

THE
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OUR PHYSICIAN NATURE: OBEY AND LIVE.

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WATER.

WATER's wonders who has told?
Naught in nature I behold
Half so Protean in its forms—
Each peculiar in its charms.
Lovely in the placid lake,
Grand where awful surges break,
In the ocean it may be
Type of vast eternity;
In the river's ceaseless flow,
Time's perpetual efflux show.
Through the world's unceasing round
Ever active is it found;
Rudest, strongest in its wrath,
Gentlest in its noiseless path.
Rocks are powerless to withstand
Water with its glacial hand;
Smallest lichen on the stone
Through the water's aid has grown;
Tiniest midges o'er it fly,
Draw from water life's supply.
In the spring, when flowerets burst
From the dark and silent earth,
Each with water slakes its thirst—
Each to water owes its birth;
And in winter when the sky
Pours down countless graceful flowers,
All the snow-storm's vast supply
Comes from water's magic powers.
Through the cloud of summer rain
Rises still the seven-fold arch;
Morn and eve with watery train
Of glory crown the day king's march.
Every form that water takes
Some new sense of duty wakes,
Since the day when o'er its face
Godhead moved, and left his trace.

FIFTY thousand persons die of drunkenness in England annually, and twelve thousand of them are women.

WISDOM is better than riches; wisdom guards thee, but thou hast to guard the riches. Riches diminish in the using; but wisdom increases in the use of it.

DR. TRALL'S
Special Department.

Rheumatic Fever.

OF the long catalogue of febrile diseases, perhaps few are more distressing, and none are followed by more deplorable *sequelæ*. Under ordinary drug treatment, the patients are usually confined to their beds from three weeks to six months; a certain proportion die; of those who recover, very few ever have sound health afterwards; about one half of the patients suffer afterwards more or less of disease of the heart, and many are crippled for life. That these consequences, or secondary diseases, are not due to the intrinsic nature of the primary disease, but are attributable mainly, if not wholly, to the medication, is susceptible of positive proof. Ample statistics bearing on this point, which have been collected, show conclusively that, under drug treatment, the fewer and simpler are the medicines employed, the less numerous and the less violent are the *sequelæ*, especially the heart complications, while in all the hundreds of cases which have been treated hygienically, or even hydropathically, these *sequelæ* and complications have had no existence. We have treated hundreds of cases of all forms and degrees of acute rheumatism, or rheumatic fever, and in all cases the patients recovered within three weeks—in a majority of cases within ten days, and sometimes in three days—and in no case has the convalescence been attended with a relapse; nor has the patient afterward been troubled with heart disease, stiff-joints, contracted muscles, distorted limbs, nor deformities of any kind.

The current volume of the "Half-Yearly Abstract of Practical Medicine" (July, 1869) gives a brief statement of the remedies employed in the treatment of rheumatic fever

in the more prominent of the British hospitals. They are as follows :

In Gray's Hospital, London—Bicarbonate of potash, quinine, blisters, acetate of potash, nitrate of potash, opium, and aconite.

St. George's Hospital, London—Cinchona, mineral acids, iodine, cod-liver oil, quinine, strychnine, citric acid, bicarbonate of potash, bicarbonate of soda, salts, acetate of ammonia, acetate of potash.

Edinburgh Royal Infirmary—Dover's powder, calomel, nitrate of potash, carbonate of potash, colchicum, quinine, opium, blisters, iron, and bitter tonics.

Leeds' General Infirmary—Bicarbonate of potash, and keeping the patient in blankets.

Netley Hospital—Bicarbonate of potash, nitre, opium, wine of ipecacuanha, hot liniments, morphia injected into the skin, and sleeping between blankets.

St. Bartholomew's Hospital—Calomel, sena, bicarbonate of potash, acetate of potash, nitre, opium, iodine, blister plaster, mustard, blanket wrappings, acids, alkalies, quinine, iron, iodide of potassium, and cod-liver oil.

St. Thomas' Hospital—Bicarbonate of potash, iodide of potassium, colchicum, blisters.

King's College Hospital—Opium, quinine, Seidlitz powders, bicarbonate of potash, citric acid, leeches, poultices, sesquicarbonate of ammonia, and hot-air baths.

Middlesex Hospital—Nitre and cotton wool.

Westminster Hospital—Blisters, nitre, bicarbonate of potash, acetate of ammonia, quinine, leeches, poultices, and opium.

German Hospital—Nitre in large doses, bicarbonate of soda, acetate of potash, lemon juice, quinine in huge doses, and blisters.

Glasgow Royal Infirmary—Acetate of potash, iodide of potassium, blisters, cotton wadding, quinine and opium "in pretty high doses."

Queen's Hospital—Blankets, a meal every four hours, bicarbonate of potash, lemon juice, aconite, hemlock, iodide of potassium, morphia, Indian hemp, colocynth, henbane, cotton wadding, quinine, and iron.

Can anything be more nonsensically empirical than this jumble of acids, alkalies, salts, stimulants, tonics, narcotics, antiphlogistics, caustics, mercurials, leeches, cotton padding, and sweating blankets?

In their reasonings concerning the nature of rheumatism (of which they confess they know nothing) and the *modus operandi* of the remedies to be employed (about which they admit they know nothing), the physicians of the above-mentioned hospitals dis-

agree in all possible ways. Each judges from his own experience, and the aggregate experience proves and disproves any thing and every thing for and against any and every method of treatment, or no treatment at all.

For examples: some declare blisters to be very beneficial; while others assert that they are positively pernicious. Some find the alkaline treatment to be the best; others the acid, and others the saline, while others think the better plan is to commingle the whole. Some argue in favor of doing almost nothing lest the disease be driven to the heart; while others contend that the disease should be arrested at once by powerful doses, to keep it away from the heart. While all agree that the chief danger consists in heart complications, some think that powerful drugging tends to produce the dreaded heart diseases, and others of equal experience and observation are equally confident that such practice tends to prevent them. And so on to the end of the chapter. But enough is as good as a feast.

As to the nature of this "mysterious" malady, it is as plain and palpable as a dose of epsom salts. Certain impurities of the blood (of an earthy or saline nature, which are mainly excreted through the kidneys) accumulate in the dense structures of the joints until the vital powers make a special effort to remove them. This special effort is attended with more or less pain, heat, redness, swelling, and febrile disturbance, according to the part affected and the amount of morbid material present, constituting the disturbance or disease known as rheumatic fever, or acute rheumatism.

Now the rational way to cure the patient (not the disease) is to aid and assist nature to eliminate the morbid matters; and this is best done and properly done only in keeping the circulation balanced and all the emunctories of the system free, while all drugs, poisons, impurities, alkalies, salts, earthy matters, minerals, and foreign materials of every kind, are kept away. This plan of treatment, which is the hygienic, is always promptly successful in curing the patient, and is never attended with any "subsequential consequences" in the shape of heart diseases or other complications.

But our learned Esculapians, having the accumulated lore of centuries to aid them, propose to cure the disease. And they do it, too, at the expense of the patient. Better, a thousand times, for the patient, if they would let the disease alone. They silence the pain with narcotics, reduce the heat with antiphlogistics, subdue the fever with leeches, coun-

teract the irritation with blisters, obviate the debility with stimulants, neutralize the impurities with acids and alkalies, attenuate the humors with salts, &c., &c. All this reads well and sounds very professional; but it destroys the patient. And the more the disease is cured in this way, the more the patient is killed.

"A Very Little Medicine."

It is a common remark with persons, when speaking of their family physician, that "he gives very little medicine." And many of our brethren of the drugopathic persuasion take great pains to maintain their standing among people who are hygienically inclined, by assuring them that they give very little medicine. But we fear that our English brethren are either behind the age in this respect, or more honest in telling of their doings in the way of dosing:

A country physician has recently written to the *London Lancet*, asking for suggestions as to the proper mode of treatment for a patient afflicted with violent internal pains. The physician says he has already administered, without effect, opium in various preparations, belladonna, cannabis indica, ipecacuanha, assafetida, valerian, chloric ether, chloroform vapor, bromide of potassium, quinine, bebeerine, iron, zinc, hydrocyanic acid, bismuth, antacids, pepsine, pancreatine, hot drinks, and other internal remedies. He has also tried, externally, galvanic currents, hot fomentations and cold cloths, hot baths, mustard plasters, croton oil, and small blisters; also, subcutaneous injections of morphia, atropine, strichnia, and caffeine.

The chances are a hundred to one that constipation was the sole cause of these terrible pains which the whole apothecary shop was incompetent to relieve, and that an enema or two of warm water, with a hygienic regimen for a day or two, would have removed all the difficulty.

Horsford's Phosphatic Salts.

THE *Christian Union* has a "Sanitary" department in which it gives scientific paragraphs, and paragraphs not scientific, on the important subject of victuals and drink. In a late number we find the following commendation of Prof. Horsford's method of medicating our bread:

The phosphatic salts, as they are called, are found in many articles of food, and are undoubtedly very important in the assimilation of food in the human body. In what way they are of use is unknown. In boiling many vegetables, they are dissolved in the water and thrown away—a great waste of valuable material. In making fine flour, also, they are excluded in the bran,

and white bread becomes less nutritious in consequence. Some advocate the use of unbolted flour, but this does not agree with a great many, producing griping and diarrhea. Prof. Horsford's introduction of phosphoric acid, in the place of tartaric acid in the household economy, seems to be exactly the thing needed, and is warmly recommended by Liebig, in Europe, and our best physiologists on this side. Tartaric acid is certainly not a desirable thing to go into the stomach, however nicely it puffs up the biscuit in the oven. Phosphoric acid, on the contrary, has not only an important function in the economy of the body, but makes a delicious bread. To say that it is poison is the sheerest nonsense, without the slightest proof. It exists in almost all our food in precisely the form, chemically, in which Prof. Horsford commends it for use in bread.

Again, says the *Christian Union*:

There are many mineral substances which enter into the body normally as food, and no one need worry because this man, or any score of would-be lights of science, is blindly proclaiming the contrary. Salt is pure mineral and an essential article of food. To assert broadly that mineral matter is poison, is simple nonsense.

Now the "nonsense," Mr. *Union*, is all on the other side. Salt is a poison. Phosphoric acid is neither a constituent of food, nor of living tissue, nor is it usable in the animal economy, nor has it any function to perform in the "economy" of the body. All of these positions, which flatly contradict the assertions of the *Union*, we will prove if the *Union* will agree to discuss the questions on scientific data.

A Memorial Edifice.

UNDER this head the New York correspondent of the *Chicago Journal* communicates the following paragraph:

Last spring, Orange Judd, proprietor of the *American Agriculturist*, lost a most promising boy, Willie, though only twelve years of age, had traveled all over the continent, visited every European capital, was a fine musician, an excellent draughtsman, and conversant with the Greek, Latin, and French, languages. With all his accomplishments, Willie possessed a lovely character, and he was with good reason the idol of his parents and a loving circle of friends. He was ready to enter the second or third term, sophomore year, of college, and was eagerly looking forward to the day when he should leave for the college at Middletown, Connecticut. For months succeeding his death, his father was almost heart-broken. He has now presented \$50,000 to the Middletown University to erect a natural science building as a memorial edifice to his dead boy Willie.

Can any intelligent physiologist wonder that the boy died?

The only wonder is that he lived so long. But as this promising child died, so thousands

are being killed annually by fond parents and assiduous teachers. Only think of a child twelve years of age having acquired as much learning as any human being ought to acquire at twice that age. The poor child, instead of being traveled, and dined, and perhaps wined, and forced like a hot-house plant into precocious and morbid brain development, should have been allowed to play or work in the garden and fields until its bodily development was accomplished. We fear that the donation of \$50,000 will only serve to ruin other bright and promising children in the same manner. It is a pity that, among so many millions annually donated for educational purposes, no one ever thinks of endowing a school for teaching young persons how to live and grow according to the laws of the vital organism.

The Dry-Earth Treatment.

THE employment of finely-powdered clay earth, as a dressing for ulcers, has been frequently mentioned of late in medical journals and newspapers, and, as usual, doctors have differed as to the value and virtue of the remedy, some praising it highly, and others condemning it in the opposite direction. A case which occurred recently in the Philadelphia Hospital brought the matter before the courts. A patient, suffering of a severe burn, was treated with the dry earth, by direction of Dr. Hewson, for several days, and until his death. Dr. Chapman, who applied the dressing by order of Dr. Hewson, testified that it proved very injurious; and other physicians who were called, gave their professional opinions that the earth treatment was not proper for ulcers. But, all of these medical witnesses simply give their opinion. None of them offers a reason *pro* or *con*. And it is very easy to understand that each may be right or wrong, as the treatment applies to special cases. Dry earth is a powerful absorbent of gases, and hence a good antiseptic and disinfectant. But as soon as it becomes saturated with moisture, these properties are lost, when it becomes worse than useless. For this reason it cannot be a proper dressing where an ulcerated surface is suppurating profusely, or discharging copiously a fluid of any kind. But in deep, foul ulcers, attended with little discharge, it is very useful. Its disinfecting property in privies and other foul places is precisely in the ratio of its dryness.

Wastefulness of Fine Flour.

PHYSIOLOGISTS, chemists, and physicians, everywhere acknowledge that grain, deprived

of its bran, is much less nutritious and wholesome than is the whole grain; but instead of teaching the people to use the unbolted meal, either by precept or example, they are vainly seeking correctives of the fine flour, or substitutes for the bran, in phosphatic salts and other chemicals. But, the practice of throwing away the bran, or, what is worse, feeding it the swine and then eating the swine, is very expensive as well as disease-producing. The Philadelphia *Star* well and truly says:

Our immense cereal crops have made us profligate as a people. It may seem startling, but it can be safely said that we annually waste twenty-five per cent of our wheat crop, by imperfect "bolting." According to Liebig, one hundred weight of wheat should give from ninety-two to ninety-four pounds of pure flour, and only from six to eight pounds of bran; but existing practice secures but from sixty-five to seventy pounds of good flour, from eight to fifteen of mingled flour and finely-ground husk, while the balance is bran, of very little worth for any purpose. To approximate the theoretical flour product of grain, is therefore a matter that ought to at once arrest the attention of inventors. The leak is too big to allow it to continue. Every week, to be sure, there are letters patent issued for improved bolting machines; but so far the improvements have availed very little, so far as increasing the yield of flour is concerned. The inventor who comes up to Liebig's standard will make himself an immense fortune, and be a genuine benefactor of his countrymen. It would be a blessed thing, too, for our national health, digestion and physical vigor, if the foolish preference entertained everywhere for white flour by housekeepers could be discarded, and a "bran-bread revival" be inaugurated on a grand scale. Mr. Greeley, of the *Tribune*, and a few congenial spirits, years ago, attempted this dietetic reform; but the country was not ripe for it then, and, like all beneficent reformers, they were laughed at for their pains, and, ever since, the scoffers have been giving away as many millions annually, for dyspepsia remedies, as would pay the interest on our national debt.

A Saccharine Puzzle.

A PARAGRAPH is going the rounds of the papers to the effect that, according to Banting's theory, by eating five ounces of sugar each week, one can gain one pound in weight. That the statement is true, under certain conditions and circumstances, we have no doubt. But how is the fact to be explained? Will our hygienic friends who claim that sugar is food, though not good food, and our unhygienic foes who contend that sugar is both food and good food, pretend that five ounces of sugar can actually furnish a pound of nutriment? Such a conclusion would be absurd. Or will they argue that sugar enables the system better to digest or assimilate other foods? The rational explanation is, the sugar clogs

the system and prevents proper depuration, so that the person increases in weight because of accumulated effete matters. No one pretends that sugar contributes in the least to the formation of flesh; and fatness does not indicate nutrition, but obstruction.

Prohibition in Massachusetts.

THE friends of free rum are exulting over their success in the recent election in Massachusetts. The Boston papers say, it is beyond dispute that the opponents of a strict prohibitory law will have a working majority in both branches of the Legislature. This was to have been expected. No law prohibiting the traffic in intoxicating drinks can ever be long maintained on the statute books, nor executed if enacted, so long as public sentiment does not sustain it. Our temperance friends would do well to "accept the situation;" to understand the fact that public opinion in these United States, with now and then a glorious exception in some favored locality, is in favor of the infernal rum trade; and their only hope of success is in educating public sentiment to a higher standard. But, how can this be done, while the medical profession of our whole country—fifty thousand strong—is continually dinning into the credulous ears of the people that "grog is good;" alcohol is "respiratory food;" rum, brandy, gin and wine, are "supporters of vitality;" lager beer and whisky are indispensable agents of our *materia medica*, &c., &c. If the medical profession teaches the truth on this subject, teetotalism is a fallacy, and the temperance cause ought to be a failure. If the medical profession is misleading the friends of temperance reform, and paralyzing all of their efforts, it is high time that the latter comprehended the situation. When will the leaders of the temperance cause investigate this question, and strike at the root of the evil? It is very certain that the cause is now *advancing backwards*; and so it will continue to do until they grapple with the only really powerful obstacle in their way, alcoholic medication.

A Horse Cough.

At a late meeting of the Farmers' Club of the American Institute, a Mrs. Dewitt solicited from the doctors of the Club a prescription for a sick horse. The poor animal was sorely afflicted with a cough. Last fall it took cold; in the winter it had the horse "distemper." Condition powder, flaxseed, and other remedies, had been tried without avail.

In reply, Mr. S. E. Todd said: "The disease is doubtless attributable to one of two causes—bad ventilation of the stables, or musty and dusty hay. I occasionally pass a stable in a Brooklyn basement. Lately I saw them taking out a fine horse, dead; and, on inquiring, found it was the third within a few months. They all died of cough. There is no doubt that the loss of life was in consequence of the animal's being obliged to inhale the poisonous effluvia of the stable."

The theory advanced by Mr. Todd is applicable beyond the range of horse-flesh. All coughs and consumptions originate essentially from the same causes, whether in animals or human beings; and these causes may all be expressed by the word, *dirt*. Bad air, bad water, impure food, the effluvia from stables, cess-pools, or from accumulated excrement, or from foul blood or a tainted breath, all conduce to render the system filthy; and the particles of filth, or dirt, being deposited in the substance of the lungs, or exuded on the surface of the mucous membranes, occasion tubercles, consumption, cough, &c. The young man who drinks liquor and uses tobacco, and the young lady who diminishes her breathing capacity by tight dress, prevent the blood from being purified, and are poisoned by the effete matters of their own bodies.

Beer and Whisky.

ENGLAND is as famous for its vast breweries as the United States are for their numerous *whiskyries*. In England, brewing is regarded as the highest possible vocation in dignity and honor, a brewer ranking next to a lord. In this country, whisky-making seems to be the most profitable calling extant, and the "whisky ring" has already a force of men and a power of money that successfully defies the government. Some idea of the extent of the liquor business in these two nations—the most enlightened and most Christianized on the globe—may be inferred from the fact that a single brewery in England—that of Bass & Co.—employs more than a thousand hands, and produces 50,000 gallons of ale per day. We have no breweries nor whiskyries on quite so extensive a scale, but fear that in numbers, we more than match our English cousins. It is certain that these two nations destroy grain enough to feed all the poor in the world, and waste property, mind and muscle, enough to clothe, educate, reform, civilize and Christianize, all the needy sinners which now swarm in the prisons and pauper houses of the two coun-

tries. But, what can we do? The medical profession is learned and powerful. The medical profession assures the people that beer and whisky, and all their allies, are *necessary medicine*. "Aye, there's the rub."

Voices of the People.

UNDER this head we give extracts from a couple of letters received by a friend, who has kindly permitted us to do so, in the hope that the experience related will tend, in some degree, to establish the great truth, that Hygiene and Christianity are very intimately related. The first is from a patient we treated several years ago, and the second from a clergyman in a Western State:

"January 3, 1870.

"Dear Friend: Since your visit to us, I have thought often of you, and of the pleasure of meeting a Hygienic friend. Since I left the Hygienic Institute, I feel as though I am living in a world almost by myself; and often do I sigh, and wonder that the majority will live in ignorance of the only true system that preserves and restores health, and produces true happiness. I shall ever respect and esteem you for the course you have taken. You may have thought strangely of my entreating you to go on and not falter. I did not, for a moment, doubt your earnest zeal, but I cannot help wondering if you would be discouraged if you were called upon to encounter the difficulties and opposition I have had to endure.

"My six years' experience in Hygienic living has taught me many lessons I would not again be ignorant of for the whole world. I have no words to express what I enjoy. Only those who are willing to live in accordance with nature's laws can reap the pleasure and bliss our dear Heavenly Father designed *us all* should have. I am very glad that you so enjoyed your visit to 'Hygienic Home,' and with a prayer that your good resolution to qualify yourself to teach as well as practice the Hygienic system, I remain

"Sincerely yours, S. A. H."

"January 29, 1870.

"Dear Sir: Your communication has been received. It gives me pleasure to receive your sympathy in the great work in which I am engaged. I have labored hard to establish a Hygienic School. While acting as college tutor, I lost my health, and for two years was a miserable being, with blasted hopes and terrible sufferings. Physicians could do nothing for me, and it seemed that I could never be of any service in that ministry for which I had devoted many years of study. At last, I came in possession of some books on Health Reform, began to have faith in God and nature, set vigorously to work to improve my own habits of living, and was soon restored to comfortable health. Being thus enabled to resume work, I resolved to devote my life to the advancement of those great principles which had raised me to the enjoyment of life. I am anxious that a reformation shall commence, ere long, more important, if possible, than the great

Protestant Reformation. I am sure that the habits of living among Christian people deserve protest, and I mean that my voice shall be heard. If the torch and the prison are passed away, the spirit of persecution has not, and those who engaged in this cause must expect to pass a severe ordeal. I hope some organization may be effected among Christians for carrying on this work.

"Very sincerely yours, c. t. w."

Answers to Correspondents.

INCIPIENT CONSUMPTION.—S. S.: "Dr. Trall, *Dear Sir*—Being an earnest reader of the HEALTH REFORMER, and feeling a great interest in, and a desire for, the prevalence of health-reform principles, I ask if you will be kind enough to explain my case, hoping that not only myself, but others, may be benefited thereby. For six months I have had a bad taste in my mouth every morning upon rising, in spite of my efforts to live hygienically. For four months I have been compelled to urinate during the night. I have always been a sound sleeper, but some three months ago, began to be troubled with sleeplessness. For about a year I have been troubled with what appears to be a dryness of the passage between the throat and ear, making the voice sound, to myself, strange and unnatural. My eyes look dull, and feel heavy. What is the cause of these difficulties, and the remedy?"

You have had a diseased liver for some time, and now your lungs are becoming congested, constituting the premonitory stage of dyspeptic consumption. If you do not now cough or expectorate, you soon will have these symptoms unless your case speedily improves, and then it may be too late to cure. If you cannot live strictly hygienically at home, go to a Health Institution. Avoid salt, sugar, milk, and all seasonings; take a tepid ablution daily in a warm room; wear the wet girde two or three hours during the middle of each day; and exercise freely and frequently in the open air, but always short of much fatigue. The light gymnastics would be useful. Avoid Turkish baths, as you do not want to die.

CATARRH—CONTAGION.—T. J. J.: "Dr. Trall—Please answer the following questions through the HEALTH REFORMER: 1. Will a man whose blood is pure have catarrh? If disease is the result of violated physical law, why are deer and other animals, living in complete consonance with natural instinct, swept off by hundreds with contagious diseases?"

1. No. 2. You assume facts which have no existence. Such animals never have contagious diseases.

TOBACCO ANTIDOTES.—A. C.: We have no faith in the advertised nostrums, warranted or unwarranted, to cure the tobacco-using habit. The only infallible antidote is to let the thing alone.

INJURY OF THE HIP JOINT.—A. C.: "A neighbor of mine has a son two or three years of age, who had the tip of the thigh bone mashed by a brickbat thrown by another boy from behind. There is a round tumor at the top of the hip, and a slight prominence—a jog like—from behind, that being the place hit from behind. Can anything be done for him at a hygienic establishment? It is now a year and a half since he was hurt, and it pains him terribly every night."

The injured part can be cured. It requires the surgical treatment called "extension." Some machinery should be so adjusted to the lower extremity as to induce a pressure at the hip joint. If this is not attended to soon, the patient may be permanently disabled and deformed.

ENLARGED LIVER.—W. L.: "Dr. Trall, *Dear Sir*—Please prescribe for a young man, 18 years of age, who has long been troubled with a swelling in the right side. It first appeared after he had been working very hard, and is worse whenever he exercises much. There seems to be a general enlargement of that side. There is also a sense of pressure over the liver, with pain under the shoulder blades and back. No cough. Has usually been well. At present there are pimples scattered all over the body. He has taken much medicine from many physicians, with no benefit. Some physicians call it one thing and some another. No two agree. One says it is a tumor; another that it is scrofula; another a sprain cancer, &c. He is now attending school."

The trouble is enlargement of the liver; and, if not properly attended to soon, may result seriously. The worst thing almost for him is attending school. He should have a wet-sheet pack twice a week; wear the wet girdle a part of each day; and exercise out of door perseveringly, yet always short of fatigue. His diet should be very simple and abstemious, avoiding sugar, milk, and seasonings of all kinds. "Movements" would be very useful.

HARELIP.—L. S. S.: We are prepared to perform the proper operation for any case of harelip, or cleft-palate, and, indeed, any other operation in surgery. Should any case come to us of peculiar difficulty, which we could not well manage with the assistance of

Professors Lines and Stickney, we would procure the best operator in that specialty to be had in New York or Philadelphia; and having the patient under hygienic treatment, we have a double chance for success.

FILLING TEETH.—E. R.: Pure gold is the only proper material for filling the cavities of decaying teeth. Amalgams often cause neuralgic pains for weeks and months, and are liable to occasion inflammation and ulceration of the teeth and gums.

HAIR DYES.—J. O. B.: The most common poisonous ingredients in the various preparations sold under the name of Hair Dyes, are nitrate of silver and salts of lead. If applied freely to the whole scalp, as is sometimes the case, the effect must be very injurious. Cases of paralysis have been repeatedly imputed to this cause.

Ventilation of Cellars.

WHENEVER a warm day or two occurs in winter, cellars should be ventilated. It is a practice of many of our farmers in the Northern States to bank up their cellars, and close the windows in the fall, leaving no method of ventilation, or chance for the effluvia arising from decaying vegetables to escape, except through the rooms occupied by their families. To such we would say, If some of your children are sick next spring with fevers, do not call it a dispensation of Providence, or lay the blame on the climate, but ask yourself how many times the cellar was aired last winter. A good cellar under a house is often quite a convenience, but when filled with vegetables, some of which are in a decaying state, they become storehouses of disease, unless often and thoroughly ventilated. An open, mild winter is often followed by an unhealthy summer, and the cause of the latter is usually found nearer home than many people imagine.

THICK SOLED BOOTS VS. CONSUMPTION.—The town clerk of Newton, Massachusetts, in his report of the vital statistics of that town, says: "The number of deaths by consumption has usually been about one-fourth of the whole; the past year but fourteen; a favorable change in the leading disease of New England. The favorable result of the change from thin to thick soles on the boots and shoes of our females is already visible. Should the recent fashion of thin soles again be attempted, it is hoped the ladies of Newton, will stand firm on their thick soles."

The Health Reformer.

Battle Creek, Mich., April, 1870.

Dyspepsia.

It has become a trite saying that the American people are a nation of dyspeptics. That it is also a true saying, is abundantly proved by the testimony of every observing physician, as well as by the legion of so-called remedies for this disease which are offered to the public, and of which thousands of bottles are annually sold. Why the American people are dyspeptic, is a question which admits of an easy solution. Where everything is done on the high-pressure principle, with almost every law of life violated or disregarded, it could not be otherwise. And so common is this disease, that to find persons who are not more or less affected with it, is by no means easy to do; although the number who *claim* exemption from it is not small.

One reason why so few acknowledge themselves dyspeptics, lies in the fact that derangements of the stomach do not always manifest themselves directly by pain or discomfort in that region. That organ is endowed with comparatively little nervous sensibility; and hence, until seriously diseased, and thus made preternaturally sensitive, it will bear a great amount of abuse. This fact was demonstrated by the interesting experiments made by Dr. Beaumont on Alexis St. Martin, the workings of whose stomach were rendered visible by a gunshot wound. It was observed that extensive inflammation of the mucous coats of the stomach was of frequent occurrence, after excesses in eating and drinking, while he was himself totally unconscious of it. When these symptoms were specially prominent, feverishness, headache, thirst, &c., would be complained of.

With these facts before us, it is easy to see that people may be deceived; thinking themselves entirely free from dyspepsia because they feel no pains in the gastric region, when in reality their slight headaches, and other symptoms, are sure indications of stomach derangements.

This disease is divided by nosologists into three classes: mucous, nervous, and mucounervous. Mucous dyspepsia is an affection of the mucous membrane of the stomach, and is usually confined to persons of phlegmatic temperament, or those whose labor is mainly physical, or in whom the physical predominates over the mental.

Nervous dyspepsia is a manifestation of the

disease in which the nervous system is more or less involved, and is peculiar to persons of mental temperament, or whose labors consist largely of brain-work. It is often the consequence of excessive grief, mental shocks, long-continued strain upon the mind, and similar causes.

Muco-nervous is a combination of both varieties, or a manifestation of the disease in the two different phases.

SYMPTOMS.

The indications of the existence of dyspepsia are manifold; and so differently are they grouped in different individuals that to enumerate them with respect to classification would be impossible, except with the more prominent. Perhaps it would be safe to say that three-fourths of the diseases which affect the human family are preceded by, or consequent upon, a derangement of the digestive organs. Hence the symptoms of dyspepsia are more or less involved in those of its various complications.

Among the prominent indications of the difficulty are the following: capricious appetite, irregular action of the bowels, sense of discomfort after eating, flatulency, depression of spirits, irritability of temper, fitfulness, languor, disagreeable taste in the mouth, foul breath, heartburn, water brash, acidity of the stomach, disturbed circulation, &c.

Nervous dyspeptics suffer greatly in mind. Despair sometimes seizes upon them, and the horrors which such feel, none can know but those who have experienced them. Insanity itself seems ready to make them its victims, and a desire to terminate an existence made wretched by such sufferings, is kept in check only by conscience, or by surrounding influences.

When complicated with other diseases, the symptoms are more or less complex; but the presence of some of the above symptoms, together with the aggravation of the diseases with which it is complicated, will unerringly indicate disorders of the stomach, whether chronic or acute.

TREATMENT.

As we have already more than intimated, dyspepsia is brought on by wrong habits of living, especially in eating and drinking. Hence, in order for a cure to be effected, the transgression must cease. In other words, the habits of life must be corrected, and the dietetic errors abandoned. To prescribe a diet for dyspeptics which would be suitable under all circumstances, and suited to all classes, would, perhaps, be impossible. To

proscribe certain articles which largely contribute to the prevalence of the disease, is much less difficult.

It is to be presumed that the majority of those who read these pages have already become so far enlightened as to abandon the use of tea, coffee, tobacco, pork, and such abominations. To such it will only be necessary to say that the diet for dyspeptics should be very simple, excluding all articles that are not food, and such as are not nutritious and easy of digestion. The various preparations of wheat, corn, rye and oat meal, simply prepared vegetables, cooked and uncooked fruits, &c., should constitute the dietary of the dyspeptic.

In the treatment and prevention of this disease, quite as much attention is due to the *manner* of eating as to the nature of the food eaten. On this point a few simple rules, carefully observed, will be found of great benefit.

1. Eat slowly. The evils of the prevailing habits of rapid eating are readily apparent. (1) The food is not properly prepared for digestion, and hence the stomach is overtaxed in disposing of it; and (2) The quantity taken is nearly always too great. If you are already dyspeptic, this precaution alone will be of great advantage, and in some cases prove all that is necessary to effect a cure.

2. Avoid drinking with the meals. The common practice of "washing down" the food with coffee, tea, or water, cannot be too severely condemned. If drinks are hot, they injure the coats of the stomach; if cold, they absorb heat from the stomach, and thus retard digestion. In either case, the absorbents of the stomach must be taxed to dispose of the fluids before digestion can be properly performed. Besides all this, the practice of drinking with meals affords a temptation to slight the process of mastication, which is nearly always the case with those who indulge in it.

If absolute thirst be experienced while eating, a few sips of cool water held in the mouth, and slowly swallowed, with *no food in the mouth*, is sometimes allowable. The remedy for thirst when eating, singular as it may appear, is to eat the driest kind of food, and masticate it slowly and thoroughly.

3. Eat regularly. This point is of vital importance. Irregularity in any of the functions of life tends to a derangement of those functions; and of none of the life processes is this truer than of digestion. Undoubtedly the practice of eating but two meals per day is preferable to any other, especially for dyspeptics. But these should be eaten at reg-

ular hours, with suitable intervals between, carefully avoiding the pernicious practice of eating between meals.

THE HYDROPATHY

In the treatment of dyspepsia, should be varied to suit the circumstances. Sitz baths will be found serviceable, together with wearing the wet girdle, &c. As imperfect depuration and excretion are sources of extra burden to the digestive organs, the importance of keeping the skin clean, the liver active, and the bowels free, will be readily apparent. Hence the varieties of treatment calculated to promote these ends will be of use in the treatment of dyspepsia.

When the stomach is overburdened with food, producing pain and distress, immediate relief may often be obtained by a warm-water emetic. Hot fomentations over the stomach and liver will often relieve acute pains, and may be employed to advantage as a part of the regular treatment of the disease, followed by cool compresses, or the wet hand rubbing.

Copious warm water drinking may often be resorted to, for the purpose of washing away the acrid contents of the stomach and bowels. This may be employed in case of the difficulty known as "overflow of the bile," which is indicated by sick headache, nausea, &c.

The circulation should be kept well balanced, guarding against cold feet, congested brain, &c. To this end, frequent foot baths will be of use, followed by brisk walking for a short time, if the strength and health of the patient will permit.

Aside from the diet, and the hydropathic appliances, exercise and surrounding circumstances have great influence in the treatment of this disease. The amount of exercise which should be taken by dyspeptic patients, may be determined by the strength and condition of the person. It should be taken largely in the open air and sunlight, and should call into action all the muscles of the body. Avoid too severe and long-continued exertion, as one extreme, and useless inactivity, as the other.

Where active exercise is not admissible, the "movements" may be called into requisition. Kneading and rubbing the abdominal muscles, percussion, &c., will be found useful, and should also be employed in connection with active exercise. They should also be employed in connection with the water treatment, especially in the sitz bath.

The social surroundings should be of the most favorable character. The mind of the patient should be diverted from himself.

He should not study his own symptoms, and watch his own case, as nearly all dyspeptics are disposed to do; but should leave such matters with his friends and physicians. Having decided upon a course of treatment which reason and common sense approve, let him resolutely persevere, without regard to the "ups and downs" which will inevitably result, and by adhering faithfully to the right, he will find himself improving, and health and strength returning, as Nature re-asserts her supremacy, and demonstrates the truthfulness of the proverb, that, "To obey is to live."

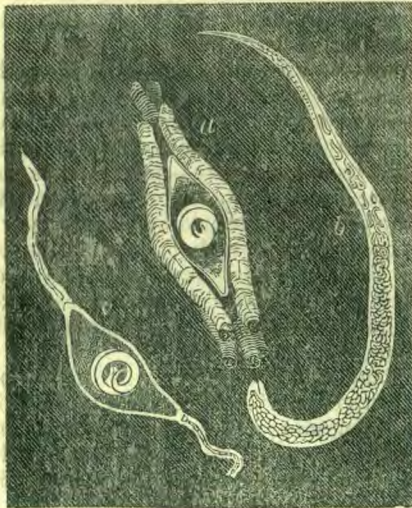
W. C. G.

Trichinosis.

THIS disease, of comparatively recent discovery, has created much excitement in medical circles, and in the public mind as well. We say, of recent discovery, although it has doubtless existed unrecognized for years. Its cause being for many years unknown, deaths from its ravages have been attributed to other diseases, often the typhoid fever, which it greatly resembles.

The disease is caused by the presence and operations of a minute, hair-sized worm, called the trichina spiralis; from *trichinos*, hairy, and *spiralis*, spiral; so called because when found in the system it is coiled spirally twice and a half round.

The following illustration exhibits the worm as seen under the microscope.



Muscular fibers are represented in figure *a*, between which is located a very small ovoid body, "having an opaque envelope, and a transparent, but apparently dark-colored, center." On dissecting out this body with needles, it will be seen that the worm lies coiled up within.

This represents the old "encysted trichina," which does no injury while imbedded between the muscular fibres. The trichina is said by Dr. Dalton to be about one twenty-eighth of an inch in length, when in this stage of development. Figure *c* represents the parasite as it is found encysted in a piece of ham, or other muscle—and here, lest we should neglect to make the statement, let it be distinctly understood that the trichinae exist only in the lean portions and never in the fatty parts of animals. Solid fat pork is free from them, though they often abound in the hams and other muscular parts of the swine.

Within a few years it has been demonstrated that when muscle containing those sacs was eaten by an animal, the worm was further developed in the intestines, that they actually bred there, and that the new progeny sought the muscular system at once, to harbor there as their progenitors had done before them. Figure *b* represents them after the muscle has been eaten and passed into the intestines. As in the other figures, the worm is many times magnified, that a better idea may be given of it.

The following facts relative to the operations of the trichinae, are copied from the *Mirror and Farmer*:

In the year 1860 a new discovery was made in relation to the trichinae, which alarmed the consumers of pork. It was found, on examination of the muscles of persons who had died of *trichinosis*, that they were filled with these creatures. The muscles were fed to rabbits, and these animals died of the same disease. The investigation was carefully carried on, and it was found that the increase was very great; that as soon as a new brood has birth in the small intestine, though infinitesimally small, they begin to penetrate the mucous membrane, and probably pass through, causing great irritation. The parent worm, as we understand it, does no injury; its mission is done; it is ready to die; so far as we know does die, and passes away from the animal in which it has existed for a few days—just long enough to breed. These multitudinous young insects produce diarrhea, which, if in season and with sufficient activity, will carry off millions of the creatures, and thus save life. But if not thus disturbed, they are liable to cause suffering, and, often, death. After eating trichinous flesh, symptoms are often manifest in from two to six days, the sooner and the more violent the better.

The question will naturally occur, How do they pass from the intestines to the muscular system? That is not fully known. The general belief is, that, being so very small, they are taken up and sent about the system in the circulation of the blood. That is a point we need not discuss.

Dr. Dalton says all these changes take place in the history of the trichina in the human subject; viz., The development of the young; their deposition in the intestine; their penetration of the walls of the intestine; their dispersion to the muscles; their rest in the muscles; the formation and calcification of cysts, and the dormant condition of the worm. Through these changes have we traced them, and have learned from facts here

given, and from frequent reports in the papers, that there is danger from them. The hog is the animal most liable to be selected by these *miniature monsters*.

In view of these facts, the argument against meat-eating, and especially pork, gathers strength and importance. Not only is pork unfit for food in itself, but these developments show that it is liable to be even deadly by reason of these parasites. W. C. G.

To Correspondents.

A. A. C., Wis.: You are in a bad condition, and tending toward consumption, if not already in its incipient stage. You ought to go to a Health Institute. Your poor facilities for living healthfully would work against successfully carrying out a home prescription.

E. N. G.: Honey is not good food, except for bees. Chestnuts can be digested by healthy stomachs, but dyspeptics should let them alone.

H. S., Iowa: You are suffering from dyspepsia, and a mere change of diet is not sufficient for your cure. You should go to an Institute, and remain under the care of some one who understands your case. Do not undertake treatment in a cold room.

W. J., of Hamilton, C. W.: Buckwheat cakes cooked on soapstone griddles, and eaten with sauce, as you would eat any bread, are not objectionable. The griddles can be purchased in this city for \$2.00 to \$3.00 each.

J. L., Sauk Co., Wis.: You should use but little *cold* water bathing: but the essential thing for you is to leave off the use of pork, and other meats, coffee, &c. If you would regulate your habits by the laws of life, you would take cold less easily, and enjoy better health in every respect.

Harry H., Mich.: The sugar insect finds support in raw sugar from the organic impurities, which constitute a large percentage of its bulk. Again, unrefined sugar is not so perfectly reduced to an inorganic, or mineral, condition as is the refined. The latter, however, is very constipating, and hence very injurious.

O. M., Iowa: To remove piles, which you say are caused by constipation in your case, remove the cause. In other words, regulate your diet, and other habits of life, so that constipation may be avoided. For treatment, take shallow sitz baths, quite cool, several times a day; but of short duration. Keep the skin clean by sponge baths once or twice

per week, and avoid excessive mental taxation. In addition to the above difficulty, you have dyspepsia, which demands a thorough renovation of your habits of life.

E. B. C.: The young babe that suffers and cries habitually from colic has deranged digestion. The quality and quantity of its food may be the cause, or it may be owing chiefly to weakness of the digestive organs. It needs to be kindly cared for. No part of its dress should be so closely fitted as to interfere with its circulation. The delicate arms and neck should be suitably covered, and the feet kept warm. Feed regularly for the first three or four months once in about three hours. As the child gets older, let the length of the periods between taking food be longer. Do not overfeed it. We would recommend gruel, where the mother does not have nurse. Make the gruel by stirring some good graham flour wet with cold water into some boiling water; let it stand and cook a few minutes, then strain it through a cloth or sieve to take out the coarse particles. Mix the gruel with about an equal quantity of good new milk from a healthy new milch cow, and add a little sugar.

We think a bath morning and evening too much. A bath every other day would be sufficient. Morning and evening, gently rub the surface of the body with the soft hand. The temperature of the water for a bath should be from 90° to 95°.

A. Z., Ohio: 1. Chilblains may be treated by dipping the feet alternately in hot and cold water a few times, then wiping dry. Wear warm socks and thick boots, and keep the feet warm as much as possible. 2. Goitre is curable by hygienic diet and appropriate water treatment, according to the case. Would not undertake the case while the patient "lives as folks usually do."

F. A. C., Ohio: The case you describe is an aggravated one, of clogged liver, which causes the periodical headache, and other difficulties. Employ the hot fomentation three or four times per week, followed by cool compress and wet girdle. An occasional pack would be beneficial. The constipation should be relieved by enemas, and by regulating the diet.

D. C., Vermont: Cancer should be treated by a skillful surgeon. Freezing will kill it, but it should be managed by experienced hands. A course of hygienic living is important, to prepare for an operation.

M. M., of Vt.: The swelling and soreness you describe, if upon the upper part of the

abdomen, is probably enlargement of the liver. If located lower (just where, we are unable to determine by your description), it may be a hernia; but we think the former the more probable. Apply hot fomentations, and follow with cool applications. If relief is experienced, continue the treatment, wearing the wet girdle much of the time.

E. H. M. writes from Mass.:

1. Is there danger of impairing the hearing by washing the ears daily? 2. Will the shining of the moon upon the eyes when sleeping prove detrimental to them in any way? 3. Is the *drinking* of graham meal in water, or *eating* it if mixed sufficiently thick, as salutary to the system as if cooked? 4. If not, would it be as nutritious?

1. No. 2. No, unless the eyes are unusually sensitive. 3. No. 4. No.

H. A. S., Vt.: Leaving off tobacco-using need not produce corpulency, if the person will live healthfully in other respects.

J. M. P., Ct.: Your case is very serious, and a home prescription would do you but little good. You should go to a good Cure.

Medical Etiquette.

"No doubt but ye are the people, and wisdom shall die with you."

THE cutting sarcasm of Job's reply to his comforters, applies well to many individuals in our day, and to none, perhaps, more scathingly than to the pretentious sons of Esculapius. A bit of experience may serve as an illustration:

The agent of a popular Life Insurance Company, a few weeks since, called on the writer, and requested him to go to the house of an M. D., to examine him and his lady for a joint policy of Life Insurance. At the hour appointed, I was there. Esculapius met me at the door, and invited me in. He was evidently embarrassed, and soon left the room to his wife, with her babe and myself. When the agent arrived, the case was laid open to him before he entered the house. This officer called me out, and told me the doctor refused to submit to an examination from me, and having paid my fee, he thought best that I should retire. As I was about to do so, my professional friend came in and made his apology. He hoped that I would not think it amiss that he declined to be examined by me. He meant no disrespect. He had a high opinion of me as a gentleman, &c., &c. But there might be litigation, and the validity of my examination might be called in question. Not only so, but as his ideas of medicine differed radically from my

own, I might think the risk unsafe on that ground.

These objections being met by the agent and myself, he admitted that they were not valid, and tried another. He is a member of the county Medical Society, and may some day wish to connect himself with the State Society. These bodies have both passed resolutions to discard any one who gives countenance to irregular practitioners of any class whatever. I replied that I knew they were very intolerant, and did not wonder that he felt as he did. But I had made up my mind to be governed by my convictions of right, whether my associates were pleased or not. He thought I did them injustice in using the word *intolerant*. Human life is very valuable. Their societies, esteeming it so, required practitioners to go through a prescribed course of study, and to be indorsed by a reputable college of medicine.

But this is true of other schools as well. Not only so, but many of us have gone through the curriculum of their schools, and much more. He claimed that everything valuable in all the schools was comprehended in theirs. We were narrow-minded, and rejected some of the most valuable agents—nay, we set aside the whole materia medica, sustained as it is by the experience of many centuries.

I asked what would be the effect of a course of active treatment, such as he would use in any febrile or inflammatory disease, should he apply it to a person in health.

"It would make him sick."

"How can that which makes a healthy man sick, or, in other words, which violates the laws of his nature when he is well, be made to harmonize with those laws when he is sick?"

"The circumstances are different."

"True; but if a full dose of arsenic, strychnine, or prussic acid, will kill a healthy man, will it not as certainly kill a sick man? And, if the effect is the same whether the man be well or sick, will not the effect of a smaller dose be proportionately the same? Does any one ever get sick from the want of these and other kindred drugs which form no part of any tissue of the human body? And, if we do not get sick for want of them, then why should they be used for the restoration of health?"

"We cannot infer that an agent is not valuable on such grounds! The value of drugs has been settled by ample experience. In illustration: The use of alcohol in typhoid fever has proved invaluable. Many cases within the range of my own observa-

tion have settled this point beyond the possibility of a doubt."

But did he ever see a case treated without it? "No." Then are you competent to settle this question?

A rambling discussion of this kind was kept up for some time.

Adieu.

J. S. G.

Gluttony.

"Do, FOR pity's sake, let the child have all he wants. How can I blame him for indulging in what I love and can't possibly do without?"

And so little Georgy had another piece of pie, and another doughnut, another cup of sloppy tea, and another dish of preserves.

Who wondered at his distressingly-lazy yawns as he turned from the table? Who wondered that he lolled from sofa to sofa, grew cross and troublesome as night came on, and was finally carried grumbling and hateful to bed.

The feeding process is commenced in the morning. "Georgy wants pie; go get it out of the pantry. Jennie, cut a slice of fruit cake for the dear child to carry to school. Have you had enough, dear? Just a little more coffee; put plenty of milk in, Jennie. Dear little fellow! how he enjoys his food!"

Yes; and how he lounges over his desk at school! How his red eyes, glued with an unmeaning stare to his books, wink and blink! Hear his heavy sighs, the result of a distended stomach. See him forever yawning on the play-ground, only intermitting to filch, on the sly, a bit of plum cake or an apple from his pocket. Your gluttons are always stingy, mean, and contemptible.

Parents, do you not know that an improper indulgence in rich and highly-seasoned food has an effect, not only upon the body, but the imagination, and the whole moral being?

To a child, especially to one possessed of a nervous temperament, and fine organization, with a mind so liable to be overwrought as of itself to feed upon life and wear it away, gluttony is a formidable enemy. It stimulates the passions, and brings them prematurely into action. It weakens the power to resist temptation in more ways than one. It renders the blood, which should flow steadily onward, like the pure river from its exhaustless fountain, thick and turbid in its swollen veins. It makes the drunkard, the debased and ruined debauchee. More vile animal natures in mature life are caused by this sinful selfishness, fostered by parents, than the

world is aware of. More criminals fill the lonely cell, and sleep upon the damp flags of prison floors, brought there directly through the indulgence of the vice of gluttony, than can be estimated.

So please don't let Georgy eat till his eyes stand out. Please don't send him to school overfed, to worry some poor teacher, who ought to have the patience of four-and-twenty Jobs all compressed in one. Do n't say that you like to eat all you want, and, therefore, Georgy shall do likewise—because you may be like the man who could digest ten-penny nails, and children seldom have such a faculty.

No; teach Georgy to exercise self-denial. Let him see that you value some things more than victuals and drink—his future welfare—his precious soul. Do n't make him a walking batch of doughnuts, a holocaust of mince pies, a hecatomb of meats and gravies.

Remember Georgy is among those who sing so sweetly sometimes:

"I want to be an angel."

Faith in Drugs Decreasing.

ONE can hardly fail to discover, notwithstanding the powerful army of medical sprigs that go forth every spring commissioned to cure scientifically (kill legally), that faith in the curative power of drugs is fast waning among all classes. Indeed, people are beginning to demand a system founded on something more substantial than fables, whims, or fancy. And as common sense can not be brought to the assistance of drugopathy, it must come down, together with a rich, proud, and powerful profession.

The careful student in looking over the accumulated medical lore of three thousand years, can not find in all its history, ancient and modern, a definition that will stand the test of reason, or a prescription that will bear the trial of experience. To men of science, its huge libraries and ponderous volumes have long since become but a museum of curiosities, or a mammoth collection of bound jargon, while their practice (if we may take their leaders as authority) is but little better than murder.

Earnest students graduate from medical schools with the frank avowal that they do not see how an honest man can be a drug physician—then throw up their profession, not seeing a source of support in opposing the superstition and ignorance that administers poison to its patients, simply because they are sick.

Eminent professors close their learned (?) lectures with confessions that although these

are the accepted theories of to-day, they will doubtless be swept into the waste-basket by posterity; while the admissions of the masses that they do not believe in "much medicine," show a healthy undercurrent (a lack of confidence) that will some day sweep the *accursed system of druggery* from the face of the earth.

For centuries, the medical profession has been going farther and farther from natural law, in the vain endeavor to restore lost health to the sick. Its vast laboratories are piled mountain high with the missiles of death, and human beings have become the heirs to an untold amount of suffering as its consequence.

Land and water alike have been ransacked in the effort to find some panacea for the effects of violated law or exhausted vitality.

Again and again, has the remedy been announced, quickly sought for by the affected, and as readily furnished by its zealous discoverers, tried, and soon cast aside by the sick, who are as eagerly seeking new remedies in other directions—little thinking that the all-healing power is lying within themselves.

One has but to enter our medical colleges and hear the fulminations of their gray-headed professors, to come to the conclusion (in the language of Dr. Evans, Fellow of the Royal Society, London) that "medical facts are medical lies," and in the words of Prof. Gregory, of Edinburgh, that "the present system of medicine is a *burning shame* to its professors."

Says Prof. White, of the Buffalo Medical College: "Formerly, the use of drugs has been empirical." Says Prof. Lee, of the same school: "Pure air is of far more importance to the sick than our medicines," and again: "The successful student must trust in nature."

Indeed, the sayings of the most illustrious medical stars can but convince one that the system of medicine is no science, and that of the nature of disease they know absolutely nothing. And with such admissions, the people are fast losing their implicit faith in their "medicine men."

And all that health reformers have to do is to keep it before the masses, stand by the issue, and "fight it out on this line if it takes all summer."

M. L. PERRY.

Buffalo, March 20, 1870.

THREE members of a German family at Belvidere, Ill., died recently from eating trichinæ, communicated by eating ham. Eight others are affected, and it is thought will die.

"We Must have Strong Meat to Work On."

No remark is more common than this. Tell one that he ought to give up his unhygienic diet, such as pork, grease, butter, tea, coffee, &c., and at once comes the reply that a man who works must have strong meat. It never occurs to such that there is less real nutriment in flesh than in grains and vegetables, and that the animal eaten derives the nourishment imparted to the eater from the vegetable kingdom. In the white bean there is three times the nourishment, pound for pound, contained in meat. Our domestic animals, such as the horse, the mule, and ox, subsist on grains and grass, and at the same time have more strength, and usually more endurance, than men, who live, as they call it, on strong diet. This certainly proves that animals may so digest vegetables as to make pure blood and strong muscle. No one ever thinks of feeding his race-horse on meat to improve his fleetness or endurance.

If, then, the stomach of man can digest vegetables, as well as that of the horse, then they can derive the same strength therefrom. Where is the physiologist who will for one moment deny that the digestive powers of man are naturally equal to those of the lower animals? That kind of food which is best suited to our nature, the lightest tax upon the system, is always the best adapted to produce strength and vigor. Unhygienic food draws upon the powers of the body to dispose of it, and to repair the injuries it inflicts, and of course to that extent weakens the system. This is the true philosophy of the debility always connected with sickness. No man can labor vigorously with a sprained joint or broken bone, because that part of the body must have the rest essential to its reconstruction. So of any and all other injuries to the body. Disease is really the well-directed effort nature makes to repair the injury of the system, whether it comes directly from diet, overwork, exposure, or foul skin. Hence the folly of combating disease as if it were a foe. It must also be evident that any diet at all unsuited to our nature and wants, must to that extent debilitate instead of strengthen.

The antediluvians were vegetarians, or else rebels against God's law, since he only allowed them to eat of the herbs, and of the fruit trees. Gen. 1:29. In that age our race beyond all question enjoyed its highest strength and greatest longevity. Methuselah lived nine hundred and sixty-nine years, and was probably never sick an hour, or at all enfeebled, till naturally worn down by age.

Measles, hooping-cough, cramp, colic, cholera morbus, our endless variety of fevers, small-pox, &c., were unknown, as we have good reason to assert. Why? Simply because the impure diets and poisonous drugs of our age were not then introduced. The same natural bodies, the same air, water, &c., were then in vogue, as with us; but the silly and sickening luxuries, including costume, balls, theaters, heated, unventilated houses, halls, and churches, foul skins, feather beds, &c.—the climax coming in the form of poisonous drugs—these, we say, were *not, then in vogue*. Hence, the people *lived*, and lived long in health—and died, as any other splendid machine would wear out.

Now, we say again that the notion of eating the meat of a short-lived, unclean animal, to give one strength to work on, had better at once be given up. That which is pure and healthful, contributing to ease and longevity, is that which will always impart the most strength and vigor. This is found neither in the animal nor mineral, but in the vegetable, kingdom; or else all experience, lucid science, and the Bible itself, are at fault.

W. PERKINS.

Mistakes Dietetic of Hygienists.

BY MRS. S. W. DODDS, M. D.

HEALTH reform, like every other widespread reformation, must needs have its birth, infancy, and subsequent growth; its period of immaturity, during which we have had more or less *experimenting*, either by ignorant practitioners or unprincipled charlatans. Nor was it easy to prevent it; for though the principles of this reform are plain and simple, almost self-evident, in their very statement, there have been some who took little pains to make themselves acquainted with them; and others (for shame be it said) were not unwilling to compromise the system, if, by so doing, they could only fill their pockets.

Hygiene has likewise been cursed, as have other reforms, with a host of counterfeits; mere imitators, ready to practice anything that promised to "pay." Hence the "cold water" mania, the showerings and plungings (for many of these have large, showy establishments); the hot-water scrubbings and soap latherings (alias Turkish bath); the frequent "packings," and the enormous wet compresses, worn often until the skin is partly disorganized; the hot fomentations, oft repeated, baking the integument, and making an itchy, eruptive patch which will last for

years. I have often thought that if some of these knowing, dogmatic "doctors" had themselves been *patients* sometime in their lives, "the world" had been "the better for it."

But thanks to the rapid progress of knowledge respecting the true principles of health reform, these abuses, even among outsiders, have, in a large degree, passed away. We have, however, *another* set of ridiculous exploits ready to take their place. What is more, they occur almost wholly within our ranks. Fortunately, however, they injure none except the person experimenting. Some of these feats were performed years ago, and have about had their run; they are not with, not in, the bathing, but the *eating*, department. The idea was to sustain life indefinitely by eating only a single variety of food, as apples. Some tried oranges, and some, lemons. One young man obtained considerable notoriety by reporting that he was living upon apples only; though some of his enemies made counter statements concerning him. He told me that he had tried living a week upon nuts; and another upon beef steak alone (perhaps before he became acquainted with hygiene); but he ended by saying that he was convinced that such experiments were not only foolish, but hurtful. Another individual made the singular statement that he had subsisted upon wheat, simply (or wheat meal, I forget which), for several months, without any inconvenience, and without even water to drink. From what source he derived the *fluids* of which the body is so largely composed, he does not inform us; perhaps "through the pores," as the keeper of the wine cellar in "No Thoroughfares" took his beverage.

Now, whether such experiments as the above are possible, might be a matter of some interest in determining the power of endurance in the human system, when deprived of its accustomed nutriment; but in respect to the question, "What is the *proper* food for man?" they are of little account. Besides, they waste the vitality of the experimenter, often more than he is aware. I once tried, myself, eating only graham bread (the unfermented, made without salt), and soon found that human beings, like horses, demand *water*, when confined to grain, or even to bread-stuffs; and I soon became wofully tired of the bill of fare. What *time* would have done for me, I cannot say, nor have I any desire to find out. We want experiments, if at all, in combinations, not on single articles of food.

It is folly to ignore the fact that, beneath all, within the organic tissues, as well as in

chemical compounds, there lie concealed certain ultimate elements, or atoms, which constitute these tissues, and which can be obtained by destructive analysis. True, they do not, so far as we can determine, exist *as such*, either in the food we eat, or in the vital structures which are nourished by food. They are closely locked in the vital embrace, and are thus hidden from mortal ken; but take away vitality, destroy the organic structure, and they readily appear. Even in chemical combinations these elements are lost, by the force of chemical affinity; as when oxygen and hydrogen disappear, and water is formed; nor can they again be found until the compound (water) is destroyed.

Thus science can give us at least a negative answer in relation to foods; it can tell us that some things will *not* support life. Suppose we ascertain, by analysis, what elements are to be found in the human body. By a similar process we find out the elements in a given article of food, as an apple or cabbage. Now, if the elements in the body exceed those in the apple or cabbage, then how can this apple or cabbage, of itself, build up the body? It can not; and it would be folly to attempt to sustain life with it beyond a brief period. Let it not be inferred, however, that chemical analysis can decide for us what *will* support life. It does no such thing. *This* can only be ascertained by experiment; and the generations that have lived before us seem to have done this for us pretty effectually. Still, as Nature has given us a vast storehouse from which to choose, something may yet be done in the way of judicious selection and combination.

But I was intending, in this chapter of follies, to speak of *another* class of needless experiments made by some hygienists. Persons long accustomed to the old style of cookery, and changing suddenly to the plain, hygienic dishes, find them "flat," insipid, to their long-perverted palates. They endeavor, therefore, to meet the deficiency by making certain mixtures from the foods proper, and thus imitating, to some extent, their favorite (but abandoned) dishes. For example, a sort of sweet cake is made by mixing together sweet potato and wheat meal; a sort of short cake, by wetting wheat meal with the milk of cocoanut; a kind of pudding is manufactured out of corn meal, or other farinacea, grated cocoanut, green or dried fruits, etc. Of some of these combinations it might be said, as it has been of certain French dishes, that it would puzzle you to know what they are made of. Artemus Ward says, in some of his "goaks," that he always liked

hash, for then he knew *what he was eating*.

The above mixtures, compounded out of simples perfectly hygienic in themselves, would do little harm, even to sensitive stomachs, were they allowed to stop here. Not one of them, eaten in moderation, could harm anybody—unless it be the grated cocoa. I have known more than one dyspeptic to experience untold horrors from *that*; though they did not always report, either to cook or doctor. Setting perverted appetites aside, may it not be a question whether there is anything gained by creating these compound dishes? Why not give us the plain, simple foods, each kind by itself, be it fruit, farinacea, or vegetables? Are not these really more strictly hygienic? There is, I ken, in foods, as in other organic things, an *individuality* that ought to be respected. The unperverted palate can come to relish simple foods just as readily as mixtures; and having once acquired the taste for pure things, we should be able to discriminate with the utmost nicety, and to detect the least adulteration or admixture.

Hygiene, in the dietetic, as in other departments, ought to lead us toward simplicity, rather than complexity. In fact, to depart from this simplicity is, as already hinted, to open the floodgates to still greater departures. It is (to some people, certainly) a temptation to wrong doing. Take, for example, that simplest and best of foods, graham bread. Nothing in the catalogue of hygienic cookery is more easily prepared; simple "graham meal, mixed with pure water," and baked. But how easy a thing to depart slightly from this recipe; first, by mixing together two or more kinds of grain, as wheat and corn, etc.; second, by making a mush of one kind, and mixing in meal of another, until it is stiff enough to bake; third, by mixing boiled rice, or hominy, or cracked wheat, with graham or other meal; fourth, by softening stale bread with water, and adding some kind of meal; fifth, by mixing warm mashed potatoes (a vegetable, this time) with one or more kinds of meal; sixth, by taking boiled peas or beans, mashing them fine, and working in graham or other meal (a most abominable bread, I assure you); seventh, by taking cold parsnips or carrots, mashing them, and mixing *these* with some sort of meal (a worse compound still); eighth, by taking stale vegetables (potatoes, beans, peas, parsnips, etc.) and working them into fresh flour; ninthly, tenthly, etc., by making combinations of *several* of the aforesaid things, and adding to them meal or flour; lastly, by turning into any or all of the above-named stale dishes,

whatever cold mashes the cupboard affords (they may be sour, or a trifle musty), adding to this the stale bread (itself a "mixture" originally), moistened or steamed till it is soft, and then putting in enough meal to make the conglomerate mass *stick together* till it can be baked!

In the name of hygiene, what have you got? Could anybody, not acquainted with the secret mysteries of the "art," divine, from tasting, what the ingredients of such compound might be? Could Blot himself, or any other French cook, surpass it in miscegenated adulteration? As regards taste, I think he might equal it. Beautiful model of hygienic cookery! this conglomeration of stale bread, old mushes, musty oatmeal, rejected vegetables, etc., etc.

There is variety and economy all in the same loaf. And this is called "graham"! Shame on such outrages against the great father of dietic reform! Surely, not *many* in the hygienic ranks, either from pecuniary or other motive, would thus peril the greatest reform of the age, and compromise both leader and followers. Far better downright opposition. Open warfare can be met by the same; but *secret* thrusts, even by a single hand, into the heart of a great reform, are often fatal.

But enough. The above paragraphs do not savor of "good things," or of the "good time coming." That better time *will come*, nevertheless. Truth will triumph, despite the foibles of some, and the treachery of others. Even the victimized may serve the cause all the more fervently, once they come to understand it.

In another article I wish to speak of the quality of simple food (not mixtures), and its importance in the success of hygiene.

Confectionery.

CANDIES are universally known to be injurious and even poisonous; and parents who give them to their children are conscious that they are purchasing the momentary smile of satisfaction at the risk of after sickness, and, perhaps, of incurable disease. This they do, day after day, without giving it a thought, until their child lies on the sick-bed, suffering from disease, which gradually undermines the constitution and produces premature decay.

This does not all take place immediately after having partaken of the stuff, and, as a consequence, physical injury therefrom is not dreamed of. How the innocent darlings are almost ready to bound out of their shoes with

joy, and their faces all aglow with happiness, laughing and rejoicing, when papa or mamma brings home a package of the beautifully colored confectionery! Do they not kiss them, and thank them for being so kind? Of course they do; and why should they not? They place implicit confidence in their dear parents, and know they will not give them anything which will injure them!

Perhaps parents may not know that there are fatal poisons used in coloring the confectionery to the desired tints, and the father is too much absorbed in business, and the mother in household affairs, or, perhaps, in reading some fictitious work, to give it notice, and it is a chance if either of them will realize the amount of damage done. It is believed by them that these indulgences are harmless, so long as no immediate fatalities occur to their little ones.

Confectionery made from pure sugar is bad enough, as it constipates the bowels, and produces other injurious results; but when this confectionery is adulterated to such an alarming extent as has been the case of late years, we can not but be surprised at the consequences. This is generally done by the manufacturer, in order to cheapen the article. These candies are a means of desolation to a great number of households. Plaster of Paris is used to a shameful extent in the adulteration of confectionery. Its uses are, to give whiteness, weight, and solidity, to the inferior kinds of sweetmeats, many of which are sold at a lower price than the cost of pure sugar at wholesale. The plaster of Paris may readily be detected by dissolving the lozenge, &c., in a glass of water, the adulteration, being nearly insoluble, will be found as a white, gritty powder. Specimens are often met with which contain about a third of their weight of plaster of Paris; and there is an immense quantity of this rubbish sold for the delectation of children, and the damage of their digestive organs, in almost every village in the United States. The adulteration by means of gypsum was first made popularly known by a case in England in which the one who supplied the plaster of Paris gave white arsenic in its stead, by mistake.

The adulterations of brown sugar are usually more accidental than intentional at the present time; for the bulk of the material being great, compared with its price, it scarcely pays for the trouble of lowering its quality. A careful examination of brown sugars, at least, of the inferior grades, by the microscope, reveals the presence of insects, one of the most objectionable being a kind of louse, the *Acarus Sacchari*, an illustration of which

was given in the last issue of this journal. Whether this disgusting insect which contaminates the sugar is more unwholesome than its weight in animal food, has not been determined; but we do not care to think of his presence at all in our bodies. A look at this horrible insect through the microscope will prejudice many against the use of sugar.

The use of poisonous materials for coloring confectionery is also carried on to a fearful extent. In the rapid progress that art and industry are making, we sometimes overlook the possible deleterious effects of many of the substances employed. Nay, indeed, in the mad race for the speedy accumulation of wealth that characterizes our time, this consideration does not always command the attention due to it. Rife everywhere, this is nowhere so criminally excessive as in the confectionery business. If the makers of sugar plums and lollipops were forced to mould their "suck-a-bobs" out of pure sugar, and color them with harmless vegetable coloring materials, what would become of the plaster of Paris trade? and what a slack time the mineral dye-makers would have! We here give the inviting list of the various coloring agents employed, as an agreeable topic for parents and guardians.

The green is obtained by using either arsenic, diacetate, oxychloride, subcarbonate, or subsulphate of copper. Blue is obtained from indigo, cobalt, Prussian blue, and litmus, which is frequently adulterated with arsenic. Red is produced by the admixture of red lead, the bisulphuret and iodide of mercury, and the bisulphuret of arsenic. Yellow is made from the chromates and protoxide of lead, gamboge, and sulphuret of arsenic. Beside these, there are various other materials used for the coloring and ornamentation, such as the bronze powders, and the various pigments of the above named minerals. It may, therefore, not be surprising to sometimes hear of death that is occasioned by the use of confectionery. Many children are sacrificed yearly by the absorption into their systems of these abominations unwittingly given by parents.

Some confectioners do not deny that they use these materials, but they allege that the substances employed are used in quantities too inconsiderable to have any injurious effect; but this is not so, for the quantity used is very large, which, in many cases, may be discerned by the naked eye, and may be sufficient to prove fatal, as is proved by numberless instances recorded, and continually occurring. Another fact that should be remembered is, that the various preparations of

arsenic, copper, lead, and mercury, are liable to accumulate in the system, little by little, until the quantity may have reached considerable proportions, and the effects of the poisons become apparent.

Another serious evil is the common method of flavoring candies, in order to produce them economically. Peach flavors are produced by fusil oil. The bitter almond flavor is created from unadulterated prussic acid, or, as has been the case of late years, by making an artificial oil of almonds from refuse coal tar. Pineapple is procured from very rotten cheese and nitric acid. Some candies are reported to be flavored with fruits from which no extract is obtainable.

VALENTINE HAMMANN.

New York City.

More About Babies.

[The following, from the pen of Mrs. H. B. Stowe, will commend itself to every observing, thinking mind. The effort to gauge all children by the same inflexible rule, is supreme folly, and deserves the severest censure.]

WE are much pleased to hear that a woman who has had so much experience does not believe in the institution of cross babies; we like her condemnation of all the nostrums, teas, and stimulants with which the morning of life is often deluged. Her mode of proceeding, in all its parts, can be recommended for good, average, healthy children.

But a great part of the children that are born now-a-days are *not* good, average, healthy children. They are children of deficient brain-power, of diseased nervous systems; children begotten of tobacco-smoke, late hours, tight lacing, and dyspeptic stomachs. The father has put his son's brain into his meershaum and smoked it out; the mother has diddled and dribbled it away in balls and operas. Two young people come together, both of them in a state of half-nervous derangement. She cannot live without strong coffee; her hand trembles, and she has a sinking at her stomach when she rises in the morning, till she has had a cup of strong coffee, when she is primed for the day. He cannot study, or read, or perform any real mental labor without tobacco. Both are burning life's candle at both ends; both are wakeful and nervous, with weak muscles and vibrating nerves.

Two such persons unite in giving existence to a poor, hapless baby, who is born in a state of such a diseased nervous sensibility that all

the forces of nature are a torture to it. "The fathers have eaten sour grapes, and the children's teeth are set on edge." What such children cry for is neither cold nor hunger, but irrepressible nervous agony—sometimes for fear, sometimes because everything in life is too strong for them, and jars on their poor, weakened nerves just as it does on those of an invalid in a low, nervous fever.

Now, the direction about putting a child away alone to sleep, without rocking or soothing, is a good one only for robust and healthy children. For the delicate, nervous kind I have spoken of, it is cruel, and it is dangerous. We know one authentic instance of a mother who was trained to believe it her duty to put her infant to bed in a lonely chamber and leave it. Not daring to trust herself in the ordeal, she put on her bonnet, and, positively forbidding the servants to go near the child, went out for a walk. When she returned, the child was still, and had been for some time. She went up to examine. The child had struggled violently, thrown itself over on its face, a pillow had fallen over it, and it was dead from suffocation.

Nervous children suffer untold agonies from fear when put to bed alone. No tongue can tell the horrors of a lonely room to such children. A little, delicate boy whom his parents were drilling to sleep alone, used to cry violently every night, and his father would come in and whip him. He mistook the pertinacity for obstinacy, and thought it his duty to conquer the child's will. One night he said: "Why do you always scream so when you know you shall be punished?" "O father, father!" said the little fellow, "I don't mind your whipping me, if you'll only stay with me." That father's eyes were opened from that moment. He saw that a human being can not be governed by dead rules, like a plant or an animal.

No, mother; before you make up a plan of operation for your baby, look at it, and see what it is, and use your own common sense as to what it needs.

Look at yourself, look at your husband, look at your own physical habits—at his, and ask what is your child likely to be.

The caution of our friend with regard to not suffering the child to sleep between the parents, is important for many reasons. There is scarcely a man that does not use tobacco, and if a man uses tobacco, there is a constant emanation of it from his person. Now, however, he may justify the use of it himself, he can hardly think that stale tobacco effluvia is a healthy agent to be carried into the lungs of a delicate infant. Chil-

dren of smoking fathers often have their brains and nervous systems entirely impregnated with the poison of nicotine in the helpless age of infancy. A couple came to a country place entirely for the health of their only boy, a feeble infant. The child was pale and sickly, constipated in bowels, and threw up his milk constantly. The parents had but one room, in which they lived with him, and which was every evening blue with tobacco-smoke. Every evening that helpless little creature took into his lungs as much tobacco as if he had smoked a cigarette. Still more than this—the mother who was nursing that infant did what was equivalent to smoking one cigar every evening—she breathed her husband's smoke. Now, if your baby smokes cigars, you will find, by-and-by, when he comes to need brains, that his brain-power will not be found. He will be starchy, fitful, morbid, full of nervous kinks and cranks, one of those wretched human beings who live a life like that described by Hawthorn in his story of "Feathertop"—only capable of existing and efficiency while he is smoking, but sinking into dimness and stupidity when he stops.

Such are some of the chances of poor babies! God help the poor little things! They never asked to be born, and their parents, if they will bring them into existence, owe them every attention to make that existence a blessing.—*Hearth and Home.*

A Foul Breath.

NOTHING is more intolerable than a "foul breath." Uncleanliness, decayed teeth, or an unhealthy state of the gums or throat, will give an offensive odor to the breath; but a disordered stomach, or torpid skin, are active agents in contaminating the breath, although the teeth may be perfectly pure and sound.

Many persons use perfumed water for washing the mouth, thinking thereby to remove a nuisance which will yield only to reformed habits, and thorough purification of the system. Perfumes, so far from removing, absolutely aggravate the evil; their powerful scents combining with the offensive exhalations proceeding from the mouth, throat, or stomach, frequently produce a more disgusting odor than that which they are employed to conceal.

The most certain purifier of the breath is health of body. Temperate living, early hours, cleanliness, and exercise, and the avoidance of crowded assemblies, will do almost everything toward keeping the breath sweet.

Items for the Month.

TO DELINQUENTS.—Preparatory to cutting off the names of those in arrears, we send bills to such, that they may be reminded of their duty. We have been lenient, in view of the stringency in the money market, but must ask to be excused from further delay. One subscriber takes advantage of our announcement, "cash in advance," to say that we ought to have stopped the journal as soon as his time was out. Lest there may be others laboring under the same mistake, we will say that those terms relate to the commencement of the subscription, and not to its continuance. The law makes it obligatory upon the subscriber to refuse to take from the office, his paper or magazine, if he wishes it discontinued. The courts have decided that taking the paper from the post office and then refusing to pay for it, is *prima facie* evidence of fraud.

No one need plead ignorance regarding the expiration of his subscription, as the paster or label containing the address also contains a statement of account. The present number is Vol. 4, No. 10. Those whose subscriptions expire with this number will see on the paster "4-10." If the figures are less than this, the subscriber is in arrears. If "3-10" is on the paster, the arrearages are one dollar, and so on.

Let us hear from you at once. If a few weeks' time will accommodate you, let us know, and we will still be lenient. We wish to make our books straight as soon as possible.

ERRATA.—In Dr. Organ's article, last month, seventh line, for "ignominy" read "ignoring." Second paragraph, second line, read "Wendell Phillips." Errors are unavoidable, but these are too egregious to pass without correction.

A correspondent takes exception to the size of the *acarus sacchari*, as given last month. It was represented as magnified two hundred times, which would give its actual dimensions as about one eighth of an inch by one tenth. Instead of two hundred times, it should have read, two hundred *diameters*, which would reduce the actual size to about one eightieth of an inch by one hundredth; quite an essential difference.

CONSOLING.—We have often wondered at the coolness with which some physicians regard the death of their patients, and perhaps the following will explain it. A correspondent of a certain medical journal, after detailing the course of treatment adopted in a certain case, regrets to say that the patient died. The editor consoles him as follows:

"For one, we have long ceased to indulge in unavailing regret over the fatal termination of a case, believing that when the event has occurred, nothing can be more certain than that the patient's 'time to die' has come, and that no means could have averted the catastrophe."

That may be very comforting to the doctor, but how about the patient, and the surviving friends?

Would it not be better to save the doctor's bill, and let the patient "die when his time comes," without so much expense?

The Fountain Syringe, advertised in another column, is an article of real worth. In many respects, it excels any syringe with which we are acquainted, and for general family use it is of great value. Every family should possess a good syringe, and "throw physic to the dogs." Half the headaches, and fevers, and other prevalent diseases, may be prevented by the prompt and free use of the syringe. If you have none, or if your old one has become useless by loss of valves, leakage, &c., send for one which is free from the liability to such troubles, and save yourself much vexatious annoyance.

FULL FILES of this journal can be found in New York, at the office of Geo. P. Rowell & Co., Advertising Agents, No. 30 Park Row.

By the advertisement on opposite page, it will be seen that Eld. White gives a price list of the various small fruits, plants and roots, which he is prepared to furnish. Although our system excludes "roots and herbs" from its remedial agents, there is nothing in it to prevent the free indulgence in roots and plants for the purposes set forth in the advertisement, even in allopathic quantities.

TO VEGETABLE GARDENERS.—Every body knows that James Vick, of Rochester, N. Y., is the great and reliable flower-seed man; but many forget that important branch of his business, raising vegetable seeds. Garden-making will soon commence; now take my advice. Instead of going to the store to buy your seeds, take Mr. Vick's Illustrated Catalogue, turn to the vegetable-seed department, where you will find a large assortment of the various seeds required for a good garden, select what you wish, noting prices, and inclose the bill and the money to his address as above; and you will receive them by return mail, post-paid. Now is the time. Follow these directions, and when you gather your vegetables, and see the result of planting *good seeds*, you will thank me for this hint. J. H. WAGGONER.

Burlington, Mich.

AMUSEMENT, INSTRUCTION AND ADORNMENT. Webster's New Unabridged Dictionary is certainly a proud monument to the literary and analytical ability and industry of the country, and in this respect its compilers and publishers deserve double commendation. When we speak of it as a Dictionary alone, we hardly do justice to that immense affluence of topics, and fullness of definition that makes it "the poor man's library" of *amusement, instruction and adornment*. Solid as philosophy, exact as mathematics, and exhaustive, in brief, as a series of abridged treatises on every subject, it is at the same time as pleasant reading as the latest work of fiction, with the advantage that it is all made up of facts. We remember nothing in the world of letters that has made such a sensation in its way as this valuable work.—*N. Y. Mercantile Journal*.