

THE
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OUR PHYSICIAN, NATURE: OBEY AND LIVE.

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DON'T LEAVE THE FARM, BOYS.

COME, boys, I have something to tell you,
Come near, I would whisper it low;
You are thinking of leaving the homestead—
Do n't be in a hurry to go.
The city has many attractions,
But think of the vices and sins;
When once in the vortex of fashion,
How soon the downward course begins.

You talk of the mines of Australia—
They're wealthy in gold, without doubt;
But ah! there is gold on the farm, boys,
If only you'll shovel it out.
The mercantile life is a hazard—
The goods are first high, and then low;
Better risk the old farm a while longer—
Do n't be in a hurry to go.

The great busy West has inducements,
And so has the busiest mart;
But wealth is not made in a day, boys—
Do n't be in a hurry to start!
The bankers and brokers are wealthy—
They take in their thousands or so;
Ah! think of the frauds and deceptions—
Do n't be in a hurry to go.

The farm is the safest and surest—
The orchards are loaded to-day;
You're free as the air of the mountains,
And monarch of all you survey.
Better stay on the farm a while longer,
Though profits should come rather slow;
Remember you've nothing to risk, boys—
Do n't be in a hurry to go!

BE not too slow in breaking off a sinful custom; a quick, courageous resolution is better than a gradual deliberation. In such a combat he is the bravest soldier who lays about him without fear or wit.

LOVE looks through a telescope; envy, through a microscope.

DR. TRALL'S
Special Department.

The "Profession" vs. Women Doctors.

IN a previous issue of the HEALTH REFORMER, we gave a brief account of the opposition which the men medical students of Philadelphia had manifested to the attendance of women medical students on the clinics of the Pennsylvania Hospital. Since then, the subject has been commented on very generally by the newspapers of the country, and especially by those of Philadelphia and New York, and in every instance save one, that we have noticed, the conduct of the young gentlemen has been severely condemned, some going so far as to say that said young gentlemen ought to be expelled from the colleges, if not from the city. We think the numerous editorials we have read fairly indicate the public sentiment. Nothing is clearer than the fact that women are rapidly working their way into the medical profession, and nothing is surer than the fact that they will stay there; nor have we any shadow of doubt that another generation will see the practice of the healing art mainly in the hands of educated and competent women.

The solitary exception indicated above is the weekly called the *Round Table and Citizen*, of New York. This journal not only justifies the outrages of the students, but deals out half a column of slang phrases and smutty epithets to the women students. It calls them, with indecent taste, and billingsgate wit, "the wild women of Philadelphia," charges them with immodesty, unsexuality, and various other faults, foibles, if not high crimes and misdemeanors, and says they ought to have been arrested and imprisoned for the presumption of intruding where the young men aforesaid did not want them! But, thanks to the more enlightened and nobler

spirit now abroad in the land, the *Round Table* stands alone in its glory—or its shame.

But, the important question for our readers and the public is this: What position will the medical profession, as a body, take on this subject? Of course it can, and will, take only the position adverse to the women. But this opposition may be direct or indirect, open or concealed, as it may deem most effective. It has always opposed the introduction of women into the profession, in all the ways that its selfishness could suggest and its cunning devise; albeit, there have been honorable exceptions in individual members.

The *Independent* asserts that, when the women students first appeared in the Hospital, the men students crowded in among them, made obscene and insulting remarks, and annoyed them in every possible way, and all this without one look, act, or word, of reproof from the professors. And now the Philadelphia papers inform that the said professors have had a meeting, attended by a majority of the leading physicians of the city, and that, after full deliberation, and, doubtless, deliberate "comparison of views," the meeting unanimously resolved to exert its great strength and puissant influence against women doctors. They decided, virtually, that, although women have a legal right to attend the clinics, and that the managers may take their money for Hospital tickets, yet they shall be excluded. What other conclusion could have been expected? When Allopathy ceases to be despotic, illiberal, and unjust, it will cease to exist. It cannot long live in the light. Its doctrines cannot bear scientific examination, nor can its practice endure impartial observation. It exists only because its theories are shrouded in mystery, and its dogmas and prescriptions expressed in expressionless and unintelligible phrases—technical gibberish. And now let women rush to the medical schools, and keep themselves and this subject before the people. "There is a tide in the affairs" of women, as well as of men, which, taken at the present flood of public agitation, may lead on to fortune—to the consummation devoutly to be wished, of sending fifty thousand able-bodied men, now wasting their misdirected energies in poisoning the community, into some useful vocation, and replacing their status in the healing art with ten thousand women—more or less.

Woman's Right to Right Treatment.

WHILE a few noble and determined women are laboring with almost superhuman energy to achieve the recognition of their right to

practice any profession or pursue any vocation they are capable of doing, on an equality with mankind, against the powerful influence of three fourths of all the men of civilization, and the still stronger opposition of seven-eighths of all the women of the enlightened nations, the subject and their claims and pretensions, as in the case of all others under the entitled, is entitled to a fair hearing and an honest discussion. Women are slowly, but surely, working their way into the professions of medicine, divinity, and law, and into numerous industrial avocations heretofore occupied, with rare exceptions, by men alone. Whether her "sphere" should be ultimately so enlarged as to include voting and holding office, we do not propose to discuss in the REFORMER. Our creed and our faith is, that very soon after she becomes healthy, she will become self-reliant, independent, and can then determine for herself her political privileges and social status. Until she learns to eat, drink, and dress, according to the laws of life and the conditions of health, and emancipates herself from slavery to fashion, she will not only not attain her "rights," but be incapable of exercising them properly if she should attain them. What sense is there in a woman's appearing on a public platform, clamoring for "equality," attired in such fantastic rig, overloaded with skirts, dragging a long trail, and furbelowed with frills and flounces, as to proclaim herself fit only for a parlor doll, an advertisement for the dry goods merchants, or the fashionable promenade? As long as she presents herself to man as helpless, frivolous, and ridiculous, he will "accept the situation," treat her as the weaker vessel, naturally and necessarily in subjection to him, give her gallantry instead of justice, grant her protection instead of rights, and regard her as incapable of acting for herself. And why should he not?

But, under any and all circumstances, she is entitled to respectful attention; and her arguments and positions, to a just and true statement. And we always notice with pain the attempt of certain newspapers of character and influence, to misstate, pervert, and misrepresent, the advocates of "Woman's Rights." Conspicuous among these is the *New York Tribune*. Since it *renegaded* on this subject, it never misses an opportunity to scoff, sneer, ridicule, and even blackguard, their persons and their doings. This is natural, however; for none are so bitter towards any cause as those who have proved recreant to it.

In a late number of the *Tribune* appeared the following editorial paragraph:

Taking an interest in all assertions of feminine "rights," we have been much moved to read that in October last, in Ralls Co. (Miss.), Mrs. Oettie, a dame of great muscularity, did chastise Mr. Oettie "with a broad-ax," whereby he was awfully injured about his head and neck, but did escape with his life. We have heard of enraged wives who used the plates with stupendous effect at breakfast, and could upon emergency, hurl the tea-pot—but the broad-ax was going a little too far, unless the lady wished to show that she, too, could be a ship-carpenter. This incident would have seemed to point to a series of domestic executions horrible to contemplate; but Mrs. Oettie has been locked up, and can't go about promulgating the new "principle."

Can meanness further go? Of a hundred outrages perpetrated on the same day of the year, one of them was by a woman. Horrible, most horrible! What of the other ninety-nine, in which masculine human nature was the aggressor? Not a word of protest. Not a line of indignation. Not a syllable of reproof. Oh, no! The world has got used to assaults and murders by men; these are the every-day occurrences of life, and excite no remark. A hundred drunken men may, in the mad frenzy of intoxication, kill their wives, and the facts are briefly chronicled among the news items, while the single case of drunken and disorderly conduct by a woman not only elicits special editorial attention, but, with unparalleled unfairness, not to say, duplicity, is alluded to as the legitimate result and practical demonstration of the principle for which the advocates of Woman's Rights contend! We repeat, Can anything be meaner?

And now, to retort, let us place before the reader a few of the outrages committed by men, which were recorded in the papers of the same date as the aforesaid editorial, and most of them in the same paper: *Item.*—In Boston, Edmund Healy murdered his wife by chopping her head to pieces with an ax. *Item.*—A man named Bissler was fatally stabbed at Cleveland, O., on Monday evening, by two other men. *Item.*—Major C. O. Howard, of Milwaukee, Wis., committed suicide on Monday night. *Item.*—Henry Easton, of Cobourg, Canada, committed suicide on Monday last. *Item.*—At Huntington, Pa., Cornelius Kane, John Lynch, Edward Powers, and John Malvihill, were yesterday convicted of murder. *Item.*—Collins, who shot a boy to death, at Chicago, was yesterday acquitted by the court. *Item.*—Rev. Isaac B. Smith was tried at Geneva, Ill., last week, and acquitted of the charge of murdering his wife. In this last case, the evidence of guilt was strong, and the New York *Sun* wonders how the jury could "get over the facts" so as not

to find the prisoner guilty. *Item.*—Hiram A. Briggs, of Pautucket, R. I., has been arrested on a charge of attempting to murder his family. *Item.*—In Paterson, N. J., a prominent city officer has been arrested for cruelly beating his wife and child, and Dennis Burns was arrested for assaulting ladies in the streets. *Item.*—A California Chinaman made all his arrangements to sell his wife for debt, when she defaulted by killing herself. *Item.*—The king of Prussia has reprieved the murderer Wittman, who was sentenced to death for murdering four wives and two children. *Item.*—Thomas Campbell, of Pittsburgh, Pa., who is now incarcerated in the jail, for the murder of his wife, takes his confinement philosophically.

We could extend these statistics by compiling from other newspapers of the same date, but "enough is as good as a feast." When will editors of newspapers, and the rest of mankind, learn that virtue and vice, good and evil, rights and duties, are matters of persons and not of sex?

And now let us conclude with an editorial from the *Tribune* a few days later:

The conduct of the audience at the Woman's Rights meeting in Washington, the other evening, seems to have been simply disgraceful; nor can we perceive, so far as the full reports in the Washington papers enable us to judge, that the conductors of the meeting were in any wise to blame for it. Whatever may be said for or against Woman Suffrage, the rowdies of Washington should understand that the day for defeating a cause by breaking up peaceable meetings held in its favor has passed. If the Washington police force were good for anything, we do not understand why it was not represented.

The *Tribune* may take some share of the blameworthiness to itself. If it had treated the persons and the meetings of women in this city with more candor and justice, and with less sneer, slang, innuendo and disrespect, calculated to set the rowdies on the women, it would perhaps have had less occasion to reprove the rowdyism at Washington.

Women Physicians in Scotland.

VERILY the world moves on the other side of the Atlantic as well as on this. Even in staid and conservative Scotland the medicowoman question is among the disturbing elements of society and seminaries of learning. At the recent half-yearly council of the University of Edinburgh, the question of the admission of females to the study of medicine was decided in the affirmative. The medical Faculty has agreed to separate classes for females, and the University Court, approving

of what the Faculty has done, has deferred all proceedings connected therewith to the General Council. During the discussion on this subject, Professor Mason stated that, in the examination which had already taken place, women had exhibited greater knowledge than the men; and on taking a vote, the General Council decided, by a large majority, in favor of admitting women.

We commend this interesting news-item to the attention of the young gentlemen of Philadelphia, who insulted women students in the lecture room, and mobbed them in the streets, and also to the physicians of that city who have since, at a formal meeting, decided to expel from membership any professional brother who shall be guilty of the "irregularity" and "unprofessional conduct" of consulting with, or in any way countenancing, a woman physician. In the good time coming, perhaps it will be considered unprofessional for a woman doctor to consult with, or countenance, a man doctor.

Phosphorus and Pyrogallic Acid.

THE following "scientific item," taken from the current medical journals, is going the rounds of the newspaper press:

Mr. Personne has found another substance that operates exactly like phosphorus in the animal economy, and that is pyrogallic acid, hitherto considered inoffensive, but which will kill a dog in fifty hours, by converting the heart and liver into fat.

As milk, fish, &c., are said to be pre-eminently brain-producing food, because of the large amount of phosphorus they contain, why may not pyrogallic acid be a good substitute, especially when milk is dear, and fish are scarce? Phosphorus, we are told, "acts" to convert the heart and liver into fat, while pyrogallic acid will kill a dog in fifty hours! Does any body want any further proof that these things are supremely vitalizing?

Nutrition and Stimulation.

WE give place and reply to the following communication, as it contains points of interest to all health seekers who desire to know the truth, the whole truth, and nothing but the truth.

"R. T. TRALL, M. D., *Dear Sir*: Permit me, through the columns of the HEALTH REFORMER, to ask a few questions, and make a few suggestions.

"1. In 'Philosophy of Eating,' by Dr. Bellows, I find this statement; viz., 'Cheese has more than twice the nutriment in it of any other known substance.' Now as beans, peas, wheat,

rice, &c., have more than 80 per cent of nutriment, as declared in very many works of reputation, what possible basis of truth has Dr. B. for making the statement quoted?

"2. In 'Fruits and Farinacea,' by Smith and Trall, page 156, is, in substance, this statement; viz., 1000 lbs. fine flour (wheat) contain 20 lbs. of fat, while 1000 lbs. bran contain 60 lbs. fat. Now the plain teaching of Dr. Bellows, in the works before named, is to the effect that in the central parts of the kernel lie its principal fat-producing properties. And in this, I may add, he is sustained by other writers of much more note as hygienists. What is the truth relative to the point? or, is chemistry, as applied to the analysis of foods, yet so much in its infancy as to be an unreliable guide, leading doctors themselves to disagree?

"3. In an analysis of a number of different kinds of food, given on page 312 of 'Fruits and Farinacea,' the statement is made that *beef* has no 'heat-forming principle,' while upon page 272 of the same work we find the following: 'Every physiologist must admit that flesh is of a more stimulating and heating nature . . . than a vegetable diet.' Upon the same page is further testimony tending to the same conclusion. Now, I have supposed that flesh-meat does really contain more of the heating tendency than farinaceous food, and that in this fact consists its deleterious effects as food, especially upon the young, tending to premature passionial development. But, let us have the light of science upon this point, if it really contains light; otherwise, let us be guided by experience.

4. I am decidedly of the opinion that many, and even among health reformers themselves, are often seriously misled, from a want of care and strictness on the part of our writers in the use of terms. For example, on page 298 of 'Graham's Lectures' we read, 'By the stimulating properties of those substances which are designed for our daily food, our digestive organs, in a healthy and undepraved state, are excited to the performance of their functions;' and much to the same purpose. Again, on page 49 of 'Tea and Coffee,' by Dr. Alcott, we read, 'That no one can be sustained without *stimuli* of some sort is certainly true. The air, the light, are stimulants.' In opposition to these teachings, we read in the 'Hydropathic Cook Book,' by R. T. Trall, M. D., page 119, that 'all stimulus, therefore, is directly opposed to healthful nutrition.' Again, same page, 'stimulus has no applicability to food,' &c. Now, amid such confusion of authorities can the health reformer sustain himself in the position that *stimulating* foods and drinks ought always to be avoided? It would certainly seem that a definite and acknowledged definition of *stimulus* is very much needed.

"Yours for truth,

R. L. LAMB."

REPLY.

1. Dr. Bellows' statements are untrue and nonsensical. 2. Chemistry does not, and never can, determine the constituents of food. In the process of analysis, the *organic arrangement* of the elements on which food depends, is destroyed, and new combinations are formed, so that the ingredients, or elements, which the chemist finds in his laboratory, are

very different from those which existed in, and constituted, the food. 3 and 4. The confusion on this subject arises from using the term stimulant in vague and various senses. A stimulant, in the proper medical sense, is an agent which occasions feverish heat. Hence, flesh and all other substances which stimulate, cause a transient heat, a fever, followed always by a corresponding degree of depression and coldness. The term is often, but improperly, employed in the sense of cause, occasion, or influence. Thus we say, Acquisitiveness stimulates us to money-getting, appetite stimulates us to procure food, &c. Graham and Alcott used the word in this popular sense. But, scientifically speaking, food, medicine, poisons, air, light, water, &c., in their relations to vital organism, have no properties of any kind. When the lungs receive the air, we are told that the air stimulates the lungs. When the stomach acts on the food, the food is said to stimulate the stomach. When the system expels a poison through the surface, attended with a feverish disturbance, the poison is said to stimulate the body, &c. This is a misuse of the term, growing out of false doctrines taught by the medical profession.

Answers to Correspondents.

OSSIFYING FOOD.—M. S. L.: "R. T. Trall, M. D., *Dear Sir*: What is the truth in relation to the theory that, in order to render parturition easy and lessen the sufferings of women during pregnancy, the pregnant woman must select a dietary of such articles as contain the least proportions of earthy matter? It is stated that, by using wheaten-bread freely, the bones of the fœtus become too firmly ossified for easy delivery, &c."

There is no doubt whatever that a *proper* dietary conduces greatly to health during and after confinement, and also to a safe and almost painless parturition. But the objection does not lie against wheat, nor any other wholesome grain. Common salt, and saleratus, so freely used in cooking, are among the causes which render the blood inflammatory, the tissues rigid and inflexible, and the structures tender, and thus aggravate all the evils incident to child-bearing. And the same is true of all unwholesome articles of food or drink, seasonings of every kind, and especially of fine flour and every thing which occasions constipation of the bowels. We have known scores of women to adopt the hygienic dietary, and in all cases they have had a "good time" during and after confinement.

The "horrors of abnormal parturition" are not to be corrected by any particular selection of articles which contain little phosphate of lime, but by the use of wholesome food generally.

BRAIN FOOD.—C. M.: As we have many times explained, there is no such thing as food for particular organs and structures distinct from food for all organs and structures. The notion that milk, fish, phosphorus, &c., are especially brain-producing or mind-sustaining food, is one of the many absurdities of the chemico-physiologists. The same reasoning makes iron and cod-liver oil "blood food," alcohol a "supporter of vitality," hog's lard and sugar "respiratory food," and tobacco a hygienic agent.

SCROFULOUS OPHTHALMIA.—A. M. T.: The child should be first treated for scrofula of the whole system. If the general health is properly attended to, very little local treatment will be necessary; if not, no local applications will avail. Milk, sugar, and all seasonings, should be prohibited, and the diet consist mainly of wheat-meal bread and good, ripe fruit. A moderate allowance of vegetables would be proper. A daily tepid abluion is all the "hydropathy" the case requires.

WHITE SUGAR VS. BROWN.—E. D. S.: "Dr. Trall, *Sir*: As raw or brown sugar is almost always more or less contaminated with insects (*acarus saccharum*), would it not be better to use only the refined or loaf sugar?"

It is a choice of evils. Raw sugar is impure, and refined sugar is very constipating. It is hard to say which is the greater evil of the two. But a rule that is absolutely safe is to use neither.

CARBUNCLE.—J. S. S.: Surgical treatment is seldom necessary. It is a common practice in the large hospitals of cities to cauterize, cut and mangle in various ways; and lately, a French surgeon has introduced an operation called "subcutaneous section." But all these things are useless, not to say barbarous. If the general system is properly treated, the tumor covered with simple water dressings, and the ulcerated surfaces, or "pipes," filled with flour, there will be no trouble with the malady. We have managed scores of cases in this way, and all have healed without difficulty.

CLIMATE FOR CONSUMPTIVES.—P. B. P.: There is no doubt that some places in Florida, South Carolina, Western North Carolina, and South-western Texas, are pleasant places for consumptives during the winter season.

But if those who spend their winters in either of those places, would judiciously expend the same time and money in the Northern States, there are many places quite as conducive to ultimate recovery as any places in the South can be.

GERMAN VEGETARIANS.—O. S. F.: There are many vegetarians in Germany; they publish a journal, and lately held their first convention at Werdshausen. Some of our works have been translated by them into their language.

SWEET WATER.—R. R. H.: Pure water, like pure air, has no recognizable taste, smell, nor quality of flavor. It is simply agreeable or pleasant. When any one boasts of the wholesomeness or purity of the water he drinks because of its sweetness, you may be sure he does not know what pure water is. If air and water had been endowed with properties so pleasant to our senses of taste and smell that we could intensify the pleasure by increasing the quantity, we should all soon breathe and drink ourselves to death. Nature is much wiser than many persons who find so much fault with her "order."

"CHRONIC DYSENTERY."—M. M. N.: Your case is not dysentery, but diarrhea. Dysentery is never chronic. It is always acute, and attended with fever, but, if maltreated, may be followed by chronic diarrhea.

The dietary should be largely frugivorous. Hip-baths, the wet girdle (if the temperature permits), and occasional enemas of cool water, are the "water treatment" specially indicated.

KLEPTOMANIA.—C. A. P.: The organ of acquisitiveness may be so morbidly affected as to induce a person to steal, as well as alimentiveness so diseased as to induce him to be a glutton. Both cases need both mental and physical hygienic treatment.

Apothecaries.

NEXT to the drug doctor, there is no one in the community that is a means of so much pain and death as the class concerning whom we have now proposed to write. Your readers probably know that we have a Prohibitory Liquor Law, extending only to the sale of intoxicating liquors as a beverage. This class has from the commencement opposed all legislation, looking to a restriction of sale, and we now propose to show how they have made opposition. At present we confess that, through the rather loose manner of enforcing the law, the apothecaries have been allowed to sell upon prescription or otherwise. But

their *animus* will be easily seen from what follows.

A section in our Prohibitory Liquor Law authorizes the towns and cities to appoint agents "to sell intoxicating liquors for use in the arts, and medicinal, chemical, and mechanical purposes," and in accordance with the provisions of this section, our board of aldermen appointed a highly-respectable druggist to that position. At the next meeting of the board, that gentleman sent a letter in answer to the appointment, declining the office, and giving a few trivial reasons for so doing. The burden of the letter was that the onerous duties imposed rendered it necessary for him to decline. The duties imposed by the law consist simply in keeping a record of sales; such as is now required, if we mistake not, when sales of arsenic or the more active poisons are made. That this imposes an onerous and unnecessary burden cannot for a moment be believed. Supposing that it did, should they not, if in the least desirous of the good of the people, be willing to be put to a little inconvenience for which they would be well paid? Several druggists were in succession appointed and they each declined, all singing the same song, "The duties are too burdensome for the pay." After the board had appointed some six or seven, they came to a standstill, and have not made a move since.

That the readers of the REFORMER may know what class of men compose the list of respectable druggists, it will only be necessary for me to add that it has been the custom of many to sell liquor by the glass in their back rooms; further, they not only countenanced, but aided, the rumsellers when striving for the license law of two years ago. They then appeared before the committee of the Legislature on this question, and urged their claims in a bold and impudent manner, the different members of the fraternity giving their testimony concerning the necessity of liquor as a medicine and for bathing purposes, with an air that evinced more ignorance than knowledge. At that committee meeting, the question was asked of several, "Do you at your store ever sell liquor as a beverage?" to which a negative reply was given with the greatest scorn, as if it was below their business.

The great majority of the readers of the REFORMER have no hesitation as to their proper classification. The apothecary shop has no more of good for the people than the rumseller's, and consequently cannot be classed any higher. They did not appear to remember the case of a member of their fraternity

who was indicted for selling liquor as a beverage, although it had occurred some little time before, and had been noised abroad through the daily press. They were not inclined to believe that one of the fraternity could be anything but a gentleman, or at least they were not willing to recognize that such was the fact.

Since we have not seen any evidence of their aiding the cause of prohibition, the only true cause, we can safely say that they are as great obstacles in the march of the temperance cause, as in the health reform, and, being such hindrances, deserve no word of comfort or encouragement from those who make it a part of their duty to do what is right, not what is expedient.

With masters of such character, how can it be expected that the clerks will be more intelligent and upright? One great weak spot in the drug system has been, and is, its apothecary shop, and its set of ignorant boys in attendance. Their want of knowledge respecting the nature of the poisons displayed for sale has been the cause of many deaths, and we have had some three or four sensations caused by the prescriptions put up by these boys, being of a more deadly nature than the physician had advised.

In two cases, the apothecary writes that he had given particular instructions that the parties who put up the fatal doses should only sell the candies and milder poisons, and they disobeyed his orders which had been oft repeated. Now it must be plain to all that a system which allows of a chance for such a mistake as the substitution of laudanum for paregoric, as has been the case two or three times this season in old Boston, is one thoroughly at war with the best interests of the community, and demands, not regulation, but prohibition, to the last pill or powder.

We think that, as time advances, the horrid practices of the drug system in its apothecary shop will cause its own death; the manifest tendency of evil, in this world approaching a condition of spiritual and physical purity, is to cause its own end by its succession of injuries inflicted upon the people—each injury opening the eyes and minds to understand the proper relations that exist between God's laws and ourselves, and sealing the heart forever against the insidious attacks of an enemy, the most devastating that has ever been permitted to appear upon earth.

The homeopathic system has done much to wean our race from its inordinate love of drugs, of wanting to take something that can be *tasted*, as though it were not possible to

be freed from disease except by the taste of some nauseous, poisonous drugs.

The true healing art is capable of doing, and is doing in a quiet way, more for the bodily development, and as a consequence growth spiritually, than all other systems. Its purpose is not simply to rid the sick of the abnormal matters at war with the system; but its main work is to educate the people to live so that there shall be no need of the drug doctor or his *aid-de-camp*, the apothecary.

In the prosecution of this work, there will be need of that persistent, unflinching determination which is always required in every reform. In no one thing is the spirit of old-fogyism to be more plainly seen than in this idolizing of drugs and their dispensers. The great want now is a race of men and women of "one idea," that idea being the uplifting of the downtrodden, healing of the sick, educating the race so as not to be sick, all being embraced in the one word *duty*. If we do our duty to God, or, in other words, perform such duties as he requires of us, we shall be doing a task simple enough to all appearances, yet one requiring all of our time, and producing good, and only good, to our fellow-creatures.

And is it not ample compensation to look back upon a life spent in battling error, fighting for the supremacy of right upon earth? All will acknowledge that the highest end that man can have in view through life is the raising of his fellow-men from the low plane of physical indulgence, to the standard which God meant we should adopt when he gave us spiritual faculties, that these should mark out our paths, and the propensities should be entirely subservient to them.

There is required of us nothing which we cannot accomplish. It is plainly our duty to oppose error in whatever form it may be. Here we can see our duty. Fight while life lasts, trusting that when our probation shall close, we may be able to give good account of our stewardship, and receive the reward due to those who have waged war in His name.
D.

Boston, Mass.

THE most common error of men and women is that of looking for happiness somewhere outside of useful work. It has never yet been found, and never will be while the world stands. Of all the miserable human beings it has been our lot to know, they were the most wretched who had retired from useful employments, in order to enjoy themselves.

The Health Reformer.

Battle Creek, Mich., January, 1870.

Alaska.

THE United States Government having purchased of Russia the section of country on the north-western border of this continent, heretofore known as Russian America, it has become to the politicians somewhat like the elephant drawn in the lottery, and the question, What shall we do with it? is yet undecided. Polar bears and icebergs can hardly be regarded as staple exports; and Iceland moss constitutes the chief vegetable product of the country. As the latter article has quite a limited range of usefulness, its chief value being to feed reindeer and make blanch-mange, the financial worth of our new possession seemed quite questionable.

But, the politicians having failed to settle the problem, the chemists come to the rescue. Professor Sten Stenberg, of Stockholm, has succeeded in manufacturing brandy from Iceland moss. The *Journal of Applied Chemistry* gives the process of manufacture, as follows:

Iceland moss is well known to contain a considerable proportion of starch, and the new process rests upon the transformation of this into grape sugar, and its subsequent fermentation and distillation. The cellulose of the moss is attacked and transformed by hydrochloric acid of specific gravity of 1.165. For the neutralization of the acid, chalk, or carbonate of soda can be employed. The latter is preferable, as it furnishes salt to the mash, and adds to its value for fodder. The taste of the brandy recalls the best Geneva brand, and is due to pieces of pine cones in the moss. The fusel oil appears to be different from that obtained from wheat or potatoes, and is easily removed by filtering through bone black.

As the reindeer are diminishing in numbers, and as Alaska produces large quantities of moss, the newspapers can see a glorious future for that section of country, in the production of first-class brandy, for the residents of those living in less favored portions of our land, where this matchless "supporter of vitality" is not so readily produced.

But, seriously, is it not a sad indication of a depraved state of public sentiment, that the resources of a country or section of country are considered as being "developed" by the manufacture of this vile destroyer? What hope is there for the progress of the temperance cause, when the wealth and resources of a nation or people are greatly dependent on the production of whisky, brandy, tobacco, &c.?

And yet it is a painful fact that the statistics of our own country show an alarming increase in the traffic in these destructive agents. While the people are being poisoned in body by the doctors, they are also being poisoned in mind by the public press, who advertise these vile articles, and cater to the depraved tastes of the masses by appealing to their love for the almighty dollar.

But, thank God, there are yet a few uncorrupted presses. Aside from health and temperance journals, we find occasionally among our exchanges a fearless spirit to rebuke sin and iniquity wherever found. And when the light of health reform shall dawn upon such, they may become a power for incalculable good to the world, and a blessing to humanity.

W. C. G.

About Flesh and Fish.

THE question is often raised as to the relative healthfulness or unhealthfulness of various kinds of flesh. Of course, wherever there is thought enough to raise the question, it will be admitted that pork is not considered worthy of a place among the meats which might in any case be eaten. Dropping that, very many people suppose that mutton is the best and most healthful food. But my idea is exactly the reverse of this. When sheep were healthy their flesh might have been amongst the best of meats to be eaten; but of that time I have no remembrance. So far as my observation goes, sheep are very tender, sickly animals. I have known some of the fairest and healthiest in appearance to die suddenly without any known cause. One I knew, in first-rate condition, which the owner intended to kill on the morrow for his family's use, but it died in the night intervening. Relating the circumstance to me, he said he narrowly escaped eating a carrion carcass. Had it only maintained its breathing a few hours longer it would have been placed on his table to plant the seeds of disease in the systems of his family. And who knows, as he buys the flesh of the slaughtered animal, that it was in a healthy state at the time of the killing? I have known dishonest men to sell for butchering, such animals as they knew to be diseased; they knew they could not be profitably kept, and therefore placed them as food before their fellow-men. This, of course, applies to all kinds of animals. Who knows that he ever buys a piece of a healthy animal?

Many of the sheep that are slaughtered and sold in the market were affected with the footrot—a very common disease. The

thought of getting a piece of such a carcass on the plate to eat is enough to make one shudder, unless he has the taste of a Chinaman. And this is only one of many diseases to which sheep are subject.

And many who discard flesh still hold on to fish, thinking that the reasons urged against land animals will not apply to them. This I think is another great mistake. There are several reasons why I so judge.

1. Fish are often found in great numbers lying dead along the shores of streams and lakes. The cause of their death is unknown, and so far as appearance goes they are as good as those taken in the net. This proves that they are liable to disease, and that the disease cannot be detected by the eye.

2. Many of those taken are known to be diseased, but are put in the market by dishonest dealers.

3. Fish are often taken in "gill-nets," and I have been informed by fishermen that in times of severe and protracted storms these nets remain set for several days, and when taken up the fish in them are, of course, dead, as a fish cannot breathe if deprived of the use of its gills. They die by strangulation, and often lay several days before they are dressed and packed. When packed and salted the unpracticed purchaser cannot tell them from a sound fish; but an adept will never buy them.

4. The habits and practices of those who "cure" fish are generally filthy. I once read a description of the process by one who said he went where fish were cured, and he was effectually "cured" of eating them. To see a party of rough men, each vigorously chewing tobacco and spitting on the pile of codfish and tramping the savory liquid in with their stoga boots, is not calculated to increase the appetite of the lover of dried codfish.

5. But the most comprehensive objection I have to urge, and which is indeed of almost universal application is, that fish are not killed. They are thrown out of their element where they cannot breathe, and gasp in agony for many minutes, sometimes for an hour, and so die. The gills of a fish are its lungs, and they are so constructed that they can only use air by separating it from the water; out of the water they can no more use the air than we can use it in the water. I hold that a fish as actually dies by strangulation when thrown out of the water, as would an ox if held under the water. And it is a query in my mind if Acts 15:29, would not refer to them. An incision on the back of the neck will speedily bleed a fish to death,

but I never knew a fisherman to practice such a thing.

Are *chickens* good for food? Some think the ban of unhealthy meats does not lay on them. As scavengers, they are as filthy as the hog, and their flesh is more feverish than that of most animals. J. H. WAGGONER.

The Nature and Cause of Disease.

THE readers of the *Western Rural* have doubtless been more or less interested in the controversy on this subject, which has lately occupied the "Hygiene" column, and perhaps a few words in reply to the communication of Dr. Axtell, from the writer of the articles causing the controversy, may not be out of place.

Dr. A. seems very much disposed to make the discussion a war of words, without entering into the real merits of the question. In the *Western Rural* for Oct. 28th, he plays upon the words *sin* and *sinner*, as though our position that "all disease is caused by a violation of law," necessarily attaches moral responsibility to the person suffering. He does not, however, and, we think, dares not, risk his reputation as a "medical man," by denying the truthfulness of the proposition. If he is an intelligent physician, he knows that all the natural or physiological operations of the body are governed by law, while unnatural or abnormal conditions are caused by violations of law. Those violations may have been on the part of the parent or grandparent of the person suffering, yet they were, nevertheless, violations. The parents may be intemperate, lustful, and debauched, resulting in a diseased and sickly offspring. Will Dr. A. deny that transgression of law was the cause of that sickly condition?

Again, a man may fall into the water, and be drowned. Although he may not be morally responsible for the accident, yet it is absolutely true that the laws which govern the respiratory system are violated, and the result is death.

Dr. A. takes exception to the expression, "all disease," and wishes to substitute "many diseases." Will he please to designate the particular diseases which occur where none of nature's laws are violated? His misapprehension on this point evidently arises from entertaining the popular fallacy that disease is an *entity*, that comes and goes at will, or rather, comes at will, and goes when a sufficient amount of poison has been swallowed. When we recognize the fact that disease is a vital, remedial process, we are

prepared to understand something of its causes.

But perhaps we may differ as to what constitutes the violation of law. Health reformers take the position that the prevalent habits of diet, dress, etc., are to be classed under this head, and that especially the habit of swallowing drug poisons, even when administered by an M. D., is a gross violation of the laws of life.

An attempt is made to refute the statement of the Kansas correspondent, that "unless the temperature is above 80 degrees there will be no miasma," by showing that malarial diseases appear in the winter, when the mercury never rises above 60 degrees. Is he, a "medical man," ignorant of the fact that people often suffer in winter the consequences of exposure in the summer? Indeed, people may remove from a miasmatic locality to a climate free from malaria, and, after the lapse of months, or even years, the consequences of their previous exposure may exhibit themselves in fever and ague.

He makes the assertion that "cholera invades the healthiest localities, and strikes down hundreds, after every precaution has been taken to prevent it." We deny it. Wherever cholera has prevailed, it *never* numbers among its victims those who have been strictly temperate in diet, etc., discarding the impure and unwholesome articles of food so common at the present day. In other words, the class of people designated by Dr. A. as "would-be health reformers," are almost wholly exempt from epidemic diseases, even in localities not the most wholesome.

But further comment on this point is unnecessary. The M. D.'s (we hope Dr. A. is an honorable exception) seem unwilling to have the people understand that sickness is *not a necessity*. We assure our readers that such a statement is not "mere twaddle," Dr. A. to the contrary notwithstanding; and we rejoice to say that the people are beginning to find it out.—HEALTH REFORMER, in *Western Rural*.

BETTER be upright with poverty, than unprincipled with plenty.

TRIFLES make perfection, but perfection itself is no trifle.

IF we were at peace within, external things would have but little power to hurt us.

THOSE who have the fewest failings, see the fewest in others.

Pure Blood, and How to Have It.

A GREAT many people talk a great deal about impure blood, and about humors. We imagine they often have very curious ideas in regard to the blood. They seem to think that they got a fair setting up in the way of blood from their parents, which they must and do hold on upon as well as they are able through their mortal days, doing something in the way of setting up a few—very few—children with a pretty small and poor supply—and then, when the machinery is worn out, and the blood becomes very poor, it must go with the rest of the body. Some persons—the F. F. Vs. for instance, and many others like them—are very sure their blood is of a better quality than that which mankind in general are supplied with, and in consequence are very proud of their blood. They do not manifest particular pride in their noses or their eyes, but their blood is very aristocratic.

Well, there is no disputing the fact that blood is a good thing to start in life with, in fact, quite an essential thing if we expect to perform any very prominent part in life. Being so good a thing to have, it is reasonable to suppose that the better it is, why the better it is, and if it is better we suppose it is purer. By this we do not understand it is any more truly of the same quality of our grandfather's vital fluid, but that it is freer from everything that ought not to be there. And we are in some doubt as to what the popular idea is as to these humors that do so much to make the blood very much what it ought not to be. We know what the old fellow's idea was who started what was called the humoral pathology, but the people never heard of him and do not wish to.

But let us see what this blood is of which we are speaking. It is the vital fluid you say, but what do you mean by that? That it is necessary to life? It certainly is so—and besides that it is alive itself. Not that it can speak, or walk, or think, but it is alive for all that, as much as your hand is alive. And what is it made of? Physiologists tell us that they can see several things enter into its composition. Roughly, they would say that it is made up of a fluid portion, they call it the liquor sanguinis, and some little rounded, flattened bodies, shaped somewhat like a piece of coin. These they call the blood discs, and they say there are two kinds of these, some are red and some are white. The number of the red ones is so great that they give color to the blood. The red ones are the smallest; so small are both that the unaided eye cannot distinguish them. And these little bodies

go floating along in the blood, fulfilling their work, which is very important, and we do not know all about it yet either, although a good many men are at work trying to find it out.

When these little bodies get too few, the blood shows it—it gets too light-colored. The lips get white instead of red. We are sure then that the blood is not what it should be; that some of this work which it is their office to do, will not be fully done. This is surely not the purest blood. But the watery part of the blood is made up of various substances in solution. That is not the same at all times; can hardly be exactly alike at any different times.

If we take a glass of water, it begins to enter the blood within one minute after it is swallowed, and soon it is all there. If we take a cup of tea, all the soluble parts of it are in the blood in a very short time, usually. If we take a glass of whisky, or dirty beer, it is on the same route of travel with the tea, and very impure blood it makes at times. To be sure, all hands go to work to get rid of it; the little capillaries of the skin go to emptying the liquids out through the skin as fast as they can, and if the weather is warm, they get along pretty rapidly at their work. The lungs throw it out in our breath, in the shape of vapor, and the kidneys work away as lively as they can.

Then our food, when it is properly prepared by digestion, goes, so far as it is soluble, into the same current of the blood. If we eat suitable, nutritious food, the products of it are all wanted to supply the waste to the tissues, and the material is carried along to the points where it is wanted, and is then used. Further, when the smallest part of a muscle or a nerve, or of any part of the body, is worn out, it must be removed, and it is taken in very small pieces and floated off in this same stream of blood to be still further changed; and if of use, it is used; otherwise it finds its way out of the body.

So we can see how the blood is continually changing, growing pure and growing impure. Not impure because some villainous stream of dark poison maintains its stay there, floating around to do what mischief it may, but impure because we have introduced the impurities to it through our stomachs or lungs; impure, perhaps, because we have filled it with the contents of some villainous bottle of somebody's dye stuff which he claims will purify the blood.

If we would have pure blood then, let us breathe pure air, eat pure food, and drink pure water.—*The Household.*

Clothing.

MUCH has been said and written on this important subject, and it is not my object, in this article, to dwell on the follies of dress, and its demoralizing influences; but I shall discuss it more especially in its relation to health. Various functions are to be performed in the use of clothing, and each shall receive their attention.

The first important object in the use of clothing is to keep the body at a temperature both healthy and comfortable. The maximum temperature of the human body is 98 degrees, and the raiment best adapted to maintain this temperature is considered the best. If we would be properly clad, we would never feel cold nor overheated: for if our clothing were to keep our bodies at the standard point of temperature, we would not be sensible to the external cold or warmth.

The want of due attention to the regulation of clothing, is universally productive of lung and other bronchial complaints. It is not according to the rules of health to wear clothing in winter which allows the perspiration to pass off too freely. A sufficient amount of clothing must be worn to induce a comfortable degree of warmth, but not enough to make us feel unduly hot. Clothing should promote perspiration, but should not render it apparent, and should not stimulate the pores of the skin in too great a degree. The average amount of secretion from the skin per diem, is about thirty ounces. If the body should perspire too freely, and the perspiration be suddenly suppressed by exposure to cold, the surface of the body would thereby become chilled, and disease would most assuredly be induced. This shows how important it is to maintain an equable, uniform temperature of the body.

The warmth of different varieties of wearing apparel depends on the readiness with which the conductive power of heat is exercised. This may at once be ascertained by feeling the article. Those that feel cold to the touch, are good conductors of heat, and those which feel warm, other things being equal, are bad conductors of heat. It will therefore be seen that garments which are the best conductors of heat afford the least protection against cold, and those which are bad conductors of heat are the best adapted to retain heat.

To ascertain more accurately which is the best conductor of heat, the following instructive experiment may be easily tried: Procure four closed tin vessels, each containing water of an equal temperature, tried by immersing

a thermometer. Each vessel should then be clothed externally with different materials, such as silk, cotton, wool, fur, &c. It will be seen that these articles conduct heat in the order in which they are named; that which is the best conductor being placed first, and those of inferior conducting power will be found in succession. The time required for heated bodies to cool to a uniform temperature when enveloped with the substance named, is indicated by seconds, thus :

Silk,.....	80 seconds.
Cotton,.....	104 “
Wool,.....	112 “
Fur,.....	130 “

The substances with which animals are clothed, are, therefore, best adapted for the preservation of vital heat; and, as a general rule, the thickness of the coating is proportioned to the climate in which the animal naturally exists. The reader will not fail to notice that the animals and birds found in northern regions are liberally supplied with hair, wool, fur, &c., as, for instance, the polar bear; while those existing in tropical climates, as the giraffe, &c., are supplied with but a thin coating of external non-conducting material. Man, whose intelligence enables him to adapt himself to circumstances, takes advantage of various materials for clothing purposes; and hence the employment of linen, cotton, and woollen garments in colder countries.

The removal of gases which pass from the skin should not be neglected. It is a remarkable fact that animals may be as readily poisoned by the absorption of poisonous gases through the skin, as though such were inhaled by the lungs. In England, several years ago, when the Niger expedition was first proposed, considerable discussion ensued, concerning the causes of the sickness that prevails in those regions surrounding the Niger and other tropical rivers. After much dispute on the subject, it was considered, that the presence of free sulphureted hydrogen was the proximate cause; and that not only would danger arise from inspiring the tainted air, but that the entire surface of the body was also predisposed to absorb the fatal exhalations. To prove this, rabbits were enclosed in air-tight vessels, filled with sulphureted hydrogen, in such a manner that the heads of the animals were left free in the open air, so that the poisonous gases could not pass into the system by means of the lungs. It was found that a rapid absorption took place through the skin, which soon proved fatal. If, however, the bodies were well oiled, the pores of the skin being filled up, absorption did not take place; and so the animals,

placed in the circumstances referred to, were comparatively uninjured.

Applying, to some extent, such principles to the question of the human subject, we shall see that, unless the clothing permits a certain amount of ventilation of the body, either by its being porous, or only covering the skin loosely, the animal exhalations will be retained on the surface of the skin, and will be re-absorbed, to the manifest detriment of the individual. Hence the danger which arises in part from the use of what is termed, “water-proof” clothing. If such clothing is impervious to the moisture externally, it cannot let the excretions from the skin pass off from within. It is much better to be wet through here and there, than to be dried in the unwholesome heat occasioned by wearing clothing made from this material.

It is found that flannel worn next the skin, and woollen clothes generally, are the most wholesome.* They retain, through their non-conducting powers, the heat of the body; and yet, by their porosity, permit of a constant circulation of the air they enclose, into which the excreted gases pass off. Another advantage is also gained by the gentle friction of the skin which they cause, thus tending to keep the pores continually open. Flannel clothing should not be worn next to the skin during the night, as it is not only unnecessary, but is also injurious. It is well to change the flannel clothing often, so that the garments last worn may be hung in the air and sunlight, to permit the impurities which they may have absorbed to pass off.

The quantity of clothing is an important item which should be carefully considered. The body, which requires the least clothing, is usually burdened with twice as much as necessary, while the extremities, which need the most, are very imperfectly provided for. This is not as it should be; the body needs less clothing, while the extremities require more. One of the most pitiful sights is to witness a slender man so burdened with coats that he can scarcely walk erect. It is absurd to wear furs around the neck; they are only quickeners of inflammation of the throat and lungs. The Spartans of old, who were distinguished for their great physical strength and beauty, were allowed but scanty clothing in childhood, even in the midst of winter. Our extreme sensitiveness to changes from heat to cold, is merely the result of tender-

*The question as to the wholesomeness of wearing flannel next to the skin is not fully settled by hygienic authorities. Our own experience favors it; but delicate persons sometimes require a thin cotton garment between the skin and the flannel.—Ed.

ness, induced by our pernicious habits of dress. Persons should not go to extremes, and wear too little clothing, which is as bad as too much. It is very true that there are portions of the globe where very little or no clothing is required, but these regions are not, as a general rule, inhabited by civilized men.

Clothing made from black or some dark material, has the power of absorbing the rays of the sun, and is, therefore, much warmer than garments made from some light material. This may readily be proved by placing pieces of cloth of different colors on snow, so that the sun's rays may shine directly on them. It will be observed that the darker the color of the cloth, the more the heat will be absorbed, and the deeper the cloth will sink in the melted snow. Hence, dark-colored clothes are warmer than those of a light color, because they absorb more of the heating rays of the sun, and are the best adapted for winter use. For summer, wear light-colored garments, from which we derive the sanitary influences of the sun's rays without absorbing the heat.

Another great error is that of wearing garments that fit too tightly. In the application of clothing it should be an established rule not to wear anything that obstructs the circulation of the blood. No article of clothing should be worn whose pressure can be felt. Clothing should be made which allows all the muscles and functions of the body free scope. How often do we see persons whose clothing fits so tightly that their hearts are scarcely allowed to beat, their lungs are hardly able to expand, and the chest is hardly able to rise and fall at will.

Clothing should be equally distributed. This is essential, not for comfort's sake alone, but, if unequally distributed, it is sure to induce an unequal circulation of blood, which is the cause of a vast amount of sickness. If more attention were paid to this point, we would not see so many pale and sunken faces, and eyes devoid of luster; but, on the contrary, the faces would be bright with vivacity, and the eyes would be glowing with health and happiness.

VALENTINE HAMMANN.

New York City.

Reports of Cases.

REPORTS of cases cured by means of hygienic treatment, which used to occupy so prominent a place in our health journals, though not wholly disappeared, have ceased to occupy as large a place as formerly. This is owing to the less-apparent necessity for

them, as to most of the readers of those journals they have lost their novelty, and are no longer a curiosity, or a new thing, being of almost every-day occurrence. Nor is it necessary in order to give them faith in the hygienic system, for that is already established. But to those who have not yet been schooled in those principles which form the basis of that system, these reports may serve as an instrument in awakening to a new life. It often happens that a stray number of a health journal finds its way into the hands of one who has seldom heard of, and perhaps never felt, the beauties of the gospel of health; to such an one it may come as an angel of mercy, bringing a ray of hope to a despairing soul, who, perhaps, has been given over as a hopeless case.

It is for the benefit of these, rather than from any selfish motive, that we lay before the public important cases treated hygienically, giving results, showing the superiority of that system over every other known system. The following case is doubly encouraging, as it was treated at home, without any of the conveniences which a "Cure" affords, and under very unfavorable circumstances; there being little opportunity for quiet, or freedom from care and anxiety of mind.

CASE FIRST.

In April, 1866, I was called to see Mrs. S., aged thirty years. She had been confined to her bed since July, 1864, and had been treated by a numerous host of physicians of various grades and shades, from the Allopathic up to the Indian doctor, receiving little or no benefit from any, and being greatly injured by some. She could not walk, or stand on her feet, or sit in a chair. She sometimes rose up in her bed for a few moments. She was brought down at first by nervous prostration, and had been constantly accumulating new and more formidable diseases. When I first saw her, she was suffering from severe chronic metritis. This condition had existed so long that one portion (nearly half) of the organ had become ossified. Prolapsus uteri, torpid liver, constipated bowels, and dyspepsia, all existed in their worst forms. Spleen and kidneys were also badly affected.

On account of her extreme debility, I was obliged to commence treatment with wet compresses, and a sponge bath once a day; and even this last could not be completed without resting. A hygienic diet, fresh air, &c., were enjoined, and after a few weeks, hip baths, and still later, occasional wet-sheet packs, were added.

A slow but constant gain was soon per-

ceptible, and in the September following she commenced walking, and hope began to revive in the hearts of friends and neighbors who had hitherto abandoned all hope of her recovery. She is now living among the Rocky Mountains, in the far West, is enjoying as good health as most women can boast of, and with a heart overflowing with gratitude for that knowledge which she feels has been the means of restoring to her that precious jewel, health.

CASE SECOND.

Mr. E. J., aged about thirty-five, came to me for treatment, Oct. 4, 1867. He had been almost entirely helpless for eleven months with inflammatory rheumatism. During that time he had been under the care of different drug doctors, without getting any relief. When he came to me, he was suffering extremely from pain. When the strength of the morphine, on which he had been fed, was gone, he was almost frantic. Every joint was badly swollen, inflamed, and sore; and his lower limbs drawn up in a sitting posture. There was also severe inflammation in the stomach. He had become so emaciated that he was little more than a living skeleton.

Fomentations, tepid sponge baths, pure air, and a rigid diet, were at first our main reliance. Soon, however, we were able to employ sitz baths and partial wet packs. His appetite, morbid at first, came in a short time to relish wholesome food, and all his abnormal symptoms rapidly abated. At the expiration of six weeks he was so much improved that he felt he should be able, by following out our directions, to get along quite well at home; his wife having been with him during his stay, and learned the necessary manner of treatment.

The next spring he was enabled to resume business; although his limbs were not perfectly straight, yet he could ride and drive his team, and, by the aid of crutches, could walk. Thus giving to the world one more evidence of the *real* merits of hygiene.

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

Dowagiac, Mich.

How to be Handsome.

Most people like to be handsome. Nobody denies the greater power any person may have who has a good face, and who attracts you by good looks, even before a word has been spoken. And we see all sorts of devices in men and women to improve their good looks—paints and washes, and all kinds of cosmetics, including a plentiful anointing with dirty hair oil.

Now, not every one can have good features. They are as God made them; but almost any one can look well, especially with good health. It is hard to give rules in a very short space, but in brief these will do:

Keep clean—wash freely and universally with cold water. All the skin wants is leave to act freely, and it will take care of itself. Its thousands of air holes must not be plugged up.

Eat regularly and simply. The stomach can no more work all the time, night and day, than a horse; it must have regular work and regular rest.

Good teeth are a help to good looks. Brush them with a soft brush, especially at night. Go to bed with the teeth clean. Of course, to have white teeth, it is needful to let tobacco alone. Any powder or wash for the teeth should be very simple. Acids may whiten the teeth, but they take off the enamel or injure it.

Sleep in a cool room, in pure air. No one can have a clean skin who breathes bad air. But more than all, in order to look well—wake up the mind and soul.

When the mind is awake, the dull, sleepy look passes away from the eyes. I do not know that the brain expands, but it seems to. Think, read—not trashy novels, but books that have something in them. Talk with people who know something; hear lectures, and learn by them.

This is one good of preaching. A man thinks and works, and tells us the result. And if we listen, and hear, and understand, the mind and soul are worked. If the spiritual nature is aroused, so much the better. We have seen a plain face really glorified by the love of God and man which shone through it. Let us grow handsome. Men say they can't afford books, and sometimes they do not even pay for their newspaper. In that case, it does them little good—they must feel so mean while reading it. But men can afford what they really choose. If all the money spent in self-indulgence, in hurtful indulgence, were spent in books, self-improvement, we could see a change. Men would grow handsome, and women, too. The soul would shine out through the eyes. We were not meant to be mere animals. Let us have books, and read them, and lectures, and hear them, and sermons, and heed them.

If a man is honest and truthful, there is no necessity for him to say much about it.

THE most corrective punishment is kindness.

"It's Dreadful Good for a Cold."

HAVING occasion to call on one of my neighbors for a little oil, the good woman brought the contents of two bottles, taken from a skunk, saying that she must keep one; for "it was dreadful good for a cold." Illiterate and uncouth as the remark was, it simply embodied no more nor less than the drug theory. All the "yerb" practice of all the old grannies, all the patent medicines deluging our land, and indeed, all the more pretentious practice of the M. D's in the world, go upon the identical principle of this country-woman's skunk oil, the center falsehood of which is, that a new disease by filthy drugs may cure an old one caused by filthy diet, or some other filthy habit. This is indeed the meaning, in substance, of allopathy.

The falsity of such a notion and such a practice is no more ridiculous in the form of skunk oil than in that of castor oil or cod-liver oil. The old faculty are challenged to publish a single good reason why the filthy oil from the liver of a cod fish, is one whit better, or rather one whit less hurtful to a sick person than the oil taken from a dead skunk. The same is true of the long catalogue of disgusting drugs, most of which are worse, while none can possibly be any better, than skunk oil. If, therefore, when people get sick, they must swallow loathsome poison, let them in the name of reason take a cheap, convenient, domestic article, such as can be had at their own doors, without the cost and trouble of drug stores and doctors.

I remember, since a boy, one of our neighbors, who, with little learning of any kind, acquired a large practice among the sick, and lost, as it seemed, fewer patients than the regular physicians, because, as I believe, he administered less destructive poison. I shall not soon forget the custom in the same neighborhood, of dosing for measles with tea from the excrement of sheep; than which, no disease could I have more dreaded, in view of the remedy.

A person from the East, now by my side, tells me that the white part of the excrement of hens was there given for flux. An aged, frugal doctor in the same locality, having saved the remnants of medicines, left by his patients, would put them all in a jar together, and on finding a poor fellow so sick that he did not know just what to give him, would shake up his mass, pour out a spoonful, and bid the sufferer swallow it down, saying that he thought something in the dose must hit somewhere!

Ludicrous as this may seem, it involved

little more venture or danger than the regular practice. Many of the more eminent physicians have confessed their utter want of confidence in the established practice, or in the virtues of drugs, save to endanger and destroy life.

The wife of an old allopathic doctor, both of whom I well knew, observed sadly for years that his consumptive patients perished rapidly under his prescriptions, and finally, feeling the same distemper stealing into her lungs, watching her chance as her husband left to be absent for a fortnight, she gathered may weed (dog fennel) and boiling it into a tea, tried its virtues on her stomach. Of course, it had no good effect; and on learning afterwards about it, the doctor reproached her for resorting to such an old granny's dose. Said she, "Is it, my husband, any worse than your blue mass and cod-liver oil?" Certainly, fewer poor sufferers have perished under it. Hence she could say that such a tea was *dreadful* good for decaying lungs, with as much reason as our unlearned woman could that skunk oil was *dreadful* good for colds; nor with less reason than can the M. D's say that their more poisonous drugs are good for the diseases they treat.

How strange that any one of common sense and a little thought can fail to see that a person of impaired health needs just the same healthful elements demanded by the healthy. Disease never changes the natural, or normal, demands of the system. If pure air, water, and diet, are needful for the well, they are even the more so for the sick. Hence all bad doses for the well are alike bad, and even worse, for the sick, since under affliction they have not the strength to expel them.

Drugs never act on the body, but the living organism has to act on them, or be destroyed by them. In such cases—and there are too many of them—skunk oil and the long train of worse drugs will turn out to be *dreadful* good to cure colds, coughs, and other distempers, and at the same time to cure the patients of all their earthly troubles.

W. PERKINS.

CLOTHES and company do often times tell tales in a mute but significant language.

THE real use of talking is almost lost to the world by the excessive custom of lying.

RICHES got by deceit cheat no man so much as the getter.

THAT is the best part of beauty which a picture cannot express.

FOOLISH fear doubles danger.

Words from our Friends.

From an Old Soldier.

HEALTH REFORMER: Glorious name! I want to know more about you. I have merely got a taste; a bare inkling; a glorious nibble. I have just found out your whereabouts, your habitation, and your name, if I am not mistaken, and I shall hope you will continue in the noble work of fighting against whisky, tobacco, and last, though not least, against the use of swine's flesh as an article of diet; and, I trust, against everything else that is detrimental to good order in society, and the best interests of the human race.

I am an old soldier; twice worn out and twice used up in the service of my country. Though poor, and in poor health, I am doing all the missionary work, in the direction which your paper goes in, that my feeble powers will admit of. Roll on the car, till truth, which is mighty, does prevail. O. B. SCOTT.

From an Appreciative Reader.

MESSRS. EDITORS: Inclosed is one dollar to renew my subscription to your valuable magazine; and allow me to express the great pleasure with which I read it. It certainly approaches the nearest to my standard of what a health journal ought to be, of any paper I have seen or read. The doctrines of health reform, I am glad to see, are advocated with ability and boldness; yet with moderation. Your articles are free from that egotism and cant which sometimes characterize the writings of good health reformers. The leading article in the July number, I consider the fairest, most candid, and truthful exposition of health reform that I have ever read. I took the "Water Cure Journal" for many years, as well as other health journals, and I must say that your magazine suits me better than any of them.

Yours for health reform, A. C. BUCK.
Caledonia, Ont.

From the Pine Tree State.

PLEASE continue the monthly visits of the HEALTH REFORMER to my home. It is the best physician I ever employed, and it is by far the cheapest. I feel to thank God for health reform. Reform is loudly called for. Men and women are dying because of their wrong mode of living. Pork is freely used in the family, and they are dying with the scrofula; yet they are unwilling to receive

instruction and make a change in their living. "Whether, therefore, ye eat or drink, or whatsoever ye do, do all to the glory of God."

J. B. GOODRICH.

From the Queen's Dominions.

MESSRS. EDITORS: Health reform is slowly but surely gaining ground in this, our dominion. I have been preaching it as well as I could for some time past, and I find it is taking root. I have treated several cases myself. No longer ago than the 19th inst., I was aroused from my slumber, to either treat a case hygienically, or go for a drug doctor. I arrived at the patient's home at 11:30 p. m., and commenced operations. In the short space of fifteen minutes, I had the patient easy and free from pain. I remained with him all night, and in the afternoon of the 20th he was able to be out doors, and on the 22d went to work as well as ever. Haste prevents my giving you my mode of treatment.

God speed the health reform.

T. B. OKE.

Bowmansville, Ont.

From Wm. L. Jaycox, M. D.

THE time and money spent by my sister, Mrs. Shambaugh, and myself, during last August and September, at the Health Institute conducted by Dr. Lay at Battle Creek, Mich., has proved to be the most profitable to us that we ever spent. Sister had been so low for two years that she was not able to oversee her house, or take care of her children. She is now taking care of her children, and doing half of her house work, managing all herself, and has done it nearly three months. She feels stronger than she has before in twelve years.

I had a roaring noise in my head constantly for over four months last spring and summer, but have not had it since, and am stronger every way than I had been before in five or six years. The change in climate makes some difference with us in favor of Battle Creek, but that alone could not have made all the difference.

The pleasant grounds, pure air and water, good society, good, hygienic diet, careful treatment, and general good management, by the Faculty, are well known and acknowledged by those who have enjoyed the privilege of being there a few months. More than all else, the kind attentions and good nature of the Faculty and other managers, and the good intentions of the people gener-

ally at the Institute, merit our approbation and esteem.

WM. L. JAYCOX,
JULIA J. SHAMBAUGH.

Adulteration.

IN a previous edition we discussed the most prevalent and most noxious adulterations of teas and coffees, and in this brief article shall speak of the arts practised upon one or two other great articles of consumption. But we may first notice the fact that since the publication of the first statement we have received a letter from a firm in East Saginaw, denying that what is called coffee, but which is in reality 90 per cent chickory, could be sold in the market. For their information we would state that it is a fact well known to physicians and chemists that in the large cities pure chickory is frequently sold as coffee, and that an adulteration used, as we have mentioned, is exceedingly frequent. Perhaps the grocers of Saginaw do not deal in articles of this class. We sincerely hope not.

In this country, flour constitutes one of the great elements of the national food, and in the West, in the great grain-growing districts, that shipped from the mills is generally pure and fit for the use of the most fastidious, so far as the higher grades are concerned. Even here, however, the deterioration commences in grinding inferior and impure wheat and sending it into the market as secondary grades. Persons buying in the West, however, can usually obtain a really good article of flour by paying reasonable prices. But by the time the flour reaches the smaller dealers of the great cities and is by them put into the hands of the consumers, it has too often undergone a remarkable and alarming change. First, good grades are mixed with inferior grades; then with the lower brands, flour made from diseased wheat and which commands but a very small price, is copiously mingled. To wheat flour, too, bean meal, barley, rye, Indian corn and potatoe flours are added, and even large quantities of *plaster of Paris*, and sometimes a substance called *mineral white* are employed, so that by the time the flour, so called, reaches the consumers, especially those who buy in small quantities, they have not the slightest knowledge of what they are employing in the manufacture of bread, and may indeed think themselves most fortunate if they have purchased only coarse grades of wheat or mixtures of other grains.

The bakers purchase the various grades of flour for the manufacture of their various kinds of bread, cake, etc., and one would sup-

pose that they might be content with employing the flour as it comes from the mills, but it is by no means so. They very frequently add considerable quantities of alum, or alum and salt, potatoes and rice. The use of alum is especially injurious. It is true that it causes the bread to be very white, whiter indeed than it was ever intended by nature to be, but it imparts several other properties. It diminishes the nutritive qualities of the bread, enables the baker to adulterate it with greater quantities of rice and potatoes than he could otherwise employ, and by the use of the alum he is enabled to pass off an inferior or damaged quality of flour as of a high grade, a rascality which is particularly common, and therefore particularly deleterious, in its general effects. The preference of the public for very white bread is a mistaken and foolish one, and simply leads to dyspepsia in those who continuously use the aluminized articles.

The only manner by which adulterations of flour and bread by other kinds of flour than that made from wheat can be detected, are by the use of the microscope and chemical analysis; and the detection of articles introduced is easier in flour than in bread, as the heat to which the latter has been subjected alters the forms of the starch granules in the flour, and renders their identification less easy. And the presence of barley flour and potatoe flour in bread is particularly difficult of discovery.

Another article with which flour is sometimes adulterated is *bone dust*, and the presence of this may be detected by the use of the microscope. To discover the existence of alum, chemical analysis is required.—*Sel.*

THE DIFFERENCE—Two men will start together in life, the one keeping his head cool with water, the other muddling his with liquor. At the end of ten years, the former will have achieved success, the latter will be dropping into a drunkard's grave; but just before he drops, you'll hear him say: "'Stonishing what a difference 'er is in life! That feller started same's I did, an' everything he touched turned to gol'; and everything I touched turned to ashes—stonishing what a difference 'er is in life!'"

OUR houses and barns we lock and keep in careful repair; but our bodies and minds are repeatedly robbed and roughly handled before we consent to take like precaution with them.

MORE have been ruined by their servants than by their masters.

To Correspondents.

C. M. B. writes from Illinois:

Please prescribe through the REFORMER for the following case: I am a married lady; age twenty-three; constitution very good; am scrofulous, with pimpled face. I have also a very bad form of catarrh. I suffer from almost constant dull pain through my forehead, eyes, and nose, discharging a good deal of matter, which is occasionally green and hard; sore throat after taking cold; loss of smell and taste, and impaired memory; a noise in my ears; difficulty of breathing; cold feet, except when the weather is warm; pain under the left shoulder-blade, &c. At times, hot flashes come over me. What treatment would you give?

In your present condition, you are in great danger of dying with consumption. Indeed, your symptoms indicate the incipient stage of the disease, and unless you attend to your case immediately, it may pass into the incurable stages. You should make no delay in going to a "Cure," or in securing the personal attention of a good hygienic physician.

H. S. LAY, M. D.: If it would be beneficial to the public, please prescribe, through the REFORMER, for the following case: A babe ten weeks old has been, since three weeks old, so troubled with constipation as to cause the most intense straining, without evacuation, except by enemas; and after the freest discharges are obtained, keeps up a continuous effort; is apparently very healthy every other way; grows well, and is good-natured. The parents ages are twenty-five and thirty-eight. This is their first child. They want to do right by it, and are healthwise inclined, especially the mother; but my poor knowledge and advice is all they can get, while the opposite is plentiful. Please notice the cause of the trouble (both parents are, and have been, much afflicted in the same way), and suggest the remedy in the strictest sense, which will doubtless be heeded; and you will greatly oblige one deeply interested in health reform.

MRS. S. H. B.

The child inherits a tendency to constipation; and, as the mother is still troubled with the difficulty, probably nurses constipating elements in the mother's milk. The remedy would be to either wholly or partially wean the child, substituting graham gruel made from meal and water, with little or no milk, and given by means of the nursing bottle.

H. D. C.: The treatment for chronic catarrh should be mainly constitutional, as it is a symptomatic affection, and is caused by a failure of the depurating organs, chiefly the liver, to do their allotted work. The skin, the liver, and the bowels, should be kept free and in working order, by such treatment as the circumstances may indicate; and special attention should be paid to the diet, avoiding

everything of the nature of seasonings and condiments.

M. M. S., Iowa: You are suffering from congested brain, unequal circulation, and disordered nutrition. Symptoms also indicate affection of the kidneys. You should altogether abolish flesh and condiments from your dietary, use pure soft water, and be temperate in labor. Dress warmly, especially the extremities; if not a wearer of the reform dress, adopt it at once. For treatment, take a tepid sponge bath once or twice per week, and a foot bath about three times per week, before retiring at night; 100° three minutes, and then pour water at 85° over the feet, wiping dry and rubbing with the hand.

A. S. T.: The cause of "throwing up food," is dyspepsia. The treatment would depend upon other conditions and circumstances, which you do not give.

J. H. R., California: The asthma is not, primarily, "an affection of the lungs or wind-pipe," but is usually caused by an enlargement of the liver or spleen, or both; by inactive skin, or by foul blood. The fact that you have been a "big eater" all your life, explains your asthmatic tendencies. The excess of food which you have taken has clogged the system, and most probably engorged the liver. You need to make a radical change in your habits of life, and persevere in it, and we think your asthma will disappear. In case of acute attacks, you will find relief in the use of hot fomentations, wearing the wet girdle, &c.

Mrs. M. C. I.: You are injuring yourself by overwork, and are rendering yourself liable to paralysis. Your digestive and nutritive system is disordered, and your circulation poor. Your chief business should now be to *get well*. If you still persist in "working hard," we can offer you no encouragement for recovery. Under the circumstances, your babe should be weaned, and put on wheat-meal gruel.

Mrs. M. A. V., New York: Send us your address, and we will correspond with you relative to your case.

Mrs. H. F. S.: You are suffering from general debility, which means, simply, a general failure of the important functions of life. You are a nervous dyspeptic, and it would be next to impossible for you to successfully carry out a home prescription. You should go to a "Cure."

NEVER speak without thought.

Don't Freeze the Little Girls.

A newspaper correspondent writes very sensibly as follows, to a Chicago paper :

In these cold, blowy, snowy days, I am pained to see the efforts of foolish parents to freeze their little girls. It is an outrage. Girls should be dressed just as comfortably as boys. On the contrary, the poor little shivering things are sent out into the streets with their heads comfortably protected, thick shawls around their shoulders, which comparatively need no protection, their skirts standing out at an angle of forty degrees, and their poor little drum-stick legs as unprotected from the blast as the legs of a turkey hanging in a meat hall. And thus we pack off these little girls to school, with their big heads to be crammed full of learning, at the expense of their legs, which, at a tender age, are of more importance than their heads. As a general rule, parents should devote their entire attention to their little girls' legs and let their heads alone. The heads will take care of themselves in due time. The legs are helpless and need looking after. By taking care of the heads, little girls acquire a knowledge, such as it is, of music, drawing, all the modern languages, botany, the use of the globe, embroidery, poetry, and in general a little of nothing, and by neglecting at the same time their legs, they acquire colds, coughs, headaches, weak backs, pipe-stem legs, hollow chests, neuralgia, and other complaints, which either send them to Heaven before they ought to go, to be made into premature angels, [?] or, if they live to grow up, makes them drag through a miserable, unhappy, and unhealthy life.

And all this time you take your great, strapping, tough hulks of boys, who are never cold, and are twice as strong and hardy as your girls, and wrap them up and fit them out in thick wollen trousers and drawers and heavy top boots. The result is, they grow up to be tough, strong men, and these little, wretched, artificial, feminine creatures do n't grow up at all, or if they do, they develop into a sort of human curiosity, far better for preservation in case of butterflies than for contact with the sharp edges of the world.

If I had absolute power granted me, I would call together every mother of the city, and I would whisper in their ears: take those girls of yours and clothe them properly. You have no business to embitter their lives with the misery of poor health, and some of you, I notice, are murdering your children. It is therefore ordered that, within twenty-four hours, every one of these blessed little girls

shall have nice, loose, warm, woolen garments, her legs protected thoroughly, and her feet shod with thick, comfortable shoes, through which dampness will not penetrate. And after the twenty-four hours, if I found a little girl running about in any other condition, I would hang the mother for murder or malicious intent to kill. That is what I would do if I had absolute power.

THE WONDERS OF NATURE.—This world of ours is filled with wonders. The microscope reveals them not less than the telescope, each at either extreme of creation. In the insect creation particularly, there is much to know that has never been dreamed of—wheels within wheels, without computation or number. Let us take a rapid glance at the proofs of this statement.

The polypus, it is said, like the fabled hydra, receives new life from the knife which is lifted to destroy it. The spider fly lays an egg as large as itself. There are four thousand and forty-one muscles in the caterpillar. Hooke discovered fourteen thousand mirrors in the eye of a drone; and to effect the respiration of a carp, thirteen thousand three hundred arteries, vessels, veins, bones, &c., are necessary. The body of every spider contains four little masses pierced with a multitude of imperceptible holes, each hole permitting the passage of a single thread; all the threads, to the amount of a thousand to each mass, join together when they come out, and make the single thread with which the spider spins its web, so that what we call a spider's thread consists of more than four thousand united. Leuwenhoek, by means of microscopes, observed spiders no bigger than the grain of sand, and which spun threads so fine that it took four thousand of them to equal in magnitude a single hair.

And thus we might go on until the mind would almost weary of the details of the wonders of nature.

A GIRL of sixteen, near Montreal, recently took arsenic to whiten her complexion. None could question her success as she lay in her coffin the following day.

MOST of our misfortunes are more supportable than the comments of our friends upon them.

THE seeds of repentance are sown in youth by pleasure, but the harvest is reaped in age by pain.

Items for the Month.

1870.—As we write these figures to our new issue, we are admonished that we are “passing away;” that time is hurrying us onward to that point of which the Saviour spoke—“when no man can work.” We are reminded of this, because reformers must be workers, and the period wherein we can work is fast expiring.

We must work for ourselves. No one becomes a thorough reformer at once; or, perhaps more properly, no one becomes thoroughly reformed at once. How is it with you? Has the past year shown progress in your experience? or is your interest in the good cause abating? Now is a good time for self-examination and a renewal of our resolutions and efforts.

We must work for the young. Work for those little, bright-faced prattlers who have cried “Merry Christmas,” with their stomachs filled with indigestible and poisonous compounds, wickedly given them by ignorant parents and fond, but foolish, friends. With such an abuse of their vital organs, they will, if their lives are prolonged, see many a day that will be anything but “merry” to them. Work for the little, joyous ones who cry, “Happy New Year,” this cold morning, with dresses from ten to fourteen inches above the ground, a thin, cotton pant barely joining to a thin stocking, the only covering for the sensitive limbs, driving the blood back to the brain, lungs, and other overcharged organs, inducing fatal diseases and immoral propensities and habits. Were their robust fathers obliged to take off their thick boots, their warm under-drawers, and their heavy pantaloons, from their ankles, and wear only a single thickness (or rather thinness) over their limbs as their dear, little, innocent children do, it would not be a “Happy New Year’s” morning to them. How the cold would pinch them! How the rheumatism would rack them! How benevolent societies would pity and aid them, if necessity compelled them to dress as they dress the little ones! “Societies for the prevention of cruelty to animals” have done a good work. “Societies for the prevention of cruelty to children” are greatly needed. Selfish, fashion-enslaved mothers do not know that children can suffer. Work for the dress reform, and in this manner we shall work for the children. Health reformers, work for the children.

Work for the sick. Not with torturing blisters; not with death-dealing drugs, which cause more pain than the disease they are intended to alleviate; but with information as to how they may escape the ills of disease by obedience to Nature’s laws. Keep it ever before them—press it upon their attention, that they cannot escape the consequences of a violation of the laws of their being. Nature takes no excuses, and grants no exemptions.

Work for the healthy, or those who think they are so. Teach them to correct the bad habits which are undermining their constitutions—which will sooner or later ruin their health. Because they do not feel their effects, they will not believe there is any danger. Unperceived danger is the

most dangerous. “Cry aloud, and spare not.” Appeal to their sensibilities; convince their reason. Show them by arguments and, above all, by your life, the benefits of health reform.

And now, to work for all these at once, to work by illustration and argument, to work by personal presence and by proxy, to scatter the clear light and the precious truth, to carry the minds of the best and most earnest workers in this noble cause to the homes of the toil-worn, the careworn, the diseased,—work for the HEALTH REFORMER! Recommend its articles to those who need the benefit of their instruction. Extend its circulation. And if you are instructed in the truth, give to others the benefit of your study or your experience. And the publisher and editor will strive to be co-workers with you. And now let us all so faithfully carry out the reform, and in all respects do the will of the Author of our being, that we may not only enjoy a “Happy New Year,” but enjoy our happiness all the year round.

PREMIUMS.—Read the liberal premium offers on the opposite page, and then go to work to secure a good sewing machine. The Grover & Baker machine is regarded in our own household as A, No. 1, as a family machine, and we would be pleased to give away hundreds of them on the terms proposed. Canvassers will find it less difficult to induce people to subscribe to a dollar magazine, than to one costing two or three dollars per year. We hope to hear from many of our friends who will enter the field as agents.

We have received from Mrs. Dr. Dodds an interesting account of some pioneer labor in the cause of health and dress reforms in Kansas. Its publication is necessarily deferred until our next number.

OUR EXCHANGES.—The *Phrenological Journal* now comes to us in a neat, octavo form, instead of its former quarto shape; an improvement, certainly. Its pages look clean and cheerful, and the subjects which constitute its specialty are ably handled. Published by S. R. Wells, 389 Broadway, N. Y., at \$8.00 per year.

The *Scientific American*, published by Munn & Co., 37 Park Row, N. Y., is a valuable weekly, devoted to science, invention, mechanics, the arts, &c. It is handsomely illustrated, and ably managed, standing at the head of its class, and exceeding in circulation any similar journal now published. Terms, \$3.00 per year. Specimen copies free.

THE INDEPENDENT.—Our liberal club rates, offered last month, are bringing in new subscribers to both journals. Our patrons will please bear in mind that this offer is made for new subscribers. Should any of our old subscribers desire to subscribe also for the *Independent*, we will send it to them, and renew their subscriptions to the REFORMER for another year, for three dollars, giving them also the beautiful steel engravings of Grant and Colfax. They will thus secure the *Independent* and the pictures for fifty cents less than the publisher’s price.