

THE
Health Reformer.

OUR PHYSICIAN NATURE: OBEY AND LIVE.

VOL. 4.

BATTLE CREEK, MICH., JUNE, 1870.

NO. 12.

THE HEALTH REFORMER,
PUBLISHED MONTHLY AT
The Health Reform Institute,
Battle Creek, Mich.,
Under the Supervision of an Editorial Committee.

Terms: One Dollar per Year, invariably in Advance.
Address "Health Reformer," Battle Creek, Mich.

A JUNE MORNING PICTURE.

The morning opens like a rose,
The eastern skies are faintly flushed;
While all the west is filled with clouds,
Where late the last sweet evening blushed.
No sparkles from the dewdrops come;
A fleece-like mist hangs o'er the vale;
The clouds as stately and as slow
As ships in some calm ocean sail!

The unsunned breeze is cool and fresh,
By tall woods winnowed till it dies;
And half across the placid pool
The massive oak-tree's shadow lies.
The lark now rises from his nest,
Soars heavenward till his form is dim;
Soon in a sea of sunlight lost,
His notes with liquid freedom swim.

The flowers awake; and now dissolves
The mist that clung to wood and wold;
And all the clouds about the sun
Appear like hills of snow and gold.
Old earth is gray with light and dew,
The new morn gleaming on her breast;
While like a flaming jewel glides
The pauseless sun into the west.

DR. TRALL'S
Special Department.

Death of Anson Burlingame.

BALLS, dinners, drugs, death. How many tragical stories are told, how many sad bereavements are expressed, by those four words. The fashions of the world are such that persons of distinction cannot visit foreign lands, nor travel much in their own country, without being lionized most unphysiologically. They are subjected to an interminable round of parties, festivities, and gatherings of fash-

ionable *upper-tendom*, in which eating and drinking are made such prominent parts of the entertainments, that gormandizing and gluttony are with difficulty avoided. Complicated dishes, high seasonings, a variety of viands, that render good digestion impossible—with the "sparkling glass" or the "flowing bowl" to add more or less intoxication to indigestion—no wonder that ministers, ordinary and extraordinary, so often die of what seem to their friends and physicians as very trivial ailments. But, in nearly all of these cases, it is not the eating, the drinking, the dissipation, that kill. These induce disease. They cause sickness. Yet, in nine cases out of ten, if the patient would be quiet, and fast for a day or two, Nature would remove the obstruction, and health very soon be restored. But Nature does not have any chance. The doctors are always present with their drugs and doses; to the effects of overloading the vital organs, and stimulating away the vital power, are added the worse effects of poisonous "remedies," and the patient goes down to death under the accumulated load of morbid influences.

Mr. Burlingame was in the prime of life, of excellent constitution, and, as we are assured by a correspondent of the *New York Tribune*, in perfect health a few days before his death. His malady was only a slight cold. We quote:

On Friday, he was somewhat unwell and kept his bed, and Dr. Carrick, an English physician, was called in. On Saturday, it was thought that in a couple of days it would all be over, and that Mr. Burlingame could go out. On Monday, the pain was somewhat eased, and there was thought to be no reason for postponing the dinner which Mr. Curtin, our minister, was to give, last evening, in honor of Washington's birthday.

The dinner was accordingly given at Mr. Curtin's residence, and was one of the finest entertainments of the winter. All the foreign ministers, and heads of missions, and military agents, the American consul, and the two Chinese ministers and their secretaries, were present.

Mr. Burlingame passed a bad night, being first

delirious, and then unconscious. The physician was constantly in attendance, and declared the crisis passed about six this morning. Soon after, a paralysis of the lungs set in, the breath gradually ceased, and by seven and a half he was dead, so quick and sudden was the termination of the disease.

The St. Petersburg correspondent of the London *Daily News*, says :

He caught cold during the severe weather prevailing in Russia on his arrival about a fortnight before his death; but, absorbed in the duties and cares of his mission, he paid no attention to his slight indisposition until it had entirely mastered his vigorous nature. On Wednesday, the 16th, he had his audience with the emperor, who responded in the most sympathetic language to Mr. Burlingame's able address.

Buoyed up by the more than ordinary encouragement which he had received in a country whose friendly disposition was of the utmost importance to China, Mr. Burlingame thought nothing of his cold, and considered it his duty to take the members of his mission the next day to the Hermitage, at the invitation of the emperor, and to make his official call on Sir Andrew Buchanan, the British ambassador, with whom he was to have dined the following day.

On returning to his hotel, however, he was compelled to take to his bed, and to call in the services of Dr. Carrick, physician to the British embassy, who at once pronounced him to be suffering from severe congestion of the left lung, aggravated by an inflammation of the liver. The most energetic remedies were at once applied to check the disease, which, however, continued to make such rapid progress that two other medical men of eminence were called in. The emperor also sent his own physician, but all was unavailing. His sufferings became very great, and during the five days that preceded his death he was obliged to remain in a sitting posture.

These are all the explanations we have been able to find in the papers respecting his malady or treatment. But it is clear to us that the diagnosis of Dr. Carrick ought to be transposed. Mr. Burlingame had severe congestion of the liver, with moderate inflammation of one lung. Congestion of the liver usually precedes pneumonitis. And that the liver was extremely congested and swollen is proved by the unusual difficulty of breathing which, when sufficiently aggravated by the treatment, necessitated the sufferer to maintain the sitting posture, as in cases of asthma, occasioned by the same cause—congested liver.

Of the treatment we are only told that it was "energetic." No doubt. The result proves that; and as four doctors assisted in the dosing, each, probably, more or less energetic, the result is sufficiently accounted for.

Not many years ago it was the custom of medical men to report the diseases and the

treatment when they had patients of "distinguished consideration" to deal with. But since the public papers and the health journals have presumed to criticize their doings, we seldom learn anything of the medication employed, except incidentally. We have no shadow of doubt that Mr. Burlingame died of drug doctors, as hundreds die every day in the year. And if we ever get a full report of the treatment, we will prove it to the satisfaction of a majority of our readers.

Neither congestion of the liver, nor inflammation of the lungs, nor both together, constitutes a dangerous malady. We have treated scores of them without losing a patient. The only possible source of danger in such cases is, a bad constitution or very bad treatment. Mr. Burlingame did not have the former; hence we infer that he had much, very much, of the latter. It takes a good deal of "energetic" treatment to kill a vigorous man so rapidly.

Alcohol vs. Snake.

THAT alcohol is an antidote for the virus of the rattlesnake is the common assertion of the medical profession, and the prevalent opinion of the people. Notwithstanding the statement is absurdly false, we are continually called upon to meet this issue, explain the phenomenon, &c., &c. And, although we have done so a hundred times, the explanation will not stay explained. Every week, almost, some person writes us that he is dreadfully muddled on the subject, and wants us to clear away the fog, if, indeed, a clearing away is possible. We are getting somewhat tired of the subject, and are beginning to hate the very name, snake, almost as intensely as we abhor the word, alcohol. Both are symbolical of the "father of lies," and that one should be an antidote for the other is as unphilosophical as to suppose that Satan is an antidote for sin. But we will try once more to meet the "serpent of the still," and the "snake of the grass," in the light of hygeio-therapy, in reply to the following communication from S. L. E. :

"R. T. TRALL, M. D., *Dear Sir*: I am a subscriber to the HEALTH REFORMER, and was formerly a subscriber to your *Gospel of Health*. I am thoroughly convinced that the principles you advocate are true, and have profited very much by the practice of them, although I have not been able at all times to live consistently with the faith that is in me. I had commenced the study of medicine under the instructions of an allopathic physician; but in relation to materia medica, I could get no satisfactory explanations. All the *whys* and *wherefores* concerning the multitudinous actions of medicines seemed to be ruled out. I

was bewildered and confounded, but my reason would not down. In this state of distraction I was fortunately presented with your essay on Drug Medication, which I read and re-read, and, of course, was fully converted to the truth. The truth made me free. I have abandoned the whole drug materia medica, and have changed my course of professional life from medicine to theology, and am now preparing for the ministry.

I have been engaged in a debate on the alcoholic-medication question, and have found your address, prepared for the National Temperance Convention at Saratoga Springs, in August, 1865, very useful. But I was met by the proposition that alcohol was an antidote for snake-bite, and, therefore, serviceable in such cases. This I simply denied. I had no other way to meet the issue. My opponent claimed that his personal experience proved conclusively that alcohol and snake venom were antidotal to each other, founding his argument on the statement that, when a person was poisoned by the bite of the snake, a much larger portion of alcohol was required to intoxicate than if the same person had not been bitten. I could but deny the alleged fact on the ground that a clear demonstration in the case was impossible. Was I right? or what explanation can be given, granting the alleged fact? Has this matter even been tested by careful experiment. Or, is it, as I claimed, impossible to test it? When a caustic is applied to and is the occasion for the destruction of some part of the living organism, can we say that the vital force endeavored to resist the chemical action, but did not wholly succeed, and that a chemical action did take place between the parts destroyed and the caustic? Do not some poisons injure in two ways? first, by an expenditure of vital force to expel and resist them; and, secondly, by a chemical action which was not wholly prevented, and yet the life of only that part in which the chemical action took place is lost, which, not being a principal organ, the lost part may be restored? Please answer through the REFORMER."

It is useless to argue any question without clearly recognized premises. We lay it down as a first and fundamental premise that, *there is no chemistry in living structures*, and now you ask us if there may not be some kind or degree of chemical action! There is chemical *affinity* between the elements of the structures, and the elements of medicines or poisons; but these affinities are held in abeyance by the vital force. Affinities exist, but chemical *actions* cannot take place until the structure is deprived of life. Change the word action in your question to *affinities* and you may be enabled to understand the rationale. Nearly all persons, except those who have attended the lectures of our Hygeio-Therapeutic College, get these matters into inextricable confusion by not using words with scientific precision. A living structure may resist a poison until its vitality is all expended, and then disorganization takes place and chemical action follows.

And now for the snake story: The ques-

tion of the antidotal properties of alcohol on the venom of serpents has been thoroughly tested experimentally. Dogs have been poisoned, then dosed with alcohol, *secundum artem*, but most of them died. Many persons who are bit by rattlesnakes (and the same is true of mad dogs) are not poisoned at all; others are poisoned but slightly; others may be poisoned severely, yet have constitutional stamina and favorable conditions enabling them to resist and expel the poison successfully. The remedies, or antidotes, which have been administered, have had little influence on the result, whether the patient lived or died. Many substances, as the skull-cap, elecampane, &c., have had a reputation for "curing snake bites," the only evidence of their efficacy being the fact that the patient did not die. Yet it is well known to physicians that many persons who are bitten by rattlesnakes and mad dogs, and take no medicines of any kind, recover. It is true that persons while suffering of the inflammation and fever consequent on the bite of a rattle, or other, snake, will not be so readily intoxicated, and the more violent the symptoms, the more alcohol they can take without intoxication. But this fact, instead of proving that the alcohol expends its force in neutralizing the poison, only shows that the vital powers, when intensely occupied in resisting the snake poison, cannot at the same time so energetically resist the alcoholic poison as they could if that were the only poison present, and the vital powers had nothing else to do.

What is intoxication? This question seems to be wholly overlooked and unthought of by S. L. E., as it is by nearly all who undertake to discuss this subject. It is generally assumed that intoxication is the action of alcohol on the brain, and here is the source of all the confusion and nonsense. Intoxication is that degree of vital resistance to the alcohol which deranges or suspends the mental processes. Hence, under such circumstances of disease, as that alcohol is not resisted with much force, little or no intoxication is manifested. But it does not follow that the alcohol is antidoting the poison or remedying the disease. The fact only shows that the living system cannot resist two poisons at the same time with the same energy that it can one. When snake-bitten persons take large quantities of alcohol and recover, the fact proves that "Nature" successfully maintained the vital struggle against two enemies. In conclusion it need only be remarked that, in many cases of disease, as in cholera, colic, low fevers, &c., patients can take enormous

quantities of alcoholic liquors without the ordinary symptoms of intoxication. But who supposes for a moment that they are "antidotal" in these cases? And the same is true of opium and many other stimulant-narcotic poisons.

Judge Perkins on Disease.

THE first session of the Indiana Medical College (allopathic) closed by the usual "commencement" performances at Indianapolis, on the 27th of February last. Addresses were made by Governor Baker and Judge Samuel E. Perkins. In relation to diseases and remedies, the judge said:

"I claim, in behalf of medical science, that every disease that attacks a person with a naturally-sound constitution can be removed, and the subject of it healed, if the proper remedies are properly applied and timely administered—that all sick are susceptible of cure. This is the logical deduction from the premises of medical science. The world abounds in poisons; but every poison, I take it, has in Nature an antidote. It only needs to be discovered. The world abounds in diseases; but the resources of Nature, when discovered and rightly appropriated to the purpose, are adequate to the removal of all. Death from old age is not death from disease. But it will be obvious to any one, on a moment's reflection, that to be able to apply the antidote to the poison, we must first know what kind of a poison it is, and what is the antidote of that particular poison. So, before we can apply the remedy to a disease, we must know what the particular disease is, what causes it, and the particular remedy for that disease. What is disease? I do not know what the word signifies, what exactly it is the sign of. Originally the word signified absence of ease, restlessness; just as the word disorder means want of order, confusion. The term disease names an effect—restlessness, but indicates nothing of the cause of restlessness, the important fact to be known. The term is now used to signify some secret evil, power or agency, that can be known, at least but very imperfectly, except by educated physicians. Hence, uneducated quacks should not be trusted in attempts to heal the sick of disease."

His Honor is as badly muddled as to the nature of disease as are the professors of the medical colleges. But when he asserts that all diseases are curable if the proper remedy is properly applied at the proper time, he places the medical profession in a very discreditable predicament. The world is full of death, and full of remedies, as well as of diseases; and worse still, "diseases increase in number and fatality as doctors and drugs are multiplied." Is Judge Perkins aware that the medical profession does not profess to understand the essential nature of any disease whatever; that it confesses its inability to answer the question, "What is disease?" and

that it has not yet discovered the particular antidote for any one of the thousand diseases of its nosology?

"Disease is some secret evil, power or agency" known only to "educated physicians." No, Judge; educated physicians know just as little as the quacks on this subject. In fact, they are in a worse plight than the uneducated quacks; for these know nothing about it, while the educated physicians teach a false doctrine. And as ignorance is always safer than error, we would rather trust a thousand lives, if we had them, in the hands of the quacks than the physicians. But as disease is not *per se* an evil at all, but an effort to get rid of an evil, the rationale of proper treatment is a very different matter from antidoting a poison.

"Every disease that attacks us," says Judge Perkins. Diseases *never* attack us. Disease is itself the remedial process, the veritable "*vis medicatrix nature*" which, from the days of Hippocrates, has been one of the mysteries of all medical systems except the Hygieo-Therapeutic; and when this is understood, it will be seen how, why, and wherefore, the whole drug medical system is "the greatest curse of the civilized world."

Another Splurge on Woman Doctors.

A NEW medical college was established in St. Louis, Mo., last fall, whose faculty are said to be of the "progressive" school. The first session closed March 14, on which occasion Prof. Mentrose A. Pallen delivered a valedictory; and in delivering the valedictory, he delivered himself of a morbid accumulation of "black bile" on the vexatious subject of "female physicians," in words following:

People would rather entrust the lives of their children in the hands of ignorant quacks, or place their wives under the charge of illiterate women, because of a mysterious and beclouded belief that strong medicines are given which children cannot stand, and that woman, sympathizing woman, can best administer to the gentler sex from the fact that she is herself made of those tender qualifications so essential to soothe the pillow of anguish. No woman who has the soul of woman in her, can bear the troubles of the profession. She, whose heart is as sympathetic, whose emotional nature as refined, and whose physique as delicate as a woman's should be, can hardly stand, stoic like, and do that duty which men must do to alleviate human suffering. When woman does what man must do, then she unsexes herself, and as such we welcome her into the hospitable domain of science, whether she must carry none of the rustling of silks, or the perfumery of laces. She must mount astride the steed like Joan of Arc, and side by side will ride in the tourney, and we will tilt together as did

the armored knights of old, and let her, or him carry off the prize won by superior work.

The *animus* of Prof. Pallen may be better appreciated when it is understood that he holds the position of Gynæcologist (professor of diseases of the sexual organs of woman) in the college. It unsexes a woman (the professor tells us) to administer to the sexual diseases of her sex? Has not the public heard almost enough of such twaddle? And then, women ought to have such "delicate *physiques*" that they are unfitted for being physicians, even to their own sex. Is not this insinuation an insult to the good sense of every woman, and the intelligence of every man, in the land? We fear the "progressive" professor is too willing that women should be frail and sickly, provided his college can flourish, and his practice be rendered lucrative, thereby. But two or three graduates of the really-progressive school—the hygienic—have recently settled in that enterprising Western city, and we shall be greatly mistaken if Prof. Pallen does not meet with foeman or foewoman worthy of his steel on this subject before long, and get the worst of the argument, too.

More Cerebro-Spinal Meningitis.

THAT form of typhoid or typhus fever formerly termed "spotted," but in modern nosological nomenclature called *cerebro-spinal meningitis*, has lately prevailed in Georgia and other Southern States; and our Southern medical brethren of the allopathic persuasion are as much at variance with regard to the proper treatment as are our Northern M. D's of the same school. Dr. J. J. Robertson, of Washington, Ga., in writing to a lady friend in South Carolina, says:

The disease called *Cerebro-Spinal Meningitis* is improperly named, and hence the improper treatment in many cases. It is *not* inflammation of the membrane of the spine and brain, but a mere venous congestion of the spinal marrow and brain. I have made several *post mortem* examinations, and found it the case in every instance. The symptoms are very like those of inflammation of the membranes, I admit, but treated as such, every case will prove fatal. I have had over a hundred cases; the first seven cases had died when I was called in consultation. Finding all these had been treated by depletion and had died, I at once made an examination of two of the bodies, and decided to change the plan of treatment, and it proved a success in nearly every case.

But, although the bleeding and reducing treatment is sufficiently fatal to satisfy the most fastidious Sangrado, we cannot understand how the savage measures proposed by

Dr. Richardson can help the matter, only in the sense of being the lesser of two very great evils:

When the case is *first* taken, at once shave the back of the head, and in the most rapid manner possible, raise a blister from the back of the head to the end of the spine; in severe cases I saturate flannel with turpentine and apply it and run a *hot* iron over it until it festers, or rub on the turpentine and set it on fire, or any other way to produce a bad blister as soon as possible; then give quinine in ten grain doses until forty or sixty grains are taken—give ten grains every two or three hours; let the patient drink freely of pepper tea, and also take a tablespoonful or two of whisky every four or five hours, and give him ten grains of the bromide of potass every six hours. These doses are for adults. If the case is a negro, it will require more stimulants than a white person, and especially of red pepper tea.

If the case is taken in time, this treatment will cure nearly every one, but if neglected for an hour or two, it may fail. I saw cases bled, and they died an hour after; others were purged, and died with symptoms of cholera; others had every appearance of tetanus, or lockjaw. The symptoms and names given the disease mislead the physician in his treatment.

This is huge dosing added to horrible skinning. If the patient can survive it, the conclusion is irresistible that humanity is tough. But the admission that, if this murderous medication is not commenced "within an hour or two," the patient will die in spite of it, renders it at least suspicious that those who recover do so in spite of it.

Per contra, Dr. T. J. Wood, of Columbus, Ga., who is said to have had much experience in the treatment of the disease, promulgates the following, in a letter to the *Columbus Sun*:

My plan was to bleed them freely from a large orifice, until I made a decided impression upon the pulse, and until there was a manifest relaxation of the muscular rigidity and tension and temperature of the skin. I then put them upon nauseating portions of tartar emetic and gave a brisk mercurial purgative, and applied a large blister to the spine, extending from the occiput to the lower angle of the scapular. After the action of the purgative, I continued the mercury and tartar emetic in alternative portions, combined with Dover powder, if it was disposed to act too freely upon the bowels. And if reaction was fully established before relief, I repeated the bleeding. Under this treatment I had the satisfaction of seeing my patients relieved in from six to twelve and twenty-four hours of all symptoms of the disease.

It is an active inflammatory disease, tending rapidly to disorganization and death, and to treat it successfully the most prompt and decided antiphlogistic remedies must be employed early in the disease; and I know of no single remedy that offers such advantages, both to patient and physician, as an early, thorough and decided bleed-

ing—in the language of the books, *ad deliquim animi*. But, in order to give the remedy a fair chance, the physician must see the patient early, and act with vigor.

Here are two experienced physicians advocating (with the exception of blistering) diametrically opposite methods of treatment, based on exactly opposite theories of the nature of the disease. Can any other common-sense conclusion be arrived at than this: The patient would have a better chance for his life if let alone severely?

Times vs. Reformer.

THE *Temperance Times*, published at Dayton, O., is publishing a series of articles editorially, under the caption of, "What is the Work of a Physician?" The connection between the title of the book and the book itself is not very obvious; yet the *animus* of the writer manifestly is, to write down, or ridicule away, or scatter abroad, or annihilate, exterminate, or at least obfuscate, the doctrine advocated in the HEALTH REFORMER in relation to the *modus operandi* of medicines. The writer mistakes vulgarity for wit, assertions for arguments, epithets for evidence, and ridicule for logic. But he has no more idea of the real question in issue than a kangaroo has of conic sections. The following is one of his many amusing attempts at criticism, after quoting from the REFORMER:

If the dirt does nothing, how do you know of its presence? Because I see it. Just so with the poison. The vital instinct feels it.

The *Times* expatiates:

As usual, the real difficulty is here varnished over with words. For we have only to ask, How can we see and feel what does not act upon us by touching us?

If the editor of the *Times* will climb an exceedingly high mountain, and place a good telescope to his eye, he may see an object forty miles distant; yet the object cannot act upon him by touching him. Again, he might hear the cry of "Mad dog!" in the streets of Dayton, and feel very much like running away; yet, no dog, mad or sober, would act upon him by touching him.

With regard to our theory of remedies and diseases, he quotes our paragraph:

On the theory that poisons do act on the living system, physicians have never been able to explain their *modus operandi*; toxicologists cannot explain the action of any one of their poisons; pathologists cannot explain the essential nature of any disease whatever; nor philosophers explain the manner in which objects make

impressions on the mind. All is impenetrable mystery,

And replies as follows:

He who utters such nonsense must either be profoundly ignorant of toxicology, pathology, and psychology, or he palters with the meaning of words. In the same way that any thing that can be explained, whether on one theory or another, —i. e., by the ascertainment of the *fact* and the *law*,—all these things said to be unexplained, have been explained.

Here we have a direct issue, and now let us meet it squarely without any dodging. The editor of the *Times* asserts that all of these things have been explained. We re-assert that none of them have been explained, and challenge our adversary to the point. Let him explain the action of any one medicine or poison, or the essential nature of any one disease, or the manner in which any external object whatever makes its impression on the mind, on the theory that these things act on the living organism, and we will not only acknowledge ourselves a fool, knave, quack, and humbug (as he has politely insinuated), but cease writing nonsense, or any other kind of sense, "hereafter, forever, and for all future time to come." Will you "try it on," Mr. *Times*?

Answers to Correspondents.

BRIGHT'S DISEASE.—E. C. T.: "Dr. Trall—Will you please name my disease, and indicate the special treatment in the HEALTH REFORMER. I am a married woman; thirty-four years of age; never had any children. My chief symptoms are, a dull, heavy pain in the region of the right kidney and along the whole length of the ureter, greatly increased on lying down; urination occurs from ten to twenty times every twenty-four hours—oftener when lying down than when sitting up; the quantity is variable; sometimes clear, and at other times depositing sediment, and apparently albuminous. When I limit myself to a dry diet, urination is just as frequent, but less copious. In other respects I seem to be healthy. I was formerly troubled in the same way, but am now worse than ever. I attributed the cause formerly to medicines I had taken for liver complaint."

You have albuminuria, or Bright's disease of the kidney, and it is doubtless complicated with more or less uterine displacement. This is why your "hygienic living" does not cure. The displacement requires special treatment, such as can be had only at a health institution. Hip baths and the wet girdle, with a frequency and temperature adapted to the de-

gree of heat and pain attending the local disease, are the special appliances for that part of the case.

DYSPEPTIC COMPLICATIONS.—N. A. S. wants to know the reason that he has bad taste in the mouth, notwithstanding he *tries* to live hygienically; the cause of a roaring or humming sound in the ears; why he feels distress in the stomach and bowels for one or two hours after each evacuation, and the remedy for each condition, &c.

It may be that he does not *succeed* in living hygienically. The bad taste is owing to impure blood; the roaring in the ears, to obstruction in the Eustachian tube; and the distress in the alimentary canal, to constipation or hemorrhoids. But the primary cause or causes of all these troubles is further back, and are to be looked for in his previous habits of life, the diseases he has had, and the medicines he has taken, of which he says nothing. These things we must know before we can prescribe intelligently. But true hygienic living is always in order. There is no special remedy for each of his ailments; but all are remediable by appropriate general treatment.

HYDROPHOBIA.—A. N.: There are no specifics for this disease, nor for any disease caused by venoms or viruses, newspapers, quacks, and medical journals, to the contrary notwithstanding. Every case of hydrophobia that we have seen reported in newspapers and medical journals during the twenty-five years in which our attention has been called to the subject, has terminated fatally. We have faith that hygienic treatment would save some of this class of unfortunates, but it has never yet had a fair trial.

MANGE.—R. O. S.: Carbolic acid is probably the most convenient "antidote" or poison for destroying the lives of the pestilent parasites that infest animals. It may be used in solution, or, better still, in the form of soap.

"GEMS."—C. R. E.: Much of the bread made in "gem pans" is heavy, soggy, *pudding*, miserable stuff. Whatever form wheat-meal bread is made in, it should be of uniform consistency and dryness, as well as light and brittle, thus insuring proper mastication.

CHRONIC HEADACHE.—P. B. P.: You have worn the wet head-cap too long, which is probably the reason that your periodical difficulty has become chronic. Foment the abdomen twice a week, take a hot-and-cold

foot bath at bedtime, and discontinue the use of sugar and milk.

CHRONIC GOUT.—B. B.: Wet cloths to the affected joints will relieve the pain and swelling; but, to effect a permanent cure, the gouty diathesis must be obviated; this would require months of treatment. You should take a tepid ablution daily, a pack twice a week, and adopt a strict vegetable diet, *sans* milk and sugar.

GOITRE.—T. C. H.: The first essential is a dietary which excludes flesh, fine-flour, grease, milk, sugar, and salt. Next in importance are pure air and all the outdoor exercise that can be taken without fatigue, and, lastly, such bathing appliances as the general strength and temperature of the system indicate. A pack once or twice a week, a tepid ablution daily, with derivative hip and foot baths, are generally proper. The local *douche* or drop-bath, followed by active friction, is often serviceable.

QUINSY.—T. C. H.: This is inflammation of the tonsils. Apply cold wet cloths around the neck, and employ ablutions or packs according to the degree of external heat and fever.

NASAL POLYPI.—W. G.: These tumors are of various degrees of firmness, requiring different applications. Some are quite soft, and may be destroyed by means of mild caustics. Others are more hard, dense, and fibrous, requiring the forceps or ligation. The best plan is to *grub* them off gradually with the ordinary pocket-case forceps, and then cauterize the roots, to prevent them from growing again.

CORRELATION OF FORCES.—G. A. S.: The modern doctrine of the correlation or conservation of force, proves nothing *pro* nor *con* in relation to the actions between living and dead matter. Either doctrine may be true or false independently of the other. We believe in the "correlation" theory, so far as it applies to material forces; and if it should prove true in relation to mental forces, and as between material and mental, the fact would in no wise affect any theory or principle in mental philosophy or physiology.

DELICATE health is a blessing to some people; it excuses them always from doing anything for anybody.—*Edgeworth*.

WINE drinking and cigar smoking are bad habits. They impair the mind and pocket, and lead to a waste of time.

The Health Reformer.

Battle Creek, Mich., June, 1870.

Mineral Springs.

THE State of Michigan abounds in mineral wells and springs. In other words, most of the wells and springs yield hard water, which is generally true of all regions which are rich in minerals, especially lime, sulphur, &c. But when the water is unusually hard, or gives off odors which would, if coming from any other source, be regarded as offensive, it is dignified by the title of "mineral springs."

Within the past few months, not less than a score of mineral springs and wells have been discovered in various portions of Michigan, many of which are said to possess wonderful curative properties. And now, we have two in Battle Creek, one of them within a stone's throw of our office. Before the advent of the health reform, the office from which the REFORMER is issued was supplied with hard water from an adjacent well, which was finally pronounced unfit for use, and was closed over, because the water gave off an odor, and had a taste, somewhat resembling rotten eggs. It is now decided that the newly-discovered mineral spring yields water identical in taste and odor with that of our old well! Should this statement be discredited, we would respectfully refer the reader to the *habitués* of Saratoga and other "mineral spring" resorts, as to their first impressions on attempting to swallow the mineral water at those places.

But the question may be asked, Why are people apparently benefited by resorting to the use of such waters? Without doubt, some are only apparently benefited, while others are really the better for using the water, and the explanation is this: Many who commence to drink mineral water leave off taking drugs in consequence, which is certainly a very desirable change, as the small amount of sulphur, iron, &c., in the water must be less injurious than the allopathic doses of the doctor, in proportion as the quantity is smaller. Again, the free use of the water will tend to diminish the use of tea, coffee, chocolate, &c., which is another desirable change. But, more than all this, the invalid who has been brooding over his troubles and nursing his ailments in the unventilated sick room, is induced to take his daily walk to the spring (for all who can, wish to drink directly from the fountain);

and the exercise alone which he thus obtains is frequently all he needs to improve his health and better his condition.

From early in the morning until late at night, a constant stream of travel passes our office, and barrels of water are drunk, and carried away in jugs, bottles and pails. We certainly prefer to see this than to have the same individuals march up to the bar of the liquor saloon, as some of them, doubtless, are in the habit of doing; and if the discovery of hard water springs will tend to diminish the number of patrons of the lager beer and whisky shops, we have no objection to their being praised and patronized.

We regard the discovery of our soft water well, however, as of much greater value than all the mineral springs on the continent. When it was decided to locate the Health Institute in Battle Creek, the question as to where and how a supply of soft water was to be obtained, was quite a serious one, until it was found that a vein of water, underlying a small section of the city, was soft, and apparently inexhaustible. Upon analysis, the water was found to be almost absolutely pure, and accordingly a well was sunk, a windmill erected, and the Health Institute and our office of publication are now supplied with an abundance of pure soft water, which insures to physicians, patients, publishers, and printers, perfect immunity from those diseases which owe their origin to the use of hard water.

W. C. G.

Gin and Milk.

THE scandal-mongers have been feasting upon a choice tit-bit, in the shape of a "moral obliquity" on the part of Rev. Chas. B. Smyth, pastor of the Eleventh-street Presbyterian Church, of New York. It seems that on a recent Sunday, two newspaper reporters listened to a sermon from Mr. S., and at its close, sought to "interview" the reverend gentleman, when he invited them to a neighboring restaurant, and regaled them with a lunch, and a gin-and-milk sling, or punch, or whatever may be the name of that compound, partaking of the same himself.

For this offense he was arraigned before the Presbytery, and acknowledged the facts, but pleaded "nervous exhaustion" as an excuse for his action. The secular and religious press have had their say on the subject, and have commented with more or less severity upon the act. It is not, therefore, as an item of news that we chronicle it, but to notice it in the light of popular opinion in regard

to the alcoholic medication question. If the doctors are right, and if alcohol is a "supporter of vitality," and an excellent thing to impart nervous energy, why should not Mr. Smyth take a little toddy after the exhausting labor of reading a thirty-minute sermon, before being subjected to the trying ordeal of an interview with reporters?

The whole weight of his defense hangs on the point of the recuperating and invigorating properties of gin and milk; and this evidently had much influence with his judges, as he was let off with a simple reprimand, which the *Detroit Post* considers very appropriate—a milk-and-water penalty for a gin-and-milk offense!

Seriously, we regard the offense as a grave one, and entitling the gentleman to a dismissal from his pastorate; for we do not believe that God ever called a man to preach his word, and minister in sacred things, who is compelled to make up for a lack of the divine Spirit, with its sustaining influences, by indulging in ardent spirits. Yet, with all its enormity, it is scarcely worse than the debauchery and dissipation perpetrated in the name and under the sanction of religion, at "church fairs," "festivals," and "soirees," where compounds, hardly less injurious and death-producing than gin and milk, are made a matter of profit to the church, and are partaken of at unseasonable hours of the day and night.

As long as appetite reigns, so long will the sins to which it leads be committed, and will be winked at by those whose profession demands of them better things. And while this state of things exists, we can hardly attach too much importance to the health reform, which aims to correct these evils by correcting public opinion on the questions of diet, alcoholic medication, &c.; and until this work is wrought, no permanent reform in public morals need be sought or hoped for.

W. C. G.

McCall vs. Trall.

OUR readers will remember the rebuke administered by Dr. Trall, in his department, last month, to the course pursued by the publishers of the *Galesburg Water Cure Journal*, in admitting a slanderous article from an anonymous writer, in which Dr. Trall's establishment at Florence was condemned, and the Galesburg Cure extolled. We have received from Dr. McCall the following response, which we are requested to publish. We very much deprecate controversy when it assumes a personal character, but, lest we

should even seem to do injustice to Dr. McC., we give place to his communication.

PUBLISHERS OF THE REFORMER: In the May number of your journal, in Dr. Trall's Department, I notice a personal tirade upon my antecedents, which I beg leave to have the privilege of replying to. The article the doctor refers to was written by a regular correspondent, who is responsible for what he says. For that reason his article was not closely criticised. I wrote to the doctor that fact, and that I was sorry that part of the article was not left out; that I had no personal difficulty with him; that the article could do me no good, nor him any harm; which fact the doctor admits; that, personally, he had "no thought or feeling in the matter. The slang could not possibly harm him." It is a new idea that the words or thoughts of a correspondent should be charged upon the editor.

I am charged with being poor and ignorant, which certainly was no fault of mine, but a misfortune. I have been a student of hygiene twenty years, practiced water-cure sixteen years, and been an M. D., and had charge of a Water Cure for twelve years. I trust that I have added to my ability by experience.

What my previous character had to do with Quid Nunc's article, I am unable to see, as he still threatens a suit for what he says was "its own antidote." I have ever respected Dr. Trall's talents. He has done a great work for humanity, and my sympathies are with reformers. I would not denounce my "alma mater," nor charge him with granting an M. D. through compassion, or for money. I think that our mission is a high one; one that has to meet prejudice, superstition and ignorance, and the opposition of "forty thousand drug doctors and their followers." A mighty work lies before us.

If I have drawn from his Encyclopedia, or from any other author of the ages past, it was a right we all should have, that we may improve on the past. We are gathering such experience that our cause is rapidly becoming popular.

HENRY MCCALL, M. D.

NOTE.

Without wishing to become in any sense a party to this controversy, we will say a few words in response to the above. It seems that our friend McCall, with his twenty years' experience, and his present position as editor, has failed to learn one thing which he certainly ought to know; and that is, that editors are responsible for the sentiments of correspondents, unless they distinctly avow to the contrary. And, further, that under any circumstances, they are accountable to the law for the slanders and libels of anonymous contributors, or those whose real names are withheld from the public, as was the case in this instance.

In a private note, Dr. McCall intimates that we have also laid ourselves liable to prosecution by publishing Dr. Trall's article. On this point, we hope he will suffer himself to be corrected. Were it true that Dr. T.'s

article was libelous, the cases would be by no means parallel. Dr Trall has a special department in the REFORMER, conducted solely by himself, and for which he is as personally responsible as though proprietor of the journal. With certain restrictions, mutually agreed upon, we publish all that Dr. T. furnishes for his department. In the other case, an anonymous article, addressed to the publishers, was printed without note, comment, or disavowal of responsibility; which renders the publishers just as responsible as though it had appeared in their own name.

With the merits of the question under controversy we do not care to deal. Suffice it to say, that when Quid Nunc's article appeared we were much surprised that Dr. McCall should suffer himself, in a moment of weakness, to yield to the temptation to publish that which we knew could not fail to work against him and his Institution. And we trust that for the sake of the cause, for the credit of the profession, and for the honor of Dr. McCall, he may be led to make an honest, frank retraction of the slander of which he was unwittingly an abettor.

As Dr. Trall truly remarks, health reformers have too much opposition from without to afford to engender strife within. And those who fail to at least respect the founder of the Hygeio-Therapeutic System, are unworthy to bear its name, to wear its honors, or to practice under its diploma.

W. C. G.

The Death of Public Men.

THE past few years have witnessed the death of several great men; men of eminence in the intellectual world; men whom the public could not well afford to spare. Some of these have fallen when they should have been right in their prime, and when their matured judgments and experienced heads would have been of great service to the nation.

This has done much to confirm in the minds of many the idea that a public life, or literary life, is necessarily a short life. But we think it safe to say that late hours, bad living, and carelessness, contribute more to the death of public men than all the labor which they perform. The following, from the Washington lady correspondent of the *Independent*, on the death of Senator Fessenden, is to the point:

W. C. G.

Here the pious thing to say would be that he is "better off"—so much better off among the seraphim than in the Senate. I'm not going to say it. I prefer an honest hobby to dishonest cant; and it is very dishonest cant to be con-

stantly attributing to the "Lord's will" that for which we are ourselves to blame. When the minister said, "It is the Lord's will, and marvelous in our eyes," I used to cry. Now the same words in the most pathetic quaver only move me to send him *Hall's Journal of Health*, or some other journal on hygiene and dietetics equally sensible. It need no longer be "marvelous in our eyes" why so many are cut off in the midst of their days. Hygienic law cannot banish death; but it can prolong existence. This law of the Lord of life and health defied and broken every day costs the nation many of its most illustrious children. We have more occasion to be concerned for the bodies of our public men than for their brains. If they took a little more intelligent care of the former, there would be less trouble with the latter; and how many splendid lives would be spared to the public service and to the hearts that love them.

Curative Power.

[THE following, which we find in the department of Sheep Husbandry in one of our agricultural exchanges, expresses much truth on the point of *curing*. The writer is treating of foot rot in sheep, and as he is an educated M. D., we trust he always recognizes the same principles in treating human kind.]

A score of remedies are proposed, the advocates of each promising sure and speedy relief. But much delusion prevails in relation to this disease, as well as all others, brute and human. Men talk of *curing* this, as they talk of curing a sprained ankle or an ulcer. It is a popular notion that there is some curative property or power in salves, ointments and liniments, and the thousand vile decoctions with which the human body is besmeared.

You have an ulcer, in common language, a *sore*; and a man—he may be called a doctor—tells you that he can *cure* that with salve. This is all a delusion. No less a man than the great Lord Bacon once firmly believed that the quickest and surest way to cure a wound was to anoint the sword that made it. We now laugh at such nonsense, and dress the wound with only cold water.

The simple truth is that all injured tissues of the animal organization, whether cut, or bruised, or eaten away by ulceration, are repaired and made whole *from within*, and not from or by anything from without. Nothing goes into a sore by which it is made sound. It is only from the same source that our wasted strength and energies are renewed, that wasted tissues can be made whole. You can no more cure a sore by putting salve upon it, than you can satisfy a

hungry man by rubbing him on his back with a piece of beef steak.

External applications serve as a protection against the air for tender and ulcerated surfaces, and so contribute to the comfort of the patient; beyond this they do little or nothing.

Children's Arms and Legs.

NUDE arms are the means of the premature deaths of many of the little innocents. We often see these little mites, the darlings of their parents, with thick, substantial clothing about the body, mufflers around the throat, and caps on their heads, with their arms bare to the elbows, and their legs in a similar condition nearly up to their knees. These extremities of a child, in which, the blood is never of so high a temperature as it is in the adult, and in which it is of the greatest importance that it should be kept in a circulating medium, ought to be warmly clad. Every parent, and especially every mother, should see that the clothing of a child comes down to the wrists upon the arms, and to the feet upon the legs. It may be fashionable, it may be gratifying to the mother's vanity and to the father's pride, to see the clear skin of their children; but it is often death to the children. Every practicing physician could tell a tale upon this subject, that should make the ears of all such indiscreet parents to tingle. A distinguished English physician, who had practiced forty years, stated that he believed he had known several thousands of children brought to an untimely grave by going with their arms and legs naked; and a distinguished physician who died some years since in Paris, declared, "I believe that during the twenty-six years I have practiced my profession in this city, twenty thousand children have been carried to the cemeteries, a sacrifice to the absurd custom of exposing the arms naked." As lovers of children, we warn parents against adopting such a deleterious custom.

Many have wondered why so many children die. We wonder that any live. Soon after birth they are crammed with food, dosed with medicine, and steamed with bed-clothes and stoves; then they are sent out in cold weather, clothed warmly upon all parts of the body, except where the clothing is the most needed. Their legs, arms, and necks are bare, and *thus* are they exposed to a temperature that makes a strong man shudder, though gloved, overcoated, stockinged and booted. But we want to harden the children; yes, and soon you find they are gone.

Put the bulb of a thermometer in a baby's mouth, and the mercury will rise to 90°. Now carry the same to its little hand; if the arms be bare, and the evening cool, the mercury will sink to 40°. Of course all the blood which flows through those arms must fall to within 30° to 40° below the temperature of the heart. Need we say, when these currents of blood flow back into the chest, the child's vitality must be more or less compromised? And need we add that we ought not to be surprised at its frequent recurring affections of the tongue, throat, or stomach? Many children, with habitual cough and hoarseness, or choking with mucus, have been entirely or permanently relieved, by simply keeping their arms and hands warm. Every observing and progressing physician has daily opportunity to witness the same cure. —*Good Health.*

Walking Erect.

WALKING erect not only adds to manliness of appearance, but develops the chest, and promotes the general health in a high degree, because the lungs, being relieved of the pressure made by holding the head downward and bending the chest in, admit the air freely and fully down to their very bottom.

If an effort of the mind is made to throw the shoulders back, a feeling of tiredness and awkwardness is soon experienced, or is forgotten. The use of braces to hold up the body is necessarily pernicious, for there can be no brace which does not press upon some part of the person more than is natural, hence cannot fail to impede injuriously the circulation of that part. But were there none of these objections, the brace would adapt itself to the bodily position like a hat or a shoe, or new garment, and would cease to be a brace.

To seek to maintain an erect position, or to recover it when lost, in a manner which is at once natural, easy and efficient, it is only necessary to walk habitually with the eyes fixed on an object ahead, a little higher than your own head, as the eave of a house, the top of a man's hat, or simply keep your chin a little above a horizontal line, or, it will answer to walk with your hands behind you; if either of these things is done, the necessary, easy and legitimate effect is to relieve the chest from pressure, the air gets in more easily, develops it more fully, causing a more perfect purification of the blood, imparting higher health, more color to the cheek, and compelling a throwing out of the toes. To derive the highest benefit from walking, hold up the head, keep the mouth closed, and move briskly.

Logic and Discrimination.

THE animal kingdom is made up of rational and irrational creatures; the one being imperfect, and therefore capable of progress, the other nearly perfect, and therefore doomed to remain *in statu quo*. Instinct, being in its nature an unerring guide, demands no improvement; hence the calf, colt, lamb &c., find their mother's milk about as well the first effort, as on subsequent trials. So does the young bird construct its first nest as skillfully as in after years with more experience.

In contrast to this, reason is the guide, and the only guide, of matured human beings. Assuming that the reader has a fair conception as to what reason is, I now aim to illustrate but one of its chief elements; viz., patient, accurate discrimination.

Simple facts, not confused, but distinct, lie at the basis of all good reasoning. Hence, when the mind ignorantly or carelessly allows its conception of facts to run together like a mass of fused metals, there can be no reliable logic. True inferences are invariably drawn from true and distinct premises. If we would have the one accurate, so must be the other. If the effect is to be right, so must be the cause, since the stream is always like the fountain. Nothing in the process of reasoning can be of more importance than to distinguish between causes and mere coincidences. Because two events happen to concur, it is worse than folly to imagine them into cause and effect. Let us look at a few examples.

A tribe of untutored Indians become alarmed at the shade creeping over the sun, and by the advice of their superstitious magicians, betake themselves to the clatter of pans, dinner horns, and the like. Soon the sun emerges from its eclipse, and they rejoice over the assumed results of their noise. Confounding coincidence with cause, substituting silly credulity for cautious faith, ignoring the patient examination and classification of facts, they fall into the most degrading follies and errors.

Years ago, in Kentucky, I have seen a class of men with forked stick in hand pretending to point out veins of water under ground. Their employers would dig from 20 to 40 feet, and, generally, water would be found. The conclusion was almost universal that the turning of the stick indicated the water; and that when a failure occurred, as sometimes it did, the fault was in the operator rather than in the stick. So would witches, fortune tellers, &c., go through a few silly

maneuvers, make a few vague guesses as to the subjects of future history, and when a single case chanced to be fulfilled, the inference was in favor of the fortune teller. So of dreams and signs, coinciding as they often must with the innumerable events of our world. Some one, at some time, probably commenced an important enterprise on Friday, and failed. Then as our Saviour was said to be crucified on that day, the conclusion was strengthened that it was an unlucky day. In the same superstitious line, some man, by reason of poor seed, poor soil, or poor season, realized but a poor yield of potatoes, and on reflection, learned that he had planted them in the full of the moon; which has since brought thousands to believe that, planted at such a time, potatoes will not yield.

But a few days since, the wife of a medical doctor asserted most positively that soap could not be made in the light of the moon, for it would all boil over. Could she have enticed her husband into the same belief as to the drugs given his patients, I had said the less against it, since their respite through the moonshine had been a happy offset, not to say antidote, against their doctor's superstition.

Now in view of these and scores of other like examples, it is not needful to advise any one, that the folly of such credulity comes from confounding mere coincidence with cause; and that there can be no accurate reasoning short of accurate discrimination. When a plurality of causes may enter into the effect, there is still a more imperious demand for patient discriminating experiments, to learn the *true* cause. Every hour of the world's history is charged with concurring events, and yet how silly to suppose that each becomes the parent of its successor.

Now let us look at a class of facts, in the light of this indisputable logic, in which all are directly and deeply interested:

A man falls sick, is bled, dosed with calomel, and tediously recovers. By the sanction of his physician, the conclusion is wide-spread that the bleeding and the calomel restored him. And yet, as logicians call it, the inference is a *non sequitur*. Might not the man have recovered just as well, and indeed far better, without either of these barbarous remedies? Have not hundreds, and—as the world grows wiser in this direction—*thousands* thus recovered? Is it not conceded, yea, taught, by even calomel doctors, that the restoring process is owing to the *vis medicatrix nature*—the life medicine of nature?

Dr. Franklin has it in his almanac, "God

cures, and the physician takes the fees." A poet has likewise written as much truth as poetry, in saying:

"Nature rights the injuries done her,
Drugs and doctors get the honor."

The inference we are combating is the more illogical, since bleeding and drugs invariably make a well man sick, and *where is the reason for believing that they can make a sick man well?* But, you say, the sick man has got well under these administrations. So did the eclipse pass off under the noise of the barbarians, the soap boil over in the light of the moon, and the potatoes fail to yield in the dark of the same orb; but were these events linked as cause and effect, or no more than concurrent? In the sick man's recovery, there is less ground for the conclusion, than in those referred to, since Nature always puts forth the wisest and most efficient efforts to recover; and, as I have proved by the teachings of allopathists, she originates and carries out the power and process of restoration. Again, if when a patient recovers after being dosed, the drug is to receive the credit, how is it when he dies? Is not time about fair play? and is it not a poor rule that won't work both ways? Shall we be so blind as to see only on one side? Surely, if poisonous drugs are to be credited with all the restorations which happen to concur with their administration, they should be charged with all the mortality which is in like manner found associated with their influence. And, indeed, this charge must be made on tenfold more reason and certainty than the credit. Bear constantly in mind, that nature always works wisely to effect a cure—to save life, never to destroy it. Hence, when a sick man recovers, we always have a good sure cause in Nature for it. Why lug in the drug, when we know what Nature has been doing? When, however, the sufferer dies, before age wears him out, we cannot charge the unnatural result on Nature. She never works in that direction; she never breaks, but always mends the bone; never cuts, but always heals the wound. Poisonous drugs, we know, do sicken, and, by the concession of all, often kill. Must they not, then, by all that is just and true, be charged with the death of those who die under them? Should a man drink a pint of whisky, fall drunk, and die, few could doubt that the poisonous alcohol caused his death. If, then, a man should take twenty or thirty grains of calomel, oil (castor or croton), opium, morphine, or any other one or more of the innumerable poisons administered by the profession, and outside the

profession, and die—why not believe that the poisons had at least something to do in his destruction?

As was published in the papers some years ago, an aged physician was traveling in Europe, and falling sick, sent for a doctor for counsel. As the stranger came to the sick man's bedside, he began to talk learnedly and boastingly, when the aged man finally put the query directly before him, whether by his prescriptions he had ever killed any one. No; was the astonished doctor's reply; at which the venerable sufferer declined his services, and dismissed him to make room for another adviser. When he came, the same query was propounded, and the man candidly owned that, as drugs were always doing harm, if not good, his administration, he made no doubt, had often worked the wrong way, and killed his patients. The old doctor was quite willing to consult with one of such frankness and common sense.

Now all we plead in this matter of such vital concern is, as Paul cried to the affrighted jailor, "Do thyself no harm." Nature, if not abused, will always do her work, and do it well. She needs no drugs, nor ever asks for them; but, on the contrary, always protests against them.

In Iowa, I knew a poor girl who was dosed for three weeks, and, as she came near her end, put forth all her strength to keep out the poison forced on her by the strong hand of violence. One man held her, and the other dosed or drenched her, as dumb brutes too often are served, until nature was overcome, and she died.

Will you, reader, either directly or indirectly consent to do likewise? Is it not time that this miserable sophistry, and this worse than miserable practice, shall come to an end? All the facts, all the logic, and all the experience of careful, discriminating persons, are against it. Be no longer deceived into the idea of fighting disease, since to do so is no more nor less than to combat the kind effort Nature is making for relief; nor into the absurd idea that drugs act on the system, while the fact is just the reverse; the system invariably acts on the drug to expel it. When unable any longer to do so, the body sinks under a double load, and gives up the ghost.

W. PERKINS.

"My dear madam," said a doctor to his patient, "I am truly gratified to see you yet in life. At my last visit yesterday, you know that I told you that you had but sixteen hours to live." "Yes, doctor, you did, but I did not take the dose you left me."

Dietetic Reform.

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

(Continued.)

WE were speaking of the potato, and its diseased condition. Now, is it not possible to find out some of the principal causes of this disease, and by removing them, save the potato from total destruction? We have already lost, beyond recovery, some of our choicest varieties; and the "peach blow," one of the best that is left, is "going." This is deplorable. Cannot some experienced farmer give us more light on potato culture? For the present, and in the absence of any thing better, the following hints, picked up mainly from observation, are offered:—

Take, out of a given variety, the soundest potatoes you can find; neither the largest nor the smallest, but the middle-sized, should be chosen. Select from these, for planting, only those which are smoothest, and most perfect, in every particular. It is advised by some to plant *whole*, or with only a small chip taken off, from the end where the "eyes" are so numerous. Plant in new ground, if you have it; if not, then in a warm, sandy loam, rather than in a cold, wet, clayey, heavy one. If fertilizing is needed, use *vegetable* mold, thoroughly decomposed. Our potato crops have been shamefully damaged in quality, by inattention to this particular. Most farmers look to *quantity* only; and so they force their crops with hot, half-decomposed, animal manures. The result is, a large, unshapely, coarse-grained tuber, of inferior flavor, as well as texture. Avoid planting too thickly; this not only over-taxes the strength of the soil, but it excludes the *sunlight* from the hill, and the "tops" become covered with mold, and are eaten with insects. Plant either in distinct hills (one potato in a hill is enough), or drill sparsely (this perhaps is the better method), and "ridge" at the proper time. Potatoes grown half way out of the ground, and sunburnt till they are green, are a *nuisance*. When the crop matures, dig before the wet weather spoils it (sweet potatoes the same), and with as little exposure to sunlight as possible. In gathering them up, throw out all the very small ones, and the faulty ones, and put into a *dry, dark* place, not too warm, and where they will not freeze in winter. Every third or fourth year, renew the propagating principle by planting the *seed*, in the potato *apple*; otherwise the vitality of the tuber will "run out." Just as, in propagating fruit trees, by grafting, or bud-

ding, the power of reproduction will in time be lost.

Briefly, then, the most common errors in potato raising, in the opinion of many, are the following: Planting inferior potatoes; dividing the tuber for planting; fertilizing with animal manures, or with material (animal or vegetable) that is only half decomposed; planting too thickly; exposing the crop to wet weather, after it is matured—or digging in wet weather, and putting the potatoes away *wet*, to rot; neglecting to ridge at the proper time, or at all; lastly, (and most disastrous of all,) neglecting to *renew the vitality* of the tuber, which can only be done by *planting the seed* in the potato apple.

Whatever can be done, *ought* to be done, certainly, to improve the quality not only of the potato, that excellent staple, but of fruits and vegetables generally. In this mercenary age, most producers seem to care very little what goes into the market, provided only that they make money. Everywhere there is adulteration, admixture, fraud. And the hygienist, who objects to dining upon decayed fruits, diseased vegetables, and kindred abominations, often has rather a hard time of it; not so hard, to be sure, as those who take whatever comes, from tainted meats, swill milk, and poison condiments, to alcohol, opium, and tobacco.

When we take into account the imperfection of the fruits and vegetables in our markets, their scarcity at some seasons of the year, and the consequent high prices, it is hardly to be wondered at that some hygienists fall far short of their own ideal, in their efforts at dietetic reform. Nor is it impossible to conceive of circumstances, which might, for a time, compel a wide departure from the strictly hygienic faith. Ordinarily, however, any gross deviation is unnecessary, and therefore inexcusable.

But there is *another kind* of abandonment of hygienic principles, in this matter of diet, which is worse than the preceding. It is more damaging to our reform, because committed in the name of hygiene. It consists in *bad selections*, and often bad preparations, out of the already imperfect stock of eatables in our markets. Suppose you were about to be treated to a hygienic meal, so called; and should find, on sitting down at the table, that for summer vegetables, you had before you, the tough, stale articles heretofore described; for early fruits, over-ripe apples, pears, or berries sour with fermentation; melons, no better; for breadstuff, musty oat meal cake, or bitter corn bread; or (for graham) the delectable "mixture" spoken of in a pre-

vious article. If it be winter, say the breakfast consists of some sort of *thin* mush, (as if the guests were half-grown babies, with imperfect teeth,) slices of unleavened graham loaf, half-baked, and therefore tough and clammy as "old cheese;" this with raw third-rate apples, for *fruit*; apples that have grown in the shade, (*cheap*, of course,) the skins covered with spots of mold, the flesh green, and bitter, like the bark of the tree on which they grew. For dinner, suppose there be apples and bread, of the same quality as before; third-rate potatoes, boiled with green skins *on*, and brown spots *in*; with these, let there be turnips or parsnips, which are having "second growth," (*sprouting*, as they do in late winter, or spring,) and every mouthful, therefore, a certain guarantee that you shall have several hours of horrid wakefulness the following night.

What sort of hygiene would you call this; and what would new converts think of it?

Suppose, moreover, that the above bill of fare" should be *continued* for some weeks; would it be strange if the eater should suddenly find himself possessed of a most voracious and utterly ungovernable appetite; the result of indigestion, and innutrition; or that this should be followed, finally, with total *loss* of appetite, rapid emaciation, and perhaps death? Very few, let us hope, would thus outrage even appetite; much less common sense, and common humanity. And yet avarice, extreme penuriousness, combined with lack of judgment, may lead to a practice not unlike the preceding.

There is no table in the world that can be made to look so beautiful, or which will afford (to normal appetites) foods so delicious, as the hygienic table. But how easy it is to transform things the most lovely into the most hideous and loathsome.

Some physicians advise (and *wisely*, where the food is adapted strictly to the patient's condition) to eat what is set before one, and think as little about it as possible, either at the time, or afterward. But where the instincts are outraged, at every mouthful eaten, they will, of themselves, *report* the "situation," sooner or later, and compel the patient to "think," whether he will or no. In all such cases, it were better, perhaps, to observe the following rule: "Make the best selection you *can*, under the circumstances; eat in moderation, and then—*look out for squalls*."

The matter of *quantity* is one in respect to which great mistakes are made. Perhaps there is not an adult living, whose appetite has not been more or less perverted by ab-

normal things. Hence the difficulty experienced for a time, on leaving off the accustomed stimulus. In every such case, a little *self-denial* is the one thing needed. I have heard of professed hygienists, and of outrageously-inactive habits, who would think nothing of eating, at a simple meal, half a dozen good-sized brown rolls, a pound of raisins, (perhaps half as many nuts,) with apples, potatoes, &c., in similar proportion. Whether the rheumatic, neuralgic, dyspeptic, pulmonary, catarrhal, pharyngeal, "ails," which were said to follow, were the result of the "hygiene," or were (as the sufferer doubtless believed) the effect of "constitutional tendencies," it is needless to inquire.

Dietetic reform, as we must all know, lies at the bottom of health reform. It is this that must sweep away the false basis upon which society stands, and which long-established custom has endeared to its members. This done, we can, with better foundations, build a lasting structure. How needful, then, that every man and woman in our ranks should practice, as nearly as possible, not merely the letter of the reform, but the spirit of it. In this way only, can lasting converts be made, and the cause be rapidly advanced.

St. Louis, Mo.

The Effect of Music.

WE communicate with external things by means of our senses; and, of all the pleasures derived from them, those of music are the most refining and elevating. They appeal alike to the mind and the sentiments; at times soothing the troubled spirit, and yet often rousing into action the military ardor of the soldier. It is, indeed, surprising to observe the extensive influence which musical sounds exert, whether they are produced by instruments, or by the voice of man or birds. The ancients were so impressed with this, that, amongst all their leading allegories and mythological fables, many relating to the power of music are included.

There is almost an omnipotent power in music. By its subduing harmony it will force adoration from the soul, and the heart is compelled to yield its treasures of love. It holds every emotion subject to its imperative will; from the most reverent devotion, to the wildest gushes of frolicsome joy. It is one of the fairest and most glorious gifts of God, to which Satan is a bitter enemy; for it removes from the heart the weight and sorrow, and the fascination of evil thoughts. It is also a kind of gentle discipline, as it

both refines the passions, and improves the understanding.

The physician should not fail to avail himself of the power of music to assist him in preserving health, and correcting distorted mental conditions. Music is medicine to the mind diseased, and many have availed themselves of it to produce some of the most delicate and beneficial effects upon morbid mental conditions, with the most gratifying success. The piano having become so generally a part of modern household economy in this country, it becomes a proper and interesting subject for consideration by the observant, thoughtful, and intelligent physician. The influence it exerts is great, from the fact that it is the medium of introducing harmony and melody into thousands of homes; bringing soothing and peace to the wearied and suffering in body and mind, while adding an atmosphere of harmony more potent to calm discordant mental and moral elements than can be found in any other single cause. Music may then be made the medium of consolation and rest to thousands of tortured sufferers from shattered nerves. Sound affects the nervous organization to such a degree, that when we study and practice the higher examples of harmony, it seems to carry us heavenward in a whirlwind of bewildering joy. It is a thing to be felt, not described.

Music also acts as a most effective auxiliary in enhancing human beauty. It carries the radiance of your soul in your face. It will act upon the best elements of our nature, as well as elevate and harmonize the character and features. Look at the expression of a face which is wrought upon by an impressive piece of music! The change is wonderful. This is only temporary; but by repetition it will tend to become permanent. Music excites the æsthetic feelings of the soul, and brings us into a higher region of thought in the easiest manner possible. Again, music will make you cheerful; and cheerfulness makes the mind clear, gives tone to thought, and adds grace and beauty to the countenance.

It has been stated lately that music is to be introduced as a curative treatment for insanity, hypochondriasis, and other chronic diseases of the mind, in some of the great asylums of Paris. There is no doubt, if well and skillfully applied, it will cure, or at least moderate or check, insanity and kindred diseases. A few months since it was stated by Dr. Peters, in the New York Medical Record, that a young lady of 17 years, who was suffering from a violent case of cholera, was

effectually cured by the violin. Cholera belongs to a class of disorders often propagated through the agency of the imitative faculty. With a cure in prospect so pleasant as this, we should not be astonished to see the disease extending!

Recently the effects of music were made manifest in a Methodist Church in Troy, N. Y., where a panic, caused by an alarm of fire, was quieted by this ingenious expedient. The fire was caused by a defective flue, and a rush was made for the doors; women and children were screaming and fainting, the men were pushing and struggling to escape, when some unexcitable person, with great presence of mind struck up a familiar hymn; others joined in the air, and during the singing, partial quiet was restored. During the brief interval, the fire was extinguished. This has not much to do with the subject under consideration, but only shows what a little thing can do, if rightly applied. Had not the person had the presence of mind to direct the attention of the assemblage from the fire, serious results would undoubtedly have followed.

We Americans pay too little attention to the cultivation of this Heaven-ordained science, which should form an important part of our self-culture. We are too materialistic as a people; driving at railway speed toward worldly ends, and giving too little heed to the beautiful, either in or out of nature. Business, to be sure, is a great accomplishment in a nation; lending wings to its energies, and developing its strength and grandeur; but business is far from constituting the only or main good of man or nation. There are myriads of wayside flowers which men would be better for wearing in their button-holes; and there are numberless sweet songs of birds that might well be permitted to distract our attention from jarring machinery and the bustle of market-places. Business is good in its place, but there are places outside of it. As human beings, as good citizens, as spiritual natures, we should rise occasionally from habitual contemplation of the earth to the recognition of higher beauty. The eye should not only be educated to see, the ear to hear, the hand to feel, but we must accustom the soul to enjoy, through its senses, to the highest degree of impression. Our taste and perception of higher enjoyment should be more generally practiced.

Music, besides giving enjoyment to the agreeable relation of sounds, and the elaboration of harmony, also has the power to awaken the moral feelings. It will sweeten the cup of bitterness, soften the hand of

want, lighten the burdens of life, and will make the heart courageous, and the soul cheerfully devout. Music should therefore be an essential part of education. It will not, as is generally supposed, retard the progress in other studies. On the contrary, it renders all the mental powers more active, and education can be acquired quicker and more effectually with, than without the cultivation of the musical talent. Children are never too young to listen to this glorious science. Harmony of mental development should be the grand object of our lives. Music is the voice of exalted prayer, linking humanity with Heaven. In the words of Shakspeare:

"The man that bath no music in himself,
Nor is not moved with concord of sweet sounds,
Is fit for treason, stratagem, and spoils."

VALENTINE HAMMANN.

New York City.

The Contrast.

Mr. SPURGEON, England's great preacher, finding that teetotalism did not agree with him, turned again to the wine-cup, which he had left but nine months before. Why return to his cup? Because, hear it, O ye men of God, and priests of the Most High! that "though one man went to Heaven in a chariot of fire, that was no reason why he should go to Heaven in one of water." Ah, Mr. Spurgeon! Do you not know that, though no one has ever lost Heaven by drinking water, ten thousand times ten thousand have lost Heaven by drinking wine? And more than one minister who has bid as fair for usefulness in the church and the world as Mr. Spurgeon, has been deposed from the pulpit, banished from the church, and buried in a drunkard's grave, because he ceased to drink water and turned to the wine.

How striking the contrast between Mr. Spurgeon of England, and that remarkable minister of this country, who, when more than threescore years and ten, was advised by his physician to use a little wine for some bodily infirmity, but a total abstinence pledge being presented him, he read it, then said: "*This is the thing that will save my country from the desolating scourge of intemperance. I will sign it.*" "No," said one of his friends, "*you must not sign it, because strong drink is necessary for you as a medicine.*" "I know," said he, "*I have used it for many years; but if something is not done, our country will be ruined, and I will not be accessory to its ruin; I will sign it.*" "Then," said another, "*you will die.*" "Well," said the noble-minded old man, "*for my country*

I can die." The pledge was signed, the medicine given up, and, strange to say, the disease for which it had been prescribed fled away. It was the remedy that kept up the disease, and when he had renounced the one, he was released from the other.

Whose example is most Christ-like? We leave our readers to judge.

To Your Cellars, O Farmers!

"You think your cellar or basement is in good sanitary condition: do you know that it is? Have you fairly and carefully examined the premises? Have you looked over the potatoes, turnips, squashes, and other vegetables, to ascertain their condition?"

These questions are asked by the Boston Journal of Chemistry, and they are important ones. We know, says the writer, that

"Diphtheria, typhoid and scarlet fevers, and many other most serious illnesses, have their origin in cellars both in city and country; and we can do our readers no greater service than to urge them to see that, at all times, they are in a dry, sweet, wholesome condition. Why should farmers and farmers' families, living in the country, away from the pestilential vapors of cities, be so subject to attacks of malignant diseases? There is a reason for it, and we can point it out. They arise from the indifference manifested to the observance of hygienic rules, and the violation of sanitary laws. Cleanliness is essential to health, and it is just as necessary in the country as in the city. A family living over a foul cellar is more liable to be poisoned and afflicted with illness than a city family living in its polluted atmosphere, but without cellar or basement filled with fermenting roots and fruits. There is far more sickness in the country among husbandmen than there ought to be. With plenty of pure air, water, and exercise, the evil imp, disease, ought to be kept at bay; and he would be better if an observance of certain hygienic conditions were maintained. Bad-conditioned cellars, small, close, sleeping-rooms, stoves—these are all agents of evil, and are fast making the homes of farmers almost as unhealthy as those of the dwellers in cities. Are not these suggestions worthy of consideration?"

SOME hearts, like primroses, open most beautifully in the shadow of life.

THERE is no exclusive truth in poetry. It belongs to him who recognizes it.

AT a great bargain pause awhile.

To Correspondents.

H. L. F. : We do not believe that a mixture of sugar and sawdust will sustain animal life, for any length of time. There is no nutriment in sugar, and almost none in sawdust.

J. C. A., Missouri : "Rennet tea" will do your dyspepsia no good. The use of sugar is bad for dyspepsia.

M. H., Minn. : Chicken pox needs but very little treatment. Sponge baths, if feverish, and careful attention to the diet, are all that is generally demanded.

P. M., Kansas : Worms are not "natural in the bodies of human beings." Your neighbors who say that a person cannot live an hour without them, are very ignorant and superstitious.

H. H., New York : Your daughter has goitre, and should be placed under the care of an intelligent hygienic physician.

Mrs. M. A. O., Ohio : Your symptoms indicate uterine difficulty, probably prolapsus, or other displacement. You should not undertake home treatment, but should go to a "Cure."

R. F., Minn. : Your little girl is suffering from erysipelatos rash. Give her one or two wet-sheet packs per week, and once or twice per week apply hot fomentations over the liver. Keep her from unduly heating the blood, and see that her diet is non-stimulating, excluding milk, sugar and salt.

Your diphtheritic tendencies may be overcome by the improvement of the general health. When the throat is sore, apply cool compresses, and take hot-and-cold foot baths.

Mrs. A. C. R., N. Y. : If graham gruel does not agree with your babe, it might be well to substitute oat meal. If the milk of a healthy new-milch cow can be obtained it is the best substitute for the mother's milk; but it often happens that gruel agrees with the child's stomach better than milk. It would be well to try both, separately, and in combination.

Subscriber, Cal. : Dandruff and falling out of the hair, are caused by imperfect depuration; the fault of the liver and skin. Warts should not be treated hygienically, but drugo-pathically; *i. e.*, killed, by the application of nitric acid, or some other caustic.

A. F. H., Mass. : We can not tell when Dr. Trall's new work will be issued.

PRAIRIE ITCH.—This disease is a bilious affection, caused, generally, by miasms, &c. New settlers are most affected by it. External applications will fail of cure, and the remedy is to be found in promoting thorough and vigorous action of the skin and liver. Full baths, packs, sponge baths, &c., according to the circumstances of the patient, may be employed, conjoined with carefulness in diet.

W. J. D. : Sour milk and buttermilk are not the best beverages, although Trall's Encyclopedia pronounces them entirely harmless. We think Dr. T. has since seen reason to change his mind in regard to them. Healthy stomachs may, however, experience no injury from their use. When milk sours, it has commenced to decompose, and hence is not good food.

J. K. S., Penn. : 1. Onions are not the best food, although healthy stomachs can take care of them. 2. The same of apple butter; although this is sometimes made so that an anaconda could hardly digest it. 3. Preserves are not good food. 4. Tomatoes are, ordinarily. 5. Your difficulty should be treated as follows: Take a sitz bath every other evening, as cool as can be borne without chilling, first applying cool wet cloths to the head. Remain in the bath from 10 to 15 minutes, and then wipe dry. Wear the abdominal bandage through the night, and as much of the time as convenient during the day. The diet should be plain, but nutritious.

Mrs. H. L. S., Ohio : Home treatment in your case would be almost hopeless. Your condition is such that you need the care of a good physician. Go to a good Health Institute, if you ever expect to again enjoy a comfortable degree of health.

Mrs. A. M. C., Ohio : For earache, give warm baths, applying cool cloths to the head. A few drops of warm sweet oil dropped into the ear will sometimes relieve the pain. For advice on dyspepsia, see April REFORMER.

Mrs. S. E. L. P. : In the treatment of your case, you should have employed cool or cold water, instead of hot. You were too much in a hurry to get up after your confinement, and brought on prolapsus, either of the uterus, or the neck of the bladder. We cannot feel free to prescribe without further knowledge of the case, and would recommend you to come to the Institute.

J. P., Mich. : For full information relative to trusses, write to R. T. Trall, M. D., 929 Chestnut St., Philadelphia.

D. B. W., New York: You are in the incipient stage of consumption. Your occupation is very unfavorable to recovery. The vapors from your chemicals, combined with a sedentary life, are highly injurious; and you should change your business for an outdoor occupation.

S. S. W., Maine: Your little boy's knee should be treated with cool compresses, worn very much of the time, preceded by a hot fomentation. There is probably a tendency to ankylosis, or permanent stiffness of the joint. This may be prevented by passive movements. Take the limb in both hands, grasping above and below the knee, and flex and straighten the limb gently several times. Repeat the operation several times per day, combining the water treatment, and paying strict attention to the diet. Encourage him to bear his weight upon it, a little at a time, and strength will probably return.

J. A. W., Maine: Your symptoms strongly indicate cancer in the stomach, although they may all proceed from dyspepsia, and liver complaint, both of which you undoubtedly have. We have little hope that a home prescription would avail you much. You should go to a Health Institute.

J. F. W., Wash. Ter.: The enlargement of the tonsils is occasioned by a scrofulous condition of the system. The remedy is to be sought in purifying the blood, and the making of better tissues; which can be accomplished by plainness of diet, and careful attention to the general health. The local inflammation may be relieved by the application of cool wet cloths to the throat.

J. R. F., Missouri: You may learn full particulars concerning the purifying apparatus by writing to R. T. Trall, M. D., 929 Chestnut Street, Philadelphia.

A. K. W., Nebraska: As you tell us nothing of your wife's previous habits, we cannot tell the cause of the scalp difficulty. We have known several cases of scalp disease to be caused by the use of medicines.

J. L. L., Mich.: 1. Tender graham crackers may be made from wheat meal and water only, rolled very thin, and baked thoroughly. 2. Gravy made of fine flour is apt to induce constipation. 3. Fish are not so wholesome as grains and fruit, but are less objectionable than some kinds of meat. 4. Mrs. Jackson's Cook Book, price 30 cts. 5. The croup should be treated by the application of very cold wet cloths to the throat, and the drinking of very cold water. The circulation

should be kept balanced, and especially should the extremities be kept warm. 6. There are circumstances when nursing mothers need three meals a day; but we have known many who succeeded better with two. A little good judgment will decide as to the number needed.

G. W. D., We cannot prescribe without a knowledge of the sex of the patient, especially when the symptoms are somewhat obscure.

Serious Fun.

WE have recently been amused in looking over an almanac published in the interest of quack medicines. In order to make the book worth keeping—indeed, worth looking through, it has many recipes for cooking, interspersed with advertisements for all sorts of quack nostrums. In glancing through this, the thought occurred to us that the recipes for cooking, if followed, would give the people all the ailments which the quack nostrums profess to cure. It struck us as being a good stroke of policy in the vender of nostrums to send out recipes for cooking which if followed would be sure to make a demand for his medicines. Only think of putting stuff of this sort into one's stomach: "One pound of horse-radish, one pound of garlic, twelve ounces of ginger, two ounces of cloves, one large tea-cup of black pepper, half a pound of mustard seed, half a cup of ground mustard, one ounce of nutmeg, and two gallons of vinegar." This professes to be a pickle for things to be eaten. Now any stomach soon after receiving such pickle would be in a state that would require something to allay the irritation. No wonder people have dyspepsia whose stomachs are thus made drug shops of, while they profess to be eating nutritious food. If people having good constitutions would eat simple food, avoiding all intemperance in every form, we believe that ninety-nine doctors in a hundred would have nothing to do; the whole realm of drug-medication would receive its quietus; but as long as people will cook according to such recipes as we frequently see for delicate stomachs, composed of "one cup of sugar, one cup of butter, two cups of flour," etc., they will think they need something, and will be very likely to swallow anything which may be briskly advertised as an antidote for the ills which they untruly suppose themselves to be heirs to.—*Phrenological Journal*.

KEEP yourselves from opportunities, and God will keep you from sin.

Items for the Month.

FOUR YEARS.—Like other people and things, the REFORMER has its birthdays; and with this issue it arrives at the age of four years. Unlike people, however, it has in that period arrived at an age of discretion and understanding, if its friends and patrons may be accepted as judges in the matter. As we look back over the four years of its existence, we are indeed grateful to a kind Providence who has prospered the enterprise, and to its numerous friends who have liberally sustained it.

With some realizing sense of the magnitude of the work before us, we have never built castles in the air, nor indulged in glowing anticipations concerning the immediate future. We cannot expect a journal which advocates the pure gospel of health to advance much faster than the cause it sustains; but, taking the prosperity of the REFORMER as an indication of the progress of our work, we have every reason to be encouraged. Did we aim at popularity, merely, or the acquisition of the almighty dollar, a far different course from the present would characterize our management. But, with confidence in the truthfulness of our positions, and with reliance on the loyalty of the friends of our cause, we close the record of another year with the consciousness that our efforts in behalf of the glorious cause have been rewarded with some degree of success. And we earnestly invite the further co-operation of our friends in extending the circulation of the REFORMER, that the principles it advocates may gladden many more hearts, and save many more lives in the fifth year of its existence.

THE HEALTH INSTITUTE.—We are glad to chronicle the continued prosperity of the Health Institute. At no time for several years has this Institution appeared to stand on a firmer basis, or to give such unmistakable evidences of prosperity, as at the present. By this we do not mean pecuniary success, merely; for this is, and has been, to the stockholders, a secondary consideration. But success in the highest sense of the word—the relief of distress and suffering, the dissemination of health principles, and permanent benefit of a large number of people—these are characterizing the administration of affairs under the efficient management of the board of directors elected at the last annual meeting.

With a conscientious, watchful, and efficient medical staff, careful and attentive helpers, and a judiciously-selected dietary, our patients are assured of the best possible results in their cases, such as can be secured only by a combination of the best agencies known in the treatment of disease.

We would urge upon invalids the importance of attending to their cases before it shall be too late. Several have recently applied to us for help to whom no encouragement could be given, but who might have been helped if they had applied a few months sooner. A most favorable season for the restoration of health is now just upon us, and we invite, yea, we urge, our sick friends to avail themselves of its blessings. Come, and we will give you every chance for recovery, and for consequent usefulness.

HEALTH INSTITUTE.—*Reduction in Prices.*—The Directors of the Health Reform Institute decide upon the following liberal terms:

Board, per week,	\$ 3.00
Treatment, per week,	2.00
Furnished rooms, per week,	\$ 1.00 to 3.00

Additional charges for extra treatment in rooms, special attendance, &c. Wood at cost.

May 27, 1870.

As a set-off to the "slight reprimand" which a New York clergyman received for treating two reporters to gin and milk on Sunday, at a restaurant, we are glad to notice the action of the Methodist Conference of New Hampshire, at its recent session at Nashua. The following resolution was unanimously adopted:

"Resolved, That the use of tobacco is a species of intemperance which ought to be frowned upon by Christian people, and especially by Christian ministers; and that we extend our sympathies and our prayers to those brethren who are in the bonds of this iniquity, and still decline to admit any persons to our Conference who are addicted to this vile habit."

WOMAN'S PACIFIC COAST JOURNAL.—The first number of this paper, published monthly, at San Francisco, Cal., is upon our table. It claims to be published "in the interest of women and children," and if the first number is any indication of the future, the interests of the human family generally will be promoted by its circulation. It has little to say of suffrage, but much concerning woman's health, which is, in our opinion, commencing at the right end of the "woman question."

Terms, \$1.50 per year. Mrs. Carrie F. Young, editor.

As will be seen by the time tables, the fast New York express is again running on the great central route, affording travelers the facilities for quick transit between New York and Chicago, and intermediate points. The roads forming this route have a well-known reputation for successful management and freedom from accidents.

The largest newspaper mail which goes to any one firm in this country, is received by Geo. P. Rowell & Co., the New York Advertising Agents. Their place of business is at No. 40 Park Row.

Arsenic in Mental Diseases,.....	205	Pure Water,.....	102
An Unchristian Pie,.....	206	Phosphorus and Pyrogallic Acid,.....	124
Alcohol <i>vs.</i> Snake,.....	222	Prohibition in Massachusetts,.....	185
Another Splurge on Women Doctors,.....	224	"Pain Paint" and Baldness,.....	205
Answers to Correspondents,.....18, 19, 38, 39, 58, 59, 78, 79, 86, 87, 106, 107, 125, 126, 145-147, 167, 168, 186, 187, 207, 208, 226, 227		Right Words in Right Places,.....	54
Beer and Whisky,.....	185	Retrospective Phrenology,.....	166
Curing and Teaching,.....	53	Rheumatic Fever,.....	181
Crinoline or Starched Skirts,.....	53	Summer Mortality,.....	36
Cholagogology,.....	72	Sugar Plums,.....	37
Chloroformism,.....	76	Scarlet Fever,.....	38
Counter-Irritation,.....	104	Sewing Machines and Weak Backs,.....	74
Clergymen and Quackery,.....	164	Snake-bite Antidote,.....	74
Dress Reform Convention,.....	56	Sex and Surgery,.....	144
Dress Reform Picnic,.....	84	Snobbery of the American Press,.....	202
Death of Anson Burlingame,.....	221	The Morals of Advertising,.....	16
Effect of Diet on the Nerves,.....	84	The Bicycle Fever,.....	56
Erythroxylon Coca,.....	204	The Demoralization of Dress,.....	57
Economy of Pure Water,.....	205	The Absinthe Drinkers,.....	58
Food and Force,.....	54	The Stronghold of Intemperance,.....	75
Florence Nightingale on Disease,.....	105	The Hygeio-Therapeutic College,.....	81
Fashionable Dress <i>vs.</i> Breathing,.....	164	The American Institute Fair,.....	83
Girls as Physicians,.....	84	Turkish Baths Once More,.....	95
Gastromonology,.....	165	The Milk Fever,.....	105
Good Advice to Bad Folks,.....	205	The "Profession" <i>vs.</i> Women Doctors,.....	121
Health is Happiness,.....	17	The Dry-Earth Treatment,.....	184
Hard Labor and Vegetarianism,.....	53	The "Ruffianism" of Medical Students,.....	201
Hydrophathy and Turkish Baths,.....	57	<i>Times vs. REFORMER</i> ,.....	226
Hog Milk for Humans,.....	76	Undrugged Stomachs,.....	85
Hygienic Surgery,.....	77	Vaccination,.....	85
Homeopathic Provings for Woman,.....	82	Voices of the people,.....	186
Horace Greeley on Fashion,.....	84	Women <i>vs.</i> Men Doctors,.....	73
Hygienic Festival,.....	145	Woman's Right to Right Treatment,.....	122
Horsford's Phosphatic Salts,.....	183	Women Physicians in Scotland,.....	123
Infinitesimal Transcendentalism,.....	55	Woman's Right to Dress Decently,.....	144
Immoral Advertising,.....	89	Women and Medical Colleges,.....	163
Judge Perkins on Disease,.....	224	Wastefulness of Fine Flour,.....	184
Lippincott on Nicotiana,.....	143	Yale College Hygienic Literature,.....	166
Legalizing Prostitution,.....	203		
Missisquoi Water,.....	17	POETRY.	
More Lecturers in the Field,.....	18	A June Morning Picture,.....	221
Mineral Springs,.....	83	Boil it Down,.....	15
Men <i>vs.</i> Women Doctors,.....	101	Do n't Leave the Farm, Boys,.....	121
Modus Operandi of Alcohol,.....	143	"Health is Wealth,".....	41
Medical Ratiocination,.....	165	Let it Pass,.....	101
Man's Definition of Woman's Rights,.....	203	Over and Over Again,.....	81
More Cerebro-Spinal Meningitis,.....	225	Sowing and Reaping,.....	21
National Pomological Convention,.....	82	To Reformers,.....	1
Nutrition and Stimulation,.....	124	Temperance,.....	44
Non-Action of Poisons,.....	141	The Golden Side,.....	61
Organic and Inorganic Substances,.....	104	The Cruise that Failed Not,.....	89
		The Weight of a Tear,.....	119
		"The Ager,".....	175
		Water,.....	181