

THE
Health Reformer.

OUR PHYSICIAN, NATURE; OBEY AND LIVE.

VOL. 1.

BATTLE CREEK, MICH., MAY, 1867.

NO. 10.

THE HEALTH REFORMER,
PUBLISHED MONTHLY AT
The Western Health-Reform Institute,
Battle Creek, Mich.,
H. S. LAY, M. D., EDITOR.

Terms: One Dollar per Year, invariably in Advance.
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"A Sound Mind in a Sound Body."

Most persons have heard this trite saying,
And yielded a careless assent;
But few minds are suitably weighing
The thought in its fullest extent.

It is known that a mortal contusion,
Or pressure extreme on the brain,
Will throw the mind into confusion,
And render the person insane.

'Tis known that strong drinks and narcotics
Will prostrate both body and mind;
But yet there are other exotics,
Whose evil is not so defined;

Whose death-work is not so alarming,
But stealthily still it goes on;
More slowly but steadily harming
The life-force until it is gone.

Few think that our eating and drinking,
And habits of life every day,
Wield a mighty control o'er our thinking,
Our tempers and passions to sway.

To think our religious devotion
Affected by matters so small,
Is thought but a fanciful notion,
Deserving no credit at all.

But yet, in great measure, our mental,
Depends on our bodily state;
And this not a thing accidental,
But governed by laws wise and great.

Transgressing the laws of our being
Beclouds and debases the mind,
Prevents us from morally seeing,
And makes us to law disinclined.

As you prize then a clear moral vision,
No longer the good work delay;
But come to the faithful decision
To break your false habits to-day.

Treat the body according to reason,
And reason will dawn in the mind;
Begin the good work now in season,
And the truth of our motto you'll find.

R. F. COTTELL.

General Articles.

Health. No. 7.

GLUTTONY; OR EATING TO EXCESS.

ONE of the greatest, most dangerous and prevailing physiological sins of the age, is gluttony, or eating to excess. This is one of the greatest, and, consequently, most dangerous sins, because it involves the perversion and abuse of one of the most important organs of the system. I refer to the stomach, that great elaboratory of blood, by which all other parts of the system are nourished and built up. For our skin, muscles, nerves, ligaments, cartilages, and bones, were once blood, the foundation of which was manufactured by the stomach.

The injuries and punishment resulting from the abuses of an organ, are proportionate to the importance of the functions of that organ in the vital economy. The truthfulness of this position will be readily seen, by glancing at some of the evils consequent upon excessive eating. Eating to excess exhausts and weakens the stomach, so that it cannot do its work, in manufacturing the blood, perfectly. The result is poor blood, blood that is not adapted to build up the different parts of the system; and, as the different organs are not replenished with the elements compatible with their natures, they are weakened, and general debility follows.

And here we see one great cause of dyspepsia and general debility, or weakness, which are so prevalent at the present time. Here we also see one reason why some persons of naturally strong and comprehensive minds, are esteemed weak intellectually. Their stomachs, by long and continued abuses, by over-eating, etc., have lost the tone and strength requisite

to feed the mind, and that organ, which might accomplish so much, is almost powerless. Its manifestations are weak and inefficient. We can also here discern a prolific source of wasting of flesh, dropsy, consumption, and various other diseases, which we cannot now mention.

The nature and kind of disease resulting from over-eating, and eating improperly in other respects, will be determined by the natural build, habits, etc., of the individual; no disease being more naturally and legitimately the result of over-eating, and other abuses of the stomach, in this country, where so many are of a predominant nervous temperament, and are deficient in their blood-making organs, than that dreaded and awful foe to the system—consumption, with its accompanying evils. The lungs and the stomach are closely connected. If the lungs are provided with poor and impure blood, by the chyle being defective in quality or deficient in quantity, as a consequence of the stomach being weakened by over-eating, etc., they will not be built up, and will lack strength to perform their work of purifying the blood, which is greatly increased by the kind, and sometimes by the quantity, of blood. And if the lungs, in their already weakened condition, have this extra work superimposed upon them, calling for an extra exertion on their part, and further disturbing their nutrition, is it a wonder that they will be impaired in their functions, and will, through their weakness, become surcharged with unvitalized and impure blood, causing gatherings and breakings, on the same principle that blood will gather near the surface of the body, and break up the structures to expel impurities? And when the structures of the delicate lungs are injured by eruptions, it is difficult to heal them. And, in the light of these principles, is it strange that so many die of consumption?

Again, if the stomach disease caused by over-eating, or by eating that which is unhealthy, assumes that type of dyspepsia in which the stomach is sore and secretes impurities, aside from its being deficient in power to do its work properly, its unhealthy secretions of disease will be absorbed into the blood, to be conveyed to, and similarly affect, other organs; or it will spread by sympathy, and by following the internal surface, to other parts of the system; and you will have liver or lung complaint, or throat disease, etc., or all of these maladies.

Again, if, by over-eating, or by any other unnecessary vital action, the general fund of vitality is diminished, those organs will suffer the most which are naturally, or by abuse, mostly destitute of vital power. For, by over-eating, a draft is made on the weak organs, as well as on the stronger ones; but the weak organs, being already deficient in vitality, will feel the loss of vital power much more than those that are stronger, and will be very liable to become bankrupt, or to become so deficient of nervous energy that they cannot carry out those vital functions which are indispensable to their safety, as well as to the safety of the general system. If, therefore, the stomach, lungs, or throat, etc., are already weakened by previous over-exertions, and are still abused by over-eating, these organs will as truly and necessarily break down as the laws of our being are true, and will, sooner or later, bring a heavy penalty to those who violate them.

The converse of this principle is equally true, viz.: If by eating properly, or by any other necessary vital action, and by the requisite amount of rest that should follow it, the general fund of vitality is increased, those organs which are weak will also increase in strength in a corresponding proportion. For, as the strength of the general system is augmented, the strong organs will have a surplus of vitality on hand to communicate to the weak ones, which are thereby prepared to manufacture vitality for themselves, and to thus add to their strength; and in this manner an equilibrium is procured, and the weak organs come up in strength, if not so rapidly, yet just as truly and in the same proportion as they came down by transgression. For the laws of our being will as invariably reward the obedient with health and strength (if there is sufficient vitality left to build up) as they will punish the disobedient with ill-health and weakness.

In confirmation of the above, I would appeal to persons of weak stomachs or weak lungs, and to those who are weak in other organs: Are not your weak parts weakened and caused to suffer by over-exertion, by a lack of rest, by a change in the weather when the component elements of the air are not equally distributed, and there is a lack of the life-giving element in the atmosphere? And are not these same organs strengthened by their proper use, and by obeying the laws of your

being generally? Most certainly they are.

These considerations should be a source of consolation to those who have lost their health by transgression, and should encourage them to add to their vitality by every lawful means, remembering especially to not unnecessarily burden their stomachs, or other organs which are deficient in energy. If these principles are understood and borne in mind, we will be prepared to appreciate further remarks on this subject in our next.

D. T. BOURDEAU.

Rest.

"In bed we laugh, in bed we cry;
And horn in bed, in bed we die;
The near approach, a bed may show,
Of human bliss to human woe!"

It is ordained, in the great fitness of things, that all of God's creatures, in the wear and tear of muscle and brain tissue, in their efforts to work out life's problems, must, if they desire to live, *rest*; else the delicate machinery, the fine subtle mechanism of the human body, will break down and be worthless. The mode of rest, and the best method of enjoying it, is what I intend in this article to briefly write of,—that furnished by sleep. Some of the remarks in connection with the subject may appear small and trivial, but it is just such small and trivial things that go to make a world, and the obeying of which will surely go to make the perfect man. In connection with rest, as in fact with every other rule that governs life, order is the first grand principle. Cultivate order assiduously in the very smallest, as well as greatest things of life, and you hold the key to what few now attain,—perfect success.

You should therefore always retire at a regular hour, at nine,* not later than ten o'clock, rising at five or six, and not later than seven o'clock.

Of much importance is the composition of your bed; it should be hard, either hair, moss, straw, or corn husks; the latter makes a sweet, clean, cheap, and healthy mattress on which to lie. Feathers should be avoided, as one would avoid the plague. They prevent the throwing off from the myriad of skin-breathing follicles, the waste and effete matters of the body, causing a perceptible lassitude and feebleness on rising in the morning, vastly differ-

ent from the springing, buoyant, healthy feeling of perfect rest. Feathers should also be avoided as pillows. No high pillows should be used, as such are among the causes of round shoulders, spinal deformities, and other evils.

No great amount of covering should be worn on beds, as this will, as in the use of feather beds, retard the skin-eliminating processes. It is preferable to have the room heated to a proper temperature, than to have an over-abundance of covering.

Many thousands of men and women are in the nightly habit of going to bed with their under-garments—in part or in whole—worn during the day. It is almost needless to say that any one having a desire for a clean, pure, and healthy body, should ignore such barbarisms, and change the under-garments worn during the day, for a clean and comfortable night-dress made for the purpose.

When possible, the bed-room should face the south, and at no time should a blind prevent the entrance of the rays of the sun—the life-giving power of the world. It is almost needless to mention, what every housewife should know, that every day the bed-clothes should be thoroughly aired, and, when possible, in the sun. "Old wives," as soon as night shrouds earth in its mantle of darkness, carefully close the windows and doors to keep out the night air, as if there could possibly be any other kind of air at the time but night air. Free ventilation, leading to a perfect atmosphere within doors, should at all times, day and night, be sacredly attended to.

An old German philosopher, who had far exceeded the three-score and ten years allotted to man, was asked the secret of his perfect health and long life. His reply was, temperance in eating, and *sleeping with his head to the north!* Some may think, with regard to the sleeping with the head to the north, that the philosopher was crochety; but I have known at least two instances where ladies were perceptibly improved in health, by following this suggestion. It is a very simple matter, and, when practical, there could be no harm in following it.

George Catlin, a traveler and observer of Indian life, has written a work on the importance of keeping the mouth firmly closed during sleep. This habit—the breathing *only* through the nostrils, should be carefully cultivated, both by old and

*It would be far better, we think, to retire at eight, and NEVER later than nine. The sooner we retire after dark, the better.—Ed.

young. The doing of this will be one safeguard against all pestilence—cholera, yellow fever, fever and ague, &c. Such diseases, as has been demonstrated, are always more fatal during the absence of the sun, loving, as all evil-doers do, the absence of light, preferring to attack and destroy in the darkness.

And last, though not least, so regulate your every-day life that you can retire without the sleep-preventing thoughts of business, riches, poverty, or pain; but, otherwise, at perfect rest with yourself, your fellow-men, and your God.

JOHN COWAN, M. D.

Health of American Women.

PERHAPS there is no subject which pertains to the physical well-being of our race, that so much demands the attention and severe criticism of the earnest and zealous health reformer, as the pernicious and unhealthful manner of dressing which is now prevailing to a fearful extent among the women of our country. It should be impressed upon every woman the importance of early attention to even slight deviations from the laws of life. My observation and experience, which have been somewhat extensive, have led me to believe that young ladies all over our country are laying the foundation for the innumerable ills which flesh is heir to, and are wholly unfitting themselves for responsible duties in life, and are dragging themselves down to untimely graves with fearful rapidity. It is truly heart-rending, when forced to believe that the vast amount of untold suffering and premature deaths, among the young and rising generation, are the results of "aping" the fashions of that renowned, licentious city, called Paris.

Is it not sad to contemplate that we as a nation must inevitably sink into insignificance, and perhaps utterly perish, unless woman can be redeemed from the bondage and thralldom to which she is now subjected, and which is bowing her down to the earth like an accursed Moloch! All over this country are to be found ladies of refinement, of culture, and possessing rare intellectual abilities, who are rapidly undermining their constitutions, and thus necessarily losing their brilliant gifts and powers of mind which the Creator, in his goodness, saw fit to endow them with. And when we come to realize the awful, but nevertheless important truth, that this

deterioration of mind and body, which is everywhere observable, is, in a great measure, the result of unphysiological styles of dress, ought it not to inspire the earnest health reformer to renew his zealous and arduous efforts in assisting our loved ones to throw off the shackles which are fast whirling them around the maelstrom of perdition.

Very many who are now laboring under disordered digestion, diseases of the liver and lungs, palpitation of the heart, coldness of the hands and feet, with pressure of blood to the brain, and other irregularities to which you are subject, would be greatly benefited if your tables were but simply and healthfully furnished, and your clothing more plainly and healthfully made; for, to the table and the vanity displayed in dress, may be attributed the lack of health in thousands of our American homes.

Another law of your being, and it is an essential one, is that of properly using the organs which God has given you with which to breathe. This is an important law, upon which your claims for health depend. Whatever lives must breathe. As is the breath, so is the life. By infringing on the domain of the vital organs, the lungs suffer with congestion, the result of which is the dry, hacking cough, which you so frequently experience. Ladies cannot breathe properly in a tight dress. But the lungs alone do not suffer. The heart and other vital organs are pressed and weakened in consequence. The state of things thus brought about is truly alarming, if considered in the light of truth. It is self-evident that your breathing capacity should be no less than that of gentlemen. Genuine, bounding health is a boon worthy of possession.

CHARLES P. WHITFORD.

Western Health Reform Institute.

At the sea shore, they say, "How hot they must be in the city." In the city, when the wind is east, they say, "How cold they must be at the sea shore." The fancied misery of others constitutes a source of happiness.

JAMES LANE, of Hampton, N. H., and his family have been severely ill for several weeks of *trichina*, from eating pork of his own raising. A chemical examination showed 8,000 living creatures in every cubic inch of the flesh.

The Health Movement.

EVERY day my heart dilates with joy as I realize the blessings the Health Question, as lived out by its sincere converts, is conferring upon them. As an individual, I can say that I am a hundred-fold better off than when I was living in such gross violation of the laws of our being. To-day, instead of aches and rheums, with congested brain, and a numerous train of mental and bodily ailments, I am, to a great extent, entirely free. Blessed be God for all this! for the Health Question in all its latitude, for the temperance and moderation it enjoins upon us.

In regard to the two-meal system, I can say, after an experience of nearly three years, I would not live in opposition to it for the best landed estate I ever saw. The inheritance of bodily strength and happiness which I have obtained from this point of reform alone, I would not exchange for a very large sum of money.

Of late, in our family, we have omitted some articles in the dietary which previously we regarded as indispensable. Among these are butter and fine flour. Both of these, with me, as articles of food, are among "the things that were." I will not eat butter in any form, except what is insidiously foisted into my victuals in cooking; and as for bread, if I cannot get this *real* "staff of life" in the shape of some preparation from Graham, I WILL GO BREADLESS. I know "fine" flour is not good. All reasonable and intelligent physiologists say so, and I must not, will not, use it.

But the question may be asked, How do you live at your house? Live! We live gloriously good. Never was our table so well supplied with that which is *really* good, as now. We do not have to "slay and kill," and cause the crimson current of life to flow from the veins of some of God's innocent creations before our appetites can be gratified; but Nature, without any inhuman carnival or barbecue, out of her wealthy laboratory of Fruits, Grains, and Vegetables, with no drink but the pure soft stream that bubbles up from the rocks to allay our thirst, abundantly cares for all the wants of the "inner man." Blessed be Hygiene! What unspeakable blessings are conferred on the people in the Health Reform.

When the light first shone on the subject of healthful living, I had as much opposition to it as most any one, although

for years I had not made any use of pork. And, since I have made an open profession of conversion to the "more excellent way" of living, many have been my longings, like those of Israel of old, for kinds of food not healthful. But now all these inordinate longings are past, and I am not troubled with desires for unwholesome food. So farewell to mince-pies, nut cakes cooked in hog's grease, hot biscuit and butter,—to salt, pepper, vinegar, spice; fish, flesh, and fowl; to condiments of every species; and—perhaps, also, to milk and sugar.

But I must close, and will do so by fervently wishing Grace, Mercy, Health, and Peace, to all who truly carry out in their lives the principles of Hygiene.

G. W. AMADON.

Battle Creek, Mich.

Milk as Food.

A VERY remarkable fact relative to the cattle of South America is recorded by M. Roulin, and is particularly adverted to by M. Geoffroy St. Hilaire, in the report made by him on M. Roulin's Memoirs, before the Royal Academy of Sciences. One cannot help but conclude from this that milk is a rather questionable article of food, at least one not intended by nature for adults:

"In Europe, the milking of cows is continued through the whole period, from the time when they begin to bear calves till they cease to breed. This secretion of milk has become a constant function in the animal economy of the tribe: it has been rendered such by the practice, continued through a long series of generations, of continuing to draw milk long after the period when it is wanted by the calf. In Columbia, the practice of milking cows was laid aside, owing to the great extent of farms, and other circumstances. 'In a few generations,' says M. Roulin, 'the natural structure of parts, and withal the natural state of the functions, have been restored. The secretion of milk in the cows of this country is only an occasional phenomenon, and contemporary with the actual presence of the calf. If the calf dies, the milk ceases to flow; and it is only by keeping it with its dam by day, that an opportunity of obtaining milk from cows by night can be found.' This testimony is important, on

account of the proof it affords that the permanent production of milk, in the European breeds of cows, is a modified function of the animal economy, produced by an *artificial* habit, continued through several generations."—*Smith's Fruits and Farinacea*, App. A., p. 309.

A Living Animal in a Woman's Stomach.

THE Anamosa (Iowa) *Eureka* has the following:

"The wife of Mr. Parker, who recently purchased an interest in the Anamosa stone quarry, has been made cognizant of the terrible truth that she has within her stomach a living snake or lizard. For the last five years she has suffered almost everything possible for a human being, and was supposed to be gradually dying with consumption. Some two weeks since, a German physician from Lisbon, Linn County, being in town, was requested to make an examination into her case to see if any remedy could be devised to relieve her intense sufferings. The physicians visited her, and became at once satisfied that there was a living animal within her stomach. On last Thursday, the starvation process was begun, and continued for five days, little or no nourishment being taken. During this time the animal repeatedly moved upward and into the throat, producing terrible and almost fatal strangulation, and making it necessary to administer salt to drive it downward. At such times the lower part of the throat would be pressed outward in a most perceptible and revolting manner. On Monday last, the attempt was made to dislodge the loathsome creature by placing a pan of heated milk near the patient's mouth, and permitting her to inhale the steam. A poultice of onions and garlic was applied to her stomach, but, through misunderstanding, the onions were cooked, and their strength thereby mostly destroyed. The experiment, however, was tried, but the animal moved up only a short distance, a green slime being emitted from the mouth. The patient is greatly prostrated by her abstinence and terrible suffering, but another effort will soon be made to relieve her, although it seems almost certain that the animal, whatever it is, has grown so large as to make its egress through the throat impossible.

Health is wealth.

The Health of Englishmen.

"IF flesh-meat is so unhealthy, why then are the English people so very healthy, who use beef and mutton so freely?" is the question so often asked by the advocates of the no-change policy in dietetics. And, were the position taken in the question true, it would be of weight. But that it is not true, is plainly seen from the following testimony on the subject, from some of their own physicians:

Dr. Buchan, author of *Domestic Medicine*, says: "I am inclined to think that consumptions, so common in England, are, in part, owing to the great use of animal food. But the disease most common in this country is the scurvy. One finds a dash of it in almost every family, and in some the taint is very deep. . . . The choleric dispositions of the English is almost proverbial. Were I to assign a cause, it would be, their living so much on *animal food*. There is no doubt but this induces a ferocity of temper unknown to men whose food is taken chiefly from the *vegetable kingdom*."

Dr. Whitlow, of London, says: "The greater part of our bodily disease is brought on by improper food. This opinion has been strongly confirmed by my daily experience in the treatment of those diseases to which the people of England are peculiarly subject—scrofula, consumption, leprosy, &c. These disorders are making fearful and rapid strides; so much so, that not a single family may now be considered exempt from their melancholy ravages."

H. C. MILLER.

Poisonous Air.

SOME one has been making an analysis lately of the air we breathe in a theater or other close house, containing a thousand or more persons. He carried into a theater, at 10 o'clock at night, a bottle of ice placed on a plate, and then collected the vapors which rapidly condensed on the outside of the bottle and flowed down on to the plate. At first this vapor thus collected had the smell, the taste, and, so far as could be determined, every chemical quality belonging to the waters of the most deadly fever marshes. Under the microscope, this water was at first clear; but soon, that is to say in a week, it was found to be full of fine animalcula, various forms were seen, and still the work of destruction was going on. At last, but

three hideous monsters were seen—microscopic monsters, of course, since they were contained in a drop of water—and these were still fighting to see which could devour the other. At the end of three months the water became clear and miasmatic again.—*Paris Cor. N. Y. Times.*

Female Dress.

UNDER the above head we notice with pleasure the following remarks in the *Detroit Free Press*.

“This subject is vitally important. Beside it, diet, exercise, and baths, sink into insignificance. My pale-faced country-women are dying for lack of room, freedom; they are being stifled. Dress reformers proclaim short skirts as the remedy. This is well. The short skirt is an improvement—a movement upward, but of no consequence compared with the readjustment of the dress about the middle of the body. That part contains the vital organs. Is a man strong? It is because the middle of the body is strong. Is a woman vigorous? It is because the middle of the body is developed and active.

The changes needed in woman's dress are the following, and I believe their importance is in the order named:

1. The dress about the waist is to be very loose, without whalebones or other stiffening, and the skirts carried with suspenders over the shoulders.

2. The arms and legs are to be so warmly dressed as to maintain a healthy circulation.

I have said that the importance of these several changes is in the order named. The lungs, heart, liver, and stomach, which together make up the fountain of life, must have room, or the vital forces must halt. With the corset and tight lacing, these organs are reduced one-third in size and two-thirds in motion.

Health and equilibrium of circulation are interchangeable terms. Whoever, whatever living thing, either animal or vegetable, has defective circulation, has defective health. Flannels, cotton padding, thick shawls, cloaks, and furs, piled upon the chest, while the legs are covered with a single thickness of cotton cloth, surrounded by a balloon in the shape of a hoop, steams the chest and freezes the legs. The legs and arms, separated so far from

the center of the body, surrounded by the cold air, need, to say the least, as much clothing as the body, and ought to have one, or, in cold weather in this climate, two thicknesses of knit woolen. Women complain to me of headache, tell me their blood is all in their head and chest, while their feet are as cold as ice. With the fashionable dress, how can it be otherwise? Let them cover the limbs with one or two thicknesses of warm flannel, and the feet with a warm dress, and the head and chest will be immediately relieved.”

THE POWER OF ANIMALS AND PLANTS.

—In animals there is more variety of motion, but in plants there is more real power. A horse is certainly far stronger than a man, yet a small vine can not only support, but can raise a column of fluid five times higher than a horse can. Indeed, the power which a plant exercises of holding a leaf erect during an entire day without pause and without fatigue, is an effort of astonishing vigor, and is one of many proofs that a principle of compensation is at work, so that the same energy which, in the animal world, is weakened by being directed to many objects, is, in the vegetable world, strengthened by being concentrated on a few.—*Buckle.*

BOYS USING TOBACCO.—A sensible writer says a good sharp thing, and a true one, too, for boys who use tobacco. It has utterly spoiled and utterly ruined thousands of boys. It tends to softening and weakening of the bones, and it greatly injures the brain, the spinal marrow, and the whole nervous fluid. A boy who smokes early and frequently, or in any way uses large quantities of tobacco, is never known to make a man of much energy, and generally lacks muscular and physical, as well as mental power. We would particularly warn boys who want to be anything in the world to shun tobacco as a most baneful poison. It injures the teeth. It produces an unhealthy state of the throat and lungs, hurts the stomach and nerves.

TAN BARK FOR STRAWBERRIES.—An exchange says: It has been proved by experiment that spent tan-bark is the best winter protection for strawberries, as it not only shields them from the rigors of the season, but contains tannic acid, an ingredient which imparts strength and vigor to the plants.

Editorial.

Present Wants of the People.

THAT people are sick needs no argument. From almost every hamlet the wail of the sufferer is heard, and very few houses exist under whose roof some poor victim has not ended his sufferings, and been relieved from his misery by the King of Terrors. And most who die at the present time, die prematurely. When life with them began, they had sufficient constitution to enable them to live to a good old age—traveling the whole journey free from sickness, with wonderful strength of body and mind to discharge the duties of life.

But the customs of society are not favorable at the present time to healthful living. No sooner is life commenced than the stomach is made the recipient of some poisonous nostrum, which weakens it; and, with many, this practice is kept up from the cradle to the grave. The brain is stupefied at one time with a poisonous dose, and at another time it is excited by poison; food of a very unhealthful nature is supplied for the nourishment of the body; the body is very unhealthfully clothed; and the habits of mankind are so generally perverse that it would seem that the ingenuity of man had been taxed to the utmost to invent means to waste vitality, impair the constitution and shorten life.

So long as individuals indulge in habits prejudicial to health, just so long they are pursuing a course to shorten life. Individuals often find their health failing, but think they have no time *now* to spend to improve it. Not a day passes that some do not pass a point, in the preying of disease upon their systems, beyond which there is no return. Yesterday they might have heeded good advice, and have pursued a course which would have

prolonged their lives for years; but to-day it is too late. Their bad habits have been so long pursued, and disease has reached so far, that there is not enough vitality left for healthy action again to take place. The work of destruction will go on till the life-current ceases to flow, and a large portion of a life that might have been prolonged for many years, is cut short.

The feeble condition of men, women, and children, in this nineteenth century, calls loudly upon every one who can think for himself, to inquire if something cannot be done to improve the health of our fellow-men. People are ignorant as to the causes of disease. They do not generally seem to understand that pork and beef will not furnish the material for as healthful bodies as the grain of the golden harvest, and the delicious fruits with which we are so abundantly supplied. They need to be taught that there is not the least nourishment in tea and coffee; that these articles impair the system; that those who use them are very liable to sickness, for the reason that they enfeeble the constitution. There are thousands who would leap for joy, if a way to escape the maladies which cause so much suffering in our otherwise happy land, could be provided, and who would become substantial health reformers. Let all true health reformers advocate its principles, and point to others the better way.

J. F. B.

THE PERILS OF TIGHT LACING.—A correspondent of the Cincinnati *Gazette* gives an account of a fatal accident which occurred in Dayton a few days ago, the result of tight lacing. A young lady much given to the practice, caused a hook to be placed in the wall of her room, to which she was in the habit of fastening her corset strings, so as to be able to draw them tighter. The other day she threw herself too heavily on the strings, and broke a blood-vessel, from which she died in a few hours.

How to Treat "Colds."

IF individuals who are so unfortunate as to take "cold" would observe the following simple rule, they would save themselves a vast amount of sickness, pain, and doctors' bills. The rule is this: Suspend all business; retire to bed in a well-ventilated room, and breathe a plenty of wholesome air; abstain almost wholly from food, being careful to have the body bathed sufficiently often to keep the surface free from impurities. If this course is pursued, in nine cases out of ten, forty-eight hours will not elapse before the "cold" is entirely cured. Some may say, in reply to the above, that the remedy is very good, but they can't afford the time. Perhaps you cannot; but a few weeks later when you are suffering with a burning fever, not able to leave your bed, you will be very willing to afford time, if your life can only be spared you. Or, perhaps, from the effects of this very "cold," simple as you may have thought it to be, you may suffer for long weeks with inflammatory rheumatism, your joints so swollen and painful that you cannot be turned in bed without severe agony. It will forcibly occur to your mind, then, that it would have been better to have cured your "cold" in a time when it could have been easily done.

Consumption often dates its commencement from a "cold." Very often parents are victims of this insidious disease,—those who have a large number of helpless, scantily-fed children, who need their watch-care and labors. If these parents could have looked forward to this hour of affliction, and have seen that by a little care they could have saved their children from being orphans, saved them from being thrown upon the mercy of a cold-hearted, selfish world, while in their infancy, they would have avoided all means which would destroy health, as carefully

as they would avoid the midnight thief or assassin.

J. F. B.

Happiness a Natural Condition.

WE live to enjoy. We are created to be happy. The desire for happiness is an instinct of our natures. Neither is it wrong to seek objects, devise means, and study methods, to gratify this natural craving of our minds.

Enjoyment is the legitimate product of every faculty of every organ and element of our being. Did we strictly conform to the organic laws of our being, all our wants would be met,—comfort and satisfaction would flow in upon us.

Our sufferings and miseries, aches and pains, mostly arise from false ideas, from wrong habits, perverted tastes, and from errors in relating ourselves to our conditions. Much skill and ingenuity are used to obtain things unfriendly to our systems. There is a great expenditure of physical and mental power for that which is worse than useless. Man has "sought out many inventions" to mar his uprightness and blight his bliss. This is seen in the vast amount of means employed to procure articles to gratify a perverted appetite for narcotic and alcoholic stimulants, as tea, coffee, tobacco, all intoxicating liquors, spices and condiments, substances that do not contain any nutriment for the body, which are inimical to it; their use only tending to wear out, waste, and destroy, the vital economy, entirely unnecessarily. Were it only the money it costs, the price would be comparatively trifling; but what is the value of money, or all earthly possessions and gifts, without strength or health or ability to appropriate them to our use and enjoyment? A large share of the afflictions to which poor mortals are subject, are but the appeals of the various organs for better treatment.

The dyspepsia may be considered a

plea of the stomach for relief from the constant abuse imposed upon it—a cry against the outrages inflicted on it. Lung complaints are traceable to similar causes, to violations of physical laws.

Physiologists affirm that it is perfectly certain that just to the extent that any woman diminishes the circumference of the body around the lungs, just in that ratio will she lessen the number of her days, provided she does not die of accident. And, in this unmerciful treatment of the organs of respiration, compressing them to the smallest space, denying them full expansion, thereby weakening the constitution, will not the iniquities of the parents be visited upon the children to many generations?

In proportion as we violate the rules of health, do we become subject to all the ills flesh is heir to. All true happiness consists in right feelings. The perfect conditions of right feelings are the vigorous, healthful exercise of all the mental powers, combined with the normal action of the bodily functions, which brings us to the conclusion that health of body and health of mind constitute happiness.

MISS DR. LAMSON.

Health Institute, May 1, 1867.

Sayings of Distinguished Physicians.

THE following testimonies are from the pens of eminent physicians. Many others, should they speak their convictions, would testify that the powerful poisons which are given as *remedies* for disease, are the very *causes* of disease, and, in the terrible language of one of the following writers, have “destroyed more lives than war, famine, and pestilence, combined.”—ED.

1. “If we compare the good which half a dozen true disciples of Æsculapius have done, since their art began, with the evil which the immense number of doctors have inflicted upon mankind, we must be satisfied that it would have been infinitely better for mankind if medical men had never existed.”—BERHAAVE.

2. “We have assisted in multiplying diseases; we have done more—we have increased their mortality.”—DR. RUSH.

3. “The science of medicine is founded on conjecture, and improved by murder.”—SIR ASTLEY COOPER.

4. “I declare it to be my most conscientious opinion, that if there were not a single physician, or surgeon, or apothecary, or man-midwife, or chemist, or druggist, or *drug*, in the world, there would be less mortality amongst mankind than there is now.”—DR. JAMES JOHNSON.

5. “My opinion is, that more harm than good is done by physicians; and I am convinced that, had I left my patients to Nature, instead of prescribing drugs, more would have been saved.”—DR. HUFELAND.

6. “In a considerable proportion of diseases, it would fare as well, or better, with patients, in the actual condition of the medical art, as more generally practiced, if all remedies, at least all active remedies, especially drugs, were abandoned.”—SIR JOHN FORBES.

7. “We can hardly refuse our assent to the observations of the late Sir Gilbert Blane, that in many cases patients get well in spite of the means employed; and sometimes, when the practitioner fancies he has made a great cure, we may fairly assume the patient to have had a happy escape.”—DR. PEREIRA.

8. “The science of medicine is a barbarous jargon, and the effect of our medicines on the human system are, in the highest degree, uncertain; except, indeed, that they have already destroyed more lives than war, pestilence, and famine, combined.”—DR. GOOD.

9. “The physician being, then, truly, a blind man armed with a club, who, as chance directs the weight of his blow, will be certain of annihilating nature or the disease.”—DR. MAUNSEL.

10. “We could present rather a serious tragedy, if we were to collect all the cases of poisoning by huge doses of powerful medicines by the disciples of this physician, and of the sanguinary homicides by the imitators of that bold surgeon, though they may enjoy high repute.”—LONDON MEDICAL GAZETTE.

11. “Nine-tenths of diseases are medicinal diseases.”—DR. FARRE.

12. "He who, for an ordinary cause, resigns the fate of his patient to mercury, is a vile enemy to the sick; and if he is tolerably popular, will, in one successful season, have paved the way for the business of life; for he has enough to do ever afterward to stop the mercurial breach of the constitutions of his dilapidated patients."—DR. CHAPMAN.

13. "It seeming impossible, in any other manner, to properly restrict the use of this powerful agent (calomel), it is directed that it be struck from the Supply Table, and that no further requisitions for this medicine be approved by the Medical Directors. . . . Tartar emetic is also struck from the Supply Table of the Army. No doubt can exist that more harm has resulted from the misuse of both these agents, in the treatment of disease, than benefit from their proper administration."—DR. HAMMOND, Surgeon General U. S. Army, Washington City, May 4th, 1863.

IMPROVED WHISKEY JUG.—A clergyman in his travels met with an emigrant journeying with his family to the fertile regions of the Mississippi. All his worldly goods were packed on wagons; and on one of the wagons there hung a huge jug with the bottom knocked out. He asked him why he carried that jug with him. "That's my Taylor jug," said he. "And what is a Taylor jug?" asked my friend. "Why," said he, "I had a son with General Taylor's army in Mexico, and the old general told him to always carry his whiskey jug with a hole in the bottom. Since that time I have carried my jug as you see it: and I find it the very best invention I ever met with."

ONE of the Bishops of the Methodist Episcopal church received, recently, a petition from a church, which tells its own story in a few words, as follows: "Our pastor's term of service will expire at the next session of our Conference. You will then make a new appointment. Please send us a pastor who uses tobacco in no form. Our pastor and presiding elder have spit us and smoked us almost to death. We cannot endure it any longer."

REPENTANCE.—There are two kinds of repentance: one is that of Judas, the other that of Peter; the one is "ice broken," the other, "ice melted." Repentance unto life will be repentance in the life.

To Correspondents.

WE have many questions sent us which we do not think it advisable to answer in these columns. We also are often requested to give, through the Reformer, our methods of treating certain very difficult and complicated cases, which it would be wholly inconsistent for us to do. Some of these questions we pass unnoticed. If the nature of any case is such that we do not think it proper to answer it in this department, we frequently write the individual a letter, advising him what course to pursue. In all cases where we give home prescriptions, our friends will remember that our charge is Five Dollars.

If your questions do not receive an immediate answer, let this be no reason why we should not hear from you again. Our design is to make this a useful journal. We trust our friends will continue to cooperate with us in the work.

We have received many letters from friends making inquiries concerning our treatment of rheumatism. In reply to these inquiries, we would say that this disease shows itself in many forms, in different persons, and is often complicated with, and dependent on, other diseases, of which the sufferer is wholly ignorant. We do not like to take the responsibility of advising home treatment in most of these cases, for the reason that individuals are very liable to fail of receiving much benefit when they undertake the management of their own cases, even though trying to follow out a home prescription. We would say, however, that we have very little difficulty in treating it with success at the Institute.

M. A. C., Cicero, Ind., says:

For the last five years I have been troubled with a pain in my stomach; and my throat, at times, feels as though steam was rising from my stomach up through it, causing soreness. My stomach is often very sour, and is so tender that I cannot press on it, even very slightly, without pain. I am very nervous. I eat no swine's flesh, and drink but very little coffee. If you can give me some general advice, by which I can in some measure regain my health, I shall be very grateful indeed.

Your difficulty is *nervo-mucus dyspepsy*. There are thousands in a similar condition, all of whom have been brought into this poor state of health by bad habits. And yet the habits are continued. Although they suffer pain enough, year after year, to put an end to their existence,

which should be a warning to them to cease to do evil, yet they adhere with wonderful tenacity to these fondly-cherished, yet pernicious, habits. A few of these habits are the use of animal food, tea, coffee, tobacco, alcohol, opium, pepper and spices of all kinds; excessive labor, late hours, undue mental excitement, sexual excesses, &c., &c. In order to restore a healthy action to the stomach, of course all exciting causes must be removed, and healthy habits of life adopted. The sufferer must work with a will, in overcoming these injurious habits, not for a moment yielding to discouragement, and, even though the work be slow, its results will repay the effort. For further particulars on the subject of dyspepsy, see article in Reformer No. 7.

H. F. P., Pine Island, Minn., inquires:

1. Would you recommend the entire disuse of salt, regarding even a very small quantity of it as unhealthy?

We would say, in reply to the above, that wisdom should be used in changing any habit, even though it be a very bad one. Some individuals could discontinue the use of salt without perceptible harm; while others would, owing to certain conditions of the system, and surrounding circumstances, feel a great loss of strength in making the change. In changing any habit, if the person finds that he has not his usual amount of strength, his labor, whether mental or physical, should be in proportion to his strength. It may be advisable, in some cases, for the person to make a gradual change, not leaving off its use entirely at once.

2. Is it unhealthy to drink water drawn in a Kerosene barrel?

It most certainly is, if any of the properties of the oil are left in the barrel, and are in the least imparted to the water.

3. Is hulled corn healthy?

It is, if not injured by cooking. It should, however, be well cooked, and, when eaten, well masticated.

4. Do you consider all kinds of wild fruit healthy, especially those kinds which are very sour, such as crab apples, &c.?

We do not know that there is any objection to fruit simply because it is wild; but a sub-acid fruit we regard as more healthy than fruit which is very sour.

W. C., of Ohio, asks:

What do you think of sorghum molasses and honey as articles of diet?

We consider them objectionable. Much sweet of any kind, except it be the natural sweet of grain, fruit, &c., we do not think accords with the wants of the system.

P. P. inquires:

Where the hair is thick and long, causing the head to ache when done up, do you approve of its being cut off?

We approve of removing hair where it is of sufficient quantity to cause heat and pain in the head. Many persons have congestion of brain to an alarming extent, and every circumstance which would be favorable to keeping the head cool, may be regarded as conducive to health.

A. B. WILLIAMS: Your Reformer has been regularly mailed every month to Clinton, Sheboygan Co., Wis.

ARAD STARR: Please give us your address, and we will forward the article by Express.

Good Digestion.

A FOREIGN reviewer thinks that the advantages of a good digestion cannot be over-estimated. He says:

Men who succeed need not have any subtle minds, or brilliant imaginations, or marvelous powers of industry. Some industry, some imagination, and some acuteness are, doubtless, indispensable. But the one indispensable factor is a good digestion. The laborious man or the industrious man is often of an atrabilious temperament, gloomy and austere; or he is nervous, fidgety, anxious, and fretful. In neither case is he successful. He may consume gallons of midnight oil on some very clever or very learned book, but after being a three weeks' lion, he will find himself supplanted in the homage of society by his own book, or by some sharp, quick-witted, off-hand spark, who picks his brains, repeats his sayings, appropriates his facts or his inferences, and gains all the credit that is really due to the genius and industry of a discontented dyspeptic. Who is the successful man? The man with a good stomach, ample barrel, broad face, glowing cheeks, and a ruddy smile, which may denote good humor, sympathy, or perfect indifference. Who does not know the "capital good fellow" of society, with his rosy gills, habitual smile and white teeth, his little innuendoes, and his significant looks, indicating that he knows your latest secret and last-formed plans?

Words from our friends.

One Word.

DR. H. S. LAY: *Dear Sir*—The April No. of the Reformer is at hand, and its contents noted. I believe it to be the best Journal of the kind in the world.

WM. COTTRELL.

Bowersville, Green Co., Ohio.

Hear Ye!

DR. H. S. LAY: *Dear Sir*—I have subscribed for, received, and read, the Health Reformer, beginning with its first issue; and, albeit, not of a sanguine temperament, and somewhat given to skepticism, unless on indubitable proofs, and not designing to use credulity or incredulity to the furtherance of any object, any further than truth and justice will warrant, I thought I would pen a few lines of my own experience and views in reference to that sheet. I like the Health Reformer, not because this sect or that sect, this man or that man, stands at the head of its department; but it is because it shows me the pearl of great price within my reach—health, which is wealth; and more than that, we may have the latter without the former; but, if we have health, as far as that is concerned we are just what God designed we should be. And here the words of the Revelator of Patmos appear with force: "Blessed is he that overcometh, for he shall inherit all things." Now in order to overcome, we must understand how and what to overcome. The Health Reformer is just the instrument, the "open Sesame," the key that unlocks, not the door of the "halls of the Montezumas," but a far greater treasure, the portals of life, health, and strength, and, in language lucid and truthful, bids you enter. Dear friendly reader, will you study the laws of your being, try to overcome, and be strong and hearty, healthful and happy, cheerful and contented, partake of your food with a zest and a relish unknown to dyspeptics, or will you be one of those whom John of Patmos describes, "filthy still." Will you go down to the grave, a poor, emaciated, sickly, aching, groaning, dispeptic, misanthrope. Choose ye this day whom ye will serve.

Think not that in this I am indulging in individual praise or a flight of fancy, far from it. I have read the Health Re-

former, and have endeavored to analyze the motives set forth by that sheet, and I find that its contributors are the brave and the fair, the good and the true, who dare to do right.

The writer of this article was once an advocate of alcohol, coffee, tea, pork, tobacco in all its forms, three meals a day, late hours;—but work, early and late, during hail, rain, or shine, brought me almost to the brink of the grave. I inherited from my parents an iron constitution, and on the strength of that I still live; but the near approach of death, by and through the agencies of fevers, neuralgia, rheumatism, bronchitis, etc., etc., with their train of groans, aches, and sobs, and the visits professional of those gentlemen in black, known as Drs. of Physic, with their solemn faces and long bills, these and other kindred evils, which my space will not allow me to recapitulate, decided me; and that noble auxiliary, the Health Reformer, coming to my rescue just in the right time, I do not now touch, taste, or handle, the unclean things mentioned above, nor have I for the past year. I am now hale and hearty, fifty-four years of age, and weigh 160 pounds. If this should arrest the attention of one poor dyspeptic, and reclamation be the result of perusal, I should be more than compensated. May God speed the Health Reformer.

THOS. I. TANN.

Alma, Gratiot Co., Mich.

SOMETHING BESIDES NUTRIMENT.—The idea that ale and beer contain the concentrated virtues of the grain from which they are manufactured, is dispelled by chemical science. Prof. Liebig, one of the most eminent chemists of Europe, states that 1,460 quarts, or ten barrels, of the best Bavaria beer contain exactly the nourishment of two and a half pounds of bread. The nutritious portion of the grain is rotted before beer can be made; and Prof. Playfair declares that if the fermentation is complete, no nourishment whatever remains in the fermented liquor. The fact is therefore demonstrated, that stimulus, and not nutrition, is what beer-drinkers seek and obtain.

Good humor and mental tranquility are as much superior to external beauty as mind is superior to matter.

For man to know himself is the perfection of wisdom.

The Robin's Lecture.

I HEARD a bird lecture one morning, this spring,
And 'twas this that he said almost the first thing,
"I've been off for a while where the winters are warm,
But now have come back, and am preaching Reform."

I have heard other lecturers say I would find
It a very hard thing to enlighten the mind,
But nevertheless my success I shall try,
All over the country, wherever I fly.

And his musical voice through the old orchard rang,
For the lecture I speak of, a sweet robin sang—
"Oh! do not feel hurt," this he said in his song,
"But I very much fear you have been brought up
wrong."

"Do open your windows and let in the air—
I know you'll feel better and look far more fair—
Now just look at me, why, I never take cold;
And in excellent health I expect to grow old."

Then he stepped back and forth on the limb of the tree,
But I knew all the while he was looking to see
If what he had said my attention had caught,
And made the impression upon me it ought.

And then he went on, "I have known in my day
A great many birds all reared the same way;
Their cradles were rocked to and fro by the breeze,
And the roofs of their houses were leaves of the trees."

"But I never have known a birdling to droop,
Nor, old as I am, seen a case of the croup—
Nor heard a bird say that so sore was his throat
That he, for his life, could not raise the eighth note."

"And one with dyspepsia, too gloomy to sing,
That we should consider a terrible thing;
Consumption has never unmated a pair"—
Here the bird commenced warbling an ode to fresh
air.

"Our habits are good, and our natures are quiet,
We hold but one error, and that's in our diet;
We love grain and fruit, but now and then eat
(I might as well own it) a tid bit of meat."

"We lave in the brook, and we drink nothing strong,
(If I'd time I would sing you a 'cold water song'),
And when earth's great lamp has gone out in the
west,
You'll find our lays hushed and our bodies at rest."

"We birds are so happy, but I must not stay,
For sev'ral appointments await me to-day."
Then he stepped back and forth on the limb of the
tree,
And flew out of sight wishing long life to me.

L. E. O.

April 10, 1867.

DOCTORING DOGS.—Lap-dogs have their constitutions ruined by dainties and want of exercise; they become fat, and contract various diseases, when they must either be killed or else sent to be doctored. The London *Field* speaks of an old ex-kennel man, who had made a very comfortable income by his peculiar line of practice, which was simply to take the pets and restore their health and appetite by a severe regimen. A few days before his death he divulged the secret of his system to the estimable clergyman of the parish.

"I always tied 'em," said the canine Abernethy, "to a crab tree at the end of my garden for a week, and gave 'em nothing but water. When I fetched 'em from their mistresses they refused to eat what I should have been glad to get; and when they went back they would eat what I couldn't have touched. I've had some dogs twice or even three times a year, but I always cured 'em at last. One of 'em was as good as three pounds a year to me. I was terrible fond of him, but he never took to me; and when he saw me coming for him, to bring down his fat, he would waddle away and howl enough to wake the dead. Dogs haven't got no gratitude."

How to Preserve the Teeth.

A WRITER in the New York Evening Post states that it is a deficiency of phosphate of lime in the system that causes bad teeth. He adds: What shall be done to give the teeth the proper proportion of phosphate of lime? The simple answer is, eat it; because we know of no other process by which it can be introduced into the blood; and, unless it is found there somewhat abundantly, it will never get into the structure of the teeth, inasmuch as they, like the rest of the body, are composed of materials which are brought into the blood by the digestive organs. In order to eat it, one must eat certain kinds of food which are coming now into general use in cities, and which contain in themselves large quantities of it—such as grits, oat-meal, graham bread, one-fourth of an inch of the surface of potatoes. The reasons, furthermore, may be found in the following: The bone of a tooth is composed of phosphate of lime to the extent of sixty-two per cent. The enamel has in it about eighty-five per cent of this phosphate, and if less than this amount is found in proportion to the whole tooth, its structure is very easily dissolved away by the acids which form in the mouth, from particles of food in process of decomposition, from confectionery and other sweet things, which, in the mouth, rapidly acidify.

Some of the above named articles of food should constitute a part of the daily diet, from the time of the first evidence of a child's existence to the fourteenth year of the same, at which time the character of the teeth may be considered finally settled; they will be found of a good

shape, hard, with an excellent enamel covering, without deep seams crossing each other on the surface, and liable to decay, but the enameled caps will be found perfectly formed—a covering to the bone, which will save the patient an immensity of fear, pain, and expense. The wonder is very often expressed that the teeth of people of the present day are so frail, while in past generations they have been so much more generally sound. It would not be far from correct to reply that the art of refining flour has now so much more perfectly robbed it of the bran of the wheat, that we get from our white bread just so much less phosphate of lime. Also dyspeptics, and those who dread dyspepsia, knowing they ate potato skins when young, blindly say they and such trying food injured their stomachs, and hence neither themselves nor children are allowed to eat them. And it appears, to sum it up, that the children of the last two generations throughout the civilized part of the world have happened to be deprived of just the sources of the supply of phosphate of lime in their food which have robbed their blood of the wherewith to make good teeth and bones, so our teeth and general bony framework but illy compare with those of the backwoods settlers, who personated our grandfathers and lived more independently of fine bolting cloths, and ate up the entire potato, relishing rye and Indian bread, all to our present mystification and the blessing of their own physical happiness.

WONDERFUL.—The human system is like a piece of delicate mechanism; the least clog in the wheels of the machine is felt through the whole apparatus. Even a particle of dust will disturb somewhat the perfect movement of a delicate piece of mechanism. There is no piece of mechanism that can compare with the human frame. How wonderful do all its organs exhibit a perfect action! In every part there is continually going on a gigantic system of labor, absorption, and secretion; the taking in and throwing off; the distribution of nutriment, the elimination of particles; contraction, expansion, and all the principles that operate in the kingdom of Nature are controlled, concentrated, and operated.

WE have an instinctive expectation of finding nature everywhere the same, always consistent and true to herself.

For the Family Circle.

A NEW USE FOR MUMMIES.—A few Sundays ago we heard a clergyman, in illustrating a point in his discourse, state that, during the late war, a New York merchant at Alexandria, in Egypt, having occasion to furnish a ship with freight homeward, was led, partly, perhaps, through fear of pirates, to load her with mummies from the famous Egyptian Catacombs. On arriving here, the strange cargo was sold to a paper manufacturer in Connecticut, who threw the whole mass, the linen cerements, the bitumen, and the poor remains of humanity, into the hopper, and had them ground to powder; and from this was made a fair white paper. "And," added the speaker, "the words I am now reading to you are written on some of this same paper."—*Bunker Hill Aurora.*

CONVERT ALL THE SCOLDS.—In the early period of Methodism, some of Mr. Wesley's opponents, in the excess of their zeal against enthusiasm, took up a wagon load of Methodists, and carried them before a justice. When they were asked what these persons had done, there was a backward silence; at last one of the accusers said: "Why, they pretend to do better than other people; and besides, they prayed from morning till night. The magistrate asked if they had done anything else? 'Yes, sir,' said an old man, 'an't please your worship, they converted my wife. Till she went among them, she had such a tongue! and now she is quiet as a lamb.' 'Carry them back, carry them back,' said the magistrate, 'and let them convert all the scolds in the town.'"

FAITH IN MOTHER.—A little boy, disputing with his sister on some subject, exclaimed, "It's true, for ma said so; and if ma says it's so, it's so, *if it an't so.*" We hope boys and girls will take example by this little fellow, and trust to their mother's *say so*, for every one that has a good mother has the *best friend* the world can provide.

THE business of the teacher is not so much to communicate knowledge to the pupil, as to set him to thinking, and show him how to educate himself; that is, he must rather teach him the way to the fountain, than carry him to the water.

Items for the Month.

It is the object of the Health Reformer to impart such instruction to the people as will induce them to form correct habits of living, such as will greatly improve their health, and enable them to escape the many diseases of our land. These diseases exist in a great variety of form. Their name is Legion. And they exist because people permit them to exist. It is not so in every case, it is true; but in the main, all have it within their power to escape these maladies. Our object in this is to point out these causes, and instruct the people how to escape them. We aim to elevate the standard of morality, and show to our readers that although many of them indulge the thought that they are temperance people, they are not really so, and these very habits of intemperance are destroying their health, and directing their steps to a premature grave. We say, we endeavor to point out their errors. The cooperation of our friends is still asked, believing it to be a noble cause.

Let every friend of the Health-Reform cause, when they renew their subscription, make an effort to send at least one new subscriber. This can be done in most cases. If any fail to do it when they renew, be determined to obtain at least one new subscriber during the year.

All who are suffering from poor health should embrace the first opportunity to place themselves under circumstances favorable to a recovery. A few weeks' delay may find disease so far advanced that recovery is impossible. Or perhaps if not wholly impossible, it may take months or even years longer than it would have done had the proper means been employed at an earlier date. No sick person should rest contented while their health is still declining, if any means are within their reach which will bring relief.

The summer season, just opening, is specially favorable for curing many diseases. Almost every hygienic agency can be advantageously used in warm weather. We are prepared at our Health Institute to accommodate quite a large number of patients this summer. We intend to take advantage of every means of cure which is placed within our reach. Let all remember that now is a favorable season for the recovery of health.

SUCCESS OF THE REFORMER. This journal has certainly been received with much more favor than we expected when its publication commenced. Thinking men are willing to listen to what may be said on the subject of hygienic agencies as a means to restore health. They therefore readily subscribe for a journal which advo-

cates these principles. What is now needed is that these views be kept before the people. Enough are ready to listen to and embrace these views if only candidly presented to them. Let all labor cheerfully. Bread cast upon the waters will be found after many days.

RENEWAL OF SUBSCRIPTIONS. One more issue, and a new volume of this journal will be entered upon. We trust our friends will all be prompt in sending in their remittances for volume 2, that we may know how many papers to print for the first number. Our journal is not stereotyped, so back numbers cannot be supplied after a number runs out. Will the friends of the Reformer be prompt in renewing? See the favorable terms on first page.

Any information on the health question will be cheerfully given to those who wish it, if they will address us asking such information. Our Circulars we send free, on receipt of stamp to pay postage. We will answer promptly all letters asking advice concerning coming to the Institute.

APPEAL TO MOTHERS. The attention of parents and guardians is specially called to this little book. Thousands to-day are going down to destruction for want of the information which is here presented, in language so plain as to be readily understood by all. Every youth of proper age should have one. Let every parent be careful to know that their whole duty is done in seeking to save their offspring from the current of vice and immorality which just now threatens to plunge the youth in irretrievable ruin. Price of the above work, post paid, 12 cents.

DOUBLE NUMBER. We intend to send to our friends next month, a double number of the Reformer. The reason for this is, we wish the June number to close the present volume, so as to commence Vol. 2 with the middle of the year. Our readers will please remember then that in the month of July we expect to send the first number of Vol. 2.

In writing to us, we would suggest to our friends to state every item plainly. Have it so clearly expressed that there can be no possibility of being misunderstood. Always write the name of the post office and State plainly. Do not forget to sign your name in full. In doing this it is not always necessary that the full name appear in print; but for our benefit we wish the full name. We pay little regard to articles which have not the name of the writer; and above all, write a legible hand. It always makes an editor feel wonderfully good-natured to find the articles which he has to prepare for the press, written in a legible hand. Many a good article has failed to appear in print on account of being poorly written.