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TWO AND ONE.

Two ears and only one mouth have you,
The reason I think it is clear;
It teaches, my friend, that it will not do
To talk about all you hear.

Two eyes and only one mouth have you,
The reason of this must be,
That you should learn that it will not do
To talk about all you see.

Two hands and only one mouth have you,
And it is worth while repeating,
The two are for work you will have to do,
The one is enough for eating.

—Golden Harp.

General Articles.

Diseases and their Treatment. No. 2.

FEVERS.

IN my last article I proposed to say something in this number to the readers of the Reformer on fevers. In looking over the matter carefully, I find that to do the subject any justice, it will require more space than one short article in the Reformer. I will, however, try and notice in this some of the causes of fevers, and symptoms by which various kinds of fevers may be designated, leaving the course of treatment to be used in fevers, for another article. We design to notice separately, fevers and inflammations. Although inflammations of various kinds may be attended with a local fever in the particular part or parts of the system which are directly the seat of the inflam-

mation, yet we design to make a distinction between local inflammation and fevers, properly so called.

The direct causes which produce all the various fevers to which the human kind are subject, are various. The perceptible origin and manifestation of the fever in the action of the human economy, or rather in the functions of the system, is an accumulation of impurities in the blood. These, it is supposed, exert their deleterious influence on the organic nervous tissue in the lining of the blood-vessels, and through them an action is effected on the organic nerves generally, producing general irritation and morbid affection of the blood-vessels. The living globules of the blood are thus affected, and the result is, a general fever is produced, which is modified in its character and symptoms by the various conditions of the patient.

The law established by nature in the vital economy is such that nature tries to preserve herself. Each organ of the body, to a certain extent, exercises its power to expel hurtful substances from the body through its various excretory ducts. The reason of these accumulations of waste material and hurtful obstructions in the various parts of the body, are improper food, drink, and various intemperate habits and excesses. In this manner there is caused obstruction in various organs, and exhausting of the nervous power of the body. To the very extent these excesses are indulged in, and the nervous power exhausted, are the depurating organs of the body overtaxed, and the skin, liver, bowels, and kidneys, necessarily increase their labors to purify the blood. If any one of these organs becomes exhausted or clogged in its work, the others undertake to relieve it by increased action on their part. But their increased action may be more than they can endure and nature

must have some way for obtaining relief.

Dr. Trall says: "But the causes of disease often operate and increase so gradually that all the excretory functions are impaired. Hence the effort to relieve the system must be general—universal commotion takes place. Some organs were originally stronger than others; some have been more injured than others by bad habits or previous diseases; hence the struggle will not be equally balanced. Though all the vital energies co-operate in the 'effort of nature,' they will act with irregular and unequal energy. The whole vital machinery is thrown into disorder. There is a fever. The *kind* of fever depends on circumstances.

"But alternate action and repose is a general, universal law of the animal economy. After the organism has prepared itself for the remedial and expulsive effort (the cold stage), the vital instincts (*vis medicatrix nature*—the healing power of nature) direct their whole energies to the surface (the re-active, or hot stage), as the best channel of purification. At length fatigue ensues, and repose must and will be had. The heat abates, the heart's action becomes milder, the turbulence subsides, and the collapse, or sweating stage, concludes the paroxysm.

"If the morbid causes were slight in intensity, and the morbid material small in quantity, the single struggle may have sufficed to set the vital 'house in order.' Then the paroxysm will not be renewed. Otherwise it will be repeated again and again, until 'victory or death' results."

The causes from without which place the human body in that condition that nature raises a fever in quelling the disturbance, are poisons, unhealthful food, impure water, vitiated air, personal uncleanness, sudden, extreme changes of atmosphere, over-exertion, gluttony, intemperance, &c.

Fevers commence with languor, and general uneasiness, followed by alternate shivering, or chills, and hot flashes passing over the whole surface of the body. At the same time aches will be complained of in various parts of the body, especially the small of the back. This heat of the body will increase, accompanied with headache, furred tongue, frequent pulse, and a prostration of the strength. When the heat and redness subsides, as it will sooner or later, this will be followed by sweating. There may be great dissimilarity in the severity of the chills, fever,

or sweating stage. All may be strong in their action, or some or all be so slight as to escape notice.

The different kinds, or types of fever, as we said before, depend on circumstances. Dr. Trall says: "A man of strong, vigorous constitution, accustomed to an active out-door life, yet regardless of healthful habits, eating and drinking what comes in his way, as is the fashion of the world, is exposed to unusual cold, wet, heat, labor, or some similar vicissitude. In a day or two he has a fever. Its type will be *inflammatory*, because his vital energies are strong, and his viscera powerful, and in him nature—the organic instinct of self-preservation—is successful in throwing the morbid action to the surface. If the disturbing causes are slight, it will be *ephemeral* (one day) in duration; if more severe, *typhoid*.

"Another man, of feeble constitution and sedentary life, is similarly exposed and similarly attacked. His fever will be *typhus*. There is less ability to react successfully, and the internal commotion is proportionally greater. The surface is less turgid, but the viscera suffer more internally. The brain manifests delirium, the lungs engorgement, the liver congestion, the stomach and bowels torpor or relaxation, and some physicians will call it '*congestive fever*.'

"If either of the above patients has been gross in his eating habits; if pork, ham, sausages, cheese, and fine, constipating, farinaceous food have constituted a large proportion of his diet, he will have a yellow tongue, bitter taste in the mouth, bile in the stomach, etc. Then his fever may be called *bilious*.

"The man of impaired constitution and weak digestive powers, who is attacked with typhoid fever, will have the *nervous* form, if his brain and nervous system have been particularly abused, overworked, or stimulated by tea, coffee, liquor, or tobacco, and the *putrid* form of his personal and dietetic habits are gross, and particularly constipating and obstructing.

"The *yellow* variety is produced by causes which especially operate to impair the secretions of the liver, as excessive heat, animal or vegetable miasmas, combined with gross diet and stimulating drinks. * * * * *

"Other forms of typhus fever, called *ship*, *spotted*, *jail*, *camp*, and *hospital* fevers, are nothing more nor less than the common or typhoid fever, modified by lo-

cal causes and particular personal habits.

“*Remittent* fever may be of the nervous or putrid tendency, for the reasons already assigned. Its remittent character is owing undoubtedly to a disproportionate affection of the liver and spleen, a condition of obstruction and engorgement produced by noxious effluvia, or any impurities from decaying vegetable and animal matter, to which the system has been for a long time exposed.

“*Intermittent* fever is the result of the same causes operating more gradually, that is, in less force, and for a longer time. The periodicity of the paroxysms must be referred, in part, to organic laws, and in part to constitutional peculiarities. This view of remittent and intermittent fevers is confirmed by the fact that enlargements and indications of the large glandular structures, the liver, spleen, and pancreas, are most frequent in those who have been the subjects of protracted agues.

“*Symptomatic* fevers are merely states of constitutional irritation from local causes, generally chronic topical inflammation. Thus *hectic* fever is a general febrile disturbance from tubercles or ulceration of the lungs. *Puerperal* fever is a consequence of inflammation of some one or more of the abdominal or pelvic viscera or appendages, generally peritoneal inflammation after child-birth. *Mesenteric* fever arises from worms, indigestible food, etc. *Milk* fever is occasioned by an inflammatory state of the female breast.

“*Eruptive* fevers are characterized by an accompanying rash, efflorescence, eruption, or pustular affection of the skin. They are generally contagious, and depend on a specific virus, which works through the blood like a ferment. * * *

All large collections of rotting or decaying vegetable and animal substances engender the poisonous ferment of contagious and other fevers; and if we look over the whole surface of the globe, we can easily find sources enough to account for all the infection, whose results are manifested in putrid, malignant, and contagious fevers, dysentery, cholera, etc. Thousands of human bodies, and the carcasses of beasts, lie rotting on the battle-fields of this blood-stained earth, from which currents of deadly virus are borne by the winds, to infect the breath and blood of the people, at a distance of hundreds and thousands of miles; the graveyards and cesspools of all large cities are constantly sending forth streams of

death in all directions; and hardly a country place can be found where there are not local sources of this deadly ferment, in the shape of hog-pens, distilleries, slaughter-houses, etc. And when the infectious ferment is once produced, it has the power of propagating itself whenever it can find congenial elements in the fluids of our bodies, our only defence being vigorous functions and pure blood—good health.”

Under the head of *eruptive* fevers are included *Small-pox*, *Chicken-pox*, *Cow-pox*, *Measles*, *Scarlatina*, *Erysipelas*, *Miliary*, and *Plague*. Of *congestive* fever, as it is sometimes called, Dr. Trall says: “It is merely a severe form of intermittent, or remittent, attended with the symptoms of a disproportionate engorgement of the brain or lungs. Sometimes a malignant form of typhus is called *congestive* fever, and occasionally almost all forms of fever, accompanied with severe congestion of some important viscera, are designated by this unmeaning term.”

As I have occupied so much space in introducing the symptoms and action of various fevers, this article must now close, leaving the matter of duration of fevers, and their treatment, for future articles.

J. N. LOUGHBOROUGH.

Allegan, Mich.

The Great Doctor.

IN an article under this title, published in the *Atlantic Monthly* in July, the following occurs. It is “vividly suggestive,” to say the least. How many thousands of valuable lives would be saved every year, if poisoning doctors would keep their murderous drugs away and let their fever patients have all the water they desired:

“After all the plowing and sowing—after all the preparation for the gathering in of the harvest—it seemed very hard to the ‘sad Mrs. Walker,’ that Johnny must be called away just as the shining ears began to appear. The circumstances of his death, too, seemed to her peculiarly afflictive.

“‘We had all the doctors in the neighborhood,’ she said, ‘but none of them understood his case. At first they thought he had small-pox, and doctored him for that; and then they thought it was liver complaint, and doctored him for that; then bilious fever, and then typhus fever,

and doctored him for those; and so it went on, and I really can't believe any of them understood anything about it. Their way seemed to be to do just what he didn't want to have done. In the first place he was bled, and then he was blistered, and then he was bled again, and then blistered again; the fever all the time getting higher and higher. And when he wanted water, they said it would kill him, and gave him hot drinks, until it seemed to me they would drive him mad; and sure enough they did! The last word he ever said to know what he was saying, was to ask me to give him a cup of cold water. I only wish I had given it to him; all the doctors in the world wouldn't prevent me now if I only had him back. The fever seemed to be just devouring him; his tongue was as dry as sand and his head as fire. 'O mother,' says he, and there was a look of beseeching in his eyes that I can never forget, 'may be I shall never want you to do anything more for me. Cold water! give me some cold water! If I don't have it my senses will surely fly out of my head!' Yes, Johnny, says I, and I went and brought a tin bucketful right from the well, and set it on the table in his sight, for I thought it would do him good to see even more than he could drink; and then I brought a cup and dipped it up full. It was all dripping over, and he raised himself up on one elbow and was leaning toward me, when the young doctor came in, and, stepping between us, took the cup out of my hand. All his strength seemed to go from poor Johnny at that, and he fell back on his pillow and never lifted his head any more.

"Still he kept begging in a feeble voice for the water, 'just two or three drops—just one drop!' he said, and I couldn't bear it; and the doctor said I 'had better go out of the room,' and so I did—and the Lord forgive me; for when I went back, after half an hour, he was clean crazy; he didn't know me, and he never knew me any more."

"'It's purty hard, Mrs. Walker,' answered Mr. Bowen, 'to accuse the doctors with the murder of your son; a purty hard charge that, I call it! So Johnny is dead. Well, I hope he is better off. Where are you going to bury him?' And then Mrs. Walker said she didn't charge anybody with the murder of poor Johnny—nobody meant to do him any harm, she knew that, but, after all, she wished she could only have had her own

way with him from the first. And so she rode away."

REMARKS.

The above vivid description, copied from the Gospel of Health, of a case of mal-practice among the so-called scientific M. D's. of this nineteenth century, is revolting to humanity. Yet such cases frequently occur, though we had hoped that common sense was more generally diffused. But old theories, backed up by fashionable ignorance, are impregnable to reason or common sense.

Behold, in the above narrative, a poor child in agony, with parched tongue and fevered brain, imploring a feeling mother to give him just a drop of water to allay his suffering. She flies, from nature's quick impulse of duty, to relieve his suffering. But that "young doctor," regardless of the mother's keen anguish, cries "Hold!" But the dying child still cries, "Give me water! just two or three drops—just one drop! That mother's heart is melted in deepest pity, and would gladly give the relief, but she is not permitted; that "young doctor" says, "You had better leave the room." She obeys the mandate, and, with a heart feeling as only a mother's can, to see him no more in his right mind; he is left to die as dies the maniac, with the soothing balm within his sight.

What language, I ask, kind reader, is too severe against this modern moloch, upon whose altar so many innocents are almost daily, yes, even hourly sacrificed? I mean *drug medication*.

They thought he had small-pox, then liver complaint, then bilious fever, and lastly typhus fever. No matter which of these he had; he had a burning fever, and Nature demanded the application of water to his burning lips, to his fevered body, to that heated brain. She would have kindly granted her own best and most efficacious remedy, and a suffering life would probably have been saved.

But some poor, deluded, and drug-ridden soul, might still say, as is often said, "Oh! I would not dare to use *water in a*

fever." Let me say to such, and to those who have not been duped by these enemies of health, that in fevers the judicious use of water marvelously triumphs, in the speedy restoration of health, and mitigates the patient's sufferings, as nothing else can do.

DR. RUSSELL.

"Be Thou Clean."

WE take the following article, replete as it is with good plain common sense, from the last issue of the *Herald of Health*. It is a pleasure to us to lay so useful a production before our readers.

The original application of this phrase was to an individual afflicted with a disease of the skin. The idea of *cleanliness*, and of its opposite, *uncleanliness*, in the minds of many readers of this passage in the Bible, is attached to the external and visible state of the individual addressed, to the condition of his cutaneous surface, in like manner as it is to the clothing. A person is said to be clean, physically, whose external surface is clean, and he is impure and dirty whose skin or clothing is in that condition. Great importance is very properly attached to the condition of the surface of the body, as visible to the eye, and a pure, fresh, healthy skin is regarded as an index of a corresponding healthiness of the whole system, internal as well as external. To be clean in the skin, and to the eye, is in the popular view, to be healthy; while to be unwashed, with matted hair, and the integument soiled with dirt and perspiration, in a word to be unclean externally, is synonymous not only with impurity, but also with *disease* of the skin.

Correct as this view may be, if we restrict the idea of personal cleanliness to the condition of the external surface, as visible, the force of the admonition of our text is shorn of more than half its value. In the view of the physiologist and physician, the idea of cleanliness is much more than skin deep. "Filthiness of the flesh" is not, in a physiological sense, limited to that condition which can be "washed away," but has a deeper, more pervading and penetrating meaning. In truth, the leprosy which the Saviour healed, on the occasion alluded to, Luke v, 13, was not merely an external disease, and the miraculous power consisted not alone in restoring the skin to a healthy

and sound condition, else must it have returned in course of time, and the miracle have been a failure. But the divine medication and purification went deeper into the tissues and functions of the body; they penetrated to the very springs and sources of its vitality. The living current of the blood itself must have felt the alterative power, and thus the whole system of the man have undergone a physiological cleansing. Thus purified he was "clean every whit," and there was no apprehension of a return of the skin disease, which, loathsome as it was, was but an external manifestation of a profound depravity of the whole constitution.

Cleanliness is therefore, in its physiological and true sense, an idea applicable to the whole inner as well as outer man. Included in the inner surface of the body are the organs of digestion, of circulation, of respiration, of assimilation, of secretion, of excretion—the stomach, the heart, the lungs, the bones, the muscles, the brain, the nerves, and that mysterious fluid upon which these all depend for their nutrition and their life, viz., the blood. Influential as the outer skin is in promoting the health and comfort of the body, and therefore necessary, to be kept always in a state of cleanliness and activity of function, this is a trifle compared with the necessity of internal cleanliness and purity, for the maintenance of health, and to avoid the thousand ills to which we are prone by reason of the opposite condition of impurity—a condition quite as easily obtained, but far more difficult to be got rid of when once produced, than mere cutaneous filth.

This last proposition may at first appear startling, and excite incredulity, but a few words may suffice to convince the reader of its correctness. We have but to remember whence the blood—upon which all the tissues of the body, including the skin itself, depend for their existence—derives its own wonderful strength and usefulness, and how much greater in proportion is the necessity for its chemico-vital purity. The skin is but little more than an organ of excretion (we speak not of it now as an organ of sense), and designed chiefly to throw out impurities, and not to take in new material. We have but to understand these two points to see that the above proposition has been stated none too strongly. For upon what does the blood depend, every moment, for its supply to compensate for

its continual and rapid diminution, as it runs its incessant round, carrying substance and strength to every one of the innumerable millions of atoms of the body? The great sources of its complete substances are: *the food we eat, and the air we breathe*, and to be convinced of this statement, we have but to remember that each man, woman, and child inhales every twenty-four hours an average of nearly *sixty hogsheads of air*.

How far is this enormous amount of air which we daily appropriate to satisfy the demands of our bodies, from being always clean and pure! To say nothing of the poisonous emanations from our own personal and domestic surroundings, the products of combustion of coal, oil, and gas, the dust and vapors of our streets, and the malaria of vegetable and animal decomposition—setting these all aside, the healthy operations of our own bodily functions are continually giving off filthy poisons of most deadly character, which infest the atmosphere immediately around us, and unless carried out of reach of the lungs as fast as formed, must necessarily be inhaled at every breath. The carbonic acid gas exhaled from our own lungs is alone sufficient to produce the most serious results if taken in again, while the emanations from the skin and other excretory organs, though less abundant, are yet equally productive of uncleanliness and impurity of the blood.

It is an interesting fact that the more healthy and vigorous the bodily functions, the more abundant is the elimination of these poisons, and hence the greater the danger, unless they are dispersed beyond reach as rapidly as they are generated.

For every breath of air inhaled by the lungs, there is returned another, not only deprived of a great portion of the vital principle, oxygen, but in addition thereto it is heavily laden with carbon in the form of carbonic acid gas, and a large amount of moisture, either of which alone would render it unwholesome, but, together, render the exhaled air a certain provocative of disease, or a rapid and fatal poison, according to the amount re-inhaled.

Under ordinary circumstances, these two products of respiration are invisible, but their existence can be proved at any time by the following simple experiments. To show the moisture in the inhaled air, we have but to breathe gently on a cold

glass or iron and instantly it is condensed in the form of dew, which in a short time will collect in large drops and run down in little streams. Every breathing animal shows it in dry, frosty weather by the colored vapor which issues from the mouth or nostrils at every breath. In cold weather the windows of every crowded church or school room give ample tokens of its existence within by its condensation upon them, giving the appearance of ground glass, and let it not be forgotten that it is not only the layer of atmosphere next the window which is imbued with the moisture, but, that it is equally prevalent throughout the whole apartment, that every head within is immersed in it, and every pair of lungs is re-inhaling it. The quantity of *water* thus inhaled with the breath amounts to an average of a pint and a quarter every twenty-four hours for each person. Every man's body is a distillery, and every pair of lungs an alembic from which the surplus of water of the blood is distilled into the atmosphere, and when concentrated, as in crowded and unventilated rooms, is scarcely less baneful than the products of certain artificial stills which men "put into their mouths to steal away their brains."

The formation of carbonic acid gas is also easy of demonstration. Take a white glass vial, about three-quarters full of common lime water, perfectly clear and with a small tube (a pipe stem or a straw) pass the breath slowly through the lime water for a few minutes. The fluid will gradually become opaque and of a milky whiteness. If the vial is then set at rest, the liquid will soon become perfectly clear again by the subsidence of a white powder to the bottom, showing it was the powder which gave the milky hue to the liquid. This powder, by chemical examination may be proved to be carbonate of lime, which was formed by the union of the pure lime of the water with the carbonic acid of the breath.

Besides these two exhalations from the lungs, the latter being especially poisonous, a considerable amount of both is also thrown off from the skin, adding to the deleteriousness of the surrounding atmosphere, and this result is also aggravated by the exudation of a portion of *animal* matter which is found floating in the air, the decomposition of which is the principal cause of the peculiarly offensive odor given by a confined and oft-breathed air,

and lends additional strength to its poisonous character. This peculiar sickening odor is perceptible to any one entering from the open air into a crowded room, or a close chamber which has been occupied a few hours by one or more persons. And it is especially remarkable that the occupants of such a room or chamber, whose inhalations are the cause of this unpleasant odor, are themselves unconscious of its offensiveness and impurity. This is due to the fact that it has gradually invaded their olfactories, stealing imperceptibly over their sense of smell, and its acuteness. Let any one, after a night's occupation of a chamber with the windows and doors closed, leave it and breathe the external air for a few minutes, and then return to the chamber before it has been ventilated; he will at once perceive what is here alluded to, and may feel astonished at his having escaped suffocation from his own and his companion's foul gases. No one, however, can remain immersed in such an atmosphere, even of his own creating, without more or less injury to his bodily functions, especially a feeling of depression of his nervous and muscular powers. He wakes unrefreshed, and unfitted for the enjoyment and occupations of the day. Those who never sleep in well-ventilated dormitories cannot appreciate the great advantage which ventilated chambers afford to both the sleeping and waking hours.

Many a hearer is put to sleep by the foul atmosphere of an unventilated church; many a one has swooned from the same cause; and many a sleeper in a close, unventilated bedroom, has gone into "the sleep that knows no waking," from sudden congestion of the brain produced by the foul air of the room.

There is, therefore, a more than superficial interpretation to be given to the sacred injunction, "*Be thou clean.*"

WORK.—Work never killed or hurt any one who knew how to go at it. See what order there is in nature—what sublimity and ease! How still, yet how rapid the growth of the plant. How peacefully the stars of midnight seem encamped, yet before morning whole armies of these wonderful balls of earth have been carried out of our sight. So much is achieved because all is done in order, at the right time, intently, deliberately, yet without hesitation, friction, or indecision.

SONG OF THE DECANter.

THERE was an old decanter, and its mouth was gaping wide; the rosy wine had ebbed away, and left its crystalside; and the wind went humming—humming, up and down the sides it flew, and through the reed-like, hollow neck, the wildest notes it blew. I placed it in the window, where the blast was blowing free, and I fancied that its pale mouth sang the queerest strains to me: "They tell me—puny conquerers! the Plague has slain his ten and War his hundred thousands of the very best of men; but I"—'t was thus the bottle spake—"but I have conquered more than all your famous conquerers, so feared and famed of yore. Then come, ye youths and maidens all, come drink from out my cup, the beverage that dulls the brain and burns the spirits up, that puts to shame the conquerers that slay their scores below; for this has deluged millions with the lava tide of woe. Though in the path of battle, darkest waves of blood may roll; yet while I kill the body, I have damned the very soul. The cholera, the plague, the sword, such ruin never wro't, as I, in mirth or malice, on the innocent have brought. And still I breathe upon them and they shrink before my breath; and year by year my thousands tread the dismal road to Death."

Clothing the Neck.

THE clothing about the neck should be very moderate in quantity, and worn so loose as to prevent the slightest compression. The great errors frequently committed in clothing this part of the body, consist in wearing such an amount as to overheat and weaken the throat, and thus render it easily susceptible to cold, or in wearing it so tight as to retard the circulation of the blood to and from the head.

Great care should be exercised upon this point, as the arteries and veins leading from the heart to the brain are situated so near the surface in the neck, that a slight compression there serves to check the flow of the blood.

Many cases of congestion of the brain and headache are partially or wholly caused by too tight collars and cravats.

THE death of one person from the pork disease, in Springfield, has caused the people to abandon pork pretty generally. A dozen deaths from rum would not frighten them half so much.

Editorial.

Physiological Transgression.

THE ways and methods in which people violate the laws of health are very numerous. A large portion of their every-day habits and customs traverse these laws, or in other words, are direct violations of them. Persons of all ages and of both sexes violate them. Even the habits and regimen imposed on children in their infancy are contravention of the laws that govern their beings. And in their future training they are educated to unphysiological and unhygienic habits, many of which may be found in the direction of their dietetics.

In the first place, the food, in and of itself, which is used by the great mass of the people of the present time, is unhealthful, predisposing and exciting the system to disease, and causing the appetite to become morbid and to clamor for those things which the system does not demand, and which, when indulged in, in many cases lead to ruinous consequences.

Secondly, the food is taken without regard to the time when it should be taken, and with a frequency that is very detrimental to the organs of digestion, not giving them time for that rest and repose that nature demands they should have, causing these organs to be overworked and fatigued, laying the foundation for disease, undermining the constitution, and breaking up and destroying the integrity of the vital tissues.

Thirdly, the amount of food taken is regulated, not from any moral consideration, or from the necessities of the system, but with reference to satisfying the demands of a perverted and vitiated appetite; in many instances putting more food into the stomach than can be healthfully disposed of, thus clogging the digestive organs, and causing them to labor excessively hard, and at a great disadvantage; and not having power enough in and of themselves to perform their arduous task, other portions of the system are called

upon to render assistance, and are thus robbed of the very means which are needed to carry on the other functions of the body as nature designed they should be.

A Point to be Thought Of.

THE body is not the only part that becomes morbidly affected by errors in diet; the mind also suffers with it. There is great sympathy between the organs of digestion and the brain. They are closely and intimately connected by nervous communication, so that you cannot, to any extent, affect the one, without affecting the other; and to the degree that you affect the brain, to the same degree do you affect the mind; for it is by the action of the brain that mind is produced.

Now, unhealthful food irritates the nerves of the stomach, and through them, the irritation, to a greater or less extent, is conveyed to the brain, causing it to act abnormally; thereby affecting and perverting the intellectual and moral condition of the mind. And then again, bad food makes bad blood, and bad blood has a tendency to irritate the brain as it passes through it, and is poorly adapted to sustain the brain in its important function; and as a consequence, evil results follow.

Many an individual has often wondered why he could not better control his mind, and why his evil passions should so often and so easily gain the mastery over him, and he become irritable, fretful, peevish, and fault-finding; when, if he would but correct his bad habit of eating, and would live on plain, simple, and unstimulating food, he would find that his mind would be more easily controlled, and be in a much better condition to bear the trials and difficulties of this life, and he would have a better prospect before him of securing that which is to come.

A CASUS ANATOMICUS.

A WEALTHY merchant died; his body was dissected; No symptom of disease was anywhere detected, Until they reached the heart—which to find they were unable,
But in the place they found—a compound-interest table.

Health Convention.

Not a "World's Health Convention," but the health conventions held at the Health Reform Institute, in Battle Creek, every two weeks. These are social sittings of the physicians, patients, helpers, and others who may choose to come in. The one held to-day was of such intense interest to us, that we thought it well to speak of it to our good folks abroad. In these meetings there is perfect liberty for all to speak, and give their experience in the reform, the good as well as the bad effects of different kinds of food, dress, &c., upon the system.

We were all much gratified in hearing Dr. Lay give us his experience in drug medication, while a practitioner in that school. He practiced some time with doubts and fears, whether there was any real efficacy in drugs, feeling oftentimes that perhaps Nature, if left alone, would remove disease more effectually, without having drugs to expel from the system, thus disabling her in her efforts to expel obstructions and restore to normal conditions. True, he did not fully realize the force of these doubts while engaged in an extensive practice, but when his own family needed medical aid, his confidence became much shaken in regard to the virtue of his drug remedies, and in order to save the life of his companion, he was obliged to seek a remedy outside of his own practice. This opened his eyes and led him to investigate the true healing art, in connection with important facts brought to his mind, not here related. Here, in treating his own family, he became firmly established in the principles of Hygienic practice. Two years a practitioner in one of the best Institutions in operation, where all kinds of diseases were treated successfully, gave him an experience of incalculable benefit.

Some of the important matters discussed, on this occasion, were the injurious practice of shutting the light out from our dwellings, the superior advantages of Graham bread, fruits, &c., over the ordinary manner of living, not only as being more

wholesome, but also affording more gustatory pleasure while partaking of it, and not being subject to such unpleasant feelings as is often experienced in the common diet. Also, the propriety of letting our light as health reformers shine out brightly. When our friends and neighbors come to see us, give them hygienic food to eat, and try in this manner to teach them the better way.

Many cheering remarks were made by patients concerning the great benefit they had received since coming here, in an improved state of health, and of the truths they are daily learning on the laws relating to life and its duties.

We esteem social gatherings of this kind as being very beneficial to invalids, and even to the well it gives courage in the pursuit of health, removes desponding feelings, and passes off the time cheerfully. We think if the friends of reform would occasionally meet in their respective neighborhoods, and discuss the various topics pertaining to the great work of reform, it would give them much encouragement, and in this way many who are dying for want of light, would be instructed. Stirring lectures on the subject of Health Reform might be read as an introductory exercise; this would result in much more good than in attending fashionable picnics, donation parties, with their late suppers, which are in themselves deleterious to both health and morals.

DR. RUSSELL.

CHANGE OF PRACTICE.—Twenty-five years ago it was the practice of physicians to treat the diarrhea of typhoid fever by repeated doses of opiates and powerful astringents. This is to a certain extent the practice still, although it was never attended with satisfactory results. Dr. George Johnson, Physician to King's College Hospital, England, says it is his practice now to leave the diarrhea alone, and that since the abandonment of the opiate and astringent treatment, intestinal symptoms have been far less troublesome and far less distressing to his patients. This disease always gets on best where rest, fresh air, cleanliness, and a wise hygiene prevail.

Neuralgia.

BY DR. LAY.

THIS is a very prevalent disease, and is fast becoming more so; and as we are frequently called upon to give advice as to how it should be treated, we therefore conclude to give the readers of the Reformer some hints that we trust will be of advantage to those suffering from this painful malady.

This disease is of recent origin, in fact it was unknown to the ancients. The disease known as *tiedouloureux* in the old authors, is the first account given of this disease, which is an affection of the fifth pair of nerves, or the nerves of sensation. In the present form of this disease, it affects almost every organ in the system.

It is not, like some diseases, confined to the poor and filthy class of people, but its painful visits are most frequent among the wealthier classes. This leads us to inquire into the causes of this disease, as a cause must lie back of the effect. It is worthy of remark here that savages know little or nothing of this much-dreaded complaint. Poor living is a fruitful source of this affection; not poor so far as luxurious dishes of beef and pork-steak, mince pies, rich pastry, superfine flour bread, &c., &c., are concerned, but poor in quality to nourish and build up healthy tissue, which is not contained in our fashionable mode of living.

Anything that produces dyspepsia, or in any way clogs up the system, will produce neuralgia. Unwholesome food, tea, coffee, false habits of dress, all tend to produce it. People, especially females, dress in such a manner as to produce congestion of the lungs and liver. The waist is warm and tightly clothed, while the feet, legs and arms are thinly clad, thus breaking up the circulation of the blood, concentrating the heat upon the internal viscera, which inflames the parts, and often is a cause of sexual excess, which, of itself, is a great predisposing cause of this disease.

The treatment indicated would be to remove the cause that the effect might cease, and this will be the case to a great extent, but not fully. In the laws that regulate inorganic bodies and those which bring about the various phenomena in nature, although many times incomprehensible to man, no doubt the effect always ceases when the cause is removed. But in the organized func-

tions of the human body, from long abuse in disobedience to nature's laws, the whole structure becomes deranged, and a long time must often elapse in giving the system time to remove the effect of long transgression, after becoming obedient to nature's laws.

But if those suffering from disease will strictly pursue a healthy course in life, until the repairing system has time to remove the unhealthy and broken-down tissue and restore the parts to their original healthy condition, the effects of their former transgression will be to a very great extent removed.

Then in order that we may assist nature in the more speedily bringing about a normal state of the living organism, there are certain applications of the means nature designs to effect a cure, which we will now notice. Where there is torpidity of the bowels, which nearly always does exist, they should be aroused to action by copious enemias of pure soft water of a temperature of 90°. In some cases, portions of fecal matter are retained for days and even weeks without being evacuated, causing much irritation. This should be speedily removed. The liver is in almost every case torpid, and does not act its part. In such cases, fomentations should be applied for 15 minutes, three times per week, and the parts rubbed off with the hand dipped in cold water.

Sitz baths are excellent in most cases, and should be given at 90° for 10 minutes, and then reduced to 85° for 5 minutes; but in some cases, to relieve pain, this bath may be given quite warm at first, but reduced before leaving it. Also in cases of severe pain in the face or other local parts, quite warm or hot applications should generally be made, and the parts rubbed off afterward with the hand dipped in cold water; but there are cases in which cool, or even very cold, applications are the most agreeable, and in such cases they should be used.

The warm foot bath, say 105° for about 5 to 7 minutes, and then dipped into cold water two or three times and rubbed until dry, is very useful. This bath may be taken three times a week. After each full bath, either a sitz or general bath, the patient should retire to bed and rest and sleep, if possible, for at least one hour; this will insure proper reaction, which should always follow a bath. The feet and limbs should be warmly dressed with

large shoes or boots, and pants made of substantial cloth and lined with flannel. From ten to eleven o'clock, A. M., is the best time to take baths.

As the kidneys are often in a state of congestion, and also inflammation, wet compresses over the parts are very good, even to be worn during the night when it will not induce too much chilly sensation.

When the teeth are decayed and have become a source of irritation, they should invariably be removed, where they cannot be filled and decay be prevented.

In connection with the above, a general bath occasionally to keep the pores open is probably as much as could be safely recommended in the line of bathing.

But we have only intimated a change in diet, and reform in other habits. All excess should be avoided by the patient.

Strict temperance should be observed in eating and drinking, both in regard to kinds of food, quantity, and times of partaking of it. A person suffering from neuralgia should never eat more than twice a day, in fact, no one should, and should be careful not to overload the stomach. Take an abundance of sleep, breathe nothing but pure air, use no hard or impure water, exercise often in the open air, avoid undue exposure, and we think without a doubt, if the above hints as to treatment and general habits be followed out, that much relief will be obtained from suffering, and in most cases a cure will be effected.

Hints for Home Practice. No. 3.

FEVERS.

ONE of the most common difficulties resulting from a neglected cold, is a fever, and the most common form of this is inflammatory. A fever may assume a variety of types, according to the conditions of the system. If the person is of vigorous constitution and generally in the enjoyment of good health, the fever will commonly assume the inflammatory type; that is, there will be an unusual flow of blood to the surface, accompanied by preternatural heat of the skin. This kind of fever usually produces the most alarm, when in reality it is the least dangerous of all forms of fever, when unaccompanied by local complications or derangements.

The allopathic treatment of this form of fever is well calculated to produce serious consequences. Drugs are administered to change the determination of blood from

the surface, and a very frequent consequence is, in the language of the doctors, "the fever assumes a typhoid type," which means, in plain English, that the effort of nature to purify the system by the most natural course, through the skin, has been diverted to the more dangerous channel of purification by the internal viscera, with the additionally-imposed burden of expelling the drug poison.

When a drug physician has been called, and the fever "changes its type," you can set it down as almost certain that the change has been brought about by drugs, in which case it is always for the worse. In this way fevers are frequently modified, and after running awhile as inflammatory, the lung fever "sets in," then brain fever, then typhoid, then *death*; and the verdict in such cases, instead of "died of fever," should be, "died of drugs and the doctors."

When a cold, neglected or unsubdued, has resulted in a fever, the first and all-important caution is, *let alone the drugs*. The sweating powders, the physic, the stimulants—whiskey, gin, or brandy—all these work mischief, and have killed more people than the plague, the cholera, and all other diseases combined. "Throw physic to the dogs;" and you may be sure the dogs have more sense than to be injured by it.

This much by way of caution; now for treatment. This depends much, very much, on the nature of the attack, and much more on the vigor of the patient. A course of treatment that would speedily cure some, would greatly injure others. If any doubt exists in regard to the matter, use the mildest treatment; be cautious. A fever is simply a vigorous and determined effort of nature to purify the system through any or all of the depurating organs, and the treatment, therefore, instead of being designed to excite action, must be such as will simply assist nature in the performance of this work, by regulating and controlling the action.

In the first stages of simple fever, the sweating sitz bath may be given with good effect, to open the pores, and assist in the purification of the system through this agency, followed at frequent intervals with ablutions of the entire body in water, at such a temperature as feels most agreeable to the patient. Heroic treatment is to be avoided, and the sensations of the patient to be consulted in administering baths, and other water treatment.

In the cold or shivering stage of the fever, a warm bath may be administered, or the patient wrapped in warm blankets, with a jug of hot water, or a hot brick, to the feet, or the body may be vigorously rubbed by the nurse or attendant, if this is agreeable to the patient.

The hot stage will follow the chilliness, and then the body may be bathed with tepid water, or if the patient is tolerably vigorous, the dripping sheet may be given with good effect. During this stage the feet should be kept warm, and the circulation equalized as fully as possible, by cooling the heated parts, and warming the cold.

There are three stages in the inflammatory type of fever; the cold, the hot, and the sweating. These stages are more or less distinctly marked, and generally occur in the same day, and sometimes even twice in the same day. The intensity of each depends, in a measure, on that of the one preceding it. That is, if the chill is violent, the hot stage will also be violent. The sweating stage follows the two previous, and indicates a period of exhaustion, during which nature is gathering force for another attack, and is the time when care will need to be exercised to prevent taking cold, and during which the treatment should be suspended. During the hot and cold stages, there is comparatively little danger of taking cold, but in the sweating stage the system is exhausted and inactive, and sensitive to cold, or to water. The body may be wiped with a dry towel, or sponged off with warm or tepid water, but beyond this, as a general rule, the treatment should cease, until the rigors, or chilliness, commences, when the treatment may be again resumed. Fevers of this sort, when rationally treated, seldom run more than a few days, and are rarely fatal.

Particular attention should be given, that the patient has plenty of pure air and sunlight, and clean clothing and bedding. The room should be well ventilated, and the bed frequently aired and changed.

In our next we propose to speak of other forms of fever, and give some hints for their treatment.

WML. C. GAGE.

P. S. Since the publication of this series of articles was begun, a similar series, on a more extended scale, from the pen of J. N. Loughborough, has also been commenced in the Reformer, and as

he designs to cover the same ground, with a more thorough and systematic examination of the subjects, we yield him the field, and whatever we may say under this head, will be of a more general character, without regard to specific classification.

W. C. G.

HOPE ON, HOPE EVER!

The following beautiful lines were written by *Gerald Massey*, and published to the world in a small volume written by him. He was a poor boy, and used to work in a factory in England. His wages were sometimes a shilling a week, but often less. In time the mill was burned down, and the poor children held a jubilee over it. This boy stood for twelve hours in the wind and sleet, rejoicing at the conflagration which thus liberated him.

SUSAN MCINTOSH.

Hope on, hope ever! though to-day be dark,
The sweet sunburst may smile on the to-morrow;
Tho' thou art lonely, there's an Eye will mark
Thy loneliness, and guerdon all thy sorrow!
Tho' thou must toil 'mong cold and sordid men,
With none to echo back thy thought, or love thee,
Cheer up, poor heart, thou dost not beat in vain,
For God is over all, and Heaven's above thee—
Hope on, hope ever.

The iron may enter in and pierce thy soul,
But cannot kill the love within thee burning;
The tears of misery thy bitter dole,
Can never quench thy true heart's seraphs yearning
For better things; nor crush thy ardor's trust,
That Error from the mind shall be uprooted, [dust,
That Truths shall dawn as flowers spring from the
And Love be cherished where Hate was embruted!
Hope on, hope ever.

I know 'tis hard to bear the sneer and taunt,
With the heart's honest pride of midnight wrestle,
To feel the killing canker-worm of want,
While rich rogues in their stolen luxury nestle;
For I have felt it, yet from Earth's cold Real
My soul looks out on coming things, and cheerful;
The warm Sunrise floods all the land Ideal,
And still it whispers to the worn and tearful,
Hope on! hope ever!

Hope on, hope ever! after darkest night,
Comes, full of loving life, the laughing A dawning;
Hope on, hope ever! Springtide flush with light,
Aye crowns old Winter with her rich adorning,
Hope on, hope ever, yet the time shall come,
When man to man shall be a friend and brother;
And this old world shall be a happy home,
And all earth's family love one another!
Hope on! hope ever!

A NARROW ESCAPE.—When Oliver Cromwell was an infant, it is said he was snatched from his cradle by a monkey that rushed with his burden to the roof of the house, much to the alarm of lookers-on. The monkey, however, brought him back again none the worse for his airing. The thing is regarded as a marvelous escape, but most babies have to go through more dangerous periods than this by being subjected to all sorts of food and physic, and they do not, like Cromwell, get back to their cradles without more or less injury.—*Herald of Health*.

To Correspondents.

C. M. R. inquires:

Can a little child, two years old, live healthfully on two meals per day?

Yes. Several children of this age have come under our observation, who eat only two meals a day, and are doing well.—Give them a nap near the middle of the day.

L. R. R. writes:

Please inform me through the Reformer, what your treatment would be for a boy seven years old, who has a bad catarrh. The discharges are thick, bloody and green. He took a severe cold when a babe, and for months breathing caused a whistling sound in his head. He has a good appetite, but is thin in flesh, with sallow complexion.

It is evident from the above description of this case, that the child's nutritive, or blood-making organs, are feeble. The liver is much affected, causing the sallow appearance, and in consequence of its not performing the duties assigned it in the system, that which should be eliminated through this organ, is discharged through the nasal organs. The organic nervous system is also much impaired, which causes an enfeebled action of the organs of digestion and the circulatory system. The child should be placed under the most favorable circumstances possible.

The *proper* place would be at a good Cure, where he could have the careful oversight of a physician. If this can not be done, then, of course, the next best thing will be judicious home treatment. His limbs, especially, should be dressed warm, so that he can exercise much out of doors, without suddenly breaking up the circulation. Give him nutritious, healthful food, such as unleavened Graham cakes, pudding, gruel and fruits, at regular periods. Let him sleep an hour or so in the middle of the day. Keep him out of school, but let him have gentle, yet lively plays; make his life one of sunshine, as far as possible. Give him two general ablutions per week, and let him wear the abdominal bandage, wet in front, covered with a dry one much of the time, unless it makes him chilly or otherwise uncomfortable. Give him an occasional warm foot bath, dipping his feet into cold water on taking them from the warm bath. This bath may be given just before he goes to bed, which should be at an early hour.—Before giving any of the above applica-

tions, wet his head freely with cold water; and after each bath, which should be given about ten o'clock, except the foot bath, let him cover up warm in bed. The above general directions are as much treatment as we could safely prescribe, unless he were under our care.

S. M. W. writes:

1. My child, four years old, is badly troubled with pin worms. What shall I do for her?
2. What is the price of your Cook Book?
3. How does the reformed cook manage to nap an hour before dinner, and have her dinner warm?

1. Place her upon strictly hygienic habits, in regard to bathing, exercise, sleep, pure air, and diet. Give tepid injections to cleanse her bowels, and small quantities, once in a while, of cold water. Give her but little, if any, milk or sugar, and no animal food of any kind. Plenty of uncooked apples, thoroughly chewed, are good.

2. Ours is not yet published; but we can furnish them from other publishers, when desired. The price of Trall's Hydropathic Cook Book, by mail, is \$1.50.

3. If she is healthy, she needs no nap; if feeble, she can sleep an hour or so between eleven o'clock A. M. and two o'clock P. M., and still have an hour to get dinner—time plenty to cook a bountiful hygienic meal, as good Graham cakes and pudding can be made in less time than that, potatoes can be baked or boiled, and fruit stewed, if desired; consequently, there is no trouble. But those who have to cook three or four times per day, find no time for sleep or recreation. Such will soon need a nap. Aye, and many, too, of this overworked class are daily dropping into that deep slumber, from which there is no awaking! Think of that, ye poor, nervous creatures, who are wearing out your lives in the treadmill of domestic duties. To all such we say, in the persuasive words of Inspiration, "Turn ye, why will ye die?"

J. L., of Iowa, writes:

What would you do to remove a film from the eye? Please answer through Reformer.

Relate yourself to the "laws of life" as closely as possible. Foot baths, sitz baths, with an occasional general bath, and warm and cold local applications to the eye. If these do not remove it, a surgical appliance or operation will be required.

LIVE right in order to live well.

For the Family Circle.

Ill Manners.

THE Cincinnati Gazette of this day contains an article under the above heading, the following paragraph of which is worth saving:—

“One of the most offensive things in American customs is the practice of chewing tobacco. It makes an all-pervading nastiness. Foreign travelers have not at all exaggerated the offensiveness of this custom, which makes every chewer’s mouth a fountain of filth, and all the surroundings a cesspool for him, and compels all to see him belching forth his excrement and to share its contamination. To expect a chewer to be careful of his salivary excretions is a contradiction. He is far past all such regard. Smoking is bad enough, but this is yet made to have some respect for place, and its residuum is not so great. But with all, the Americans are a spitting people, voiding this disgusting discharge without regard to place or company.”

I saw a good suggestion lately of a lady traveler; she said she found on some roads ladies’ cars, but would be glad to find a road which would add a *clean car* to their arrangements. It is seldom you can find a place fit to sit in a car, on account of the tobacco filth. The words of the prophet are very literally fulfilled in this age: “The earth is defiled under the inhabitants thereof.”

Let the light of reform spread, that if people will defile themselves, they may at least be without excuse.

J. H. WAGGONER.

Clyde, Ohio, Oct. 30, 1867.

An Astonished Old Lady.

AN old lady whose home is in the country, and who had not been in Cincinnati for several years, came in the other day to do some trading, her principal business being one of the few eventful incidents in her life, the purchase of a new bonnet. She hadn’t had a new bonnet since she was in Cincinnati the last time, and that was seven years ago; nor had she seen any of the new-fangled contrivances—“trifles light as air”—which the women wear nowadays in the place of bonnets. As a new bonnet was the engrossing theme in her mind on entering the city,

of course she was on the alert at once to see what the fashion was. Imagine her consternation, then, in standing on Fourth-street, watching the people as they passed by. For a time she was perfectly speechless, and then she was observed to throw up her hands and exclaim:

“For the land’s sake! *are* the women all crazy, gaddin’ through the streets with nothin’ on their blessed heads? What’s become of all their bunnets?”

She went into a millinery store and accosted a “gentlemanly and obliging” young lady in attendance:

“You see, I came in the hull way from Clarmont county to buy a bunnet. I’ve worn this one goin’ on eight year. It’s a little out of fashion, I reckon, and I want one that’s right in style. I didn’t know what the women was wearin’, so I stood out here a blessed hour to see ’em pass, and I hope never to see my old man agin if I saw one with a bunnet on durin’ the hull time. Some had a doll’s handkerchief laid on the top of the head, others had what looked for all the world like oyster patties trimmed with blowed glass; and I declare to goodness if one woman with a big rutabaga turnip on the back of her head, in a fly-net, wore any coverin’ ’ceptin’ a *yaller circus-ticket tied on with a ribbin!*”

When informed that the styles she had seen were the latest things in the bonnet line, the old lady’s astonishment increased, and she was thoroughly bewildered by the time she had examined each of the varieties embraced in the milliner’s collection, particularly when she learned the accompanying prices. She declared it was enough to drive one crazy to see sich vanities as women are runnin’ to nowadays. “’Twan’t so when I was a gal,” said she. “Women wore bunnets in them days that kivered their heads, and tied ’em under the chin instid of fast’n ’em to the back-hair.” She left in great disgust, and said she would go right back to Clermont and wear her old bonnet till milliners got to making bonnets again.

CHURCH MUSIC.—A Scotch lady, from a country town in the Highlands, being taken to Edinburgh, and hearing modern singing in a church for the first time, was asked by a lady, who took her there, what she thought of the music, etc. “It’s verra bonnie, verra bonnie; but Oh, my leddy, it’s an awful way of spendin’ the Sabbath.”

TRIP LIGHTLY OVER TROUBLE.

Trip lightly over trouble, trip lightly over wrong—
We only make grief double by dwelling on it long;
Why clasp woe's hand so tightly, why sigh o'er
 blossoms dead,
Why cling to forms unsightly, why not seek joy
 instead?

Trip lightly over sorrow, though all the day be dark.
The sun may shine to-morrow, and gaily sing the
 lark;
Fair hope has not departed, though roses may have
 fled—
Then never be down-hearted, but look for joy instead.

Trip lightly over sadness, stand not to rail at doom—
We've pearls to string of gladness, on this side of the
 tomb;
Whilst stars are nightly shining, and Heaven is over-
 head,
Encourage not repining, but look for joy instead.

IMPOSTERS.—The "no cure no pay," self-styled "doctors." Nine in ten are wicked swindlers. Many so-called doctors are simply "quacks," their diplomas, if they have any, having been "bought" or obtained by fraud. We can count a number now sailing under the title of M. D., or Dr., who have no right to either title, while there are any number of *Professors* in the same category. If we were made "police," we would hunt down, arrest and punish the rascals. Jugglery, fortune-telling, astrology, gambling, prize-fighting, are flourishing among the unregenerated sons of Adam. If our authorities were not themselves wicked and corrupt, we might hope to put down and keep down the satanic spirit now rampant all over the world. Look out for impostors!

"STOP BLOWING AND GO TO WORK."—Let me commend to some of our brethren a child's version of a sermon delivered in Chicago recently. The preacher urged that Christians should be active for Christ. "They should serve him, not with breath alone, but also with the hands and feet." One of the audience, leading home his little boy of six or seven years, asked him if he understood any thing in the sermon: "O, yes! I hear preaching now-a-days." "Well, what did you hear this morning?"

"The minister said we should *stop blowing and go to work.*"—*Christian Banner.*

LIGHT AS DAY.—A new electric light was recently exhibited at the Battery, N. York, which threw a clear and penetrating light to a great distance. So strong was it, that a captain of a revenue cutter

read his newspaper by it at the distance of nearly six miles, while at the Narrows, its greater brilliancy nearly obscured the powerful gaslight in the tower of the barge office. The apparatus by which the light was produced was simple, and the expense small.

A FAITHFUL MOTHER.—A mother, whose children all bore the fruits of early piety, on being asked what the secret of her influence was, answered thus: "While my children were infants on my lap, as I washed them, I raised my heart to God that he would wash them in that blood which cleanseth from all sin. As I dressed them in the morning, I asked my Heavenly Father to clothe them with the robe of Christ's righteousness. As I provided them with food, I prayed that God would feed their souls with the bread of heaven, and give them to drink of the water of life. When I have prepared them for the house of God, I have pleaded that their bodies might be fit temples for the Holy Ghost to live in. When they left me for the week-day school, I followed their infant footsteps with prayer, that their path through life might be like that of the just, which shineth more and more unto the perfect day. And as I put them to bed, the silent breathing of my soul has been that their heavenly Father would take them to his embrace, and fold them in his paternal arms."

POOR ADVICE.—A story is told of a Glasgow merchant, who, on his death-bed, sent for a clergyman of the Scotch Free Church. Having some fears regarding his future prospects, he asked the reverend gentleman, "Do you think, if I were to leave £10,000 to the Free Kirk, my soul would be saved?" "Well," answered the cautious minister, "I couldn't just promise you that; but I think it is an experiment worth trying."

LIGHTLY DRESSED.—A Quaker gentleman, riding in a carriage with a fashionable lady decked with a profusion of jewelry, heard her complain of the cold. Shivering in her lace bonnet and shawl, as light as cobweb, she exclaimed: "What shall I do to get warm?"

"I really don't know," replied the Quaker, solemnly, "unless thee should put on another breast-pin!"

SOME go to law for the wagging of a straw.

Items for the Month.

Show your neighbor this number of the Reformer,—perhaps he will subscribe for it. If each of our patrons would make just a *little* effort, the present subscription list of this magazine might be doubled and trebled in a few weeks. Will you do it? Who says, "Aye?"

LET US HEAR FROM YOU. All over the country there are genuine health reformers, men and women of practical common sense, and whose experience on the great subject of Health Reform might be of no small account to others, if they would occasionally bear their testimony in the Reformer. These are just the individuals we want to hear from often. We would like to chronicle the experiences of half a score of such persons in each number of our journal. What if you are not accustomed to writing for the press? The Reformer is not published for the particular edification of the literati, but rather as a beacon to the poor, heart-sick invalid, who may be suffering from the wretched results of drug medication, and also to instruct the well *how to keep so*. Again we repeat it, Let us hear from you! It will do the young converts good. Those who are just adopting the principles of Hygiene often need to be encouraged by the cheering words of others. Speak out, friends! you don't know how much good it will do. We are tremendously in earnest about it.

It is very gratifying to the publishers of the Reformer to notice quite an effort on the part of its friends the past month to increase its circulation. During this time there has been an addition of considerably more than a hundred names to our subscription list. Go on, friends, in this good work! A journal like this cannot flourish without a large number of subscribers; and for every dollar paid in, we mean that you shall get "value received" from the Reformer. Let the workers keep stirring!

We have just received a new and valuable work of 130 pages, entitled, "A Treatise on the Abuses of the Sexual Function," by E. P. Miller, M. D., a man of ability and extensive experience. This publication is gotten up in good style, and is ably and candidly written. The subject of which it treats is of vital importance, and we bespeak for it a careful perusal and a wide circulation. Price, paper, 75 cts. Muslin, \$1.00. Muslin, tinted paper, \$1.25. Address E. P. Miller, M. D., 15 Laight St., New York.

PLAIN LANGUAGE. This journal is for the common people, therefore it will ever be the aim of its conductors to keep its columns free from those technicalities and almost incomprehensible

phrases which are so frequent in health publications. We shall try to present the mighty gospel of Health Reform in as plain a style as possible, so that he "may run that readeth."

The following kindly notice of our magazine appeared in the "World's Crisis" of Nov. 6, 1867:

"THE HEALTH REFORMER.—If any of our readers wish to take an *excellent* hygienic paper, and every family should take one, we can most heartily recommend to them 'The Health Reformer.' Price \$1.00 per year. Address Dr. H. S. Lay, Battle Creek, Mich."

Our readers may expect in our next number an article on the Dress Question, besides several other interesting articles which we trust will commend themselves to the good judgment of all.

"HOW TO LIVE." This highly valuable book, advertised on our cover, should have an extensive circulation. It is a judicious compilation of facts on the subject of Health Reform, with several chapters of very important original matter from the pen of the compiler. We wish that each of our subscribers would procure and thoroughly study this little work, that indeed they might better know "how to live."

"APPEAL TO MOTHERS." Especial attention is called to this little work, which is advertised in this No. of the Reformer. It is, as its title indicates, an "Appeal to Mothers, on the Great Cause of the Physical, Mental, and Moral Ruin of many of the Children of our Time." This little tract should be in the hands of every young person in the land. It is not the publication of some despicable nostrum-vender, but is written by a Christian parent, a kind mother, well known to us, who has thus given publicity to her thoughts in order to prevent, if possible, so many of the dear youth from sacrificing their prospect of happiness, both in this world and the next, on the loathsome altar of lust. Read it, fathers and mothers! Read it, children! Price, by mail, post-paid, 12 cts.

SURGICAL SCIENCE.—A London surgeon, it is said, lately put a dog to sleep with chloroform, and taking out a piece of his skull, inserted a watch crystal, through which he can see the changes in the brain produced by sleep.

IN PRESS.—We take pleasure in calling the reader's attention to a very useful publication now about half printed, called, "Physiology and Hygiene; or, a General Treatise on the Structure, Functions, and Care of the Human System." This work is intended for a general hand-book on the subject of Hygiene. Having read it all in manuscript, we are prepared to bestow our unqualified testimonial in its favor. When ready for circulation early notice will be given, together with the price and other particulars.