

THE
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OUR PHYSICIAN, NATURE: OBEY AND LIVE.

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LET IT PASS.

Be not swift to tell of care,
Anger is a foe to snare,
Let it pass.
Brood not lightly o'er a wrong,
Which will all depart ere long,
Rather sing this cheering song—
Let it pass, let it pass.

Strife corrodes the purest mind,
As the unregarded wind,
Let it pass.
Any vulgar souls that live,
May condemn without reprieve,
'Tis the noble who forgive.
Let it pass, let it pass.

Echo not an angry word,
Think how often you have erred.
Let it pass.
Since our joys must pass away,
Like the dewdrops on the spray,
Wherefore should our sorrows stay?
Let it pass, let it pass.

If for good you're taken ill,
Oh! be kind and gentle still.
Let it pass.
Time at last makes all things straight,
Let us not resent, but wait,
And our triumph shall be great.
Let it pass, let it pass.

Bid your anger to depart,
Lay these heavenly words at heart,
Let it pass.
Follow not the giddy throng,
Better to be wronged than wrong,
Therefore sing the cheery song—
Let it pass, let it pass.

—Selected.

GRATITUDE is the music of the heart, when its chords are swept by the breeze of kindness.

PUT a knife to thy throat if thou be a man given to appetite.—Prov.

DR. TRALL'S
Special Department.

Men vs. Women Doctors.

THE "nice young men" who compose the medical classes of the Philadelphia colleges, have manifested their indignation at the "strong-minded," for intruding themselves into the medical profession, in a manner neither creditable nor gentlemanly. Perhaps these unfledged Esculapians imagine that society exists for the benefit of the medical profession, and that they are the profession. And their greenness is equal to their selfishness, if they suppose for a moment that a single demonstration of rowdiness and indecency, or a thousand of them, is to reduce the women to subjection. We can assure these unmannerly persons of the male persuasion, that a "higher law" than they can appreciate, or even imagine, has decreed that the practice of the healing art shall ere long pass from their unhallowed hands into the hands of educated women, to whom it properly and naturally belongs, despite all the exhibitions of ill-breeding and blackguardism they are capable of wielding against the "manifest destiny." The Philadelphia *Ledger* gives the following account of the affair alluded to:

FEMALE STUDENTS AT THE PENNSYLVANIA HOSPITAL CLINICAL LECTURES.—Twenty-seven of the female students of the Women's Medical College, in the north-western part of the city, have purchased tickets for the clinical lectures at the Pennsylvania Hospital, and it is understood that about twenty more of the female students intend to procure tickets for the same lectures. These "clinics" are also attended by the male students of the other medical colleges of the city, and about three hundred and fifty of these have tickets for the Hospital lectures. On Saturday last, the female students attended in a body, for the first time, and were present at the lectures on medical and surgical cases by Drs. Da Costa and

Hunt. When the classes were dismissed, the male students, numbering between two and three hundred, left the lecture room in advance of the ladies, and ranged themselves along the foot-walks leading from the Hospital buildings, inside the enclosure, to the Eighth street gate. At this point, several propositions were made by the male students to "give the women three cheers" when they should pass along; to "give them a round of applause;" to "take off their hats," &c., &c. Soon after, the ladies, to the number of about twenty-five, came along, and as the male students, numbering about two hundred and fifty, occupied the whole of the footway on both sides, the ladies were compelled to take the cartway. As they passed modestly along over the rough cobble stones, the male students began to "hurrah," and jeer, and clap their hands; and while some were engaged in this mock applause, others hissed. To all this the ladies paid no attention, but passed quietly through the gate-keeper's lodge into Eighth street, and continued on towards Chestnut, followed by a large number of the male students, who formed a mock procession behind them for several blocks. It should be added that a gentleman connected with the Hospital—one of the faculty, it was understood—made an earnest effort to stop the discreditable proceedings of the male students, but those actively engaged in annoying the ladies paid no attention whatever to his appeals.

If such is the material that the physicians of our country are to be made of, God pity their patients. The same spirit of meanness and selfishness which could mob their sister medical students in the public streets, would never hesitate to keep a patient on his bed needlessly for days, weeks, or months, for the sake of the accumulating fees. The *Ledger* comments editorially in the following words:

Between two and three hundred male students, by a concerted plan, and in spite of the efforts of the managers of the Hospital to preserve order, ranged themselves so as to occupy both sides of the whole of the foot walks inside of the Hospital inclosure, which compelled the twenty-seven lady students to take the cartway, and thus pass between the double lines of the male students, whilst the latter saluted them with taunts and jeers, mock applause, and real hisses. Comment upon such unmanly proceedings can only take one course, and that is unqualified censure. The natural instincts of every true man, as well as those of every woman, must rise in severe condemnation of such conduct; and even the students who took active part in the scandalous affair, must by this time feel thoroughly ashamed of, and disgusted with, their own bad behaviour. Their conduct was almost as great an insult to the managers of the Hospital, whose appeals for good order were utterly disregarded, as it was to the unoffending female students.

What wrong have these "unoffending females" done, that young men should persecute them in this manner? They have simply sought equal opportunities for medical instruction. That is all. And this is treated

by the young men of the Philadelphia medical colleges as though it were a crime. If the people of Philadelphia understood as well as we do their own highest interests, they would have an indignation mass-meeting, and say to these medical rowdies, "From this time, henceforth, stand on your good behaviour, or a committee of ten thousand women shall show you the way out of the city."

It may be argued that it is indelicate and embarrassing to the professors and operators, to have medical and surgical clinics in the presence of both sexes. Whatever of force there may be in this argument, it is the business of the Faculty and managers, and not of the students. But, if it is deemed the better way to have separate clinics, let the public establish and endow hospitals for women, as they have for men. Until this is done, women have no alternative. They must attend the hospital clinics in the presence of men, or not at all. It is encouraging, however, to notice how rapidly public sentiment is changing in favor of woman physicians, and that constantly-increasing numbers are yearly graduated. And the more they are opposed and persecuted by man doctors or unmanly students, the faster will the people get their eyes opened. And it is also a cheering indication of a more enlightened public sentiment than prevailed on this subject a few years ago, that the newspaper press of Philadelphia and New York has, with entire unanimity, severely condemned this outrage on the part of the male medical students, one paper—the *Press*—taking the ground that they ought to be expelled from the colleges and sent home to their mothers.

Pure Water.

ONE of the universal wants of humanity is pure soft water for drinking and cooking purposes; and this is only to be found in comparatively few localities, being nearly limited to places where a sandy or gravelly soil constitutes a filtering bed for the subterranean water courses. In our Southern and Western States, soft water springs or streams are very scarce; and it is well known to physicians that hard water is the prolific source of obstructions in the liver and kidneys, concretions in the gall ducts and intestinal canal, gravel, stone, &c. We seldom have a patient from the Southern or Western States who has not suffered more or less of affections traceable directly to the use of hard water. Probably full one half of the adult population of these States have suffered, or are suffering, of unmistakable symptoms of gravel, or of

kidney disease in some form; and many children are affected in the same way. No diseases with which the physician has to deal are more distressing and obstinate than calculous and gravelly affections. Protracted intermittent fevers, and chronic rheumatisms, very frequently are caused or aggravated by the earthy matters taken into the system with the food and drink accumulating in the dense tissues of the joints. Since the introduction of the Croton and Ridgwood waters into New York and Brooklyn, the diseases specifically induced by hard water have been reduced from six, to less than one, per cent. But this fact by no means represents the full value of the change from hard water to soft. All other diseases, of every name and nature, are more or less aggravated by hard water, and correspondingly relieved by soft water.

For twenty years, the problem of procuring soft water in all places has been diligently studied by the Health Reformers, and now the problem seems to be solved. Distillation is the only known chemical or mechanical process by which water can be completely separated from all extraneous ingredients, and this process has hitherto been too expensive for general use. But a friend of ours has contrived an ingenious apparatus, which may be attached to cooking stoves and ranges so as to produce a constant supply of pure soft water, at no expense whatever except the original cost of the apparatus, and this is trifling. An ordinary family cooking stove or range will produce from one to two gallons per hour, and where the fire is kept up through the whole day, enough can be procured for ordinary washing purposes also. The cost of the apparatus for an ordinary family stove or range will not exceed ten dollars. We regard this discovery as a thousand times more valuable than that of vaccination, or even chloroform.

Assimilation of Inorganic Substances.

IN the *Scientific American* for October 23d, is an article controverting the position we have long advocated, and contending that inorganic substances are capable of assimilation in the animal economy. The article alluded to is from the pen of P. H. Vander Weyde, M. D., who claims that, because phosphates, sulphates, chlorides, &c., "as found in the bran of flour," do not differ from the same compounds when found in other places, it proves that phosphates, sulphates, chlorides, &c., are assimilable. We do not see the proof. In the first place, these salts are not found *in* the bran of flour. They

are the product of chemical analysis which destroys the bran, and are proved to exist only *after* the elements of the bran have been changed—that is, organically destroyed. Dr. Vander Weyde says:

"In regard to the assimilation of inorganic matter in the animal body, this is a so-well-established fact as to make the contrary assertion almost unworthy of contradiction. Water is certainly an inorganic compound, and this is so largely assimilated that the great portion of the bodies of all animals consists of water; the salts contained in the divers mineral waters are so thoroughly assimilated as to cause changes in the constitutions of the individuals using them; even the external application, in the shape of sulphur and other baths, has similar effects; and lead, mercury, arsenic, &c., either externally or internally, are so thoroughly assimilated as to cause painter's colic, the mirror-maker's paralysis, and the finding of arsenic in the very bones of the subject. In such cases, the antidotes must also be assimilated in order to find the poisons and perfect a cure."

It would be difficult to embody a greater amount of scientific nonsense in the same number of words; and yet the mistake of Dr. Vander Weyde is a very common one among chemists, physicians, and even physiologists. He mistakes *absorption* for *assimilation*—a process as different as sifting coal is from combustion. Assimilation implies transformation. If the poisons were assimilated, they would constitute a part of the organic structures, and could not be found *in* them. It is precisely because they are not assimilated that they are found, as foreign substances, in the cells and cavities, and among the tissues, of animal bodies. If the doctor's theory be correct, it is wholly unnecessary to expel from the system the mineral poisons which produce diseases; we have only to administer such other antidotal poisons as the living structures will also assimilate. That is to say, as the poisons now form a part of living structure, the counter-poisons, or antidotes, must also be formed into living structure, and then, as the antidote has "found" the poison, "a cure is perfected"! We should like to have Dr. Vander Weyde, or some other competent chemist, explain the processes that occur in the organic structures after the antidote "finds" the poison. We suspect the decompositions and recombinations that would occur, to say the least, would be very damaging to the said structures. If the poisons are assimilated, they must be *dis-integrated*, and this involves the change of organic matter into *debris* or excrement; and in this case what would become of the poisons? The nicest chemical test in the world, and the minutest microscopical inspection possible,

would utterly and forever fail to find the shadow of a shade of any of them.

When scientific men recognize the great truth that there is no chemistry in living structures, they will be in the channel of physiological investigation, and not until then.

Organic and Inorganic Substances.

UNDER this head, the *Scientific American* for Oct. 30, 1869, editorially discusses the theory of the assimilation or non-assimilation of inorganic substances in the animal body, and comes to the conclusion that some inorganic substances can be assimilated, without telling us what these substances are. It is always hard work to "kick against nothing," or to argue against general assumptions; but if the editor will name any inorganic substance which the animal organism assimilates, we shall have the proper data for argument, and will be very glad to meet the issue. But we notice a few of the statements of the editor, for the purpose of correcting them. He says: "What is meant by assimilation? It is the *conversion* of substances taken as food into the substances contained in the body." Not exactly. It is conversion of food itself (no matter what it is taken or mistaken for) into the structures of (not "substances contained in") the body. Again he says, this is "*decomposition and recomposition*." It is nothing of the sort. It is *transformation and disintegration*—processes unknown to chemistry, and peculiar to physiology. And again, "This decomposition and recomposition is strictly a chemical process." So it is, whenever and wherever it takes place; but it never occurs in living structure. And yet again: "Phosphorous is an essential element to animal growth. Presented in a free state, it is a poison; yet in a combined state, it is an important constituent of the most valuable articles of food. When we analyze these articles, we find that there is no difference in the phosphorous salts contained in them, from the same salts made directly in the laboratory." This means simply that phosphorous is phosphorous wherever found, and however obtained. But the fact admitted, that phosphorous in a free state, that is, phosphorous as phosphorous, is a poison, ought to be proof conclusive that phosphorous, as such, does not exist as a constituent of the vital organism.

In conclusion, the editor asks: "Who can point out the real distinction between organic and inorganic matter?" We can. Nothing is easier. Once rid of this chemicophysiological muddlement, and all the problems of vitality become comparatively plain, simple, and self-

evident. Organic matter exists as cells; inorganic, as crystals. The forms of organic matter are curves and circles; that of inorganic matter, plain sides and angles. The changes of organic matter are transformations and disintegrations; of inorganic matter, combinations and decompositions. Organic matters construct tissues and viscera; inorganic matters only accrete and separate their particles, &c., &c.

Another Case Reported.

WILLIAM KINCAID, of Prospect, Pa., came to us a few days ago in a state of extreme exhaustion. In the early part of the summer, being in poor health and somewhat dyspeptic, he was persuaded to try the Turkish baths, and was put through *calidarium et frigidarium*, at one of the New York vitalizing establishments. All through the hot season, in the dust, smoke, and stenches of the city, he submitted, once or twice a week, to the worse influence of being dry-heated in a "Turkish-bath" basement, all the while growing weaker, thinner, paler, exsanguineous, and non-vital. At length his money was exhausted, and he was obliged to leave. In this condition he came to us, wishing to make some arrangements, without money, to remain six months or a year, as he had become convinced it would require a long time to recover from the effects of the Turkish-bath treatment, to say nothing of the original and milder malady. But he was too far gone for even Hygeio-Therapy. He was literally dying. He had taken at least one Turkish bath too many, as many others have done at the same place. We furnished him money to reach home, and an attendant as far as Philadelphia. As the quacks or knaves who run these concerns are constantly publishing the lie to the world that the Turkish treatment in their hands is always safe and never injurious, we feel it our duty to publish a few of their kills.

Counter-Irritation.

ALLOPATHY is making important discoveries in these latter days. It has discovered that blood-letting is all wrong. After having shed blood enough of invalids to float all the navies in the world, and more than has been spilled in all the wars since the creation, it has come to the conclusion that, as a remedial agent, it is more injurious than useful. Quite recently it made the discovery that calomel, which has been employed as the leading cholagogue, or liver medicine, for centuries, is no cholagogue at all. And now

counter-irritation, having been critically examined as to its curative efficacy, is also condemned. Go ahead, brethren of the Drugopathic persuasion! We have condemned your *materia medica* in its totality. If you go on with your investigations, you will ere long condemn it all in detail. It is well known that the blistering process has long been extensively employed in the treatment of most of the prevalent diseases. And now, let the readers of the HEALTH REFORMER read what the medical journals are saying about the practice. We copy from the Half-Yearly Abstract of the Medical Sciences, for July, 1869, published by Henry C. Lea, Philadelphia:

"At a meeting of the Medical Society of London, held February 15th, Dr. Anstie read a paper on the popular idea of counter-irritation. His own views presented a complete, though undesigned, coincidence with those propounded by Dr. Dickinson in a late number of the 'St. George Hospital Reports.' As to the value of counter-irritation in medical practice, proof is singularly deficient, and we are unable to explain the rationale of the process. The term itself is almost a relic of barbarism of the times when the human body was supposed to be ruled by intestine demons. The author passed in review the various structures which could be possibly influenced by the process known as counter-irritation.

"1. *The Bloodvessels.*—These could only be affected within a narrow range. In the case of counter-irritation of joints, the operation might be explained on account of the connection of the superficial with the deeper vessels, and consequently the depletion of one being the depletion of the other; but in the case of counter-irritation of the chest for the possible relief of an internal congestion, no such explanation can be given.

"2. *The Nerves.*—The difficulty here is the fact, taught by ordinary experience, that peripheral irritation is more productive of morbid, than of beneficial, results.

"3. *The Absorbents.*—Here the action must be almost wholly a bad one. The author condemned the routine practice of blistering. The foundation of it was too often the lingering love of something like a charm."

More concisely stated, the conclusions are:

1. Blistering is useless for the bloodvessels; 2. Bad for the nerves; 3. Worse for the absorbents; 4. Without evidence of value; 5. Barbarous; 6. Founded on ignorance and superstition. Our readers will readily coincide with these conclusions.

The Milk Fever.

THIS disease, in all of its essential qualities and required treatment, resembles putrid fever—*typhus gravior* of medical authors. It has prevailed epidemically in several of our Western States at different times, and nearly all cases have proved fatal. The *low diath-*

esis of the fever ought to be a sufficient reason against the employment of bleeding, salts, antimony, or any reducing processes or agents, even admitting drug treatment of any kind to be proper. What, then, are we to think of the "latest discovery" in the treatment, now going the rounds of the papers in the following words:

As soon as you see a cow shows any signs of milk fever, bleed her in the neck; take about four quarts of blood from her; then give her two quarts of strong soot tea; keep giving her soot tea until it physics her. You will have no more trouble with her.

We are strongly inclined to the opinion that, after this course of treatment, the poor animal will cause no more trouble, unless it be to skin her and bury the carcass. The same plan of treatment has caused thousands of human beings to make "no more trouble," and we cannot see why it will not work as admirably with the cattle.

Florence Nightingale on Disease.

MOST of our readers have heard of Florence Nightingale, the brave and large-hearted English girl, who went to the Crimea, in the late Turko-Russian war, to teach the British surgeons how to nurse the sick. Under the magic influence of her simple and unsophisticated common sense, diseases assumed a milder form, contagions lost their terror, wounds "took on" a healthy condition, and pestilence was nearly exterminated from the camps and hospitals. Uneducated in the falsities of the prevalent medical system, her mind was free and unprejudiced. She could see with her own eyes, and read the Book of Nature intelligently. She studied the nature of disease from the standpoint of common sense, instead of that of the dogmas of the dark ages, and hence could hardly fail to comprehend its true nature. Her remedies were fresh air, pure water, rest, light, and simple food. No wonder her success put to shame the bleeding, blistering, calomel, opium, whisky, turpentine, and cod-liver oil, of the graduates of the Medical Colleges. She has written a work entitled "Notes on Nursing," which contains more sense respecting the essential nature of disease, than can be found in all the works of the medical profession on this subject. We give the following extract in proof:

Is it not living in a continued mistake to look upon diseases as we do now as separate entities which *must* exist like cats and dogs? instead of looking upon them as conditions, like a dirty and a clean condition, and just as much under our own control; or rather as the reactions of kindly Na-

ture against the conditions in which we have placed ourselves.

I was brought up, both by scientific men and ignorant women, distinctly to believe that small-pox, for instance, was a thing of which there was once a first specimen in the world, which went on propagating itself in a perpetual chain of descent, just as much as that there was a first dog (or a first pair of dogs), and that small-pox would not begin itself any more than a new dog would begin without there having been a parent dog. Since then, I have seen with my eyes and smelt with my nose small-pox growing up in first specimens, either in close rooms or in over-crowded wards, where it could not, *by any possibility*, have been caught, but must have begun. Nay, more; I have seen diseases begin, grow up, and pass into one another. Now, dogs do not pass into cats. I have seen, for instance, with a little over-crowding, continued fever grow up; and with a little more, typhoid fever; and with a little more, typhus; and all in the same ward or hut. Would it not be far better, truer, and more practical, if we looked upon disease in this light? For diseases, as all experience shows, are adjectives, not noun substantives.

Nothing used to be considered so infectious, or contagious, as small-pox; and people, *not very long ago*, used to cover up patients with heavy bedclothes, while they kept up large fires and shut the windows. Small-pox, of course, under *this regime*, was very "infectious." People are somewhat wiser now in their management of this disease, &c.—*Miss Nightingale's "Notes on Nursing."* Note to p. 19.

Answers to Correspondents.

MORE SALT.—S. R. W.: "Dr. Trall, *Dear Sir*: A subscriber desires to know what the anti-salt users have to say to the following:

EFFECT OF SALT ON THE BLOOD.—Dr. Stevens, a Scotch physician and surgeon, saw a butcher kill a pig. He *observed* that he stirred the blood of the animal, and added a handful of common salt to it while stirring, which immediately made it crimson, and on the stirring being discontinued, the blood remained fluid. The change of the color of the blood awakened his curiosity. The butcher could give no explanation of the phenomenon, except that it kept it from jellifying and spoiling. Dr. Stevens seized a vessel, caught some blood, and made several experiments by putting salt in it, and found that the blackest blood was instantly changed to a bright vermillion by salt. "Oh!" said he, "here is a fact which may lead to a practical rule." He had *observed*, in cases of yellow fever in the army, that the blood drawn was very black and fluid, and on adding salt it became vermillion, and retained its freshness; whereas putridity of the blood is one of the characteristics of the yellow fever. He therefore abandoned the usual mode of treating it, and gave his patients a mixture of various salts, and in a very short time reduced the mortality of fever in the West Indies from one in five to one in fifty.

If we should undertake to expose and refute one-half of the floating fallacies of news-

papers and medical journals, on the subjects of food and medicines, the REFORMER, in order to contain the arguments, would need to be enlarged a hundred-fold. We seldom open a newspaper that we do not see a dozen or more medical errors, and never look through a medical journal without observing half a hundred scientific absurdities; and so it will be, and must be, so long as the reasoning is based on false premises.

We cannot see that the fact that salt reddens the blood, proves that it is in any sense food. Other poisons will redden it also. Nor does the other fact that blood, in which salt has been stirred, does not coagulate, prove that salt is in any sense useful. Mercury is often given as a medicine because it prevents the effusion of adhesive matter in inflammatory cases. But it is well known that it is because mercury occasions a decomposition of the fibrinous (muscle-forming) element, and just to that extent destroys the normal constitution of the blood itself. Putridity of blood is more or less a characteristic of all fevers; but salting the blood into a "bright vermillion" color, and purifying the blood of its putrescent elements, are very different processes. We can well believe that, after Dr. Stevens abandoned the horrible routine of calomel, opium, antimony, alcohol, turpentine, strychnine, leeches, blisters, etc., etc., usually prescribed in the treatment of yellow fever, and confined his medication to a simple "mixture of various salts" (what about "common salt" here?), the mortality was greatly lessened. The less the drugging, the less the dying, all the world over. If Dr. Stevens will go one step further, and discard all medicines, he may save all his fever patients, as we have done for more than twenty years.

TURKISH BATHS.—J. A. S.: All that we have said, publicly or privately, about Turkish-bath *kills*, we are able to substantiate legally whenever called on to do so. We have now a young man under treatment who has been taking these infernal cookings in New York for three months past, and the result is, he is nearly killed. He went there an ordinary dyspeptic, and after taking a dozen Turkish operations, he began to cough and expectorate. Still, the humbugs who run the Turkish machine advised him to continue them, at \$1.50 each, which he did for a month longer. Then debility and emaciation, with short breath and hectic fever, alarmed him, and he left, as he says, "disgusted with the whole concern." He is now decidedly consumptive, with a poor prospect of recovery. The Turkish baths did not cure the dyspep-

sia, but they did produce the consumption.

LIGHT BREAD.—R. M. P.: The reason that so few women can make a good article of hygienic bread, is because they will not take the necessary pains to learn how. We can make bread as light and tender as sponge cake, or as baker's bread, of meal and water only. Bread ought, as a rule, to be firm enough to insure proper mastication; but for those who are minus teeth, or have tender jaws, it can be made as light as any one can desire.

SINKING SPELLS.—M. O. P.: The paroxysms of pain at the pit of the stomach, with fluttering of the heart, difficult breathing, dizziness, &c., of which you complain, are caused by acrid bile. Treat the case as recommended for "Duodenitis," in Hygienic Hand Book. Milk and sugar are especially objectionable in the dietary. If uncooked fruit seems to disagree, use only a very little at each meal, masticate it well, and persevere.

PERIODICAL HEADACHE.—S. S.: This is usually caused by periodical congestion of the liver. The wet-girdle and hip-baths are adapted to your case. We cannot give you recipes for cooking, in this department. You may find all you need in "Water-Cure for the Million."

FOREIGN BODIES IN THE EAR.—J. H. H.: Insects and other foreign bodies may be readily removed from the ear by means of a fine wire doubled into a loop.

NIGHT SWEATS.—S. O. M.: There is reason to fear tuberculation of the lungs in the case you describe. This fact should be ascertained before treatment is commenced. Unless the patient has asthma, he certainly is consumptive.

VENEREAL DISEASES.—P. B. P.: We cannot give the desired information, except by private correspondence. All such affections, however, can be better treated without drugs than with them. Mercury is not a "specific" remedy. On the contrary, the mercurial disease, in its effects on the constitution, is worse than the venereal.

A Fearful Crime and its Results.

I AM fully conscious of the delicate nature of the subject I have chosen; but is it right to let a false delicacy prevent from giving expression to an abhorrence of any wickedness when thousands are constantly falling victims to its ruinous consequences? The crime of fœticide is becoming common in our midst; and many are the instances we can call to our

minds where this practice has terminated in suicide.

A young and blooming bride is led to the hymeneal altar, the picture of innocence and health, by a loving and devoted husband. They there take upon themselves the vows which make them one, and they commence the marriage relation, happy in each other's society, and under very auspicious circumstances. In a few brief months, how changed is the scene! This young bride, so recently decorated in bridal robes, has become guilty of infanticide and self-murder, and the bridal robes are exchanged for the habiliments of the grave. The young husband finds no balm for his sorrowing and aching heart.

This is no fictitious tale! Was this young creature the only guilty one? We say, emphatically, No! The advocates of this horrid practice have fallen so low that they are dead to all principles of morality; and having not the fear of God to restrain them, have filled the country with their pernicious doctrines. They are the guiltiest ones!

Mothers, is it *our* duty to keep silent—we who have daughters liable to fall into this snare spread to entrap innocent victims—the young and inexperienced?

Let us awake to our responsibility! Let us not cease to cry, day and night, against this inhuman practice; and let not the blood of innocents be found upon our hands.

Is it not best to leave the discussion of Woman's Rights, for awhile, and discuss Woman's Wrongs, until we see a reformation?

There is not as much written upon this subject as the cause demands; perhaps it is attributable to this, that the crime has been so common. Mothers, speak out! Here is a vast field in which to wield your pens. We have written these few lines in hopes of drawing something from those more capable of giving expression to their sentiments. Where can be found a theme of more importance?—
A MOTHER, in *Western Rural*.

A NEW cattle disease has appeared in Marion county, 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.

A RECENT writer has descanted upon the danger of keeping the mouth open while asleep. The great trouble with most people arises from the practice while awake.

The Health Reformer.

Battle Creek, Mich., December, 1869.

Consumption.

It has been estimated that no less than one hundred thousand persons die every year, in the United States alone, from this dread disease. The materia medica of the druggists has been tested to its fullest extent, and the combined battery of phosphates, "blood food," cod liver oil, &c., &c., has been brought to bear against it; but still it prevails, and its victims go down to the silent tomb, hastened onward in their rapid march by the fatal practice of a false system of medication.

In the compass of this short article it cannot be expected that anything more than a brief outline of the nature and treatment of this disease can be given. For full information the reader is referred to extended works on this subject.* It is needless to say that the medical profession of the present day are powerless in their efforts to check its fearful ravages, or that their theories, both of its nature and treatment, are contradictory and unsatisfactory. Those who have suffered "many things of many physicians," as have nearly all consumptive patients, are most painfully aware of these facts. In treating of this subject in general terms we notice first,

ITS NATURE AND CAUSE.

Tubercular consumption is a constitutional or scrofulous affection, manifesting itself by deposits of grayish or yellowish tubercles in the lungs. These tubercles consist of imperfect cells, similar to the structure of healthy tissue, but having a low grade of vitality or development, and, consequently, but imperfectly organized. The causes of consumption are too numerous to occupy our space here. Impure food and drink, bad air, incorrect habits of living, in short, the customs which characterize American society, as at present constituted, are prolific sources of pulmonary consumption. Whatever tends to produce a poor quality of blood, tends to induce this disease; and where other causes combine, will almost invariably bring it about.

The tubercles, when first formed, are very minute, but gradually increase in size by the addition of new matter from the blood, until their presence becomes a source of irritation, and inflammation ensues. The tubercle, hav-

ing no physiological relation to the living system, is regarded by it as a foreign body, and treated accordingly. Pus is formed, as it is about a sliver deposited in the flesh, and in some cases the tubercle softens, and is expelled from the lungs by coughing. The structure of the lungs becomes involved, and as their work is the purification and aeration of the blood to fit it for the purposes of nutrition, to the extent that they fail to perform their duty, to that extent nutrition is impaired, and hence the term *consumption*.

Coughing is a curative process. It is the effort of Nature to expel the impurities of the lungs; and as the tubercles are thus expelled, cavities are left in the lungs, which, under favorable circumstances will heal, and the lungs become sound. But, unfortunately, it too often happens that the causes of the difficulty still exist, and new tubercles are formed, or the diseased part fails to be healed, and the lungs become still more and more affected, until they can no longer perform their work in the support of life.

SYMPTOMS.

The disease usually commences with a dry, hacking cough, accompanied with a tickling sensation in the throat or windpipe. These symptoms are frequently indicative of an affection of the liver, which almost always, if not invariably, precedes consumption. This dry cough may, and often does, continue for some time without producing uneasiness, and with no further alarming symptoms, except the expectoration of a frothy, whitish mucus, occasionally streaked with blood. Slight hemorrhages, or bleeding from the lungs, are among the early symptoms of this disease, occurring less frequently in the second and third stages.

These early indications will soon be followed by a feeling of languor and debility, with great indisposition to perform any exertion. Hurried breathing, palpitation of the heart, &c., will ensue upon the performance of even slight exercise, such as ascending stairs, &c. Night sweats, chills and fever, the hectic flush, loss of appetite, diarrhea, &c., follow, the patient rapidly "runs down," and death ensues.

PREVENTION AND CURE.

Manifestly, the prevention lies in avoiding the causes. Persons of consumptive tendencies, especially, should be careful to avoid sedentary occupations, immoderate indulgences, impure food, water and air, and everything that tends to an undue expenditure of vitality. The cure consists, primarily, in im-

* See Dr. Jackson on Consumption, for sale at this office.

proving the nutritive powers, that the formation and deposit of tubercular matter may be arrested. The diet should be carefully regulated, both as to quantity and quality. Exercise in the open air, as the patient may be able to endure, carefully avoiding exhaustion, is indispensable. The patient should sleep in a large, well-ventilated apartment, and during the day the body should be exposed to the sunlight. The circulation should be kept well balanced, care being taken to clothe the limbs warmly. Social surroundings, occupation, &c., have much to do in the treatment of this disease, and should be of the most favorable character.

The water treatment should be limited, and of the mildest forms: sponge baths, fomentations, &c., as the case may demand and the symptoms indicate. Consumptives for whom there is any hope of cure, should be under the immediate watchcare of an experienced hygienic physician, for a time, at least, until well established on the road to health.

W. C. G.

Some Thoughts About Bathing.

THE old adage, Whatever is worth doing at all is worth doing well, is of especial significance in the use of water. It requires care and caution to treat the sick, as also to pursue a course to preserve health. The laws that govern life and health are as exact and precise as the rules of mathematics. A guide to us, and a safe rule in our appliances of water, is to balance the temperature of the body by equalizing the circulation of the blood. That is, when parts are preternaturally hot, reduce them to the normal standard of heat, and when preternaturally cold, restore them to normal heat.

No doubt much injury has been done by the misuse of water. Some serious ones have come under our observation. Lest some will say, If such is the danger, why not let it alone? we reply, For the same reason that you would not stop eating because some by incorrect dietetic habits have rendered themselves incurable dyspeptics. We recommend to such to become intelligent in regard to the uses water may be made to subserve.

When the body is at the highest point of vigor, is the best time to take a bath, as reaction and proper warmth will then most likely be secured. A bath ought not to be taken when the strength has been exhausted by labor, and we feel much fatigued.

There should be at least an interval of an hour before and two hours after eating, before a bath; a longer period is better, for in

bathing, a large amount of blood is brought to the skin, and circulates freely in the capillaries, being drawn away from the internal organs and generally diffused through the whole body. The more fully the circulation in the surface, and warmth, are kept up, the more invigorating and refreshing the bath, and the greater the good derived from it. If a bath be taken too soon after a meal, the blood will be drawn away from the digestive organs before the important digestive function is properly performed. A meal taken too soon after a bath determines the blood to the digestive organs before there has been due reaction, diminishing its beneficial effects. However, in cases of sudden severe pain and distress arising from congestions or inflammation, we should not wait, nor lose time, but give treatment as the symptoms indicate.

To prevent a rush of blood to the head, and avoid disagreeable sensations, wet the head thoroughly, or wear a head cap, or a folded napkin around the head to begin with. Always have the temperature of the room comfortable. This will have to be determined upon by the reactive power of the individual. One with robust health, whose circulation is vigorous, will be comfortable in a temperature quite unsuited to those of feeble circulation and little power to react. The same may be said with reference to the temperature of the water. Experience proves that water at about ninety degrees is an agreeable temperature to most who are weak and feeble. The bath may be lowered to eighty-five or eighty degrees before coming out of it.

It is of value to be expeditious in taking general baths. Rub the body quite vigorously while in the water, as this promotes circulation. On leaving the bath, envelop in a dry sheet and briskly rub, or be rubbed by an attendant if unable to dry and rub yourself. Those who are feeble should go immediately to bed after a bath, giving the system its required opportunity to react from the bath. Those who are stronger may take active exercise to assist reaction.

The vessels of the skin are enfeebled by too frequent, too protracted, and too warm, baths, while the excessive use of cold baths calls out too much vital resistance, uselessly expending strength. We can not see how it contributes to health, or is productive of good, to practice rising from bed in the morning and immediately taking a general ablution in cold water, in a room without fire, in winter weather, as we have known some to do. Nor do we think it salutary for those having unbalanced circulation, being troubled with cold hands and feet, to immerse the hands, and

bathe the face, in cold water immediately after dressing in the morning.

In feverish and inflammatory conditions, cool or cold applications, as are agreeable to the patient, may be made by sponging, wearing compresses, packing, or sitz baths, as the strength of the patient will allow. Sometimes, in congestive and inflammatory states, hot applications produce most favorable results. Consult the feelings of those suffering. Occasionally alternating with hot and cold applications, often brings relief.

The excessive use of water should be avoided by consumptives, and all feeble persons who have just passed the crisis in fevers or other acute complaints. Regulate the temperature of baths by a thermometer.

P. M. LAMSON, M. D.

Health Institute.

To Correspondents.

J. B. I., of Wis.: The difficulty in your child, which you describe, although inconvenient and annoying, is not of a serious nature. You will find a prescription in the May number of the REFORMER, page 215, which will be of service in the case. The trouble is frequently "outgrown" at puberty.

J. F. writes from New York:

1. How do you cure stricture of the neck of the bladder? 2. How do you cure and prevent stone and gravel? 3. Is the water in and about Battle Creek soft? 4. Is the North or South better for consumptives?

1. The treatment will depend upon the cause. Some cases will yield to ordinary hygienic treatment, while others require the use of bougies to produce dilation. 2. By placing the patient upon a dietary which excludes all mineral impurities, rigidly excluding hard water, which is a prolific source of the difficulty, and giving such treatment as the circumstances may seem to require. Pure water should be drunk freely, and fruit should constitute a staple article of diet. 3. Some of the wells in Battle Creek are hard, and some soft. That from which our Institute is supplied, yields water almost absolutely pure, while some other wells in the neighborhood are quite hard. 4. The mere distinction of north and south is not sufficient in determining the question of climate for consumptives. Some localities in either section are bad for this class of patients. A pure atmosphere, with favorable surroundings, and freedom from extremes of heat and

cold, is a good climate for consumptives, north or south.

G. W. K., Oregon: Both yourself and your sister should place yourselves under the care of a good hygienic physician. If your sister is curable, a stay at a Health Institute is the only hope. Your own difficulty is torpid liver and indigestion, and you need a thorough renovation, under the care of a judicious hygienic physician.

J. J. M.: Our space is too limited in this department to prescribe at length for scarlet fever and measles. See "Hydropathic Encyclopedia," "How to Treat the Sick Without Medicine," &c.

R. T., Malone, N. Y.: You have taken medicine enough to kill an ordinary man, and certainly ought to come to the Institute. Should the paroxysms of hiccoughing occur again, apply hot fomentations to the abdomen, and free the bowels with an enema. Drink freely of hot water, and if relief is not obtained, drink *warm* water to produce vomiting.

J. W. F.: The "Howard Association" is a humbug, as are all associations of its class. The "true remedy for victims of early indiscretion" lies in the hygienic system. We are constantly treating cases of this character with complete success. The treatment varies according to circumstances; and patients of this class should be constantly under the eye of the physician.

P. S. T., Vermont: Your symptoms indicate biliousness and dyspepsia, with some congestion of the brain. Your three weeks' trial of the two-meal system is insufficient to produce any noticeable effect. You need to make a thorough and radical change in your diet, letting alone the fine-flour pies, cakes, and crackers, and confining yourself to a rigidly-simple diet of fruit and unleavened graham bread, with a few vegetables. For treatment, take fomentations over the liver three times per week, and general ablution or sponge bath once a week, with foot bath two or three times per week.

A. S. C., Illinois: The medicine taken in your childhood is the cause of your difficulty. The drugs affected the liver, catarrh followed, and you are now in the first stages of consumption. Your "hope for this world," which you express, is certainly on a frail foundation; and unless you pay immediate attention to your case, it will soon become incurable. You should, by all means, go to a good Health Institute, and make it your business to get well.

1. We read in the REFORMER that every reader ought to visit the Institute for two or three weeks or months. I should like to know at what expense it can be done. 2. What shall we do with a little girl, five years old, who has a dry nose day and night, unless she cries, or has a cold? We give her no tea, no coffee, and no meat; and we use graham flour and vegetables. We try to live hygienically as much as we can. 3. What is the price of the "Peerless" cooking stove?

K. H.

1. Board, \$4.00 per week; furnished room, from \$1.00 to \$3.00 per week extra. Lectures free. 2. Snuffing up cool water occasionally will sometimes relieve the difficulty. Pay strict attention to the general health, especially to keeping the extremities warm, and the circulation balanced. 3. The price of the stove is \$75 and \$80, according to size.

Please give, through the REFORMER, the cause and cure of the following troubles: Difficult breathing, at times; pain in the chest, and feelings of depression; find relief by putting on cold wet cloths; spitting blood; nights after retiring and getting to sleep, the person is often disturbed by the blood coming up in the throat and mouth.

S. S. B.

The hemorrhage may or may not proceed from the lungs; but the other symptoms indicate the first stages of consumption. The case demands immediate attention. The best course would be to go at once to a Health Institute. If this cannot be done, write to the physicians of the Institute, stating circumstances, and giving full description of symptoms, age, sex, &c., and get a home prescription.

Random Thoughts.

BY THOS. W. DEERING, M. D.

THE WORLD MOVES.

THIS statement is true as applied to health reform, and indeed to all reforms. The ideas promulgated, agitated and taught, under the opprobrious stigma of fanaticism, hobbyism, one-ideaism, visionary schemes, &c., are rapidly being adopted by the masses. Although the apostles of Hygeia have been, and are, but few, as a drop in the bucket in comparison with their opponents and others of other modes of thought, still they are a power in the land, wielding an influence directly and indirectly in the homes of the intelligent. "A little leaven leaveneth the whole lump," is a veritable truth as applied to health doctrines.

The agitations and sacrifices of health reformers have not been fruitless; *vide* the introduction of fruit in large quantities into the dietary of the people, and the means resorted

to for preserving it for use all the year round by canning, drying, &c. Since the initiative taken by Sylvester Graham in his public lectures thirty-seven years ago, the dietetic habits of the people have been changing for the better, despite the actions and sayings of renegade dietetic reformers. See the vast quantities of fruit that find a speedy sale in every mart. Fruit and graham bread are now-a-days quite common articles of food. Prior to the advent of the health-reform agitation, the amount of fruit used as food was infinitesimal in quantity. One got it in homeopathic proportions, and in the worst possible shape; viz., preserved with sugar, pound for pound, or soaked in alcohol. To-day, this baneful method of preservation has fallen into disuse, and canning and drying have become universal. To-day, fruit is a staple article of food among Americans, and especially in those sections of country where health-reform views have been disseminated. To see the influence of reform agitation, whether by voice or pen, relative to the use of fruit as an article of diet, we have but to compare those sections where the agitation has been rife with those where but comparatively little light has been shed on the subject, and note the difference.

The leavening influence is on the increase; is spreading itself despite the efforts of its enemies to suppress it, and even they become swamped and engulfed in its onward career. See the action of the Illinois State Medical Society at its annual meetings:

"Resolved, That the moderate use of ripe, but not stale or decayed, fruits, taken at the ordinary meals, is not objectionable as tending to produce cholera, but rather conducive to the preservation of health during the hot season."

When the learned (muddled) medical savans have commenced to echo our views relative to dietetics in relation to health, what may we not expect to see or hear concerning our principles and philosophy?

If straws indicate which way the wind blows, the following advertisement, clipped from the Montreal (Canada) *Witness*, shows the influence of health reform as regards the acknowledged staff of life—bread:

"Yeastless Pure Graham Bread—J. Ward, baker, 125 St. Dominique street, manufacturer of graham gems, made without yeast. Delivered free of charge within city limits, ten cents per dozen. Just the bread for those troubled with indigestion."

When a public baker in conservative Canada undertakes the manufacture and sale of unleavened bread, what may we not expect in sections of more liberal, advanced and progressive ideas? Ere long I expect to be able to

chronicle the action of some "regular" medical society as relates to this trash (this being the term that a leading professor in a medical college was pleased to apply to this style of bread), in a resolution to this effect:

Resolved, That the use of unleavened bread, made of unbolted meal, is in no wise a detriment to health, but is conducive thereto.

Agitation and time have forced our opponents to abandon their old-time, foggy, erroneous ideas, as regards fruit in relation to health and disease, and they will, ere long, reveal to their obtuse vision the absurdity of their doctrines regarding bread, meats, condiments, &c.

INSURING WOMEN AGAINST ACCIDENT.

"Experience proved that it was worth more to insure women against death only, than it was to insure men against death and disability combined. We found that an injury that would disable a man for a week would disable a woman for months. Disease and infirmities peculiar to the sex proved to be the most unmanageable of all accidents; and we have been taught, by a costly experience, that the difficulties in the way of insuring women against disability from business are insurmountable."

The above is clipped from a letter of the directors of the Railway Passenger Insurance Co. What is the reason that it is worth more to insure a woman against death than it is to insure a man against death and accident? What is the reason that an injury that disables a man for a week will disable a woman for months? What is the reason that the diseases of women are considered the greatest accidents? The answer is too palpable to admit of a doubt. We read it every day on the streets and in the houses of both the rich and poor, in the long, trailing, scavenger skirt, the almost nude limbs, the corsets and wasp waists, the half bushel bunch on the back of the cranium, the cosmetically-daubed faces, &c., &c., of the women. We see it portrayed in the ponderous lore of three thousand years of the medical profession whose doctrines are tantamount to offering a license to sin, to violate the laws of God in our being; for they hold out inducements to sin—to violate physical and social law, by offering a remedy to obviate the inevitable penalty.

The cause is discernible in the dainty little bits of white bread, the pickles, grease, preserves, condiments, &c., &c. All these are the *predisposing* causes, and for the *inciting* causes we must open the portals of the social world, and look within. Here we find the solitary vice dependent upon these conditions just mentioned, and hereditary transmission of qualities, &c. We see here the wholesale slaughter of embryonic beings, consequent

upon ignorance and miseducation. We see here wives and mothers abused, sacrificing their highest and holiest emotions and feelings upon the altar of lust, in obedience to popular opinion and a legal standard of morality. Behold all these, and say, is it any wonder that insurance companies refuse to take accidental risks upon women?

But a star looms in the horizon, observable by none but those who discern the relations between cause and effect, as an omen of better days in the future, when the masses will understand, and, understanding, obey. In the incandescent light of this star may be seen, in flaming signals, "Health reform is the basis of all reform—a knowledge of the laws of our being as relating to air, light, food, water, temperature, magnetism, electricity, sexual and social relations."

Chills.

THE climate of some sections of Michigan is considered particularly favorable to the production of fever and ague, chills and fever, and the like. When I first came to this State, in the spring of 1866, I was told I must expect to have the ague before very long. It would make no difference how I lived, or what I did, or did not, *that* was inevitable; that before new-comers could get acclimated, they *must* become the subjects of ague. Even those who laid claim to a good degree of hygiene (but all water-cure people are not necessarily hygienic) said there was no escape from it. It is now nearly four years since I came here, and neither I, nor my daughter, who came with me, have ever had the first symptom of chills in any form.

If it is wholly the *climate* that produces this disease, the question naturally arises, Why do not *all* have it? There is no doubt but *climate* is an exciting cause. But if there were not a remote cause, which lay back of this, then *all* would be alike subject to it. But my observations since I have been here have all given evidence that there is much more depending on the condition of the system than on the climate. A foul system is invariably liable to chills. A person who lives as the world lives, lays no restrictions on his diet, but eats and drinks, smokes and chews, and pays little or no attention to bathing, or the laws of health in any way, will be sure to find himself "shaking" soon after going into an ague district. And those who have lived in such places for years, find themselves frequently overtaken by it. Every fall, as the cold weather approaches, they find their chills approaching also. Their

systems are loaded with an excess of morbid matter, the internal organs are overwrought by an undue amount of labor, while the skin is feeble and inactive, and unable to perform its part of the work of the system. Consequently, on the first appearance of cold weather, the pores close, the viscera are engorged, and chills follow as a natural consequence. At first the system usually makes a desperate effort to restore its lost balance, and the result is fever and ague. But after awhile, becoming habituated to this condition, the struggle is not so great, and, instead of real fever and ague, we see chill fever.

In treating this disease, there is very little difficulty, if we do it in a rational way. But our drug brethren labor hard over it, week after week, sometimes to little or no purpose; and if, perchance, they succeed in checking it, it is only for a season, for they seldom *cure* it, unless they kill the patient. But we did hear of one who was wise enough to learn by the experience of others, if not by his own. A drug doctor happening to be at the house of a lady whose child we had treated, and who had afterward used our prescription in her own case successfully, inquired what she had taken that gave such speedy relief; and on learning our mode, went at once to his patients and ordered the same treatment. Possibly he would not like to own to his patients that he had, as the printers would say, "stolen our thunder;" but we shall not complain so long as the people are benefited. We only hope he may be more successful in the use of our remedies than in the use of his own. And we have no doubt but he will; for ours have been thoroughly tested, and can be warranted reliable. And it would be well for the people, if not for the doctor, if he would go a step farther, and teach them how to prevent the disease by physiological living.

O. C. A. WOOD, M. D.

Effect of Light on Health.

THE subject of light in relation to health, is of more importance than is generally supposed. Physicians of the Allopathic, Homoeopathic, Hydropathic and Hygienic, Schools, are all unanimous in urging the sanitary virtues of sunlight, and all consent that light is essential to the effect of their remedies.

The nature of light has occupied much of the attention of philosophers, and numerous opinions have been entertained concerning it. It has been considered as a distinct substance; at other times as a quality; sometimes as a cause; frequently as an effect. By some it has been considered as a compound; by oth-

ers as a simple substance. Philosophers of the present day mostly agree to the independent existence of light, or the cause by which we see. According to Newton, it is the effect of luminous particles which dart from the surface of bodies in all directions. According to Huyghens, light is caused by an infinitely elastic ether, diffused through space. The theory of light is so undetermined that neither the views of Newton, nor those of Huyghens, can be said to be exclusively adopted. Writers upon this subject seize hold of either or both of these theories, as they present themselves more or less favorably in the explanation of natural phenomena.

In this article we have only to speak of the effects of light, rather than its cause. But let no one be discouraged by the fact that the theory of light is imperfectly understood. Rather let us rejoice that there are vast fields of discovery yet to be explored; and that light, the most glorious and inspiring element in nature, invites us, from the sun, the moon, and the stars, and from the face of every green leaf and variegated flower, to search out the wonders of nature, and further to exemplify the goodness and wisdom of the Creator. We shall only look at the influence it exerts in all kinds of disease.

We see a strong contrast between the ruddy faces of our country-people and the pale, bleached faces of the inhabitants of the large cities. In our cities, the great deficiency of sunlight is caused by the crowding of buildings too near each other. In business streets this may be endured; but in those parts of the city where our homes are located, strenuous efforts should be made not to crowd the houses so closely as to cut off the ever-needed supply of light.

It has been stated (and experiments have been made by Dr. Edwards,) that tadpoles, if entirely deprived of light, are never changed into complete frogs, but remain growing in what we may term the tadpole state. The lesson to be learned from this experiment, coupled with the results of observation in the same operation on plants, animals, and human beings, shows how important the solar rays are in relation to health. The action of the sun's rays on the color of both the leaves and flowers of plants is very plain. So long as flowers retain their vital state, the brilliancy and richness of their color is enhanced by light.

Man, as well as plants, is dependent on the influence of light. Animals in general droop when deprived of light; they become unhealthy, and sometimes even die. When a man has been long confined in a dungeon,

even if it be well aired or ventilated, his whole complexion becomes sallow; pustules, filled with aqueous humors, break out on his skin; and the person, who has been thus deprived of light, becomes languid, and frequently dropsical.

Let us, therefore, have plenty of light in our homes—clear and beautiful light, such as God pours from his sun every day. Away with gloom. May each corner of our homes be thrown open, so that the sun can have free access. Throw back the shutters, and make the dismal and cheerless places bright and glad.

Churches are, generally speaking, merely barns, concerning light, where it has little or no access. They are nearly all pictures of gloom and darkness. This should be otherwise. Churches are built at an enormous expense, to make them comfortable, and one thing is most always wanting; namely, light. Some churches that cost thousands of dollars, must burn gas during the day-time, when light, more pure, more brilliant, and more health-giving, can be obtained at no cost whatever.

If churches were built so that the sunlight could have free access, there would be more persons willing to attend a church. As it is now, many persons feel very loth to go into a church on account of its gloominess. They enter, with the hope of finding relief from melancholy, but instead of this they find the faces of the multitude hopeless and cheerless, instead of buoyant, cheerful, and hopeful. In the beginning, the Creator said, "Let there be light, and there was light." Therefore let us have more of the natural light. It is not only more economical and comfortable, but better for mental, spiritual and physical health. If a sermon were preached in a sunny church, its effect would be more cheerful and inspiring than one preached in a dingy church, illuminated by artificial means.

The planting of trees too thick and close to our houses, is another method by which the solar rays are obstructed. Trees should be planted a sufficient distance from the house, so as not to shut out the rays of the sun.

Many diseases may be cured by sunlight. Consumptives would be greatly relieved by fresh air and sunlight. Frequently the only obstacle to a cure is the scarcity of these indispensable aids. Inflammatory diseases and nervous complaints are cured by sunlight. Many diseases are caused by confinement in close rooms. These disorders would be greatly benefited by the same means. It is also exceedingly beneficial for general debility, chlorosis, and digestive troubles. If you are to

choose a house, avoid one with dark alleys or thick groves, but always choose a site where an abundance of sunlight can be had, where the sun has the freest entrance, and where fresh, clear air can be had.

VALENTINE HAMMANN.

New York City.

An Ounce of Prevention Worth a Pound of Cure.

IN lecturing lately to an attentive audience, on education, I insisted upon having hygiene taught in all our schools. As preaching should always be practical, so should all literary instruction. In what department could it be more so than in the laws of health? Should the maxim, "Know thyself," be considered sound, scarcely in any way can this knowledge be more practically imparted than by the study of physiology. In cases, too, where the means are too limited to take a full course, a few simple hygienic rules may be taught, which will insure the promotion of health. While discussing this topic, my eye rested upon a distinguished M. D., and I asked the audience whether this gentleman, if he were able to *drug* his patients out of sickness back into health, could not, by sound instruction, keep them in health? If a doctor can control sickness, can he not control health? Is it easier to get one well than to keep one well? All saw the point, and seemed to respond heartily to my suggestion that this medical gentleman be required of his patrons to lecture henceforth on hygiene, or they would decline sending for him to come.

The matter thus came up because in conversing with the people, I had found, as others will, that they try to believe that ill health comes either by chance or by a stern decree, in spite of all means to the contrary. While in other departments of life, means are recognized as essential to the end, as to health, they are ignored. Strange, too, so soon as one gets sick, the theory is reversed; and means dark as midnight are resorted to. And when, too, they do precisely the work for which they are suited—death ensuing—the burden is at once rolled upon the Lord.

A lady of more than ordinary culture, and who also had read and believed in hygiene, recently lost her child under the drug system. In discussing the matter, she insisted that the common belief in the old way of living and drugging was the most comfortable, since it referred our ailments, especially when mortal, to the Lord, relieving us from all responsibility as to the final result.

"Why," said she, "Dr. Jackson teaches that if we live right, we cannot be sick, nor die, till worn out by age." "Then," she continues, "we bring on all our sickness by wrong doing in spite of all we may have done to the contrary."

As I began to reason on cause and effect, saying that drunkenness was but a gross form of sickness, and that it never came by chance, nor could any one possibly ignore all means, she again suggested that she desired to hide in the mysteries of the old practice, to avoid the painful idea of losing her child and friends by using means calculated to produce such deplorable results.

On turning her attention to what seemed to me a profounder view of God's providences, working even through our ignorance and willfulness—as in case of the Jews who crucified the Saviour—she became calm and more brave in looking at facts. She soon saw that the ostrich expedient of running the head into the sand when about to be overtaken, was unavailing, and indeed silly. When the three possible ways of getting sick—by chance, miracle, or cause—were presented, she adopted the latter as being the only reasonable and safe theory. If cause and effect are linked in all the other departments of life, if there can be no such thing as reasoning on any other ground, and if God has his invariable laws in conducting the affairs of his vast universe, surely, he has not left our health and lives at haphazard and in the slough of despond. Why and how such an idea ever could have gotten so extensively and destructively abroad, is hard to understand. That it is associated with the trade of drugging, is manifest; but how either of them ever became so fastened upon humanity as to destroy millions, is hard to see. It is generally believed that mankind are inclined to follow their interest, especially when it lies in the direction of dollars and cents. And again, in the Bible it is said, "All that a man hath will he give for his life." Now, nothing is easier to prove than that we can live so as to preserve our lives, and that in no way are they jeopardized so terribly as by drugging. Nevertheless, persons are slow in seeing either of these most obvious and vital points.

A recent number of the HEALTH REFORMER suggested the demand for teachers to go out, as our Saviour sent the seventy, to save the people. This is the simplest, the most reasonable, and the only safe remedy. Those who cannot do this, may do much to get one into every family by inducing people

to send a dollar for the monthly devoted to this great subject.

W. PERKINS.

Marshalltown, Iowa.

The Evil Effects of Tight Lacing.

ALLOW me to call the attention of your readers to the enormous evil resulting from the use of stays. These instruments of torture inflict on the fair sex a great degree of suffering, and tend, moreover, to deteriorate the human race. The chest is the seat of organs whose functions are necessary to life, viz., respiration and sanguification. For the due performance of these functions, it is essential that the chest be of full dimensions, and *free* in its motion.

By actual measurement, the waist of well-formed women of the average height, varies in circumference from twenty-seven to twenty-nine inches; and there is scarcely any difference in its proportional size between male and female. But such is the power of fashion that the waist is seldom permitted to expand to the dimensions of twenty-five inches; the majority are within twenty-four; thousands are compressed to twenty-two; and some, even, to less than twenty inches; and by the aid of wood, whalebone, and steel, the capacity of the chest is very often reduced to less than one-half. The penalties attending this infringement of the organic law are as follows: shortness of breath;* palpitation and oppression of the heart; cough, and pain in the side; headache, with a feeling of weight at the vertex; neuralgia of the face, and eruptions; œdema of the ankles; dyspepsia, and chlorosis. The temperature of the body partakes of the extremes; there is generally a chilliness of the whole surface; the viscera of the pelvis are liable to derangements; and, in married women especially, prolapsus uteri occurs. The lateral curvature of the spine is a consequence, not uncommon, of this pernicious practice.

The frequency of this deviation in females has been attributed to their sedentary habits, but without sufficient grounds. It is well known that thousands of females in Switzerland, and even in our own country, who are occupied during the whole day in a sitting posture, but who wear no stays, remain free from this deformity. But this is not the worst effect of tight lacing. Thousands of

* An anecdote of a Scotch physiologist, some twenty years ago, had almost put an end to tight lacing, from its placing, in a very prominent point of view, two of its most dreaded ill effects. "Tight lacing," said he, quaintly, "stinks the breath, and reddens the nose."

victims are annually doomed to the tyranny of this fashion ere they have yet passed the first years of womanhood. What is the cause of so frightful a waste of life? Simply the opposition between the laws of nature and the laws of society; the former are disregarded, while the latter are submitted to without a murmur. It is mere empiricism to prescribe quinine or iron, wine or porter, to relieve a general debility, with shortness of breath, palpitation of heart, and faintness, when the lungs are denied their fair play. It is scarcely necessary to detail cases in illustration of that which is so self-evident; but a short account of four may not be altogether useless.

C. R., aged 23, consulted me in June, 1843. Had not been well for more than two years; and had been under medical treatment for fifteen months. Her figure and countenance indicated her sufferings. The symptoms were, shortness of breath, distress in the region of the heart, cough, indigestion, great debility, cold perspirations, with a chilliness of the whole frame, and disturbed sleep; in addition to which, she had not spoken beyond a whisper for nine months. She was naturally a tall and well-made woman, and her waist should have been twenty-eight inches in circumference, but was reduced to twenty-three inches, though not, as she assured me, "tight laced." She was directed to enlarge her stays and dress as much as two inches, and after a fortnight one inch more, and to abolish the busk as quickly as possible. She recovered her voice in five weeks, and in three months she was restored to good health. No medicine was prescribed!

Mrs. B., aged 30, naturally healthy and of good figure, has not been well for three years; is now much reduced in flesh and strength; has had a troublesome cough for many months; the appetite is small, and digestion weak; and she suffers much from palpitation of heart, and pain in the side. Has been five weeks in the country, without benefit. The chest was compressed to the extent of two-fifths of its natural capacity. The treatment was similar to the first case. She steadily progressed toward recovery from this period, and in a few months her health was restored.

A young lady, aged 16, had a slight lateral curvature of the spine, accompanied with debility and general ill health. Her stays were of the same dimensions as when they were first worn at seven years of age. She was directed to throw aside the stays, and to substitute flannel and other warm loose clothing; to take moderate exercise in the open air,

and to divide the fatigues of the day by lying down for a couple of hours on a hard mattress. Her general health soon improved, and in five months the deformity was removed.

Mrs. B., aged 44, has been suffering much for four months with prolapsus uteri. She was naturally of a stout, robust make, but had attempted to model herself in accordance with the laws of society. She was directed to enlarge her stays and dress as much as three inches, and to remove the whalebone, and to lie down for three hours during the day. Her improvement was immediate, and she was quite well in six weeks.

The simplicity of treatment is the chief point of interest in these cases.

The want of due expansion of the chest in young persons, at a period when every other portion of the body is increasing in dimensions, must be attended with serious consequences. The organs of women cannot be duly developed, if the organs within the chest are circumscribed within the proportions of infancy. As it is ordained that punishment shall not always immediately follow the transgression, but often after an interval of years, so many, having hitherto escaped, and being ignorant of natural philosophy, will oppose these views, and comfort themselves with the idea that they shall pursue the same course with impunity. This idea is, however, erroneous, and has often led to fatal consequences. For Mr. G. Combe truly remarks that "nature may be said to allow us to run an account current with her, in which many small transgressions seem at the time to be followed by no penalty, when, in fact, they are all charged to the debit side of the account; and, after a lapse of years, are summed up and closed with a fearful balance against the transgressor." Lord Bacon observes that "it is not safe to say, I find no offense of this, therefore I may use it; for the strength of nature in youth passeth over many excesses, which are owing a man till his age." The fondled animal on the hearth-rug can trace effects to their cause, so long as they are immediate, and, in its wisdom, avoids the heated embers. But, more than this is expected from rational beings.—*Medical Times*.

The Care of the Eyes.

UNTIL one begins to feel the effect of impaired vision, he can hardly estimate the value of eyesight, and consequently, from ignorance or carelessness, he is apt to neglect a few simple precautions, by the observance of which

his sight might be preserved. We are aware that the columns of a newspaper do not afford the space, nor is an editor qualified to treat scientifically of the injuries which accrue to the organs of vision; but certainly the knights of the sanctum ought to have some practical experience upon artificial light, more of which they consume than falls to the lot of other men.

Let us, then, give our readers a few hints upon the preservation of sight, which we deduce from our own experience; and if we are incorrect, our medical friends, and especially opticians, are welcome to our columns, to correct our errors. We are not about to interfere with those who have resorted to spectacles, for the optician alone can benefit them; but there are multitudes who, perhaps, ought to wear spectacles, but will not, either from their inconvenience, or from an idea that they thereby confess that time has taken too strong a hold upon them. Such ask whether they can see better than they now do without the use of glasses? To the most of these we answer, Yes; provided you will follow these simple directions: First, never use a writing-desk or table with your face towards a window. In such a case, the rays of light come directly upon the pupil of the eye, and, causing an unnatural and forced contraction thereof, soon permanently injure the sight. Next, when your table or desk is near a window, sit so that your face turns from, not towards, the window, while writing. If your face is towards the window, the oblique rays strike the eye, and injure it nearly as much as the direct rays when you sit in front of the window. "It is best always to sit or stand, while reading or writing, with the window behind you; and next to that, with the light coming over your left side; then the light illumines the paper or book, and does not shine abruptly upon the eye-ball.

The same remarks are applicable to artificial light. We are often asked what is the best light—gas, candle, oil, or camphene. Our answer is, It is immaterial which, provided the light of either be strong enough, and do not flicker. A gas fish-tail burner should never be used for reading or writing, because there is a constant oscillation or flickering of the flame. Candles, unless they have self-consuming wicks, which do not require snuffing, should not be used. We scarcely need say that oil wicks which crust over, and thus diminish the light, are good for nothing; and the same is true of compounds of the nature of camphene, unless the wicks are properly trimmed of all their gummy deposit after standing twenty-four hours. But whatever

the artificial light used, let it strike the paper or book which you are using, whenever you can, from over the left shoulder. This can always be done with gas, for that light is strong enough, and so is the light from camphene, oil, &c., provided it comes through a circular burner like the argand. But the light, whatever it be, should always be protected from the air in the room by a glass chimney, so that the light may be steady.—*Boston Herald.*

A Physician's Mistake.

DR. MONROE, of Hull, the author of the "Physiological Action of Alcohol," and other scientific works, gives evidence, as follows, of the danger attending the use of alcoholic drinks as medicine:

I will relate a circumstance which occurred to me some years ago, the result of which made a deep impression on my mind. I was not then a teetotaler—would that I had been!—but I conscientiously, though erroneously, believed in the health-restoring properties of stout. A hard-working, industrious, God-fearing man, a teetotaler of some years' standing, suffering from an abscess in his hand, which had reduced him very much, applied to me for advice. I told him the only medicine he required was rest; and to remedy the waste going on in his system, and to repair the damage done to his hand, he was to support himself with a bottle of stout daily. He replied, "I cannot take it, for I have been some years a teetotaler." "Well," said I, "if you know better than the doctor, it is no use applying to me." Believing, as I did then, that the drink would really be of service to him, I urged him to take the stout as a medicine, which would not interfere with his pledge. He looked anxiously into my face, evidently weighing the matter over in his mind, and sorrowfully replied, "Doctor, I was a drunken man once; I should not like to be one again."

He was, much against his will, prevailed upon to take the stout, and in time he recovered from his sickness. When he got well, I, of course, praised up the virtues of stout, as a means of saving his life, for which he ought ever to be thankful; and rather lectured him on being such a fanatic (that's the word) as to refuse taking a bottle of stout daily to restore him to his former health. I lost sight of my patient for some months; but I am sorry to say that on one fine summer's day, when driving through one of our public thoroughfares, I saw a poor, miserable, ragged-looking man leaning against the door

of a common public house, drunk, and incapable of keeping an erect position. Even in his poverty, drunkenness, and misery, I discovered that it was my teetotal patient, whom I had, not long ago, persuaded to break his pledge. I could not be mistaken. I had reason to know him well, for he had been a member of a Methodist church; an indefatigable Sunday School teacher; a prayer leader whose earnest appeals for the salvation of others I had often listened to with pleasure and edification. I immediately went to the man, and was astonished to find the change which drink in so short a time had wrought in his appearance. With manifest surprise, and looking earnestly at the poor wretch, I said, "S—, is that you?" With a staggering reel, and clipping his words, he answered, "Yes, it's me. Look at me again. Don't you know me?" "Yes, I know you," I said, "and am grieved to see you in this drunken condition. I thought you were a teetotaler."

With a peculiar grin upon his countenance, he answered, "I was, before I took your medicine."

"I am sorry to see you disgracing yourself by such conduct. I am ashamed of you."

Rousing himself, as drunken people will at times, to extraordinary effort, he scoffingly replied, "Did'n't you send me here for my medicine?" and, with a delirious kind of a chuckle, he hiccuped out words I shall never forget: "Doctor, your medicine cured my body, but it damned my soul!"

Two or three of his boozing companions, hearing our conversation, took him under their protection, and I left him. As I drove away, my heart was full of bitter reflections, that I had been the cause of ruining this man's prospects, not only for this world, but for that which is to come.

You may rest assured that I did not sleep much that night. The drunken aspect of that man haunted me, and I found myself weeping over the injury I had done him. I rose up early the next morning, and went to his cottage, with its little garden in front, on the outskirts of the town, where I had often seen him with his wife, and happy children playing about, but found, to my sorrow, that he had removed some time ago. At last, with some difficulty, I found him located in a low neighborhood, not far distant from the public house he had patronized the day before. Here, in such a home as none but the drunkard could inhabit, I found him laid upon a bed of straw, feverish and prostrate from the previous day's debauch, abusing his wife because she could not get him some more drink.

She, standing aloof with tears in her eyes,

broken down with care and grief, her children dirty and clothed with rags, all friendless, and steeped in poverty! What a wreck was there! Turned out of the church in which he was once an ornament, his religion sacrificed, his usefulness marred, his hopes of eternity blasted, now a poor, dejected slave to his passion for drink, without mercy, and without hope.

I talked to him kindly, reasoned with him, succored him till he was well, and never lost sight of him, nor let him have any peace, until he had signed the "pledge" again.

It took him some time to recover his place in the church; but I have had the happiness of seeing him restored. He is now, more than ever, a devoted worker in the church; and the cause of temperance is pleaded on all occasions.

Can you wonder, then, that I never order strong drink for a patient now?

NIGHT AIR.—An extraordinary fallacy is the dread of the night air. What other air can we breathe at night, than night air? The choice is between pure night air without and foul air within. Most people prefer the latter. An unaccountable choice. What will they say, if it is proved to be true that one-half of the disease we suffer from is occasioned by people sleeping with their windows shut? An open window, most nights in the year, can never hurt any one. This is not to say that light is not necessary for recovery. In great cities, night air is often the purest to be had in the twenty-four hours. I could better understand shutting the windows in town during the day than during the night for the sake of the sick. The absence of smoke, the quiet, all tend to make night the best time for airing the patient.

One of our highest medical authorities on consumption and climate, has told me that the air is never so good as after ten o'clock at night. Always air your room, then, from the outside air, if possible. Windows are made to open, doors are made to shut—a truth which seems extremely difficult of apprehension. Every room must be aired from without; every passage from within. But the fewer passages there are in a hospital, the better.—*Florence Nightingale.*

THE latest invention is "garbage whisky." The Cincinnati *Chronicle* says that the fag ends of radishes, onions, beets, lettuce, and the hundreds of other vegetables, a portion of which always go to the slop barrel or the garbage boat, are said to make excellent whisky.

THE WEIGHT OF A TEAR.

A PAIR of scales before him,
A rich man sat and weighed
A piece of gold—a widow's all—
And unto her he said:

"Your coin is not the proper weight,
So take it back again,
Or sell it me for half its worth—
It lacks a single grain."

With tearful eye the widow said:
"Oh! weigh it, sir, once more;
I pray you be not so exact,
Nor drive me from your door."

"Why, see yourself, it's under weight,
Your tears are no avail."
The second time he tries it,
It just bears down the scale.

But little guessed that rich man,
Who held his gold so dear,
That the extra weight that bore it down
Had been the widow's tear.

A Triumph of Surgery.

THE delicate, and as generally regarded, difficult and dangerous, surgical operation known as the "Transfusion of Blood," has been proven by late experiments to be not only feasible, but highly efficacious in the saving of life. An instance was recorded in our columns a few days since, in which the operation had been performed by a French surgeon. In this instance, a wife in the last stages of a wasting disease, with apparently but few hours to live, was rallied and brought back to at least temporary strength, by the transfusion into her arteries, of blood taken from the arm of her robust and healthy husband. We have now to record an instance in which the same operation has been performed, nearer home, and where the facts stated are capable of more positive proof, and therefore more convincing. The Philadelphia *Ledger* of the 9th inst., states that a young man recently entered the Pennsylvania Hospital, suffering from a severe hemorrhage caused by a wound on the inner surface of the upper lip. The wound continued to bleed more or less for ten days, every effort to check the hemorrhage being without avail. At the end of that time resource was had to cutting down to the great artery of the neck, and the application of a ligature wholly obstructing the course of the blood. This lessened but did not wholly check the oozing of blood, and the patient soon sank to so low a state of exhaustion that his death was regarded as certain and imminent. At this crisis Dr. Morton, Surgeon of the Hospital, determined to try the effect of transfusion. Without describing the apparatus, or the details of the operation, it is sufficient to say, that two

medical students bared their arms to the lancet, and gave the required blood, five ounces and a half being infused into each arm of the patient. The good effects of the operation were immediate and marked. In five minutes there was a rallying of the pulse, and a reaction in other respects. The discharge of blood from the original wound ceased at once. In ten days the patient had gained sufficient strength to walk about the ward, and, at last accounts, was continuing to improve.

The successful performance of this operation will lead to a fuller inquiry into its merits and feasibility than it has yet received. If found to be possible and of wide application in specific cases, who can prophesy the great changes which it may effect in the method and success of medical practice?—*Exchange.*

DON'T EAT AT NIGHT.—A touch of the dyspepsia, growing out of a pig's foot swallowed at midnight, has changed a man's whole life, and an irregularity of the bile has made many an angel almost a fiend. If the gastric juice is all right, and the blood in swimming order, the world is a nice, bright, pleasant place, and from which no one is in a hurry to move; but if in that queer, mysterious fluid there is any alloy, the sky of life is all cloud, the winds howl, and everything is dark and dismal. If you want to feel happy, look after your digestive and circulating systems.

BISHOP A. C. COXE, of New York, in a late pastoral letter, utters the following well-timed warning against a dreadful sin:

"I have hitherto warned my flock against the blood guiltiness of ante-natal infanticide. If any doubts existed heretofore as to the propriety of my warnings on this subject, they must now disappear before the fact that the world itself is beginning to be horrified by the practical results of the sacrifices to Moloch which defile our land. Again I warn you that they who do such things cannot inherit eternal life. If there is a special damnation for those "who shed innocent blood," what must be the portion of those who have no mercy upon their own flesh?

"WOMAN was made of a rib out of the side of Adam; not made out of his head to top him; nor of his feet, to be trampled upon by him; but out of his side, to be equal with him; under his arm, to be protected; and near his heart, to be loved."—*Henry's Commentary.*

Items for the Month.

CLOSE OF THE YEAR.—Many of our patrons commence their subscriptions with the year, instead of the volume. Quite a number of subscriptions will therefore expire with the present number. We hope this reminder will be sufficient to insure prompt renewals during the month, that we may commence the new year with a paid-up list.

A correspondent solicits our attention to the "accompanying report" of the Penn. State Medical Society, on "Intemperance as a Disease." As the report failed to come to hand, we cannot comply with the request.

WINTER PATIENTS.—Persons intending to spend the winter at the Health Institute should correspond with the physician-in-chief at once, to secure rooms, &c. Several of our winter patients have already arrived, and others are coming. The fall and winter months are the best for the treatment of a very large class of diseases; and during the month of November, unfavorable as it has been in many respects, the improvement in our patients has been most marked and gratifying. Many diseases take an unfavorable turn in the spring. How important, then, that during the winter the system become fortified by a judicious course of treatment, and thus prepared for the trying changes of "fitful spring."

THE NEW YORK INDEPENDENT.—Among our religious exchanges there are few which we value so highly as the *Independent*. As a newspaper, it is of great worth, and on many points relating to social and moral reform, it is more outspoken than any of its religious cotemporaries. The organ of no denomination, it endeavors to treat all denominations with fairness and candor.

By special arrangement with the proprietor of that paper, we will club the *Independent* with the *Reformer*, on the following favorable terms: On receipt of \$2.75, we will send both journals one year to any new subscriber, together with the beautiful steel engravings of Grant and Colfax, each of which is worth \$2.00 at the print stores. The price of the *Independent* is \$2.50 per year, and that of the *Reformer*, \$1.00 per year. New subscribers will thus get, for \$2.75, the worth of \$7.50. Send in your orders at once. Address HEALTH REFORMER, Battle Creek, Mich.

HISTORY AND DIRECTORY OF CALHOUN COUNTY, MICH.—This valuable work, just from the press, is now ready for delivery. It is compiled and published by Mr. E. G. Rust, and contains a concise history of each town, together with a complete business directory of the entire county,

constituting a work of great value to every resident of the county, as well as others who may be interested. It may be obtained by addressing the publisher, at Battle Creek, Mich. Price, \$3.00.

THE TEMPERANCE TIMES.—This paper is the organ of the Grand Lodge of Good Templars of Ohio, and is well managed, entertaining, and instructive. Published weekly at Dayton, O., at \$2.00 per annum.

We advertise, this month, two new books, from the press of the American Publishing Company. "Beyond the Mississippi," by Albert D. Richardson, is a vivid and interesting description of life and adventure in the far West, and is handsomely printed and copiously illustrated.

Mark Twain's new book, "The Innocents Abroad," although professedly a humorous work, has running through it a vein of practical common sense, as the following extract will show:

"Just in this one matter lies the main charm of life in Europe—comfort. In America, we hurry—which is well; but when the day's work is done, we go on thinking of losses and gains, we plan for the morrow, we even carry our business cares to bed with us, and toss and worry over them when we ought to be restoring our racked bodies and brains with sleep. We burn up our energies with these excitements, and either die early or drop into a lean and mean old age at a time of life which they call a man's prime in Europe. When an acre of ground has produced long and well, we let it lie fallow and rest for a season; we take no man clear across the continent in the same coach he started in,—the coach is stabled somewhere on the plains, and its heated machinery allowed to cool for a few days; when a razor has seen long service and refuses to hold an edge, the barber lays it away for a few weeks, and the edge comes back of its own accord. We bestow thoughtful care upon inanimate objects, but none upon ourselves. What a robust people, what a nation of thinkers, we might be, if we would only lay ourselves on the shelf occasionally, and renew our edges!"

The above books are sold only by subscription. Canvassers may apply to R. W. Bliss & Co., Toledo, O., or to the American Publishing Co., Hartford, Conn.

The running time of the Michigan Central Railroad has been changed for the winter season. See table on opposite page.

Terms of Advertising in the Reformer.

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