

THE
Health Reformer.

OUR PHYSICIAN, NATURE: OBEY AND LIVE.

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TO REFORMERS.

O ye who with undoubting eyes,
Through present cloud and gathering storm,
Behold the span of freedom's skies
And sunshine bright and warm,

Press bravely onward; not in vain
Your generous trust in human kind;
The good which bloodshed cannot gain,
Your peaceful zeal shall find.

The weapons which your hands have found,
Are those which Heaven itself hath wrought;
Light, truth, and love, your battle ground,
A free broad field of thought.—Whittier.

General Articles.

The Principles of Health Reform.

THIS number of the REFORMER will fall into the hands of many who know comparatively nothing of the object of its publication, or the principles it advocates. For the benefit of such, and for the further enlightenment of those who need to "learn the way more perfectly," we give a brief and comprehensive synopsis of the fundamental truths upon which the system of Health Reform is based. The object of this reform is two-fold: *First*, the preservation of health, or prevention of sickness, and, *secondly*, the proper treatment of disease, so that health may be recovered. The result reached in carrying out these principles is a *reform* in the health of those who embrace them; hence the term, "Health Reform."

It frequently happens that those who know

the least of a system of truth, are loudest in their denunciations of its principles and object. So it is, unfortunately, with the health reform. Some claim to "know all about it," when they in reality know nothing. Others, taking their cue from the misguided zeal of some fanatical extremist, or from the foolish extravagances of the hobby-rider, or man of one idea, have been led, and perhaps not without some reason, to entirely misjudge the whole system, and cast it aside or refuse to investigate its claims.

Under such influences as these, the system has been misnamed, or nicknamed, "the water-cure," "the starvation system," "the bran-bread cure," and like contemptuous titles, until the public mind has been prejudiced to such an extent as to prevent, to a great degree, the examination of the principles upon which it is based. That such titles have no foundation in fact, will appear upon even a slight examination of the claims of the reform itself. To disabuse the minds of the prejudiced, is, in part, the object of this article. And in the investigation of this subject we will notice

I. THE PREVENTION OF SICKNESS.

The opinion has prevailed in the world for ages in the past that sickness is a mysterious dispensation of Providence; that disease is an *entity*, or thing, that comes and goes at will, and over which man has but little or no control. The health reform explodes this absurdity, by proving

1. That disease is simply a remedial process, or the effort of nature to expel impurities or remove obstructions from the system; and

2. That all sickness proceeds from the violation of law.

The first of these propositions we will notice in another place. The second will occupy our immediate attention. That matter is governed by fixed laws, will be admitted by

all, and that the substances of which the various organs of our bodies are composed, together with the functions which they perform, are controlled by law, must also be admitted, upon a moment's consideration. That the Creator would make every thing in the universe subject to law, except man, the noblest of his earthly creatures, and leave him in his physical being, free from all law, cannot for a moment be admitted. Every function of the human organism is controlled by law, the violation of which has its sure penalty, whether it be simple loss of vitality, sickness, or absolute death.

The common habits of living so generally followed by people of the present day, involve many gross violations of the laws of our being. These habits the health reform proposes to correct. Prominent among these are

(a) Errors in diet. It is a fully-attested and commonly-admitted fact that the American people eat too much and too fast. It is equally true that we eat much that is not food, and vastly more that is not good food. The diet of the majority consists chiefly of flesh-meats and fine-flour bread, fermented, or raised with preparations of soda, and shortened with lard, butter, or other animal grease. The leading article of flesh is that of the swine, than which scarcely anything can be more grossly impure, and unfit for the human stomach.

As a very large proportion of the prevailing diseases owe their origin to errors in diet, the necessity of a reform in this respect as a means of prevention must be fully apparent. We hold that the system can be better nourished, and the operations of life better performed, upon a diet of grains, fruits and vegetables, than upon one consisting largely of flesh-meats, with the usual concomitants of tea, coffee, and spices. This is not only theoretically true, but is attested by the practical experience of thousands who have tried the experiment.

But let none get the idea that we believe in an impoverished diet, or the "starvation plan." We believe in eating the "fat of the land" (not the fat of *animals*), and with a rich and liberal diet of the various grains, fruits in all their variety, and vegetables in abundance, no one can fail to be sufficiently and fully nourished.

To be sure, some caution must be exercised in changing the habits. The system, always accustomed to even a highly-injurious diet, will not at once recognize the best kind of food as a friend. Hence many becoming convinced theoretically of the superiority of

the reform diet, enter at once upon the change, and of course feel at first a depression, amounting sometimes to absolute debility. Under such circumstances some have been led to pronounce the reform a failure, whereas, had they persevered, or been more judicious in making the change, a different decision would have been the result.

We cannot in this article go into the details of a proper dietary, but would simply say, Let the highly-seasoned preparations of fine flour, the abominable swine's flesh, and the meat of other animals, all of which is more or less diseased, give place to the more nutritious and vastly more wholesome grains, fruits and vegetables, which the Creator has designed as food for man.

(b) Errors in dress. The method of wearing the clothing has a great influence on the health. The prevailing fashions of dress are to a great extent injurious. Especially is this true with regard to the dress of women. The long, dragging skirts, dependent from the hips, the unprotected limbs, the corseted waists, and other death-producing devices of fashion, are doing much to cripple the energies of womankind, and drag them into a premature grave.

Hence we advocate the *reform dress for women*. The specialties of this costume are as follows: 1. The garments are made sufficiently loose to allow the full and free expansion of the chest and lungs, sitting loosely and easily at every point of contact with the body. 2. The clothing is all dependent from the shoulders, nothing being attached so as to be kept in place by compression at the waist or hips. 3. The skirts and outer garments are sufficiently short to allow the free and natural movements of the limbs in walking, and to clear the mud and filth of the streets, and the dew or rain upon the grass. 4. The lower limbs are as warmly clad as those of the opposite sex, by apparel substantially similar. This dress admits of a variety of tastes in its arrangement, selection of material, &c., but no costume which does not embody these four leading ideas can be called the reform dress.

We might notice, also, as means of prevention, the necessity of reform in regard to labor and rest, exercise, recreation, bathing, ventilation, sunshine, social surroundings, &c., but want of space forbids. We therefore pass to notice

II. THE TREATMENT OF DISEASE.

The system of Hygeio-Therapy, or Hygienic Medication, is founded on principles radically at variance with the so-called sci-

ence of medicine. The latter, whether in the guise of allopathy, homeopathy, eclecticism, or what not, teaches that curative virtue lies in drugs, or poisons, the administration of which will make the sick well. The hygienic system arrays against this the following principles:

1. All curative or healing power is inherent in the living system.

2. There is no curative virtue in drugs or medicines, nor in anything outside the vital organism.

3. So-called remedial agents do not act on the living system, as taught in medical books and schools, but are *acted on* by the vital powers.

4. Disease is not an entity, present in the system on the occasion of sickness, and warring with the vital powers, but a remedial effort—a vital operation in the work of removing obstructions, which are the cause of disease.

Upon the principle that all curative power is in the living organism, the hygienic system discards *all drugs* from its list of remedial agents; and this is its chief distinguishing feature—that which places it in a position antagonistic to the popular drug system. It would scarcely seem necessary to enter into an argument to show the fearful results of drug-medication, apparent as they are on every hand. Yet so benumbed have the people become, and so wide-spread and universal is the influence of the common theory of medication, that blindness to even palpable facts seems to have seized upon them. As an evidence of this, look at the vast number of broken-down invalids, who are making apothecary shops of themselves, and growing worse with every dose. Look, too, at the fearful increase of diseases, and the rapidly-increasing number of deaths, under the fatal practice of drugopathy, in spite of which the people seem to be hopelessly infatuated with the system which is carrying so many victims to the grave. So powerful, indeed, is the prejudice in favor of drugging, that he who dares oppose the practice meets not only distrust and suspicion from the masses, but absolute opposition and persecution.

In advocating the disuse of drugs, we are sustained both by science and by experience. And in this connection we will notice the proposition that disease is a remedial process, and not an entity warring against the vital powers. On this point Dr. Trall remarks:

“When they [the medical profession] discover the very simple truth that disease is vital action in relation to things abnormal—a defensive struggle, an effort to purify the

system of morbid materials, and repair the damages—there will be a speedy revolution in medical science. And when the people can be made to understand this, they will no more think of taking poisons because they are sick, than they will think of taking them because they are well.”

Disease, then, is caused by the existence of morbid or unnatural conditions in the system, or the presence of substances injurious to the life and health, and is simply the manifestation of an effort on the part of the vital powers to expel the impurities and restore natural and healthy conditions. How absurd the idea, therefore, of increasing the amount of poison in the system by the addition of some poisonous drug, thus hindering Nature in her effort of purification.

But we shall probably be met at this stage of the inquiry by the objection that drugs do cure disease. Precisely so; and that is what we object to. The *disease* is cured, but not the patient. The vital action (constituting the disease) is stopped, and the work of purification ceases, to be resumed again under some other phase, which may be fatal to the life of the patient.

In the light of these facts we unqualifiedly aver that the *cure* of a disease by the administration of drugs is an insult to Nature and an injury to the patient in every case. In this assertion we are abundantly sustained, not only by facts, but by the testimony of many eminent physicians of the *drug school*! Were it consistent with our space we might quote pages from the admissions of our most celebrated M. D.'s, but the following which we find in Dr. Trall's "Water Cure for the Million," will suffice:

“Said the venerable Professor Alex. H. Stephens, M. D., of the New York College of Physicians and Surgeons, in a recent lecture to the medical class:

‘The older physicians grow, the more skeptical they become of the virtues of medicine, and the more they are disposed to trust to the powers of nature.’ Again: ‘Notwithstanding all of our boasted improvements, patients suffer as much as they did forty years ago.’

“The venerable Professor Jos. M. Smith, M. D., of the same school, testifies: ‘All medicines which enter the circulation, *poison the blood* in the same manner as do the poisons that produce disease.’ Again: ‘Drugs do not cure disease; disease is always cured by the *vis medicatrix nature*.’

“Says Professor C. A. Gilman, M. D., of the same school: ‘Many of the chronic diseases of adults are caused by the *maltreatment* of infantile diseases.’

“Says Professor Alonzo Clark, M. D., of the same school: ‘From thirty to sixty grains of calomel have been given very young children for croup.’ Again: ‘In their zeal to do good, physicians have done much harm. They have

hurried many to the grave who would have recovered if left to nature.' And, finally: 'All of our curative agents are poisons; and, as a consequence, every dose diminishes the patient's vitality.'

"Says Professor E. H. Davis, M. D., of the New York Medical College: 'Tablespoonful doses—480 grains—of calomel have been given in cholera.' Again: 'The *modus operandi* of medicines is still a very obscure subject. We know they operate, but exactly how they operate is entirely unknown.' And again: 'The vital effects of medicines are very little understood; it is a term used to cover our ignorance.'

"Says Professor E. R. Peaslee, M. D., of the same school: 'The administration of powerful medicines is the most fruitful cause of derangements of the digestion.' Again: 'The giving of morphine, or other sedatives, to check the cough in consumption, is a *pernicious practice*.'

"Says Professor B. F. Barker, M. D., of the same school: 'The drugs which are administered for the cure of scarlet fever and measles, kill far more than those diseases do. I have recently given no medicine in their treatment, and have had excellent success.'

"Says Professor J. W. Carson, M. D., of the same school: 'It is easy to destroy the life of an infant. This you will find when you enter practice. You will find that a slight scratch of the pen, which dictates a little too much of a remedy will snuff out the infant's life; and when you next visit your patient, you will find that the child which you left cheerful a few hours previously, is stiff and cold. Beware, then, how you use your remedies!' Again: 'We do not know whether our patients recover because we give medicine, or because nature cures them. Perhaps bread-pills would cure as many as medicine.'

"Says Professor S. St. John, M. D., of the same school: 'All medicines are poisonous.'

"Says Professor A. Dean, LL. D., of the same school: 'Mercury when introduced into the system, always acts as a poison.'

"Says Professor Martin Paine, M. D., of the same school: 'Our remedial agents are themselves morbid.' Again: 'Our medicines act upon the system in the same manner as do the remote causes of disease.' And again: 'Drug medicines do but cure one disease by producing another.'

"I have no faith whatever in medicine."—Dr. Baillie, of London. "The medical practice of our day is, at the best, a most uncertain and unsatisfactory system: it has neither philosophy nor common sense to commend it to confidence."—Professor Evans, Fellow of the Royal College, London. "Gentlemen, ninety-nine out of every hundred medical facts are medical lies; and medical doctrines are, for the most part, stark, staring nonsense."—Professor Gregory, of Edinburgh, Scotland. "I am incessantly led to make an apology for the instability of the theories and practice of physic. Those physicians generally become the most eminent who have most thoroughly emancipated themselves from the tyranny of the schools of medicine. Dissections daily convince us of our ignorance of disease, and cause us to blush at our prescriptions."—Benjamin Rush, M. D.

"Our actual information or knowledge of disease does not increase in proportion to our experimental practice. Every dose of medicine given is a blind experiment upon the vitality of the

patient."—Dr. Bostock, author of the "History of Medicine."

These statements and admissions, coming as many of them do from those who have grown gray in the very practice they condemn, must be sufficient to shake the confidence of the most devoted adherent of the drug system. But this is not enough. Without a correct knowledge of the true principles of health and disease, a mere distrust of drug medication will not dissuade people from fleeing to it in times of sickness and distress. To disseminate this knowledge, and to educate the masses, or in other words, to teach the people that there is a "better way," and that the sick may recover without poisonous drugs, is the object of the Health Reform and of this journal.

It would not be proper, nor would it be possible, in the compass of this article, to enter into the details of treatment embodied in the hygieo-therapeutic system, which, although a science, is yet so simple that children may comprehend its principles, and the common people understand its practice. For a further elucidation of the subject we would refer the reader to standard works on the subject, advertised elsewhere in this journal.

If we have succeeded in awakening an interest in the minds of any in regard to this important subject which they may have regarded heretofore with indifference or even suspicion, we shall be abundantly repaid.

In concluding we would briefly call attention to the Health Reform Institute, located at Battle Creek, Mich., where the foregoing principles are carried out and inculcated in the treatment of disease. People are constantly coming here from all parts of the country, broken down with infirmities, many of them given up to die by their physicians, and nearly all of them suffering from the effects of drugs which they have vainly taken to relieve their distresses.

When brought under the influences which prevail here, and subjected to the judicious treatment indicated by the nature of their respective cases, the effects have been wonderful beyond measure. In some instances they have been restored to their friends and families under circumstances which have made it seem like a resurrection from the dead, so hopeless had their cases become.

Nor is it by the effect of some wonderful drug that these cures are wrought, as not a particle of medicine is administered; but they are owing to the superior efficacy of a system of treatment whose principles are founded upon the laws of life and health.

To the sick and suffering, therefore, we

would say, Do not despair. There may yet be hope in your case. If you see light in the health reform, give the matter your immediate attention. Send for our circular, and correspond with the physicians. If you are within reach of the remedies which God has provided, you may be snatched from the grave, and restored once more to a useful position in society.

And to those who are living in accordance with the prevailing customs of society in reference to diet, dress, &c., we say, Beware. Although you do not yet realize the consequences of your sin, they are sure to come. Every law has its penalty, and every transgression will receive "its just recompense of reward." We invite you, in duty to yourself, to your fellow-men, and to God, to obey the divine injunction, Cease to do evil, learn to do well.

W. C. G.

How to Blow out a Kerosene Lamp.

A LATE number of the *Scientific American* tells us how to extinguish a kerosene lamp. It is simply this:—"Blow across the top of the chimney, without either raising or lowering the wick. Let the blowing be a kind of puff, and inclined upward, so that no part of the blast will go down the chimney."

This is a very easy and safe way to "put out the light." Blowing down a chimney, to extinguish a light, is a dangerous practice. The writer once saw a lamp shivered to atoms by so doing. By blowing down, the flame ignites the gas below, and the result is an explosion,—aye, perhaps worse yet, somebody is badly burned, or the house is set on fire.

Always be careful *how* you blow out a kerosene lamp.

G. W. A.

NEED OF FOOD.—We all know how rapidly wear and tear ruins an engine; and that to put it in repair materials and work are necessary. The iron or copper which has to be renewed will not be replaced by giving the machine more fuel, and therefore an exterior human power—the power of many workmen—must co-operate and must be consumed to make up the deficiencies of the machine, and set all right again.

Food does not serve to generate warmth and force only, as is the case with the steam-engine, but also to form and to increase the quickened parts of the animal body, and to reproduce those which are worn out.—*Liebig.*

SPEECH is the gift of all, but thought, of few.

Random Thoughts.

BY THOS. W. DEERING, M. D.

PLYMOUTH PULPIT. Under this caption is published a weekly periodical containing a sermon of the Rev. Henry Ward Beecher, intended to be strewn broadcast over the land, thus diffusing Beecher's most beautiful and sublime thoughts upon the past, present, and future. But, like all other religious publications of which I have any knowledge, it is cankered. It has within it a viper that is gnawing at the life source of those sublime views. Hand in hand with those words and prayers that are intended for moral and spiritual education and development, goes an advertisement of death and damnation. The one to do, the other to undo. I allude to the advertisement of the greatest of modern curses—druggery.

In this connection I will say that the church will never attain to that moral eminence to which it aspires until it forces its press to reject the advertisement or mention of (save to warn against) anything or everything that tends to lower and degrade man physically as well as morally. The physical and the moral are intimately connected.

But, say the publishers of said journals, we cannot issue without the aid of such means. Then I would suggest to those who desire to see the WORD promulgated that they pay said publishers the amount received from such, and thus confer a lasting public boon. Quack medicine venders all fly to the religious press, as they are aware that the countenance of such goes a great way with the masses. Verily, HEALTH REFORM is the basis of all reform.

WHAT A FARCE

To see the elected representatives of Massachusetts, a State renowned for its intellect and knowledge, parading before the world a dastardly compromise with toppers, guzzlers, tipplers, murderers, prostitutes, wife-beaters, &c. All honor to those so-called fanatics and one-ideaists, the ultra prohibitionists who defeated said measure because of its having within it a clause that placed the whole thing in the hands of the rumsellers, viz., the allowing of the sale of lager beer containing not over three and one-half per cent of alcohol. When will people learn that it is this very lager, and liquors that contain but a small percentage of alcohol, that plant the seeds of intemperance and misery among the youth of the land? After a while the three and a half per cent fails to give the accustomed stimulus, and there is a demand for

ten per cent, and so on until the strongest fails to supply the want.

But why allow the national grog of the Germans to be sold, and prohibit that of the Irish, French, and American? Our corrupt social and political condition answers the question. Never, until we elect men of honor, integrity, and principle, to fill the offices of State and nation, will we have laws adapted to our social, moral, political, and religious advancement and development.

Boston Free City Hospital.

WE have been much interested in the Report of the Trustees of this Hospital, and it is our purpose now to let the readers of the REFORMER know a few facts concerning this institution where killing is done by rule and measure.

It is located where once the tide came up; and it is now but a short distance from the dock, and within "smelling distance" of an extensive establishment for the manufacture of fertilizers, and a lead factory. We think that some sturdy old reformer will say, with sarcasm, that this spot must have been reserved for such a noble institution by some mysterious power.

There is but a single redeeming feature, and it is that the grounds are spacious, and the light of the sun has a chance to wage an unequal warfare with the drugopaths within; and surely, they are legion. Six "consulting physicians and surgeons," as many more gentlemen serving as "visiting physicians," and an equal number as "visiting surgeons," and then a list of fourteen others, each with a distinct line of duty, are laid down in the authorities, to make men miserable, and anything but an "image of God."

It is indeed a sad sight to see men with the *power* to do an immense amount of good, and heal many, restoring them by the aid of the means that God has given us, to be again useful members of society, and to be missionaries of the truth among the people, do as is done here. *Destruction* is written in every ward, and upon every physician's brow; he cannot be an "angel of light," for his deeds bear no evidence of such origin. There are many, no doubt, who, not being of an inquiring mind, do not study into the principles of their practice, and seem to take it for granted that a system that has existed without material alteration for so many centuries, must be true.

Very few men who take things for granted amount to much. Principles are not comprehended like rules in grammar; but are only

thoroughly mastered upon long-continued and intelligent application. The allopathic system, like all forms of error, demands a *blind adherence*. The moment a man commences a thorough investigation of its principles, without being trammelled by prejudice, he finds himself breaking loose from his old belief, in a measure, and time takes him still farther away.

Many of our first allopathic physicians do not so closely adhere to the blind precepts of the "authorities" as the more inexperienced, who make up for lack of experience and that knowledge only to be gained by it, by a knowledge of the writings of men who have wandered in ignorance in time past.

That it may be plain that this is *not* a *Health Institute*, nor a *Cure*, we need but give a few of the many articles of food (?) used by patients and attendants: Beef, mutton, lamb, veal, fowls, and pork, to the amount of 71,300 pounds; 3 tons of butter; 3,700 dozen eggs; baker's bread, costing \$4,000; 54 barrels flour (it is not stated whether graham or not,—to be in harmony, only "St. Louis Superfine" could be used); \$6,700 expended in groceries, including, of course, pepper, vinegar, salt, sugar, and mustard. Liquors about \$3,300, and medical supplies \$5,651.63.

The running expenses average about *ninety thousand dollars a year*, and we make the assertion, without fear of refutation, that it would have been better for the city if this hotel, for such it is, had never been built. It is a great monument erected to show the world the ignorance and heathenish superstition of the Boston people in matters pertaining to the preservation of health—a slaughter-house where the poor are drugged to death, or, with more precision, *murdered*.

It is well known that many a poor man, having some accident befall him, has protested against his removal to hospital. Who can wonder that such is the sad story, so long as physicians can see that they owe no duty to God, but only to themselves? When will physicians come to see that according to their knowledge they are responsible to God; and that when attending a patient, it is not a simple matter, but that there is required of them an *intelligent care*, and not that indifference commonly shown by him of the pill box? In short, it has been entirely a matter of practice, and not a matter of conscience. Doubtless there are to be found men who make their practice more than this, and do their utmost. Still, so long as the physician holds to his rules and measures, just so long will there be that tendency to run in grooves

and lose all independence that we believe the true practitioner should have.

Now as to the patients discharged: 1,148 are called "recovered," 554 "relieved," 131 "not relieved," (honest where we least expect it,) 42 "not treated," and 163 "died." In another part of the report, it is a matter of congratulation that the rate of mortality has been reduced one and three-tenths per cent below the last year.

We will have no words about the true rate of mortality which the above figures indicate, but merely add that to us it seems that the true rate is at least 10 per cent instead of that given by the report, seven and three-tenths per cent.

There is a large class of patients denoted "out-patients." The results in these cases we do not find, as the "admitted patients" are classified very minutely, and it is probably almost impossible, from the nature of the cases, to enter so minutely into these cases. It is beyond imagination to conceive of the injury done in this hospital and those of a like nature throughout our country. It surpasses belief to see how the people have been, and are, hood-winked, even to the present day.

Many in our communities are waking up to the importance of hospitals being conducted upon a *saving* plan, and not upon the old one of destruction, and we trust, and firmly believe, that the next generation shall see more clearly than this in all matters relating to health, thus aiding the cause of right more earnestly, dealing heavier and better-directed blows against the old towers of superstition, and rendering the downfall of the enemy a question for no distant day. These views may seem rather sanguine to some; but we live in times in which what was deemed the work of ages has been accomplished in a few short years; and shall not we who believe the principles of the true healing art, take courage, and be always ready to strike a blow to aid this cause so dear to us all? Let there be no compromises. Compromises wither the soul and dwarf the entire being.

D.

Boston, Mass.

A Living Hell in a Cubic Inch of Sugar.

LAST night we saw the hidden wonders of raw sugar as they were revealed to us by a microscope of uncommon power and great detective ability, which will forever set us against all sweets in that form with an intensity of horror such as no man can conceive who has not been behind the scenes. We saw the living hell in it, however, in less than a quarter of an ounce of raw sugar.—

There were myriads, apparently, of horrible insects as large as beetles, and having the appearance of crabs. Four dreadful legs, with claw-pincers at the end of them, jointed in four parts as with armor, and bristling with sharp-pointed spears, were in front of the monster, and his head was of a long pyramidal form in two joints, with five finger tips at the terminus where the mouth ought to have been. The body was oval-shaped, and marked almost exactly like that of a crab, only upon the rims of an inner circle, upon the back, there were twelve more of those long, sharp spears, with two at the tail, and four snake-like tentacula, exceedingly fine in articulation, and no doubt intended, like puss's whiskers, to be feelers, to warn the hinder end parts of contiguous danger. The reverse side showed the ugliness of the beast even more than the obverse; but it also showed the wondrous mechanical genius of the maker of it. Each limb was padded by a mass of muscle at the base, (visible through a case of transparent armor,) which gave the impression of immense (relative) power.

Talk about lively beasts, and lively they were. Eager, restless, ravenous; always falling foul of each other, or attacking great joints of sugar, as large, in reality, as a mathematical point. With the pincers attached to the end of each proboscis they caught hold of one another, and tore one another, repeating in their small way the enormous tragedies of Tennyson's primal monsters.

The way these marvels came to light was this: A spoonful of raw, coarse sugar was dissolved in about three times the quantity of water, when, as with a conjurer's rod, the animalculæ sprang to the surface, and floated there, swimming about, and up and down, like the beasts that wriggle in soft water tubs, and finally turn into flies resembling mosquitoes, but harmless. These sugar animalcules, or *acarus sacchari*, as the scientific men call them, were then gathered up in a spoon, and placed under a glass magnifying about 300 times. They could be seen, however, with the naked eye, to begin with, but not in their entire hideousness until the object glass brought it out. It has been proved that in every pound of *unrefined*, raw sugar, there are 100,000 of these acari. In fifteen grains weight, Dr. Hassel, of London, found 100 of the insects; and Dr. Barker, 1,400 in forty-five grains' weight, or 268,000 in a pound.

Worse still, as a matter of æsthetics, this is the very same insect that bores into the skin of its victims in Scotch beds, and treats them to a taste of the "Scotch fiddle," *alias* the itch.—N. F. Sun.

The Health Reformer.

Battle Creek, Mich., July, 1869.

The Health Institute.

BE IN SEASON.

THE Health Reform Institute, located at Battle Creek, Mich., is prospering finely. It is crowded with patients. They seem to be happy. They are doing well. Most remarkable cures are being wrought.

The great object of the Health Reform and the Health Institute is to teach men and women how to live so as to best preserve their fund of vitality. One half of the readers of the *Reformer* would do well to spend from three weeks to three months at the Institute. Their money laid out at full prices would pay fifty per cent in the end. And the advantages health-wise cannot be estimated in dollars and cents.

And let the afflicted seek for help while it may be obtained. One month at the Institute when you are beginning to fail will do more for you than one year after you are completely broken down, and all the other doctors have given you up.

Are you feeble, and liable to break down? Come while you can be helped. Do not wait till you are so low as to be only able to reach the Institute just alive, to be told, on examination, that there is no help for you. Or if you stay, have to be carried up and down stairs, lingering a long time between life and death, a cause of sadness to every one who sees you, and a burden to yourself.

Be in season in this matter. Do not wait till you have eaten all the drugs in town, and you are nearly ready for the cemetery, before you decide to come to the Institute.

The object of the Institute is not to take these desperate cases that have been delayed and delayed till every ray of hope for health elsewhere has departed. Its great object is to save men from that terrible condition. And you do not do the Institute justice to put off the matter of recovery till your case becomes doubtful. Come while it is a matter of certainty that you can be helped.

JAMES WHITE.

The War of the "Schools."

THE medical profession of Michigan are at the present time in a decided ferment over the claims of homeopathy for state aid and protection. There is located at Ann Arbor

a Medical University, of the allopathic school, chartered and endowed by the State. If the good people of Michigan see fit to allow themselves to be taxed in support of such an Institution they have a perfect right to do so. The homeopaths, however, claim that inasmuch as about half the legal voters of the State are disciples of, or believers in, the teachings of Hahnemann, they have at least some show of right to Legislative favor. This claim is stoutly resisted by the "old school," and hence the agitation.

It appears that the men of little pills would once have been satisfied with a single professorship in the University, but the faculty, mindful, doubtless, of the story of the camel who wanted simply to insert his nose in his master's tent, and by that means succeeded in getting the entire possession, strenuously opposed and finally defeated the project. But the agitation has increased until there now seems to be a fair prospect for a separate endowment. We are glad of it. If the people must be poisoned by law, and taxed to pay for it, let it be done in homeopathic doses, rather than by the murderous practice of the past.

We should be more glad, however, to see a college where the true principles of hygeio-therapeutics could be faithfully inculcated, and men and women sent forth into the world on a mission of mercy to poor, afflicted, drug-ridden humanity.

W. C. G.

My Experience in Health Reform.

The subject of health reform has engaged my earnest attention for more than five years. During this entire period of time I have endeavored, as a matter of conscience, strictly to regard and live out the principles of this noble reform. As its effects upon myself have been very marked, and such that all with whom I have been associated for this period have observed them, I take pleasure in briefly stating my own experience.

Six years ago, my state of health was very far from being satisfactory. From overwork, and from sharing in the general ignorance concerning the subject of food, and the proper manner of preserving strength and health, I was in a very enfeebled condition. I had very great difficulty in my head. My brain was much congested. Quite often for several days together I was unable to perform mental labor to any extent. Indeed, it seemed to me that my brain was undergoing the process of destruction called "softening." How great distress I suffered at such times from a sense of utter prostration cannot well be expressed. I had also a very bad form of ca-

tarrh. My head seemed to be all rottenness. I need not tell those who have had this disease in the same form that I had it, how much pain and discomfort it occasioned. I suffered from it almost constant, dull pain in the front part of my head; and what was to me vastly worse, the stench in my head was at times almost intolerable. Often have I been compelled suddenly to spring up from sound sleep because my throat had filled up in such a manner as to choke me. I had also quite a bad form of salt rheum, which generally kept the middle finger of each hand quite raw. Perhaps as a result of this disease, I had very frequent and painful sores on my under lip. My general strength was easily exhausted. I found it difficult to perform the labor which devolved upon me as a preacher. Particularly in the morning, I found myself generally very faint, and it seemed quite impossible for me to perform any labor till I had partaken of food. In fact, it almost seemed that a living creature was eating my stomach, and that I must take food to divert its attention from myself to it.

The reader will agree with me that my prospect of health was far from flattering. Indeed, I had no great degree of hope that I should ever again possess a sufficient measure to make life in itself any thing desirable. Certainly I was a fair subject with which to test the health reform, if, indeed, it would not be decidedly unfair to consider the case of one in my condition a proper test. It might well be doubted whether nature could rally to produce decided changes in my condition.

At the time that the subject of health reform first arrested my attention, one circumstance contributed to fix its importance in my mind, and to establish it permanently in my esteem. My only son, then a child of nearly six years, had a very serious difficulty in his left leg. This was located in the ankle joint, which was nearly stiff, and which was much enlarged by long-continued swelling of the ligaments of the joint. The leg was withered very much for its whole length. In walking he turned his foot nearly square to the left, and dragged it after him. The difficulty had been coming on nearly all his life long. Two things, however, were very favorable in his case. 1. The bone had not grown very much out of shape, and, 2. The lame leg was not shorter, though much smaller, than the other. Such was his condition, and such my own, five years ago last March.

Feeling much distressed in his case, I sought God in earnest prayer, that I might know what should be done for him. It

seemed to me that a clear answer to my prayer was given: "Send the child to Dansville." I had then very little knowledge of that institution, but what I had learned of the principles of health reform, caused me to regard the method of treating disease there in use, as worthy of confidence. In fact, I had become well convinced that the subject of drug medication was only productive of evil. So this presented to my mind the only method of relief that I could see. With the hearty approval of his mother, I sent the child to Dansville, N. Y. This was the last of March, 1864. We then decided that the system of living which the child must follow at D., we would strictly follow at home, so that when he should return, we need not undo by our bad living what he should gain at D. We did not have to banish tobacco, nor pork, nor tea, nor coffee, nor even the use of any very considerable amount of seasoning of any kind from our food. But we did at once leave off the third meal, never again having it in our family, and all meat, with the exception of a very few times using a very little during that summer, and all butter, and the various kinds of spices, using thenceforward none at all, and only a small amount of salt; also, we strictly desisted from eating anything between meals.

Such was our beginning in earnest to be health reformers. We did it, 1. Because it seemed to be clearly consistent and right to do so, and, in fact, after seeing the reasonableness of the thing, entirely wrong to do otherwise. 2. Because the case of our son called our attention very urgently to the importance of decided action. And the result in his case was such as to give us lasting confidence in the use of hygienic agencies for the treatment of disease. At the end of fifteen weeks he returned from D. with very marked changes wrought in him. The enlargement of the ankle joint was nearly all gone. He could bend it freely. The leg had begun to grow. He walked naturally like other boys. When he returned, he found us living just as he had lived at D. He continued the same living as while there, and still he continues thus to live. The result may be stated in a word: He has a perfect restoration of the lame and withered leg, and excellent general health.

And now, to return to myself: One of the the very first results of my change of living greatly surprised me. I found that immediately on leaving off my suppers, the morning faintness left me. The living creature that used to gnaw at my stomach in the morning, then and there desisted from that business,

and has never resumed it. I thus learned that it was not because my stomach was clamoring for food early in the morning, but because it was justly complaining for having had to work almost all night, when it should have been allowed to rest, that I suffered distress in that manner.

Another thing that much surprised me was the change in my appetite. My relish for the simple but excellent meals of vegetables, grains and fruits, was keen and exquisite. The taste which food had in my childhood, and which I had long lost, returned again to me. And in truth, I have never seen the time when I could call the hygienic system of living a system requiring sacrifice to carry it out. I have ever found it as pleasant to my own taste as I have healthful and profitable. A clean taste to the mouth, which I am persuaded few people know anything about, is something worth having. There is no need of the dirty, bitter, nauseous, or greasy taste, which most people to a greater or less extent do all the time possess.

It was but a few weeks after these changes were made, that I perceived my head was clearer. My brain seemed to be relieved. I found to my surprise that I could lie down whenever I felt the need of a little rest, and instead of my former state of nervous sleeplessness, I could almost in a moment drop to sleep, a blessing, by the way, which I still retain. Though I continued to work hard, which I do not advise others to do while making these changes, I soon felt that healthful action was taking place with me from head to foot. I began to feel like a new man. My catarrh was slow to present very marked changes; but in the course of a few months I could perceive that it had sensibly abated. After a longer period it seemed for weeks to be gone entirely. Then it would return again, but with less violent and less disagreeable features. Then after a still longer interval of freedom from it, it would come again. I think about eighteen months' time sufficed to eradicate this offensive and almost incurable disease. I am under the strongest obligation to thank God in this thing for the health reform.

With my catarrh went also my salt rheum. I did not cure my raw fingers by some wonderful salve that drove the fire to my lungs or throat; but when I left off feeding the disease, nature was able to overpower it, and put it out. I am never awakened now from sound sleep by a sensation like that caused by holding the fingers in a flame. My hands are free from this trouble, and I do not crave its return, surely.

I spoke of frequent and painful cold sores upon the under lip. I have not had one of these for the past five years. Nor have I had a boil during the time. My general health and strength have been restored to me to a remarkable degree. In fact, it seems to me that since I have adopted the principles of health reform I have better health than I ever had, even in early life. I feel like a new man. God has given me a new lease of life. I mean that it shall be wholly spent in his service. Providential circumstances much of the time seem to compel me to labor beyond what one man's strength can reasonably perform. Here it is possible I may break down. Yet in God's infinite mercy I hope not to do this.

But however the future may be, I find myself now possessed of excellent health, which, under God, I owe to the light on the health reform. Thank God that I have ever seen its light.

J. N. ANDREWS.

Notes of Case.

THERE came to the Institute about the first of April, Mrs. S. Y., of Iowa, 38 years of age. Had been out of health a year. For several sick spells had taken medicine, and had been salivated so as to lose her teeth. During the past winter had much heat and inflammation in the throat; pain under both shoulder-blades and in the right side over the liver; tenderness and soreness at the pit of the stomach; appetite not good, food often occasioning distress. Bowels badly constipated, accompanied with piles. For about five months had been very much troubled with numbness in the hands, arms, and feet, having almost lost the use of her hands, being unable to dress herself without great effort. Weakness and pain in the small of the back; inflammation of the kidneys, their secretions highly colored, depositing a brick-dust sediment. Menstruation suppressed for several months, and troubled with leucorrhœa. Lungs were somewhat weak, with a slight cough. Night sweats, with occasional chills. Was quite low spirited, and mind generally desponding. Her usual weight in health was about 150 pounds; at the time of taking notes of case, 106. The skin was very sallow, the white of the eye yellow, the eyelid had a contracted appearance, not opening fully.

The plan of treatment was, at first to give sitz baths, general baths, and foot baths, to affect the whole system. The next step, the liver being torpid, and its functions greatly impaired, was to make local applications by the use of fomentations, which occasioned intense pain in the region of the liver, as that

organ began to arouse to action. As the vital powers took hold in earnest, we ceased the fomentations and gave such assistance as symptoms indicated.

Soon critical action commenced in the bowels in the form of diarrhea, producing much suffering, with the passing of a considerable quantity of blood and mucus. Then the kidneys exhibited serious disturbance in their effort to come to healthy action. In connection with this, the lower bowel became much inflamed, swelling and presenting three large tumors externally. Applications were made to the head to keep it cool, to the feet to induce circulation in them and keep them warm. Sponge baths were given to cool the fever, and remove impurities from the skin, and compresses were used to reduce the inflammation of parts. The diet was especially cared for.

Not last nor least among the duties of the sick room is to keep the mind as free as possible from perplexity. Regard was had to this, as also to making the surroundings and associations pleasing. No pains were spared in the use of hygienic agencies to supply conditions, and assist nature in removing obstructions, thereby restoring normal action to the various organs.

Success crowned our efforts. Gradually the acute symptoms subsided, pain and heat in different parts abated, a more equal circulation was secured, there was relish for food, strength returned, the countenance cleared up, and the mind became hopeful and cheerful. By the blessing of Heaven, on the first of June she was able to leave the Institution, to go to her home and family in the West, greatly improved in health, with a grateful heart firmly established in the faith that drugs are not needed in order to regain health.

Since arriving home, we hear from her. She stood the journey well, is doing finely with her friends, and expresses much pleasure and thankfulness that there is such an Institution in the land, where the sick are treated and cared for on correct principles.

P. M. LAMSON, M. D.

Small Pox.

SEVERAL calls have been made lately for something to be said through the REFORMER on this disease. To enter into a full explanation of this disease and its various complications, would require many pages of the REFORMER, and be of no essential use to the general reader. Those who desire to study the subject in detail will find it fully elucidated in medical works.

When I attempt to write upon any disease, the first strong impression made upon my mind is, that something should be said on prevention. And this is especially so in small pox. How very many instances we can recall where a previous preparation has disarmed this loathsome and much-to-be-dreaded disease of its terrors. I will then simply say here, Live out true health-reform principles in your daily life; and should you chance to take the disease, you need apprehend but little danger, if you follow the treatment I shall prescribe, or that given by any intelligent hygienic physician. But should you fall into the hands of a drug practitioner, I would not vouch for your life, as the great mortality which has frequently resulted from such treatment gives us reasons to fear the consequences.

Small pox is an eruptive, contagious disease, and may be considered as possessing two distinct varieties, known as the distinct form and the confluent. There are other complications and varieties comprehended under the term varioloid. These several varieties may be said to have three distinct stages: 1. The eruptive or febrile stage; 2. The progress and maturation of the eruption; 3. The desiccating or convalescent stage.

The first stage commences similarly to ordinary fevers, with rigors or chills of more or less intensity, and continuing for a longer or shorter time, owing to the condition of the patient, this followed by a fever or heat of the skin, frequent pulse, furred tongue, thirst, nausea, loss of appetite, pain in the back, especially in the lumbar region, pain at the pit of the stomach, with great uneasiness in the epigastric region, followed by vomiting, pain in the head and limbs, with much prostration of the muscular system. The above signs are not peculiar to small pox, as they may precede common fevers; but in small pox the symptoms are usually more marked and severe, especially the pains in the back and stomach. The eyes and throat also seem many times to be affected in the incipient stage as well as in the succeeding one. In children, convulsions are not unfrequent in the first stage, the disease being often ushered in with them.

The fever is of the remittent form, there being daily exacerbations. The fever continues three or four days, subsiding somewhat on the appearance of the eruption, which usually appears on the third or fourth day, first upon the face in minute red specks, then on the neck, chest, and finally upon all other parts of the body and limbs.

The eruption is generally fully out by the

beginning of the fifth day, at which time the fever subsides, and the patient seems quite comfortable, and those unacquainted with these symptoms might conclude that nothing of a very serious nature would follow.

The second stage may properly be said to commence at this point when the eruption is fully out. The rash though slight at first soon becomes papular, and on the second or third day small vesicles of lymph are discoverable on the tips of the forming pustules. From the third to the fourth day of the eruption the pocks are fully formed, being of an oval form and flattened on the top, surrounded by an inflamed margin, and hard to the touch. They gradually increase in size until the vesicles disappear and the pustules are fully formed instead. They now assume a darker appearance, and the liquid formed becomes quite purulent.

When completed they lose their flat appearance, and become convex or rounded on the top. This stage is reached about the eighth day from the time the eruption first makes its appearance, and marks the height of the second stage of those upon the face and neck and upper portions of the body. But two or three days intervene before those on the lower extremities and wrists are completed.

At this time the fever revives, and is now called secondary fever, which, however, gradually subsides as convalescence progresses. About the eleventh or twelfth day of the disease the pustules that first appear on the face and neck assume a brown appearance, being dryish on the top. Some break, and the watery portion escapes and spreads over the surface. This constitutes the third stage; and from this time if all goes on favorably the pustules soon dry up and the scabs fall off.

The swelling of the head and other parts, which has been considerable during the second stage, gradually declines. The pustules on the feet and wrists remain two or three days longer than those on the face and upper portions of the body. In fatal cases death ensues about the tenth day. The time required for recovery is from two to three weeks under favorable treatment, but often under bad management terrible consequences follow in what is termed sequelæ, resulting in the entire loss of one or both eyes, the formation of malignant ulcers, and many other complications which I will not consume space to mention.

The second variety, or confluent form, is only an aggravation of all, or nearly all, the former symptoms. The chills and fever are

more severe, head more painful, stupor, and great prostration, intense vomiting, and extreme restlessness, are prominent symptoms in this form. The eruption appears more livid, and as the pustules form they run together in irregular blotches, forming a continuous scab, loathsome to look upon. This form of the disease is confined to persons who are scrofulous and gross livers. Those who will live healthfully need never fear having it in this dangerous and dreaded form.

The modified forms, known as Varioloid, being generally mild and easily managed, I will drop this division of the subject by simply saying that it comes on in a similar manner, only less severe. Only a few pustules ever appear, and they will soon disappear on the use of simple hygienic appliances.

TREATMENT.

This is similar to that of all fevers. When the fever is mild, apply tepid ablutions at about 90°, or a little cooler if agreeable. These ablutions may be applied two or three times in twenty-four hours with excellent effect. If the fever is intense, apply the wet-sheet pack frequently, as cool as will feel agreeable. Keep the head invariably cool, and the feet warm. Move the bowels freely in the beginning, if necessary, but after the eruptive stage sets in, be very careful not to meddle much with the bowels. Give the patient nothing but a little thin gruel for several days. Wheat meal or corn meal is best. Infants may nurse at usual time, only not too often. During the first part of the eruptive stage, scarcely anything should be eaten. Have the patient in a large, well-ventilated room, and let the temperature be kept low. Strenuously avoid heat, and let the patient breathe a full supply of pure air. Keep the room quiet.

To prevent pitting, and to allay the irritation after the pustules form, keep them moistened with sweet oil, or cream. Boiled linseed oil is also good. Cool compresses worn over the face and eyes are very soothing and useful. Let the patient drink cool water according to thirst, not drinking too much at once. In addition to the ablutions, sitz baths, or wet-sheet packs, that may be given from time to time, when the patient becomes restless, gently sponge the face, neck, and chest, and, if desirable, the whole body.

Be thorough, yet careful, and your patient will recover speedily if there is any possibility.

W. RUSSELL, M. D.

Health Institute.

Keep thyself pure.

To Correspondents.

J. R., of Ind., writes :

We often hear the remark when a person is sick, "He has taken cold," when the real cause is found in his unphysiological habits: tobacco, strong drink, condiments, meat, &c. Query: Which is the worse, unphysiological habits, above named, or exposure to vicissitudes of weather?

Unquestionably the former. A person whose habits of life are strictly physiological will often endure great exposure to cold and wet without serious consequences, while a person whose habits are bad will suffer even without such exposure; and if the bad habits and exposure operate in conjunction, the consequences are always serious, and often fatal.

M. H., of Minnesota, writes :

What is the cause and cure for drowsiness, especially after dinner:

The cause is frequently overeating. Sometimes when the person fails to sleep enough, the sensation of drowsiness will be strongest after a meal.

"A subscriber" writes :

Please inform me, in your next, what to do for a troublesome annoyance, the mucus membrane of the nose being exceedingly dry, generally, and especially in the morning. Health otherwise very good. A vegetarian of many years' standing, and a water-drinker, using no tea, coffee, &c., nor salt, butter, nor spices. An allopathic surgeon friend prescribes iodide of potassium in syrup.

In the absence of all other symptoms, the disease may be local, and curable by local treatment, such as sprays, compresses at night, with occasional snuffing of water up the nasal passages. We are inclined to think, however, that the cause is more remote than the mucus membrane of the nose, in which case constitutional treatment is indicated.

M. M. R.: You will find instructions for the treatment of neuralgia in REFORMER for December, 1867.

"H.": The symptoms you give indicate general visceral derangement, involving more directly the pleura as the seat of the pain. Hot fomentations over the abdomen, reaching well up to the chest, followed by cool compresses, with strict attention to the general health, will doubtless reach the case.

C. C. V. D.: The articles you mention are all more or less unhygienic, and should be discontinued; not all at once, but by degrees, especially if the person continues to labor.

P. C. R. writes from R. I.:

What would you recommend for a woman who loves fine flour, wishes her food quite salt, eats salt fish quite freely, and but little graham flour, for the reason that she don't love it. Eats but very little meat, and drinks neither tea nor coffee. Upon the recurrence of the menstrual period, she is unable to sit up, sometimes for twenty-four hours; has pain in her head; and is troubled with constipation continually. Most of the time is able to do her work, but thinks her health gradually failing.

We would recommend for her to make a thorough and radical change in her diet; not all at once, but as soon as consistent. Commence the use of graham flour, and learn to love it. Let alone the salt fish, diminish the salt in the food until it amounts to—none at all. And if her other habits are right, we venture to predict a change for the better in her general condition, and in her periodical sickness.

The gentleman of whom you speak will find his catarrh incurable so long as he continues to labor as he does, and continues to eat meat two or three times per week.

Mrs. S. W. writes:

I am forty-eight years old. To all appearance my health is good; yet after being on my feet a short time, have a weakness through my chest, lungs, and stomach, so much so that it is difficult to speak. While lying down it is relieved, and by wearing a bandage to support the bowels, I can get around and work some, but do not get better. Have been so about three years. Am trying to live health reform. Please tell me in the HEALTH REFORMER the cause and cure of this trouble.

The difficulty is owing to a relaxed condition of the abdominal muscles, accompanied, probably, with uterine or other displacements. The remedy consists in restoring the "tone" or contractile vigor to the muscles involved. This may be accomplished by sitz baths, tepid or quite cool, frequent, but of short duration; vaginal injections; and wearing of the wet girdle as the sensations may indicate. Avoid wearisome labor, especially while taking treatment.

A. E. H. writes:

1. What is good for a child that has gatherings in its head when cutting teeth?
2. How shall we treat lung fever?
3. How do you treat the small-pox?

1. Frequent baths to eliminate impurities from the system, and careful attention to diet. The child doubtless inherits scrofulous tendencies, which it will require time to outgrow.

2. This would depend much upon the symptoms manifested. In the early stage of the disease it may be treated much as a com-

mon cold is managed: Hot sitz bath, followed by dripping sheet, or pack, according to strength or condition of patient. Then go to bed, with compresses over the lungs and throat, hot jugs at the feet, and cool cloths on the head. If the disease has progressed so as to become inflammatory, hot fomentations should be applied to the chest, followed by cool compresses. The circulation should be kept well balanced, the bowels evacuated, and little or no food should be taken until the fever is abated.

3. See article on small-pox, in this number.

C. E. S. writes:

Can you state the disease, and prescribe, by the following symptoms? Pain and dizziness in the head, pain in the breast, near the heart, and also in the right side. The heart beats very hard, and at times very rapidly, sometimes so hard as to jar the whole body. Am troubled a good deal with cold feet. Am a young man; have a good appetite; eat two meals a day, diet mostly vegetable.

This is a severe case of dyspepsia and liver complaint, with resulting unbalanced circulation. The heart may be diseased, but the symptoms do not necessarily indicate it. Your occupation should be one involving little or no brain labor, and should not be wearisome nor overtaxing in any respect. The diet should be very abstemious, especially to the exclusion of salt and other condiments, and all animal food. Carefully avoid overeating. Treatment should consist of frequent foot baths of a few minutes' duration, wearing of the wet girdle much of the time, if comfortable, and a pack about once per week. Avoid excitement of every description.

M. U. writes from Mo.:

Please state in HEALTH REFORMER what you deem to be the duty of those who have discarded drug medication, in reference to those who adhere to drugging in sickness. By so doing, you will gratify several who are much puzzled in the matter.

We should make it a fixed principle never to administer a drug with our own hands, while believing it to be a poison which would tend to destroy life. We would not, however, refuse to administer to the comfort of those who were taking drugs, if our protest against the practice could not be heeded.

H. V. B. writes:

Will you please inform me, through the columns of your journal, how to regulate the diet of a child three years old, so that he may not become addicted to eating too much?

The first essential thing is perfect regularity in the time of taking food. A child of

three years would doubtless do better on two meals per day than on three. In either case, nothing should be eaten between meals. Avoid "slop food," and if there is a tendency to overeat, see that the food is dry, so as to compel thorough mastication. Graham crackers, hard biscuit, raw apples, and the like articles, should constitute the staple articles of diet.

W. L. writes from N. Y.:

1. Please give, through the HEALTH REFORMER, the best method of canning or preserving fruit.

2. Also how to prepare sweet corn for grinding, whether by picking green and drying, or by letting it get ripe on the stalk.

1. See article in Vol. 3, No. 1, on preserving fruit.

2. Allow it to get ripe, as you would any corn.

Would you advise a person with affected lungs to go to a warmer climate? W. H.

The mere question of temperature does not determine the fitness of climate for consumptives. The warm climate of some localities would be very objectionable to persons either in health or in sickness, while a cool climate is frequently beneficial to consumptives, on account of its pure atmosphere. Seek for pure air, at all events, and if it can be found in a warm climate, it is desirable in some stages of lung affections.

The Strawberry.

FRUIT is the most natural and healthful food for man. It was God's plan that he should subsist largely upon fruit. See Genesis, chapter ii.

The strawberry is not only healthful, but it is also a luxury. There is no better fruit than the ripe strawberry, fresh from the vine.

The strawberry is easily grown. Soil that will produce good wheat, corn or potatoes, will produce the strawberry in abundance. Ground that is so cold and heavy, or so sandy, that nothing else will grow in it, will not produce an abundant crop of the strawberry. A good sandy loam is best. The farmer should plant it in rows about the distance apart that he plants his corn, potatoes and beans. The plants in the rows should be eighteen inches apart. He can then cultivate and hoe it as easily as he does his corn, or potatoes, or beans. It is not a tender, garden plant. We often see it flourishing in the uncultivated field, or by the wayside.

The strawberry, when allowed to receive the same attention the farmer gives his corn, is very productive. Each square rod, in a

good season, on common soil, will yield at least a bushel of most delicious fruit. Mr. J. L. Edgar, of Wright, Ottawa Co., Mich., in 1868, picked one hundred and seventeen bushels of market strawberries from seventy square rods. These brought him from three to nine dollars a bushel. Land that will produce twenty bushels of wheat, or seventy bushels of corn, will yield at least one hundred and fifty bushels of the strawberry. The largest varieties, on good soil, well cultivated, will produce berries of enormous size. The editor of the *Review and Herald*, Battle Creek, spent a few weeks with me last strawberry season. One morning he took one berry from my vines and measured it, which girt nearly five inches.

The strawberry plant can be set in spring, summer, or fall. The best time, in this latitude, is from the middle of April to the middle of May. When the weather is hot and dry, cover the rows of plants with boards in the morning, and remove them at evening. This shields them from the scorching sun, and gives the benefit of the dew. I set thousands of plants last August, and by covering them a few days with boards, saved them all.

The strawberry, fresh from the vine, is a delicious fruit. It is an excellent berry to can, and scarcely loses any of its value when dried. Why pay out so much of our money for foreign fruits, when in our own good country we can so easily grow that which is better?

I have one acre of strawberries in the most flourishing condition. One half of them are in prime bearing order the present season, and one half were set, a part last August, and the rest last spring. These will bear but a fraction of a full crop. But the entire acre will, with proper culture, propagate, if the season be favorable, not less than 500,000 plants, which will be in the market next spring.

I have the Early Scarlet, Chilian, Wilson's Albany, Triumph de Gande, Russel's Prolific, Downing, Agriculturalist, Col. Ellsworth, Fillmore, Buffalo, Kettle's Goliath, Golden Seedling, and the famous Jucunda.

I shall offer for sale strong and healthy plants from these varieties on the most satisfactory terms. The especial attention of all health reformers who adopt a vegetable, grain, and fruit diet, is called to these facts relative to the strawberry.

JAMES WHITE.

Greenville, Montcalm Co., Mich.

Be diligent and careful to improve the smallest shreds and broken ends of time.

BOIL IT DOWN.

WHATEVER you have to say, my friend,
Whether witty, or grave, or gay,
Condense as much as ever you can,
And say in the readiest way;
And whether you write of rural affairs,
Or particular things in town,
Just take a word of friendly advice—
Boil it down.

For if you go spluttering over a page,
When a couple of lines would do,
Your butter is spread so much, you see,
That the bread looks plainly through;
So when you have a story to tell,
And would like a little renown,
To make quite sure of your wish, my friend,
Boil it down.

When writing an article for the press,
Whether prose or verse, just try
To utter your thoughts in the fewest words,
And let them be crisp and dry;
And when it is finished, and you suppose
It is done exactly "brown,"
Just look it over again, and then
Boil it down.

For editors do not like to print
An article lazily long,
And the general reader does not care
For a couple of yards of song;
So gather your wits in the smallest space
If you'd win the author's crown,
And every time you write, my friend,
Boil it down.

Drink and Work.

"I DRINK to make me work," said one. To which an old man replied: "That's true; drink, and it will make you work! Hearken to me a moment, and I'll tell you something that may do you good. I was once a prosperous farmer. I had a loving wife, and two fine lads as ever the sun shone on. We had a comfortable home, and lived happily together. But we used to drink to make us work. Those two lads I have now laid in drunkards' graves. My wife died broken-hearted, and now she lies by her two sons. I am seventy years of age. Had it not been for drink, I might now have been an independent gentleman; but I used to drink to make me work, and mark it, it makes me work now. At seventy years of age I am obliged to work for my daily bread. Drink! drink! and it will make you work!"

A NEW cattle disease has appeared in Marion Co., Oregon. Upon opening the cattle, after death, it is found that the arteries of the lungs are filled, in some cases crowded, with worms from one and a half to two inches long, thick as a darning needle, and sharp at both ends, of a dull, opaque color, and semi-transparent.

THE Arabs allow a man to divorce himself from a wife who does not make good bread. What a crop of divorces that law would create in America. There would be no more asking for bread and getting a stone.

DR. TRALL'S
Special Department.

The Morals of Advertising.

HAS conscientiousness anything to do with advertising, in the business management of the secular and religious newspapers of the day? We are of the opinion that it *should* have. And there are some papers we can name (precious few in number, however), which do exclude fraudulent and swindling advertisements from their columns. The *American Agriculturist* has long set newspaperdom a noble example in this respect. It not only refuses to advertise quack medicines, lotteries, gift enterprises, bitters, &c., but it goes a step further, and exposes these humbugs in each monthly issue. Several other journals have, within a few years, taken a similar stand in protection of the public welfare; but the almighty dollar proved stronger than the mighty principle, and they relapsed into the way of doing as others do, and re-adopted that ever-ready argument of the Evil One, "If I do n't do it, somebody else will; and, therefore, as it *will be done* anyhow, I may as well have the profit as others."

We can recollect when that powerful and influential paper, the *New York Tribune*, would no more sully its fair face, nor desecrate its progressive columns with liquor advertisements in the shape of "Bitters," "Schnapps," or "Zingaris," than it would lend itself to the business of highway robbery or grand larceny. But now, few journals do the rumsellers and empirics, whose whole end and aim is to swindle the community, more efficient service than this same *Tribune*.

A religious paper in Kentucky contends that Christians should not only not make and sell whisky, but should not even raise corn for that purpose. Such talk has the ring of the true doctrine. But we would go a step further. A Christian should not, and a *real* Christian will not, sell nor rent land for such a purpose. And if raising grain for the liquor-maker is wrong, and if selling liquor is wrong, why is not advertising the stuff just as sinful? If a partaker is as bad as the thief, is not the promulgation of a wrong as wicked as the fabrication of it? We fail to see the distinction.

We are glad to be able to record another journal which has taken the true Christian stand against swindlers through the medium of the newspapers, or of selling the advertising columns of a newspaper to swindlers.

We allude to the *Androscoggin Herald*, published at Mechanic's Falls, Me. In making some changes in the management of the paper, the editor says:

But one grand feature is to be something widely different from any other paper published in the State of Maine, and, indeed, almost any other weekly in the United States. We are bound to undertake what no other daily or weekly, and only a few of the monthlies have had courage enough or principle enough to undertake. We shall, from the date that our sheet appears in its new dress, henceforth *publish nothing, neither in advertising nor reading, that partakes, in any degree, of humbug or swindle*, no patent medicines, lotteries, one dollar sales, nor those worst of all swindles, private circulars to "females in poor health," and letters to indiscreet young men, will be advertised. In short we shall advertise nothing from which the purchaser would not receive a fair equivalent for his money. On this principle, which we believe to be the only true and just one, we shall stake our success as a newspaper.

Brave words and bravely spoken! Will the speaker be faithful to his solemn utterances? We hope so; but we cannot help remembering that others have made the same pledges in apparent sincerity, and proved faithless to them. Many millions of dollars and an incalculable amount of moral character would be saved to the people of our country annually, if all public journals would stake their success on the only true and just principle of doing as they would be done by, in other words, in refusing to sell their judgments and their consciences to knaves, quacks, rumsellers, and gamblers.

We are aware of the shallow sophistry by which this advertising is sought to be justified: "The advertising columns of a newspaper are, in a sense, public property. We cannot always know whether the article advertised be good or bad, nor whether the motives of the advertiser be honest or otherwise. The omnibus and railroad train must receive all who comply with the conditions of a ride. They cannot always tell whether the passenger be a proper person or a thief." But the cases have no parallel. In a majority of cases the editor knows that the article is a fraud; that the advertiser intends to swindle; and that if the advertisement be admitted, somebody will be swindled. If the omnibus driver or the railroad conductor knew that certain persons were thieves; that stealing was their chosen vocation; that they paid their passage money on purpose to steal; and that if he admitted them, somebody would be robbed; the cases would be exactly parallel. We complain only of the admission of those advertisements which the editors and publishers *know* to be fraudulent.

Missisquoi Water.

If people are willing to be humbugged, if they love to be humbugged, and if they are pleased in paying to be humbugged, what business is it to the HEALTH REFORMER? None whatever, we confess; but if we are pleased to show *how* they are humbugged, for the benefit of the select few who do not want to be humbugged, whose business is it if we do it? Well, then, we have to say that it is said that a chemist of established reputation, holding a responsible position under the United States Government, says that the Missisquoi water contains a smaller amount of mineral constituents than ordinary well water; and that he considers it a "very pure and harmless water."

The "Missisquoi" has a reputation for curing cancers and all morbid humors and impurities of the blood. We have no doubt that pure water is one of the greatest purifiers in the world. Indeed, it has but one equal, and that is pure air. And if the water of "Missisquoi" is *almost* as pure as the water of our best "Water Cures," we do not wonder at its wonderful remedial effects. But if the people only knew it was fit to drink, they would not buy it as a medicine. There's where the laugh comes in.

Health is Happiness.

THE blessing of health in the family circle can be fully appreciated only by those who have once lost, and then regained it. Many thousands of persons have written us during the quarter of a century that we have been teaching the doctrines of the health reformation, that they have found health and happiness for themselves and their families by observing the principles we have taught in our books, and which the HEALTH REFORMER is explaining and illustrating from month to month. The following will serve as a sample of this class of communications, as well as a word of encouragement to others:

"Mt. Victory, O., April 30, 1869.

"Dr. R. T. TRALL, Dear Sir: I was a subscriber for the *Water-Cure Journal* soon after its commencement, more than twenty years ago. Now five of my children are taking the HEALTH REFORMER; and, although I am in my seventy-fourth year, and laboring under physical weakness caused by sickness suffered on several occasions before I put in practice Hygienic principles, yet, by now living in harmony therewith, as explained in the REFORMER, I enjoy a happy life, free from sickness or pain, and can walk four miles in an hour; and I believe that generally I feel about as young as I did when I was only twenty years of age. I find by experience that we must keep the

body in a state of health, or holiness, as a preparation for the enjoyment of the kingdom of Heaven. My daughter-in-law, who also takes the REFORMER, sent a dollar several weeks ago, for the Premium Dress Pattern, addressed to Ellen Beard Harman, M. D., care of Dr. Trall. I continue to solicit subscribers for the REFORMER.

"Yours truly, SYLVANUS HOWE."

An Ultra-radical Reformer.

WE are often accused of being ultra, too radical, and even fanatical, in our health-reform notions. But at length we have found a person who thinks we are not radical enough. A subscriber writes:

"In your last issue you published a few paragraphs from leading newspapers, concerning the liquor shops, and added, 'Why not direct the efforts against the cause, instead of railing about the effects? Why not abolish the dram shops?' It appears to me that the editor of the HEALTH REFORMER is about as ignorant of the real cause of all the crimes and disorders in our country as the New York editors themselves. Christ says, 'A corrupt tree cannot bring forth good fruit.' The only remedy in the world to establish justice again is to wipe out all corruption in our national capitol, and put such men into office as we had twenty and thirty years ago. What is the use of railing about dram shops throughout the country, when all of our officers (provided reports don't lie), from the President down to the lowest grade, are drunk almost every day? Now, Mr. Editor, I am a new subscriber for your valuable paper, like it so far, and hope you will reply to the above question."

All right, friend, as to your fundamental principle. When all persons can be made to accept and practice the teachings of Christ, all reformation is at an end. But how to induce them to do so is the practical question. And while moral and spiritual teachers are educating the world up to the Christian standard, their work can be greatly aided by warring against particular causes of the general corruption of society. In the good time coming there will be no drunkards nor rumsellers, but until then, as dram shops make drunkards, and as drunkards are an obstacle in the way of the good time, we believe in abolishing this cause. We believe in specific measures of reform for specific evils, while we go for all measures of general reform. As to all of our public officers being drunkards or corrupt, we do not believe it. Reports sometimes *do* lie.

A New Theory of Fermentation.

P. DIVINNY, of Colorado, through the columns of the *Rural World*, propounds a new and original, if not a queer and fantastical, theory of the process of fermentation. He contends that it is not, as commonly un-

derstood, a rotting process, but just the contrary. His language is: "Fermentation is a changing of the materials of organism, for the creation of new ones for the purpose of nourishing life;" and he explains: "It is not rottenness; neither is it death; but if properly arrested, may endure for ages, as in the case of 'old wine.'" Again he says: "It is the progenitor of all life from the germination of the smallest seed to the hatching of the largest egg," &c. Mr. Divinny's language is as nonsensical as his ideas are muddled. He employs the term creation where formation is meant, and the word progenitor where cause, or occasion, or pre-requisite, would be proper. It is very true that, when organic matters decay, the elements into which they are resolved, become the food of minute living organism—fungi, infusoria, animalculæ, &c.—and when into their primary or chemical elements, they are used as food by plants. But it is not true that a fermenting material can afford better nourishment to a human being than an unfermenting one; indeed, just so far as fermentation has progressed, precisely to that extent is the thing unfitted to serve as food, for the simple reason that, just to the extent that the organic arrangements of its particles are changed, its nutrient property is lost. Rottenness, putrefaction, decay, and fermentation, as applied to organic matter, mean just what decomposition does, as applied to inorganic matter. When flesh-meat becomes putrid, it is unfit for food, although persons have so depraved their appetites as to be fond of it. Why? Because its organic arrangement is lost. It is precisely so with vegetable foods; for fermentation and putrescence are essentially the same ideas. The argument of Mr. Divinny, in favor of fermented bread, is just as pertinent in favor of putrefying flesh, and, indeed, of of fal and excrement of all kinds.

The "old-wine" part of the logic is so absurd that we wonder any one understanding the a b c's of physiology, could perpetrate it. Old wine, like old iron, or old stones, may endure for ages; but they are not food, nor can anything, while fermenting, be in a state of preservation. Mr. Divinny pretends to be a vegetarian (or to have been), and speaking from "experience," he declares that fruits and vegetables are not the most digestible food. Whether he means soluble in the stomach, or nourishing, and whether he includes grains under the term vegetables, is not clear from his style; but one who uses language so dubiously and so unmeaningly, cannot have very clear ideas on the subject he is writing about.

More Lecturers in the Field.

PROF. ELLEN BEARD HARMAN, M. D., will respond occasionally to calls to lecture during the present season. She will visit Northampton, Mass., and perhaps other places in the vicinity soon. Susan Way Dodds, M. D., has been lecturing with good results in Yellow Springs and vicinity, and will soon reach her home in St. Louis, Mo., prepared, doubtless, to do further service in the field of health. We have heard that Mrs. Dr. Heald (late Mrs. Dr. York) is about giving her energies in this direction. Dr. H. C. Stickney professor of anatomy and surgery, in the New York Hygieo-Therapeutic College, will devote all his time until the commencement of our next college term, to popular lecturing. He will visit a number of places in Ohio and Indiana, and perhaps in Michigan, Illinois, Iowa, or Missouri. Any communications sent to us in relation to his lecturing tour, will be forwarded and attended to.

Answers to Correspondents.

FRUIT-TREE INVIGORATOR.—C. D. L.: "Best's improved fruit-tree and vine, insect destroyer, and invigorator," is a compound of whale oil, pine tar, coal tar, potash, and carbonate of ammonia. It may be offensive to insects, and possibly be the death of many of them, but so far as the "invigorator" part of the story is concerned, it can have no special value over ordinary fertilizers; while the statement that "when applied to the tree, it penetrates every pore, destroying the worm in its heart, and by connecting with the mineral substances of the earth, destroys the cause and prevents the creation of any destructive insect," is preposterously absurd. Such statements are made to sell.

PUZZLED SUBSCRIBER.—"Dr. Trall, *Dear Sir*: The more I read the HEALTH REFORMER, the more puzzled I am to know how to live as I should. It certainly requires considerable self-denial to put in practice the hygienic mode of living."

Very true; but self-denial is an effectual method of self-development. A human being who cannot subordinate his appetences and passions to reason and conscience, is on a very low plane of existence. After you have practiced the system a few years you will find vastly more enjoyment in living hygienically than you now experience in the ordinary mode of life, to say nothing of the higher and better nature you will acquire.

PIE PLANT—CHOCOLATE—EGGS—GRA-

HAM CAKES—AGUE.—H. M. J.: "1. Is pie plant healthful? And if so, how can it be made palatable without sugar? 2. Is chocolate to be preferred to coffee, as a drink? 3. Are eggs healthful? if so, how should they be cooked? 4. What shall I do with ague if I do not approve of medicines, and am ignorant of your manner of treating it?"

1. It may be mixed with sweet apples, dates, prunes, figs, &c., and used in moderate quantities. 2. No; neither is preferable to both. 3. No; should be cooked no how. 4. Do nothing. Better let it alone severely. It is always better to do nothing than to do evil. Ague never kills; drugs often do.

CATARRH.—H. M. J.: "What should be done with a case like the following: A lady between twenty-five and thirty years of age, is frequently taking cold. It usually begins about dark. For several hours she will sneeze, and have what may be termed a 'cold in the head;' and perhaps after a night's sleep it will be gone, but occasionally it lasts for two days. She often takes these colds once or twice a week, when she knows of no exposure, and they are about as frequent in summer as in winter. Is it catarrh?"

It is catarrh; but the essential cause is a diseased state of the liver. She should live on graham bread and fruit (uncooked) for a month at least; take a wet-sheet pack once or twice a week, a hip bath daily, a tepid ablu-tion each other day, and wear the wet girdle three hours during the middle of each day. To make the very best bread, wet the wheat meal with cold water. The best book for you is the Hygienic Hand Book. Price, \$2.

CONSTIPATION—SITZ BATHS—CATNIP—LEATHER AND WOOL.—F. N.: "Is there any kind of food in particular that will help remove the cause of constipation more than other kinds will? 2. If we have inferior grapes and apples that will not keep, is there any way of keeping the juices of them from changing to alcohol after being pressed out? 3. I am a new subscriber, and do not understand the meaning of a sitz bath. Please explain. 4. I do not believe in drugs, but may there not be some simple herb or leaf that is 'for the healing of the nations'? It is so with animals. Instinct teaches the cat, when sick, to eat catnip, which is the only remedy used by cats. 5. Ought not hygienists to use something besides leather and wool for boots, shoes, and clothing, as it will probably never pay to keep animals for these materials?"

1. No; all proper food is equally remedial.

2. No way, except by means of ice. But we do not want to preserve the juice. It is the fruit only that should be preserved; and this may be done by drying, or in an ice-house properly constructed. 3. A sitz bath means, sitting in a tub with water sufficient to cover the hips. You had better send for the Hygienic Hand Book; price, \$2. 4. Perhaps there may. Only find the healing herb or leaf, and we will use it. The medical profession has been searching for it assiduously for three thousand years without success; and we do not believe they will find it if they search as much longer. But when F. N. thinks he has found it, then will be the time to talk about it. As to the cat story, it is all a catalogical whim. 5. Unquestionably they ought, and doubtless they will whenever they find that something; but until then, hygienists, like other folks, must do the best they can.

SALT—FLESH-MEAT—THE WET GIRDLE—COLD.—B. B.: "1. Do you think that salt is an injury to every person, to use a little in his food? or can he do better without? 2. According to the Bible, all kinds of meat were not forbidden, but certain kinds were permitted. Do you understand the Bible to teach that we should use no meat at all? 3. Do you consider a wet cloth applied to the chest and body at night good for a common cold? and if so, should it be kept on all night? 4. What is the simplest cure for a cold?"

1. Salt, being a poison, should not be used at all. 2. The Bible informs us what kind of food the Creator provided for man. A prohibition of certain articles, and a permission to use others, must be understood as an expediency applicable to certain temporary circumstances. Polygamy has been permitted, and so have its natural consequences. When we can learn the divine command, or law, we need not be troubled with permissions. 3. The wet girdle may be useful or injurious to a person who has a cold. Its application must be governed by the temperature of the patient, not by the fact that he has a cold. When there is heat and pain in the chest, with preternatural heat of the whole surface, it is useful. The best remedy for a cold is wet-sheet pack, or the warm bath, as the patient is feverish or chilly, and one day's fasting.

BISHOP AMES, of the Methodist church, declared in a conference held at Alexandria, Va., that "tobacco is doing more harm to the church than whisky."

Items for the Month.

THE NEW VOLUME.—With the present number we commence a new volume of the REFORMER. As an indication of what the future numbers will be, we feel assured that it will be received with favor, and will make a good impression. Our readers have a right to expect of us diligence and untiring effort to make the REFORMER all that we claim for it; and this we are willing to promise. Confident that we shall have the hearty co-operation of our many true friends, we enter upon the work for the ensuing year with fresh courage, renewed zeal, and a firm purpose to make this journal the means of benefiting its readers, and blessing the afflicted world.

Several excellent articles, already in type, are unavoidably crowded out of this number. They are "good enough to keep," however, and will appear next month.

The "Universal Bath," advertised in our columns, is an article worthy the attention of health reformers. Few families possess the facilities for bathing, which have heretofore rendered a bath room indispensable. By the use of the "Universal" the necessity of a separate room is in many respects avoided, as a full bath can be taken in a common room. We have one in use at the Health Institute, and having given it a personal trial we can heartily recommend it to our readers as a valuable article.

Thos. W. Deering, M. D., whose name is familiar to our readers, informs us that he is now prepared to lecture on the subject of Health Reform on reasonable terms. His P. O. Address is Cobourg, Ontario.

CHANGE OF ADDRESS.—Dr. Trall has removed his office from New York to Philadelphia. His address will hereafter be, No. 929 Chestnut St., Philadelphia, Pa.

The experience of Eld. Andrews, in this number, will be read with interest. As an illustration of the wonderful efficacy of the health reform in the restoration of health and vigor, it is marvelous; and yet such instances are familiar to all who have had experience in the reform.

The MS. for "Bionomy, No. 5," arrived too late for this number. It will appear next month.

Who?—Some one sends us a P. O. money order from Berrien Springs, Mich, for a copy of Dr. Jackson's new work, but gives no name, and is probably wondering by this time why the book does not come. We will forward the book on receipt of address.

WANTED.—Persons having well-preserved copies of Nos. 1, 3, 5, 7, 8 and 9, of Vol. I of the REFORMER, will be credited with an equal number of months on their subscription by forwarding them to this Office.

SPECIMENS.—We shall print several thousand extra copies of this issue for specimens. Those wishing them for this purpose can have them for the postage. In quantities they can be sent at the rate of three for two cents. Send in your names, friends, and help scatter the light.

SUBSCRIPTIONS.—Quite a large number of subscriptions expire with the last issue. We send the present number, however, to all our old subscribers, but we must have your remittances immediately to secure its continuance. Let us hear from you at once.

A GOOD INVESTMENT.—"Dr. H. S. Lay: Dear Sir.—My son endured his journey home well, and is in good spirits. His stay at the Institute cost him about \$100.00, and he says he would not be placed back in the condition he was in before going for five hundred. He remembers us with much love and gratitude, and other friends there. We shall be glad to let you know occasionally how he is getting along. My love to all the family."
"R. F. COTTRELL."

For the benefit of inquirers we will say that the firm of "J. C. Ottis & Co.," makers of the "Franklin" Sewing Machine, Boston, has no visible existence. Their promises and obligations are therefore about as valuable as Confederate scrip or Western "wildcat" money.

OUR CORRESPONDENTS.—We are often in receipt of private letters from ardent friends of the cause, containing much valuable matter which would be of general interest to our readers. We are not always at liberty to use it, as it was evidently not designed for publication, and it is often so intimately connected with personal and business matters that we could not use it if we would.

We would respectfully suggest to such of our friends, that they have in their possession the material and the ability to make excellent matter for our columns; and with little or no more effort, their letters might be made available for publication by simply placing their business and personal matters on a separate slip of paper.

BEST BOOK FOR EVERYBODY.—The new illustrated edition of Webster's Dictionary, containing three thousand engravings, is the *best book for everybody* that the press has produced in the present century, and should be regarded as indispensable to the well-regulated home, reading-room, library, and place of business.—*Golden Era.*

JONES, JUNKIN & Co., of Chicago, have just issued a work of great value to Farmers, Professional and Business Men, entitled *Laws of Business for all the States of the Union*, by Prof. Parsons, of Harvard University. The writer is acknowledged authority on Law, and is the author of several Standard Law Books. See advertisement in another column.