarium. They consisted of literary exercises enlivened by fine music, and were well attended and appreciated by the members of the family. There have been in this city

numerous lectures, temperance meetings, and other public gatherings useful and attractive, which have contributed to our pleasure and entertainment.

New arrivals are frequent. Some are returning to their homes for the holidays, and others to engage in the active duties of life with renewed health and vigor. G. T.

## Questions and Answers.

**Constipation.**—E. K., Pa., wishes to know what is to be done in a case of extreme constipation if the enema has been employed very often, the patient having previously used laxatives for a long time, being also troubled with indigestion.

*Ans.* The case mentioned presents one of the most obstinate forms of torpidity of the bowels. The continued frequent use of the enema is nearly as bad as the use of laxatives. The only means of permanent relief is to restore the general health by close attention to all the laws of health. Out-of-door exercise, careful diet, avoiding condiments and *concentrated food*, are indispensable to recovery. For treatment apply fomentations to the abdomen several times a week, with kneading and percussing the bowels two or three times each day. The local application of electricity would doubtless be beneficial.

**Sozodont.**—N. A. C., Vt., asks if sozodont is harmless to the teeth.

*Ans.* Sozodont is harmless, and is one of the best dentifrices sold; but it is no better than simple precipitated chalk, which may be procured of any druggist, and is much cheaper.

**Galvanic Belts.—Respiratory Exercise.**—H. R. W., Mo., asks: 1. What do you think of Pulvermacher's Galvanic Belt? 2. How can an individual find relief who at times experiences much difficulty in breathing? At such times the air-passages seem to close, and it is difficult to obtain sufficient breath. The cause is, I think, mental anxiety. Would an instrument for filling the lungs be beneficial?

*Ans.* 1. Galvanic belts of all sorts, though comparatively harmless, are of little utility. The amount of electricity which they generate is too small to be of any perceptible advantage. Money expended for them is unprofitably invested. 2. The probable difficulty is

weakness of the respiratory organs. The patient does not need an instrument for filling the lungs, but an increase of respiratory power, which may be obtained by calisthenic or gymnastic exercises, full expansion of the lungs, breathing through a small tube, etc. The patient should be removed from the associations which cause the difficulty. The mind should be diverted by visiting, riding, and other recreations.

C. P. H., O., makes the following inquiries:—

1. If ripe fruit digests sooner than other food, can it not be eaten with safety, an hour or two after the regular meal? 2. Does it require as much time to digest one ounce of food as to digest two ounces? 3. Is there any cure for suppressed menstruation of three years' standing? 4. Are "Madame Foy's corsets," or any other improved corsets, good articles of dress? 5. Would you class vanilla, caraway, dill, and fennel, with spices as regards their healthfulness? 6. Do you think that by Acts 15:28, 29 the Gentiles are required to abstain from eating pork?

*Ans.* 1. Fruit may be eaten without injury, an hour after eating other food. 2. Very nearly. The difference in time required is too small to be noticeable. 3. Probably there is. 4. The corsets you mention are less injurious in many respects than some others, yet we cannot recommend them. 5. Yes. 6. Gentiles and all others should abstain from using pork as food not simply because the Bible deprecates its use, though this would be sufficient reason, but because it is, in every way, unfit for food.

G. W., Baltimore, Md.: 1. The lady is doubtless suffering from chronic pharyngitis. She probably needs change of climate with careful treatment to remove the difficulty. 2. The wet-sheet pack is very useful in securing activity of the skin, and in many cases is preferable to the Turkish bath.

H. T., Vt. Your case is probably one of enlargement of the prostate gland, with its results, chief among which is inflammation of the bladder. You should place yourself under the care of an experienced surgeon. A very good remedy is washing out the bladder with tepid water after urination.

W. H., St. Johns: The cause of the eruption is probably an obstruction of the orifices of the sebaceous glands. It may be cured, but is somewhat obstinate in its nature.

# DIETETICS.

"Eat ye that which is Good." As a Man Eateth, so is he.

## Food for Children.

Is your nursing babe, eight months old, feeble and inactive, its teeth coming through the gums already black and defective, and its soft, flabby flesh indicating a want of muscular fiber?—change your own food at once, and give up butter, and fine flour, and cakes, and puddings with sweet sauce, and take instead beefsteak, oatmeal or barley porridge, with milk and unbolted wheat bread, grits, pea soup, etc., which abound in phosphates and nitrates, and in one week you shall see an improvement in the condition of the child; but if your own health will not admit of such a change, wean the babe, and give it the milk of the cow, oatmeal gruel, etc.; and for the next child, be sure and commence furnishing the material for bone and muscle at least fourteen months earlier, and its teeth will not be defective, nor its muscles feeble and flabby.

Nor are defective teeth and undeveloped muscles the only or the greatest evils that accrue from neglect to furnish suitable material for the foundation of that structure which is so important as to be denominated the "temple of God." "Know ye not that ye are the temple of God, and the Spirit of God dwelleth in you?"

All nature, as well as the word of God, testifies that the crowning work of creation was man; indeed, all other creative work was but a preparation for man, and so far at least as relates to this planet, all creative work ended in making man.

But man was not created from nothing, but from elements which had for ages been collecting in the "dust of the ground;" and having at first taken these elements directly from the soil, and constructed a perfect man, God, with wisdom as incomprehensible to man as that by which the first man was created, instituted laws by which all necessary elements should be taken out of the soil by plants, and so organized as under certain laws and conditions to be able to construct other perfect human beings, and thus perpetuate the race.

The elements, which were at first taken directly from the soil and atmosphere, are now all found deposited in the grains, and flesh of animals, and fruits and vegetables, and for the construction of a perfect human being must all be used, at first through the

mother's system, and afterwards directly from the food in which they are deposited. This wonderful arrangement can be better understood by further explanation.

A grain of wheat, as proved by analysis, contains every one of the elements found in the human system. In soil containing as little phosphorus, lime, and nitrogen as are found in superfine flour bread and butter, the grain of wheat would not be developed at all; and can a child, for which wheat was made, be developed on white bread and butter? Milk of the cow contains all the elements of the human system. Primarily it was intended to develop the calf, and it does develop every part perfectly; but feed the calf on cream alone, or butter, and it would die in two weeks. Can butter, then, develop a human being? And yet how many expectant and nursing mothers thoughtlessly provide themselves and their precious little ones with food made up mainly of superfine flour, butter, and sugar, without knowing or thinking that sugar and butter have no elements at all for muscles, or bones, or brains, and white flour very little.

If they ate nothing else their children would all die within a month; and as it is, only one-half in all Christendom, and not one-eighth in all Heathendom, have vital power to carry them through the first five years. Those that live have a life of struggle with disease and suffering in just the proportion as they are deprived of food containing elements adapted to develop the whole system, and give power to resist and overcome disease. The inevitable effects of the diet almost universally adopted is to stimulate all the organs by the undue proportion of carbon, of which the butter, fine flour, and sugar are composed, which form so large a part of our diet, and which render all organs more susceptible to inflammations and other diseases; while the deficiency of the nitrates and phosphates, weakening the organs and diminishing the powers of life, renders them less able to resist and throw off diseases as they occur.

Take, for example, the lungs, whose duties are to keep up steam and "run the machine,"—duties, the importance of which is seen by the fact that, if for a single moment they cease to act, every operation of the system is suspended and life becomes extinct. Over-

burdened with work in order to dispose of the great excess of fuel imposed upon them, the tissues are feeble for want of their appropriate food; and is it strange that they fail, and become diseased?

Or, take the brain and nervous system, which, being overheated with carboniferous blood, and weakened by want of phosphorus, become sluggish and inactive, or act fitfully, and headache and neuralgia ensue; or, being nervous and irritable, a thousand ills, real and imaginary, render life a burden.

Or, take the liver, whose office is to eliminate effete elements from the system, and assist digestion. Overburdened with work, especially in the spring, after the steam has for months been kept up to the highest practicable point, it gets tired and sluggish, and the bile becomes obstructed, and jaundice and many other bilious difficulties ensue, and thus all organs are made more susceptible to disease, and less able to resist it, by too much of the carbonates and too little of the nitrates and phosphates.

While, therefore, all animals, in their natural state, living as they do, according to natural laws, raise all their young, and bring them perfectly developed to full maturity, a perfectly developed young man or woman, at full maturity, with perfect teeth and sound

lungs, and well-developed muscles and brains, is a rare exception to the general rule; and to every reflecting mind the reason must be obvious: we neglect to learn, and utterly disregard the plain laws of our being, and these terrible sufferings and bereavements are the natural and just penalties for our disobedience.—*Bellows.*

**Diseased Fruits.**—Many farmers, and other people as well, are in the habit of assorting their apples frequently and using the affected ones upon their tables. The assorting of the fruit is of course entirely proper, but we have often questioned the propriety of eating fruit which has become well advanced in the process of decay. An apple is full of juices which are in constant circulation among its cells. When one side is rotten, the other side must be more or less contaminated by the products of decay. Indeed the senses of smell and taste bear ample testimony to this fact.

Fruit which is far advanced in decay should not be used for food. That which is first beginning to decay may be made into sauce, after the decayed part with a liberal share of the sound fruit adjacent has been removed.

## FARM AND HOUSEHOLD

Devoted to Brief Hints for the Management of the Farm and Household.

—Ink spots on floors can be extracted by scouring with sand wetted in oil of vitriol and water. When the ink is removed, rinse with pearlsh water.

—Suspend a sweet potato in a jar of water so that half the potato is in the water. It will sprout luxuriantly, and you may train the vines about your windows during the winter.

—The best thing for cleaning tin-ware is common soda. Dampen a cloth and dip it in the soda, and rub the ware briskly; after this, wipe dry. Any blackened or dirty tin-ware is thus made to look as well as new.

### Bronze Paint for Iron or Other Metals.

—Take of chrome green, two pounds; ivory black, one ounce; chrome yellow, one ounce; good Japan, one gill. Grind all together, and mix with linseed oil.

**For Starching Linen.**—Use one teaspoonful powdered borax to one quart of boiling starch; it will improve the stiffness and gloss.

**To Wash Red Table Linen.**—Use tea-water, with a little powdered borax, which serves to set the color; wash the linen separately and quickly, using very little soap; rinse in tepid water, containing a little boiled starch; hang to dry in the shade, and iron when almost dry.

**A Pretty Mantelpiece Ornament.**—A pretty ornament may be obtained by suspending an acorn by a piece of thread tied round it, within half an inch of the surface of some water contained in a vase, tumbler, or saucer, and allowing it to remain undisturbed for several weeks. It will soon burst open, and small roots will seek the water; a straight and tapering stem, with beautiful

glossy green leaves, will shoot upward, and present a very pleasing appearance. Chestnut trees may be grown in this manner, but their leaves are not so beautiful as those of the oak. The water should be changed once a month, care being taken to supply water of the same warmth; bits of charcoal added to it will prevent the water from becoming foul. If the little leaves turn yellow, put a grain of nitrate of ammonia in the utensil which holds the water, and it will renew their luxuriance.

**Take Care of the Sheep.**—This is a very important and trying time as regards sheep. They must be carefully watched to prevent their falling off in condition, as this badly injures the wool and causes what is known as "break," which reduces its value to the manufacturer one-half. Give ample ventilation, good food in abundance, and plenty of pure water. Much can be done toward keeping them in a healthy condition by preventing crowding and heating in pens and yards.

**Poison in Wall-Paper.**—Fifty samples of wall-paper recently examined were found to contain arsenic, either as arsenic or acetoarsenite of copper. Some papers with green figures were found to be free from arsenic, while, as a rule, the higher-priced qualities contained the poison in the largest quantities. A room of the moderate dimensions of sixteen feet square and nine feet high, would be covered, if these papers were used, with "ornamental" surfaces containing from fifty-two grains to more than eight ounces of poisonous matter.—*English Mechanic.*

**To Take out Mildew.**—Get the dryest chloride of lime you can buy, and, for strong fabrics, dissolve four table-spoonfuls of it in one half pint of water. Let the mildewed article lie in this solution fifteen minutes. Take it out, wring it gently, and put immediately into weak muriatic acid, one part acid and four parts soft water. For delicate fabrics the solution of lime should be made much weaker; three or four times the quantity of water should be put to the lime. Let the article lie in it only five minutes, then put into the muriatic acid.

**Scientific Potato Culture.**—A French agricultural journal, the *Basse Cour*, describes the result of some experiments in potato growing recently conducted by scientific men in Germany, in which it is demonstrated that the "eyes" at the top of the potato produce a much more vigorous offspring than those in the lower part, and the consequence is that those agriculturists who cut their potatoes in

half before planting are not well advised in cutting them vertically, but should always divide them horizontally, planting the upper half and using the other as food for cattle. But the best plan of all is to plant the tuber whole, cutting out, nevertheless, all the "eyes" except those in the top part.

**A Preventive of Lead Poisoning.**—Workmen engaged in the manufacture of white lead are always liable to lead poisoning, both by inhaling the dust and in touching the lead with the hands. Various correctives for this have been employed, and among these the latest and most simple is a careful washing of the hands in petroleum. Three washings a day are reported to be sufficient to prevent all serious danger of poisoning. The benzole in the petroleum is said to scour the skin and remove the dust of lead, and the fatty substance in the oil prevents the absorption of the lead salts.

**Washing Flannels.**—A lady correspondent of the *Boston Journal of Chemistry* says on this subject:—

"I was taught to wash flannel in hot water, but it is a great mistake. I now find the secret of nice soft flannels to be washing them in cold or lukewarm water, and stretching well before hanging out. Soap may be rubbed on to advantage if it be rinsed out afterward and no hot water be used. Do not forget to stretch the threads in both directions before drying. Flannels thus cared for will never become stiff, shrunken, or yellow."

**Keeping Cabbage.**—Cabbage for winter use may be kept in excellent condition in a cool, damp cellar, by placing in large boxes, such as those used by nurserymen for packing trees, with the interstices filled with damp moss. The moss from swamps, which nurserymen use, answers an excellent purpose, but a good supply may be obtained in most neighborhoods from damp, dense woods, where it is often found on rotten logs. It would be profitable for every owner of a garden to procure such a supply of moss, which not only answers well for the purpose mentioned, but is equally convenient and useful for packing all roots which are liable to dry and shrivel, such as beets, turnips, parsnips, etc., and it may be used for successive years. Damp sawdust answers tolerably well, but it should not be put in large boxes where it may heat and injure the vegetables.—*Country Gentleman.*

## News and Miscellany.

—Bismarck is about to remodel the German Cabinet.

—The State of Tennessee is able to pay but fifty cents on a dollar.

—Coffee is being cultivated in California to a considerable extent.

—Two young ladies were recently poisoned in Paris by wearing copper earrings.

—The telephone has been tried between Dover and Calais with perfect satisfaction.

—Moody and Sankey will hold meetings in Springfield, Mass., during February.

—The Russian loss since the commencement of the war is about 80,000 men.

—Liverpool, Eng., has decided upon getting its water supply from Wales at a cost of \$6,250,000.

—The number of Turkish troops surrendered by Osman Pasha in Plevna is said to have been 40,000.

—The estimates for the government expenses are \$18,000,000 less for the coming year than for last year.

—In France the copyright of an author lasts during his life, and is secured for ten years after his death.

—On Dec. 18 the inhabitants of Western Canada were shaken up by a couple of earthquake shocks.

—There are now 232,104 pensioners on the rolls of the United States, with 91,444 claims for pensions standing.

—Three murderers were hanged in different parts of this country Dec. 21, two of them for killing their wives.

—The will of the late Anne P. Sever bequeaths to Harvard College \$140,000, and \$55,000 to different charitable institutions.

—Rev. G. F. Seymour, D. D., of New York, has been elected Bishop of the Episcopal Church for the diocese of Springfield, Ill.

—A recent revolution in Ecuador collapsed after eighteen hours' hard fighting in Quito, where it is estimated that 400 persons were killed and a large number wounded.

—The sugar production of Cuba is said to be in danger of ruin. Statistics show that the Spanish colonial rule has so burdened the industry as to make it unremunerative.

—Prof. N. S. Shaler claims that the climate of North America can be changed by cutting a channel through Alaska for the purpose of admitting the passage of the warm ocean currents.

—On the return of the Czar of Russia to St. Petersburg from the seat of war, he received a most brilliant and enthusiastic reception. The streets of the city were decorated with flags and triumphal arches. Joyful strains of music, the

roar of artillery, and the ringing of bells, proclaimed his welcome. He returns to the war in a month, when, it is declared, the army will march to Constantinople.

—An iron pipe four inches in diameter has been laid extending from the vicinity of Titusville, Pa., to Pittsburg, a distance of 80 miles, for the purpose of conveying crude oil from the wells to the refineries.

—The Post Office Department has decided that the right to forward mail to second destination, without additional postage, applies only to such letters as have not left the custody or been taken from the presence of the postal officials.

—The Emperor of China has really imbibed from his association with American and English missionaries a decidedly reformatory disposition. He has issued an edict requiring the abandonment of opium-smoking by his subjects inside of three years.

—Again the life of Pope Pius IX. has been in imminent jeopardy, and for two weeks the world held its breath to hear, "He is dead." But hopes are now entertained of his partial recovery, and there is a prospect that he will yet outlive many of us.

—The cause of liberty in France is progressing, and has lately achieved a considerable victory. Pres. McMahon has yielded to republican influences, and the prospects of a stable French Republic with a government conducted by the people, in their own interests, never appeared so bright as to-day.

—Baltimore is engaged on a big job of water works. A dam on Gunpowder River is to be built large enough to set the water back five miles, and then it is to be carried in a tunnel 12 feet in diameter a distance  $7\frac{1}{2}$  miles, emptying into a reservoir holding 6,000,000 gallons. The whole will cost \$4,000,000.

—The enormous "Marvin safe," which was on exhibition at the Centennial, has been sent to Washington by the manufacturers, and is being placed in Statuary Hall, of the capitol. The architect of the capitol has it in charge, and will place newspapers and other articles inside, and lock it, with the understanding that it shall not be opened for a hundred years.

—In the province of Ceara, the secca, or dry season, has produced most disagreeable effects. In some pastoral districts cattle have become extinct, and the loss up to October 1 was estimated at 80,000 head. This, added to the failure of cereal crops and the damage to sugar and cotton, has obliged the bulk of population to migrate to the seacoast.

—Plevna in Europe, and Kars in Asia, two of the principal Turkish strongholds, have fallen into the hands of the Russians. At present, the position of Turkey appears extremely critical. Thus the Porte evidently regards it, as he has asked for the intervention of the European nations, not, however, as a vanquished power, for the Turks still have two lines of defenses, but simply to enable him to secure an honorable

peace. Germany meets the appeal with haughty contempt; Austria, with timid reserve; France, with meaningless generalities, and England, with an ominous silence, which may result in attempts at mediation, in a continued neutrality, or in an ultimatum which will involve Europe in war.

—The Supreme Court of Indiana has decided that "a railroad company is not bound to receive any person as a passenger who is drunk to such a degree as to be disgusting, offensive, disagreeable, or annoying; and the person so drunk as to be likely to violate the common proprieties, civilities, and decencies of life has no right to passage while in that condition.

—The Germans are wide awake on the potato-bug question. The bug having made its appearance in that country notwithstanding the precautions employed to prevent the importation of the insect, the most vigorous efforts are being made to suppress its ravages, and, if possible, to exterminate. In order to familiarize every one with the appearance of the bug, specimens of the insect or carefully prepared models, are sent to every school and museum in the country. Confectioners and jewelers profit by the general excitement on the subject by making the bug a model for various sorts of "drops," sleeve buttons, etc.

—At last the question of allowing the "heathen Chinese" to emigrate to this country at pleasure, has reached Congress. A few days ago a bill was introduced in the House by Representative Shelley, of Alabama, which proposes to levy a per capita tax of \$250 upon every subject of China immediately upon entering the United States, excepting agents of the Chinese government. Any Chinaman failing to pay this tax at the time of his arrival, shall be prosecuted and punished by imprisonment at hard labor for not less than five years.

—The mild weather which has heretofore prevailed in the Balkan peninsula and in Armenia has greatly facilitated the war-like operations of the invaders, and enabled them to continue active work for nearly a month longer than is usually practicable. The winter, however, seems to have at last set in in dead earnest, the terrific storm in the Danubian Valley being a slight specimen of what nature can do in that country to repel a foreign enemy. In all former wars, frost, snow, and malaria have been more fatal to the Russian than Turkish bullets.

—A frightful catastrophe occurred in New York, about five o'clock, Thursday. The large boiler used in Greenfield & Son's candy factory burst, tearing out the front wall and setting fire to the building. The whole factory was consumed. The near approach of the holidays made it necessary to employ a larger force than usual. About 110 persons were employed in the building. The loss of life is not known, but it is thought there were about fifty perished. There were many persons in the street at the time the front wall fell, and it is thought several were buried beneath the ruins. There are seventeen wounded persons in the hospital. The lives lost were mostly those of children between the ages of eight and fifteen.

## SEASONING.

—When a man is "rooted to the spot" by fear, does he branch out before he leaves?

—It is all well enough to say, "take things as they come," but suppose they don't come.

—It is shinning around corners to avoid meeting creditors that is sapping the energies of this present generation.

—A little boy went to his father crying and told him that he had kicked a bee that had a splinter in his tail.

—A tramp found snoozing out in a field in Kansas said that he didn't propose to work, but intended to lie around and "grow up with the country."

—There is often more pleasure in giving a thing than in receiving it. Any one who doubts this should try the experiment with a dose of medicine.

—A man out West recently died while saying his prayers, and some illogical people have resolved not to say their prayers any more for that reason.

—A clergyman in England endeavored to sustain his character by the fact that for thirty years he had taken five pills daily, making an aggregate of 55,000. This he thought entitled him to rank as a *pillar* in the church.

—The following is related of a Scotch minister who was an inveterate snuff-taker. He snuffed before the sermon, and he snuffed during its delivery, and he snuffed after it. One day, however, he was caught in his own trap. He had just bestowed on his nasal organ a most generous gift, when he took for his text, "My soul cleaveth unto the dust." The congregation saw the point at once and smiled, in spite of their Presbyterianism. Even sixteenthly failed to restore to them their wonted equanimity.

## Literary Notices.

SMITHSONIAN REPORT for 1876. Washington: Government Printing Office.

The report for 1876 contains in addition to the usual official reports a number of very interesting papers, among which are a Eulogy on Gay-Lussac, a Biographical Sketch of Dom Pedro II., Kinetic Theories of Gravitation, The Revolutions of the Crust of the Earth, etc.

The officers of the Smithsonian Institution are doing the country a great amount of good service in the publication of these reports, which usually contain matter which is not readily accessible to the majority of scientists in any other way. The grand display of the treasures of the Institution made at Philadelphia at the Centennial Exhibition added greatly to the interest of the exhibition and gave our country just reason to be proud of the indefatigable industry and high scientific attainments represented by the exhibit.

## Items for the Month.

Mrs White's article for this number, with several other excellent articles, was delayed in reaching us, so that we were obliged to go to press without them, much as we regretted to do so. They will appear in the next number.

Bound volumes of the HEALTH REFORMER for 1877 will be sent, post-paid, for \$1.50 each. Those who desire can have their old copies bound at this Office. The cost of binding in good style will be seventy-five cents per volume.

The managers of the Sanitarium had hoped to be able to dedicate the new buildings on New Year's; but owing to unforeseen delays, the buildings cannot be completed before March 1, 1878, when there will be a grand reunion of the old patrons of the institution. The Main Building is so far advanced toward completion that it is expected that a public entertainment will be given in the large gymnasium on New Year's eve.

THE HOUSEHOLD MANUAL, which is offered as a premium with the REFORMER, is meeting with general favor. It is called for so rapidly that it has already run through three editions, and printers and binders are kept busy day and night, yet we are utterly unable to supply the demand. Eld. S. N. Haskell writes us from Nashville, Tenn., that it is receiving a very flattering reception in the South, and he promises to dispose of 20,000 copies in the next twenty months. The small sum of \$1.25 secures both the MANUAL and a copy of the HEALTH REFORMER for a year.

THE SCHOOL OF HYGIENE.—This new enterprise, first announced in last month's issue, meets with unexpected favor. Already there have been more than forty names enrolled for attendance. We expect at least sixty on the opening day.

Every one who has spoken on the subject has expressed much gratification that the school was to be organized, and entire confidence in its success. We were pleased to receive encouraging words respecting it from Dr. H. B. Baker, the Secretary of the State Board of Health, who is doing more for the cause of public hygiene and sanitary science than any other man in the West, not only in his work in connection with the State Board of Health, but by personal investigation, and by giving to his work rare natural tact, indomitable perseverance, and philan-

thropic enthusiasm. Dr. Baker recognizes, with rare clearness, the fact that the most effectual way to combat disease is to prevent it; and the only way to accomplish the desired object successfully is by education of the people to an appreciation of the importance of observing the laws of hygiene, and by giving them a knowledge of those laws.

We would call the especial attention of our readers to the first article in this number, by Mr. Waters, a prominent citizen of this place, which expresses with rare clearness the true principles of genuine temperance. Mr. Waters speaks out his sentiments boldly, regardless of possible consequences; and the fact that the enemies of temperance are considerably stirred by his remarks is ample evidence that they are not unconscious that a telling blow has been dealt against the giant evil of modern civilization. If every lecturer on temperance would plant himself upon the principles pointed out by Mr. W., temperance reform would make more real progress in a month than it has made in the last ten years. We shall publish the remainder of the paper next month.

At the suggestion of our friend Dr. Baker, we secured for our citizens the pleasure of listening, last week, to a lecture on "Poisons in our Homes," by Dr. Azel Ames, of Wakefield, Mass. The lecture was given under the auspices of the Battle Creek Medical Society, and was listened to by an audience of more than one thousand persons, the largest hall in the city being filled to its utmost capacity long before the hour for the lecture had arrived.

Dr. Ames is one of the most accomplished sanitarians of the day, a fine scholar, an affable gentleman, and an interesting speaker. He has done much for the improvement of the sanitary condition of the people of his own State by getting sanitary subjects before the people in the form of popular lectures. We wish that every city in America could have the benefit of his admirable lectures.

We were pleased to note the prompt indorsement given by the audience to the remark by the speaker that the coming model town would be free from the noxious fumes of tobacco, as well as rum and other spirituous liquors, as shown by loud applause.

We had the pleasure of entertaining the Doctor at the Sanitarium and showing him through the grand new buildings which are drawing near completion. After a careful inspection of every part, the Doctor remarked that he had no hesitation in pronouncing it to be in his opinion the most perfect sanitarium in America. He was particularly pleased with the sanitary arrangements of the institution, the heating and ventilating arrangements, etc.

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