

THE
Health Reformer.

OUR PHYSICIAN NATURE: OBEY AND LIVE.

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DR. TRALL'S
Special Department.

Health Reform and Temperance.

WE have long been convinced that health reform is the true basis of the temperance reformation, and the only basis on which its success can ever be achieved. Believing this with a conviction that grows stronger with each year's observation and experience, we occasionally call the attention of the advocates of the temperance cause to this subject. The fundamental principle of the health reform is, the proper use of food and drink, and the disuse of all poisons. We discard poisons, both as regards the preservation of health and the treatment of disease. We are, therefore, teetotalers in the teetotal sense. We reject alcohol as a beverage, because it is a poison, and its relations to the vital organism are abnormal; and we eschew it as a medicine, for the same reason. We believe that poisons which produce disease in well persons, are not proper remedies for sick persons. We deny the absurd dogma of medical systems, that poisons which are devitalizing in health may be vitalizing in disease. Our temperance pledge is the "long one, and the strong one." It is, "Touch not, taste not, handle not," the accursed thing, neither as drink, nor as food, nor as medicine. Who doubts the efficacy of this pledge? Who does not know that, if all persons in our country would adopt it practically, the terrible evils of intemperance would be ended? Why should any distinguished advocate of the temperance cause, or any temperance newspaper, oppose a doctrine, the practical application of which would at once remove from our land seven-eighths of its vices, crime, pauperism, gambling, and prostitution? Yet they do this. Indeed, we have no opponents to "The True Temperance Platform," so zealous, so bitter, so unreasonable, and so

THE WAY OF THE WORLD.

The minions of custom, and follies akin—
Those sheep of Panurge that old Rabelais mocks—
Have a way of excusing their thinness of skin,
And defending their manner of trooping in flocks,
By crying, with lips deprecatingly curled:—
"Tis the way of the world, sirs, the way of the world!"

When Miss Frippett exchanges for lucre her heart,
And to Fashion devotes both her body and mind;
Becoming a ludicrous puppet of art,
And deforming the image her Maker designed;—
If you doubt or demur, in your teeth straight is
hurled:—
"Good lack! one must follow the way of the world!"

When the queer wheel of Fortune, revolving by
chance,
Brings the Nobodies up, and the Somebodies down,
And the N.'s eye the S.'s, disdainful, askance,
While the S.'s pass by with an envious frown;
If you venture a Christian remonstrance to urge:—
"Tis the way of the world!" bleat these sheep of
Panurge.

When the Old scorn the Young, when the Young
mock the Old;
When those whom Temptation has never beset,
Their succoring hand from the fallen withhold,
And, robed in their virtue, His precept forget
Who bade the first stone by the sinless be hurled:—
Their shibboleth still is, "the way of the world!"

'Tis the Pharisee's "saw," and the Hypocrite's plea;
'Tis a shallow device on the 'scutcheon of Fools;
'Tis a lure, like the light of the wrecker at sea,
That shines to betray; 'tis the cant of the schools
Where Custom sits mistress, blind, palsied, and
gray:—
Aye! "the way of the world" is a damnable way.

BALTIMORE complains that hogs dying with pneumonia are slaughtered there for home consumption, and that diseased cows are converted into Bologna sausages for its citizens.

uncharitable, as many of these professed temperance men and papers. No rumseller clamors for the "vitalizing" agent, more earnestly, no nostrum-monger is a greater stickler for the virtues of alcohol "as a medicine," than these same persons and papers. They attack us personally, they traduce the HEALTH REFORMER, and they call names, as though our anti-alcoholic notions were the awfulest of all heresies. Thus the *Temperance Times*, of Dayton, Ohio, says of our doctrine that alcohol should not be used as a medicine because, instead of acting on the system to support vitality, as is taught in medical books, the system acts on it to expel it from the vital domain, as a poison :

For our part, we feel constrained to protest against having this ridiculous jargon in any way associated with holy temperance truth—the very essence of common sense and Christian charity—but to devote another article to its further exposure. It seems to us the emptiest bladder of wind that we ever had to prick—at once the most blatant and inane assumption of a philosophy of medicine which the history of quackery has ever recorded.

We know nothing of the kind or degree of temperance that the writer we have quoted, practices; but his language indicates a powerful holding on to "alcoholic medication," and his manners smell of the dram shop. "Inanity" and "quackery" may be strong expletives; but they are weak evidence. They may serve to season a sentence that would otherwise be insipid, just as a "wee drop of the critter" flavors water, or as *white wine* ("look not upon the wine when it is red,") gives relish to pudding sauces. But it is a maxim in courts of justice that, when a lawyer goes to blackguarding his opponent, or undertakes to browbeat the witness, he has a bad cause to defend. "Holy temperance truth," nor any other truth, requires such weapons of defense, and is never benefited by them.

But why, and how, can the doctrine that alcohol is a poison, and as such is expelled from the living organism, instead of being useful or usable, either in sickness or in health, be inconsistent with common sense and Christian charity? Our doctrine disassociates at once and forever alcohol and the living system. It places them in antagonism. It is in harmony with nature, which has produced alcohol in no living thing. It agrees with physiology, which teaches that alcohol is devitalizing to all living structures, animal or vegetable. It accords with psychology, which shows us that its effect on the mind is delirium, mania, and insanity. It accords with pathology and toxicology, in explaining that all of the effects

of alcohol, whether termed exhilaration, intoxication, stimulation, fever, or inflammation, are disease-producing and poisonous. And it coincides with that common sense, and that Christian charity, and that practical philanthropy, which put away the evil thing altogether. When will the professed friends of temperance learn the fallacy and the folly of doing with one hand and undoing with the other; of denouncing alcohol as a beverage, while applauding it as a medicine; of serving the cause of total abstinence with their well-meaning hearts, and proving the rumseller's most efficient allies with their misguided heads?

A Narcotized Conscience.

NO OBSERVING person can walk the streets of our large cities (if he can the small cities and country villages), without noticing the deplorable fact that tobacco-using is rapidly leading our young men and boys to ruin. On this subject, a writer, who signs himself "Tobacco-nist," responds to an article in the *Philadelphia Star* :

The article in your estimable paper of yesterday, signed "Friend to Boys," attracted my attention, and is a step in the right direction for reform. I am engaged in the tobacco business, and no one, save those directly engaged therein, has any idea of the multitude of young lads, hardly as high as a counter, who continually come in during the day and evening to buy a "cent's worth of ends," or address you with, "Say, mister, give me a light," to the stumps which they pick up on the street.

I am obliged to sell to these lads, as I am a clerk, and act under instructions; but I know if I had my own way in the matter, I would certainly switch every boy out of the store, who wished to purchase. I am inclined to believe, and I think with good cause, that tobacco is the first cause which, in the majority of cases, creates a craving or desire for liquors, as a continual expectoration of saliva causes a corresponding degree of weakness in the system, which as a natural result desires again to be invigorated, and vile alcoholic stimulants are resorted to, until at last the habit becomes second nature, and ends in drunkenness and its attendant evils.

A law should be made prohibiting any vender of tobacco from selling to minors under a heavy penalty, even if he should call to make a purchase under the pretense that it is for an adult.

This "clerk" has sad ideas of moral obligation and most unfortunate views of reform; but we fear there are too many like him. He is evidently "a man of the world." Being a clerk, he justifies himself in dealing out destruction to these lads. Is he obliged to be a clerk in such business? If he had a proper moral sense, he would starve first. He, and thousands like him, ought to be in-

structed that he is not excusable on the ground of being a mere clerk. It is a sound maxim in morals, as well as in law, that "a partaker is as bad as a thief." The person who voluntarily hires himself to prosecute any vicious vocation is, in the sight of high Heaven, every whit as guilty as is the one who employs him. Both are pursuing a nefarious business; both know it to be wrong; and both are equally blameworthy. The relation of principal and agent, or merchant and clerk, will not bear examination in the day of final reckoning. And then, what muddled ideas of reform this man of narcotized conscience entertains! He would have the boys switched, and a law passed prohibiting the sale of cigars to boys. Better than switches and laws, Mr. clerk, would be simple honesty. How can boys be expected not to crave the poison, when they see older persons continually using and apparently enjoying it; when the infection of it pervades all the atmosphere they breathe; and when it is, so far as they are taught or can see, regarded as an elegant accomplishment in the best society? We suggest that a better way of managing these young lads, than "switching them out of the store," is to close the store, set them better examples, and "lead them not into temptation."

The Hygeio-Therapeutic College.

THE twentieth term of our college closed on the 14th of April. Twenty students graduated, a majority of whom were ladies. The female element was also predominant in numbers in the class, for the first time in the history of the college. Among the closing exercises were addresses by Profs. Trall and Harmon, Damon Y. Kilgore, Esq., and Carrie E. Burnham, of Philadelphia, reading of theses by E. T. Robinson, of Connecticut—subject, "Physiology and Chemistry"—and by Miss Eleanora C. Lewis, of Ohio—subject, "Hygiene in its Practical Bearings"—and the reading of a paper by Mrs. Julia B. Wood—entitled, "Chronicles of the College"—which contained amusing hits at the peculiarities of the teachers, students, proprietors of the "Home," and patients. On the whole, the late term was the most prosperous we have ever had, and we certainly never had a class of more thorough, earnest workers and truth-seekers. As an illustration of the different kind of material attracted to this school, as compared with all other medical schools, we need only mention the facts that our students varied in age from seventeen to fifty-five; and that in the class were

four mothers with their daughters, two fathers with their sons, and two gentlemen and their wives. That no such thing as rowdiness, vulgarity, or obscenity, profane language, or immoral or dissipated habits of any kind, exist in our school, is perhaps superfluous to add. And this cannot be said of any medical school whose students are composed exclusively of young men. About twenty of the class are intending to attend next winter's term.

The Sublimity of Ridiculousness.

THE Philadelphia *Telegraph* gives expression to the following statements, which, though reproachful and disgraceful to American women, are, we fear, but too true. Would that every mother, daughter, and sister, in the land, could read it, and blush for shame for her sex, if not for herself. The liquor and tobacco using habits of young men, terrible as are their consequences, are scarcely a worse evil in society than the extravagant and senseless fashions of women's dress:

WHAT OUR PROMENADES REVEAL.—To a thinking mind, nothing is more repulsive than gaudiness, nothing more despicable than tawdriness; and yet of late years both have walked hand in hand, and, as it were, gained sustenance from each other. In the days of the Roman Empire, the people thereof vied with each other in the display of that with which nature had blessed and favored them. Styles, fashions, and modistes, were things unknown and unresorted to, the hair was left to its own growth, and the shears were never used thereon except as means of punishment. Wearing-apparel was a thing of secondary consideration; but with the steady increase of years these things changed, and soon the idle and illiterate sovereigns of Europe, seeking for means to dispose of the rapidly-accumulating wealth in their coffers, chose to invest it in useless and flimsy apparel. Leading this class were the females. But it was left to the women of this, the nineteenth century, a period rendered illustrious for the rapid and glorious strides of science and art, to gain the sublimity of ridiculousness in dress.

Our grandmothers, and the mothers of some of us, 'tis true, lavished money freely in the purchase of dry goods, but only to secure the most handsome and endurable fabrics that the looms of the manufacturer could produce, and once having secured these she rested satisfied. But the majority of the women of the present day pursue directly the opposite course. Now the sole aim appears to be to cast aside nature's beautifications, and establish in their place something more attractive by means of a superabundance of dress. The peacock is a bird of handsome plumage, yet its flesh is worthless. So the plumage of a woman of the period may be enticing, but the same stamps the mind as shallow.

Beauty does not consist of all the colors of the

rainbow blended together without the slightest deference as to the mode of their arrangement. Neither does it consist in tight coats and plainly-observant padding. Yet the women of the period seem so to think. The young Quakeress whose nights are spent in the midst of a happy family circle, clad in her plain garb, presents to us as great a contrast to the woman bedecked in finery, and powdered and painted, after the previous night's riotousness, as does gold to dross.

These reflections were caused by a half-hour's view of the passers-by on Chestnut street. We remember the time, and it is not far back, that the distinguishing mark between the pure and the impure was the style of dressing; but we must confess that, from what we have seen, it would puzzle a Solomon now to judge. It has long been acceded that the woman who lives by sin chooses that part principally to satiate an overweening desire for display. In this the members of her sex who occupy the higher sphere are rapidly following, and the consequence is that, like mixing milk and water, the purity of both is destroyed, and a fair resemblance of each is all that is left. For to-day, in nine cases out of ten, the wife is no more distinguishable from the mistress than the mistress is from the wife, so far as one can determine from their appearance upon the promenade. Nor is this all; the evil does not stop here; for the pernicious example of the elders pervades the minds of the younger, and being by nature apt, the seeds, that may perhaps lead to depravity, soon take root.

We ask in all candor, Is it not time for the women, wives, and mothers, of the present day, to stop in this their sinful career, and reflect? Think of the evil, mind-distorting example you are setting; think of what you are subjecting yourselves and your children to, independent of physical ailments and deformities; think how your hearts would throb, your pulses beat, and your blood tingle, were you to hear the remarks of those pests of the world, unfortunately created in God's own image and likeness, styled men, who rejoice in the application of the term *blase*; think how your whole nature would revolt at being placed in the same category with the harlot, who perchance sits beside you in some public place! for we can assure you that your gaudiness and tawdriness lay you open to just such comparison; and thus thinking, resolve to change your ways, and devote the surplus cash that thus finds avenues to hie itself away, in relieving the miseries of the poor during the coming winter.

Physicians vs. Woman Physicians,

THE medical profession in Philadelphia, seem determined to prosecute a relentless warfare on those women who "unsex themselves" by adopting the healing art as a vocation. Since the disgraceful attack of the male medical students of the University of Pennsylvania and Jefferson College on the women students last fall has been so signally rebuked by public sentiment, the professors and their compeers in the city have changed their tactics from open warfare to concealed. Instead of meeting the issue by fair discus-

sion on its merits, so that all parties can be heard, the doctors have resorted to slang and misrepresentation, and have issued a pamphlet in which *suppressio veri* and *assertio falsi* are the most noticeable features.

We judge that this kind of strategy will be as ignominious a failure, so far as keeping women out of the profession is concerned, as was the rowdyism which initiated their unhallowed controversy.

The Philadelphia Press says:

The preliminary attack by the students was not resisted by the objects; but an intelligent and fair-minded community took up the cause of the women, and the press, without exception, firmly resolved that no monopoly in medical science, or any other science, should exist; that the cause of humanity was larger than sex or school. Though circumstances so shaped themselves as to make it doubtful whether the medical fraternity would actively and immediately follow up the raid of the students, their object can now no longer be in doubt. Secret preparations have been making ever since that brutal exhibition for a more determined assault. And in view of them we are prepared to understand why the medical staff of the hospital acceded to the request of the women to attend the clinics for only a single session. They were legally present, and could not be ousted; but, once out, by limitation of a privilege, a barrier might be raised which would forever prevent their readmission.

We know not how unremitting the labor has been in the meantime; but, judging from the extent of the mine which is to be sprung, there have been much alchemy and many sleepless nights. The most offensive and degrading feature of the processes is their secrecy. As if afraid of the light of day and the searching rays of truth; as if afraid of their cause and an open advocacy thereof, pamphlets have been prepared and secretly distributed among those whom it is desired to manipulate.

The *animus* of the doctors may be understood from a pamphlet recently issued, full of perversions of truth, intended to remove the Pennsylvania Hospital from under the influence of those members of the society of Friends who have contributed largely to sustain it, and who are generally progressive and reformatory, especially in this matter of admitting female medical students to equal educational advantages.

The Press thus concludes a review of the pamphlet:

The medical fraternity of Philadelphia, the boasted seat of the great schools of the country, are now engaged in a warfare they will wish themselves rid of. They find no opponents in the objects of their attack. But an intelligent public sentiment will not submit to see Philadelphia stripped of her liberality, her honor, and everything that is prideful in this connection, by mistaken men. Such arguments as we have quoted must damn the present effort of the doctors. Every contributor to the hospital must

instinctively turn away from them in disgust. We do not defend the women as doctors—their success as practitioners is their defense. We do not defend them as ladies—their conduct at the clinics last winter, and at Blockley Hospital, too, gives the lie to every slander that has been heaped upon them. We do not defend them at all—they need no defense; the weakness of every attack is their sufficient safety. But we do, in the name of all that makes men humane, claim for that science which prepares men and women for a high and noble mission, the widest, freest range. No set of men can muzzle it; none can arrogate it absolutely. God can be monopolized as easily as science.

A Bemuddled Board of Health.

THE commonwealth of Massachusetts has organized a "State Board of Health." Its duties are, to exercise a protectorate over the health of the people; and its special duties are, to investigate the causes of particular diseases, and the means for their prevention. One section of the act establishing the Board is in relation to the use of intoxicating liquors as a beverage, in the following words:

It shall be the duty of the Board, and they are hereby instructed, to examine into and report what in their judgment is the effect of the use of intoxicating liquor, as a beverage, upon the industry, prosperity, happiness, health and lives, of the citizens of the State; also what additional legislation, if any, is necessary in the premises.

We have before us the "First Annual Report" of the Board, in which we find that a variety of subjects are treated of very sensibly. But the most important of all subjects submitted to the Board—that in relation to intoxicating drinks—is simply dodged. The Board responds in the following "how-not-to-do-it" fashion:

This opens to the Board of Health a very wide field of investigation and inquiry; one over which the advocates of opposite opinions upon the questions involved, have carried on an animated, not to say bitter, controversy for many years. It seemed to the Board that upon questions which have so long engrossed the public attention, and about which scientific and professional men, and legislators, differ so widely, any opinions or judgments of this Board, to be of value, should be formed and published after a full and careful re-examination of facts and arguments, which alone can be the proper grounds of such opinions and judgments.

Were ever sentences of more meaningless twaddle strung together grammatically? Is not the attempt to talk and say nothing sufficiently transparent? The Board cannot say anything concerning the effect of intoxicating liquor as a beverage because there are differences of opinions! The Board is chiefly composed of allopathic physicians. The pres-

ident and secretary are eminent practitioners of the drug school. They have had ample opportunities to see and learn something at least of the effect of alcoholic beverages "upon the industry, prosperity, happiness, health and lives, of the citizens of the State." Yet they cannot say a word. They cannot propose a thing. They cannot suggest an opinion, whether grog is good or bad. True, the question has been discussed practically for four thousand years. Ten thousand dram shops, in the State, are constantly demonstrating the effects of liquor-drinking upon the "industry and prosperity" of the citizens. A hundred jails, penitentiaries and prisons, are continually showing the result upon the "happiness" of the people. A hideous train of diseases are perpetually explaining its influence on the "health and lives;" while an army of drunkards proclaims the consequences on the minds and souls of the drinkers. And yet these learned doctors cannot understand the matter at all. They want more time to consider and re-consider; they must re-examine facts, and re-investigate arguments, and re-duplicate testimony, and review opinions, and re-arrange conclusions, and re-muddle the whole subject so that "the profession" shall not be damaged by any committal or re-committal on their part. We call the attention of the true friends of temperance to this Report as another evidence of the position we have long advocated, that the temperance cause can never prosper in the hands of drug doctors. Should they condemn alcoholic beverages it would tend to disparage alcoholic medication; and to discard alcoholic medication would soon lead to the annihilation of the whole drug system.

The American Medical Association.

THIS learned body of men, composing the elite of the medical profession of the United States, held its twentieth session at Washington the first week in May. Its proceedings are vividly suggestive of the Ecumenical Council. The Medical Association professes to have the public health in its especial keeping, but its discussions indicate little else than a regard for the interests of the profession, as though society existed for its especial benefit. The most important subjects which occupied its attention, so far as the dear people are concerned, were negroes and women; and we are sorry to have it to say that these subjects were discussed more in the spirit and style of rowdy politicians, whose end and aim is office and emoluments,

than in the manner of truth-seekers, whose object is the public welfare. It was decided, after an excited debate, during which the ordinary political weapons of applauses, hisses, noises and confusion, eriminations and recriminations, were freely demonstrated, that physicians of color should not be allowed to darken the doors of the august assemblage of white Esculapians. So much for the negroes. But the women fared no better. It was decided that physicians, even though they were white, and male at that, and regularly educated, and in good standing, and orthodox in faith, and successful in practice, should not be admitted if they represented institutions which admitted women as students. Not only were negroes and women excluded in *propria personæ*, but all who tolerate them, or represent the institutions which tolerate them, must be *anathema maranatha*. Well, we are sorry that the profession manifests its intolerance and selfishness in this manner.

The more obviously it opposes the law of progress, the sooner will the public see the necessity of free medical education, and learn that society has rights which physicians are bound to respect.

Hard vs. Soft Water.

A DR. LETHERBY, of England, whose absurd vagaries on the subject of victuals we have formerly criticised, is now turning his attention to drink; and, as we should have anticipated in view of his premises, he is instructing the people that impure water is more wholesome, as a beverage, than pure water. The *Medical and Surgical Reporter* says:

The result of the doctor's investigations is that moderately hard water is better suited for drinking than that which is soft. The action of the French authorities, who took the Paris water from chalk districts rather than from sand strata, is mentioned in confirmation. It is said, also, that of the French conscripts rejected for physical cause, a majority are from soft-water districts. Dr. Letherby adds that English towns supplied with water of more than ten degrees of hardness have a mortality of four per one thousand less than those whose inhabitants use softer water, a generalization which is certainly suggestive, and if it be not a mere accidental coincidence, deserves particular consideration. Other kindred points of great interest are raised by Dr. Letherby, such as the possibility of a connection between the prevailing diet of a country and the composition of its potable waters.

Statistics may be so paraded as to prove or disprove anything; and facts and figures respecting food, drink, and medicine, are the most delusive things in the world, unless in-

terpreted and explained by some organic or physiological law. But in the light of true physiology, to say that hard water is better than soft, is just as absurd as to say that bad food is better than good food, that foul air is better than pure, and that poisons are better for health than normal agents. The qualification of "moderately hard water" does not affect the principle in the least. One might as well argue that moderate lying is better for our moral nature than absolute truth, as to claim that moderately poisoned water is better than that which is pure. It is true, however, that pure soft water, after being carried through leaden tubes, may become more unwholesome than hard water is; for the reason that pure water will form a salt of lead more injurious than are the usual impurities of moderately hard water. But this fact disproves the position assumed by Dr. Letherby. The injury is not due to the softness of the water, but to its impurity, whatever that may be; and if the oxide or hydrate of lead is worse than carbonate of lime to drink, it does not follow that this is good. It may be the least of two evils, yet positively bad *per se*.

Drugged into a Miserable Life.

THE number of persons now living in the United States whose lives have been made wretched for life by a few doses of medicine, may be numbered by tens of thousands. The majority of them, however, are not aware of the cause of their sufferings. Thousands of children have their constitutions shattered, and their health ruined irrecoverably, by the drugging of their physicians during the illness of a few days. A correspondent who writes us on another subject, mentions his own case incidentally, which affords another illustration of this subject. He says: "You will pardon the freedom with which I write you. I am almost a stranger to you, yet I feel a deep interest in the good cause in which you are engaged, and for which, as leader, you have been battling so many years. I hope and pray that you may hold out for many years more. For myself, I am near the end of my race. I am sixty years of age; was badly drugged when a boy—fourteen years old—for a fever; became crippled; my muscles paralyzed, my joints distorted. I walk on two crutches, tend my own garden, work at boot and shoe-making, and do my own cooking and housework. But thanks to your teachings, my health has greatly improved, being better now than it was twelve years ago."

Here is a man whose original vital stam-

ina was sufficient for a hundred years of vigorous labor and enjoyment, made a miserable invalid for life, by "the deadly virtues of the healing art." But he is only one of ten thousand as bad or worse from the same cause.

Answers to Correspondents.

TWO MEALS A DAY—BEE-STING.—G. S. H.: "Dr. R. T. Trall, *Dear Sir*—Please answer the following questions through the HEALTH REFORMER: 1. Are two meals a day sufficient for a person of out-door habits, say for a farmer, provided he can only get them at six in the morning, and at noon? 2. If supper is to be eaten, what kind of food would you prescribe? 3. What treatment is best for a bee-sting on children when it causes them to swell all over the body, and makes them very sick?"

1. Yes; but meals at six and twelve are very objectionable. Eight in the forenoon, and two or three in the afternoon are much preferable. 2. There is nothing better than bread and fruit, or baked potatoes. 3. Frequent tepid ablutions, or the prolonged tepid half bath.

FELON.—J. R. Y.: In the incipient stage, the inflammation may be arrested at once by very cold applications—the cooler the better. Freezing the part with salt and ice, or some frigorific mixture is better still. If not arrested in the early stage, the swelling should be opened by a deep longitudinal incision, and the part kept covered with wet cloths of the temperature most agreeable to the patient.

IS CONSUMPTION CONTAGIOUS?—G. A. C.: Consumption is not contagious in the strict sense of the term. But persons sleeping in the same bed, or even in the same room, with consumptives, unless special attention is paid to cleanliness and ventilation, may be so affected with the excretions of the patient as to have the same disease.

BLOOD DISEASES.—R. I. C.: The distinction in medical works between diseases of the fluids and of the solids is unphilosophical. Whether the causes of disease affect primarily the fluids or the solids is quite immaterial pathologically. Both are abnormal when the disease exists. Impure fluids occasion unhealthy solids, and *vice versa*.

HYGIENIC WIFE.—H. A.: After detailing his manifold infirmities, this correspondent asks: "Would it be better for me to get a good, hygienic wife, and settle down, and have a home, or remain single?"

Remain single by all means. You have no moral right to take a hygienic woman and call her wife, when you mean nurse. It would be a bad arrangement for both of you—admitting that you could get such a woman. You should go to a health institution.

THE LEAST OF EVILS.—A. H.: "Would a little dressing of sweet cream on my food be less objectionable than a little sugar or butter? Are eggs very objectionable?"

We do not care to estimate the relative disadvantage of things which are injurious. If you are seeking health, it ought to be enough for you to know that things are objectionable, in order to disuse them. Hygienic treatment implies the good *per se*, not the least of two evils.

NATURAL DISEASE.—O. E. H.: It is just as natural to be sick as it is to be well, Disease is *abnormal*, not unnatural.

TORPID LIVER.—A. S. L.: Take a tepid hip bath daily; wear the wet girdle a part of each day; take a tepid abluion each other morning, an air bath on the alternate morning, and a wet sheet pack once a week. Pursue this course one month and then report.

HARD WORK AND VEGETARINISM.—E. D. is informed that nearly all the hard work of the world is done on a vegetable diet. The European peasants who toil the hardest, use the least animal food. The same is true of animals. The carnivorous animals, as the dog, lion, tiger, wolf, hyena, &c., cannot work like the herbivorous—the horse, ox, camel, &c.

NERVOUS DEBILITY.—P. R. S.: Preparations of iron will only make a bad matter worse. The advice of your physician is all wrong. No person was ever cured by such means. Do not use milk nor sugar. Your indigestion is the effect of nervous exhaustion.

CHRONIC ULCER.—I. B.: After having tried arsenic, mercury, iodine, carbonic acid, the knife, and caustics, we think your case is altogether too desperate for home treatment. But we have no manner of doubt that you are curable. Go to a health institution, and calculate on remaining three or four months.

GRANULATED EYELIDS.—C. A. B. The case you describe does not require caustics, but will recover under proper hygienic treatment. Foot baths are better than "head caps," as the object is to induce determination of blood from, not to, the head.

GLYCOGENOSIS.—R. R. S.: The theory

that the liver has a glycogenic or sugar-forming function does not imply the use of sugar as food. We might as well argue the use of bile as food because the liver is a bile-forming organ.

HUMOR.—L. L.: The eruption on the face, in your case, is not scrofula, but a bilious humor, originating from imperfect action of the liver. A daily ablution, strict and rather abstemious diet, with plenty of exercise in the open air, will remove the difficulty in a few months.

DISCOLORED NOSE.—A. J.: An inflammatory or livid discoloration of the nose is frequently the consequence of alcoholic drinks, as are also "rum blossoms" and carbuncles of that organ. Other causes, however, may occasion some degree of the same appearances. Strong coffee has caused it. We have known tight lacing in females to produce it. All these cases are curable in early life, but seldom, or never, in old age.

CONGESTION OF THE BRAIN.—R. O. P.: Headache, vertigo, confusion of ideas, defective memory, with occasional delirium, do not indicate "softening of the brain," but congestion. The primary cause, in your case, is constipation of the bowels. Remove the *hardening* of the bowels, and the *softening* of the brain will cease to trouble you.

DYSPEPSIA, WITH GALL STONES.—E. T. S.: The case you ask about is clearly dyspepsia. The painful paroxysms are probably owing to gall stones, whose passage into the duodenum occasions the vomiting, cramps, &c. The symptoms do not indicate any tumor in the stomach; but if this be the fact, a fullness, hardness, or lumpiness, can be felt by pressing on the epigastric region over the pit of the stomach.

The Want of Hygienic Knowledge.

How **SADLY** strange that a life of nearly six thousand years has failed to teach our race how to live! In that long period of time it would seem that reasonable beings might learn at least a few of the simpler laws pertaining to their existence. That this terrible ignorance pervades and destroys, not merely the illiterate masses, but those of the learned professions, including that one devoted to the laws of health and cure of disease, is absolutely astounding.

In nearly all other branches of knowledge, the world has progressed in the last fifty years, rapidly and marvelously. The wonder is, that our age has indeed learned so

much, and left, as it appears to us, so little for the next to learn. Hence the sad query still presses upon us, Why and how, amidst all this most cheering progress, has it come to pass that but one in ten thousand has learned how to live.

That this is even so, is proven by the fact that in the great metropolis of liberal, progressive America, one-half the children die in less than one year after their birth. All over and all through our land, the same sad, sickly facts are patent. The writer is now, and for seven or eight months has been, on the frontier line of Kansas, where people are expected to be more healthy than in our luxurious and densely-populated regions; and yet, upon pretty close observation, he has found not the first healthy person in the country. Each and all are addicted to some one or more unhygienic habits, which, like mildew, blights their purity and their health. The fact that every family in our county use tea or coffee, lard, and much of the time salt pork, and drugs when sick, is enough to prove what I have said. More than this, I know of but one family in the county all of whose members abstain from tobacco, and but few who, in every form, ignore alcohol.

Two weeks since, one of our temperance merchants purchased a few packages of drugs, rejecting one or two suspected of *secreting* liquor. In three days thereafter, one of his enemies came in partially drunk, and called for the last bottle of an *ague cordial*; from which the fact came out that other inebriates had promptly discovered the alcohol in the cordial, bought and drank up the preceding bottles! As the practiced hound scents afar off the fox, even so, while our poor, fallen race is slow to scent the good, toppers will scent the mean brain poison, and drink it to their own destruction, beyond all the means we have to account for it.

In the same line of wonder is the fact that, while our county abounds in cattle reared with little or no expense, beef is sought for far less than pork. This mean meat readily brings 25 cts. per pound, while beef can be had for 8 and 10. Must it not be true that people love darkness rather than light, because their deeds are evil? And must it not also be true that they are kept in the darkness by the false assumptions and most vicious practices of drugopathy?

A profession seeking adroitly and unworthily to monopolize its learning, will do more to shut out the light and perpetuate its errors than all else beside. Far better have no priests, no prophets, no doctors, than such as are false. Better that the blind have no

leader, than be led by one as blind. The ignorant man who pretends to be learned, adds to his sin of ignorance that of hypocrisy. Hence, he is doubly a wrong-doer, and effects more than double the mischief.

No body of demoralized, confiding, credulous people have ever been reformed over the heads of their false leaders. If the Catholics are to be converted, or emancipated from their spiritual bondage, their spiritual masters must in some way be changed. They must either be first converted themselves, or their domineering power broken over their subjects. Indeed, it is the priestly power that oppresses; and of course there can be little relief while it continues in all its force. So of drug doctors. Their false theory and most dangerous and destructive practice weigh down the people; and, like the millstone round the neck, there can be little relief till that theory and that practice be broken. As Luther struck at the priests, and through them reached the masses, so must we in this even greater reformation.

Another striking similarity between our cause and Luther's, is the opposition we have to encounter to the spread of sound knowledge. Beyond all peradventure, ignorance beclouded the people as the reformation arose, and the priests opposed the instruction of their subjects. Their main position was that the masses were unfit to read and understand for themselves the Bible.

The same is true of the allopathic doctors. They study, talk, prescribe, and all, in techniques of which the people know nothing. If asked by the patient for a reason, none is given; and even the rigid rules constituting the *dignity* of the profession are invoked to justify the silence of the practitioner. His science, art, practice, and all, are occult and mysterious; and, having no foundation in fact, all depends on so keeping the entire procedure in the minds of the people. Like the old preacher's sermon, from the text, "Urim and Thummim." Under the first head, a few hearers comprehended a little of what was said; under the second, none pretended to know what was going on save the speaker; while under the third, neither speaker nor hearer knew aught of the matter in hand! If the ministrations of drugs fall not under the third head by common consent, beyond all question it must come under the second. Hearers are to know nothing of the matter, since if they did, they could no longer be dosed to death. The *doser* pretends to know—the *dosee* not to know.

Still another analogy between our battle and Luther's is, that each of us have to fight against the power of money. On this, bad causes always rely, in Congress and out. Millions are now invested in stores of drugs all over our land, and the profits are at least 100 per cent. If this power could be broken, the eyes of the doctors, druggists, and masses, could be much more easily opened.

W. PERKINS.

Like Treatment, Like Results.

DEAR REFORMER: Having been engaged, during the best hours of the morning, in writing, for health, pleasure, and profit combined I engaged in hoeing potatoes. My feet, which, since having the typhoid fever, grow cold when not in exercise, were stripped naked, in order to take the full benefit of the soil, now warmed by the sun. Striking some unfortunate blows while trying to kill the weeds and cause the potatoes to grow, I was led to reflect that if I would succeed in my object, I must make a difference in my treatment of weeds and potatoes. If half cutting up and half burying the weeds would destroy them, I had no reason to expect that the same treatment would cause the potatoes to live and thrive in the best manner possible.

Here a question came up: Why should the sick and the well be treated so differently, since the object is to preserve the lives of both? Why should the sick be treated in a way that would make a well man sick? Let me but take the regular doses which my unfortunate sick neighbor is taking from hour to hour, and in a few hours, instead of being here hoeing potatoes, I should be upon my bed retching and wretched as he. Will that make him well that would make me sick? Why not treat the sick in a way that would preserve the health of one that is well?

Ah! there is no delusion greater than that which causes men to think that swallowing poisonous drugs will preserve life, except it be that kind of religion, so prevalent at the present day, which promises a man life while walking in the way that surely leads to death.

R. F. COTTRELL.

THE town clerk of Newton, Massachusetts, in his report of the vital statistics of that town, says, "The number of deaths by consumption has usually been about one-fourth of the whole; the past year, but fourteen; a favorable change in the leading disease of New England. The favorable result of the change from thin to thick soles on the boots and shoes of our females, is already visible.

The Health Reformer.

Battle Creek, Mich., July, 1870.

Change of Diet.

We do not propose, in this article, to go into an argument to prove the superiority of the reform diet over the common flesh diet, or the highly-seasoned dishes which so extensively characterize the prevalent style of cookery; but desire simply to deal with some of the objections that are urged against healthful living, and give some cautions relative to the manner of making the change. We sometimes meet with the complaint that the reform diet does not agree with the patient; that although desirous of making a change, the experiment is unsuccessful because the person does not relish the food, &c. Now this is really a serious objection, notwithstanding some have asserted that a little will power is all that is necessary under such circumstances. And it becomes all the more serious since it is a fact that some have abandoned the effort who might otherwise have succeeded measurably in radically changing their habits of living. For the benefit of such we wish to give a few hints concerning the manner of making a change.

While we firmly believe that a diet of grains, fruits, and vegetables, is that which the Creator originally designed for man, and is every way calculated to meet the wants of the system; and while we as firmly believe that the popular diet of flesh meats, condiments, and seasonings, is highly injurious and disease-producing, we are not prepared to say that a rapid and thorough change from the former to the latter is always productive of good. In harmony with this idea, we generally advocate gradual changes, especially where evil habits are of long continuance, and have become firmly established. True, there are circumstances where an immediate, thorough, and radical change is safe and expedient; but where the person is managing his own case, and is not under the care of a judicious physician, a gradual change is usually more advisable.

It may appear strange to some that the very best diet is not always best for the person using it; that a dinner of graham bread, simply-cooked vegetables, and apple sauce, is not always better than one of beefsteak and onions. But were a person constantly accustomed to the latter obliged to make a dinner of the former, the chances are that the effects of even a single meal would be manifest in

faintness and languor before the time for the next meal. Indeed, we have known this to be the case, repeatedly.

The secret of all this lies in a simple fact—the power of habit. Notwithstanding the flesh diet is not so wholesome, theoretically, as the dinner of simple, plain food, the system from long use has become so accustomed to it that it knows no other. The digestive apparatus, having been imposed upon by the bad living for years, has learned to do its best in taking care of it; and when the good food is introduced, it does not recognize it, and must first get accustomed to the change before it will dispose of it to the best advantage. Hence the complaint that the food “does not agree” with the stomach, &c., which is really the case, only reversed—the stomach does not agree with the food.

To overcome this difficulty is not always the work of a moment, nor of a day, nor yet of weeks. Sometimes it requires months for a sufficient change to be wrought on the part of the digestive system to enable it to make the best use of even the very best of food. By this we do not mean simply that the appetite is not conquered, or the person brought to relish the plain food, for it often happens that this is no obstacle in itself; but the ganglionic system, which controls the digestive operations independent of the will, refuses to become accustomed at once to the new order of things.

One of the greatest obstacles with which the health reform has to contend, is this transition stage—the getting over the bridge between the two systems of diet; and so far as our knowledge extends, more persons have become discouraged, and given up the reform after essaying to adopt it, from this cause than from any other. You can easily convince the reason; but to overcome habit is quite another matter.

A serious difficulty in the way of a successful change of diet, lies in the fact that few are willing to devote themselves to it in such a manner as to insure success. Many become convinced of the truth of health-reform principles, and immediately resolve to put them in practice. So they at once discontinue the use of flesh meats, salt, sugar, milk, tea, coffee, &c., and perhaps omit the third meal, without relaxing in the least in their labor, or realizing that such a change requires time and patience, and will at first demand moderation in labor or exercise. The result in such cases usually is, a failure of physical strength, and perhaps a corresponding depression of mind. Under such circumstances, the chances are that the re-

form will be condemned and abandoned; while a more judicious course would have rendered the change successful, and good habits might have been permanently established.

With multitudes of such cases in memory, and the fact before us that they are of constant occurrence, we again repeat our counsel of moderation. And by this we do not wish to be understood as advising a compromise, or a tardy pace in reforming. No, indeed! Work as fast in the direction of a thorough reform as the circumstances will allow. Do not dally with appetite, nor cling to old habits from choice; but bravely grapple with them, resolved upon victory, and you will succeed.

If circumstances make it necessary for you to labor while making the change, it will demand the exercise of judgment and discretion as to how rapidly that change should be made. If you have eaten much flesh-meat, it may not always be wise to entirely discontinue it at once. If you have used salt, spices, butter, milk, &c., diminish the quantity of these articles until you find it easy to leave them out altogether.

But above all things else, have a conscience in the work. Make the adoption of the reform a fixed principle, and regard the use of those things which are not strictly hygienic as a matter of necessity or expediency, and not a matter of choice. Let a fixed purpose to conquer underlie all your efforts, and success will be certain and not far distant.

W. C. G.

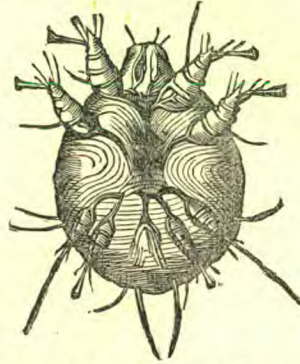
Acarus Scabiei;

OR ITCH MITE.

THE troublesome and annoying difficulty known as the itch, is caused by the *acarus scabiei*, an insect of the same genus as the sugar mite, of which we gave an illustration in a recent number of the REFORMER. Until within a few years, this fact has not been demonstrated with sufficient clearness to unite the medical profession in the acceptance of the theory as true; but the researches of science, aided by the microscope, have established the fact that the burrowing of the insect under the skin is the cause of the common itch; while many practitioners assert that the "army itch," the "seven-years' itch," the "Jackson itch," &c., are all produced by one and the same cause. Exception should be made, however, to the eruption known as "prairie itch," which is simply a bilious affection, owing its existence

mainly to malarial influences; and also to several other eruptive diseases.

We present herewith an illustration of the itch mite, as seen under the microscope. Its actual length is about one-seventieth of an inch, being barely visible to the naked eye.



The insect is thus described by naturalists: The animal is tortoise-shaped, the head being distinct from the trunk, with four pairs of jaws. It has eight legs; four in front, and four behind. The larva has but six legs. Beside the legs, are long bristles. The male differs somewhat from the female in appearance, being a trifle smaller, and having bell-shaped suckers on the ends of the legs, as seen in the illustration, the cut representing the male.

As above stated, the insect burrows under the skin, causing an intolerable itching, which induces persistent scratching, and consequent abrasion and inflammation of the skin. The disease is highly contagious, either by contact, or by wearing clothing or sleeping in beds previously used or occupied by persons affected with scabies.

The *modus operandi* of the insect on effecting a lodgment upon the body, is as follows: It first seeks a protected place, where the skin is tender; as, between the fingers, inside the wrists, elbow joints, &c. Here it tilts itself forward upon its fore legs, and then commences to burrow into the skin. After penetrating the cuticle, or scarf skin, it then commences to work longitudinally, through or into the *cutis vera*, or true skin, making a burrow from one-twelfth to one-fourth of an inch in length, somewhat irregular or serpentine in shape. The female lays her eggs behind her as she progresses, and dies at the bottom of the burrow.

These eggs require from three days to a week to hatch; and as the cuticle, or scarf skin, is continually wearing off, or being scratched off, the burrow, with its eggs, comes to the surface at about the right point of

time to present a colony of young mites to the skin, for further mining operations. This process may go on, *ad infinitum*, unless arrested by treatment, and the seven-years' itch, or the seventeen-years' itch, for that matter, will be the consequence.

TREATMENT.

Lotions, washes, ointments, and other preparations almost without number, have been recommended, as curatives for this troublesome disease. As the cure of the disease consists in *killing* the insect, the drug treatment (applied to the insect) is eminently proper. The most common remedies are sulphur ointment, and a solution of gunpowder. Either of these articles faithfully and thoroughly applied to the affected surfaces, will generally kill the acari, and thus remove the cause.

These applications are objectionable, however, on account of their filthiness, and often their poisonous character, which cannot fail to have an effect more or less deleterious, upon the skin when applied so freely as they must be, to kill the insects. We recommend, therefore, a milder mode of treatment, none the less effective, however, if perseveringly followed.

As we have already seen, the abode of the acarus is under the epidermis, or scarf skin. As the eggs at the time of hatching are very near the surface, it will be evident that any expedient which will dislodge them, and thus prevent their hatching, will be a preventive of the disease. The following treatment will serve this purpose :

1. Take a warm bath, of sufficient duration to thoroughly soften the skin. 2. Apply soap freely to the skin, and accompany with vigorous friction, shampooing thoroughly the affected parts. The object of this is to reduce the thickness of the cuticle, and thus to bring the ova of the insect to the surface, to be washed or rubbed off before hatching.

As the formation of scarf skin is from beneath, and is quite rapid, there will soon be, under this treatment, an entirely new skin all over the body; and, as the bathing and friction prevent the operations of the insect, the disease is thus speedily cured. The bath may be repeated as often as necessary, until the cure is effected. The underclothing should be frequently changed and washed, to remove any of the acari that might effect a lodgment in it.

We have never known perfect cleanliness of person and clothing, accompanied by treatment as above, to fail in curing any case of common itch; and this is also the experience of

hygienic physicians of extensive practice and observation. W. C. G.

Milk for Food.

WHAT do you think of milk as food? is a question frequently asked. There are several objections which might be urged against its free, or even its moderate, use :

1. We cannot tell at all times whether it is healthy or not. It is only after it has passed into and through the human laboratory that we can best judge of its deleterious effects.

2. It clogs the vital action of the living machinery, and thus interferes with Nature's wise arrangements. This may be seen in the form of constipation, clogged liver, dullness in the head, with sleepiness, &c.

3. In diphtheria and croup, milk is one of the worst things in diet, because its nature is to generate a tough, stringy mucus, which renders the exudations of the above diseases more intractable than they otherwise would be. I have known the most inveterate cases of worm diseases to originate from children's drinking largely of warm milk, as soon as it came from the cow. This was caused by generating a large amount of mucus in the digestive track, in which worms thrive, and pay their board and lodging, by inducing various diseases, which in the end turns out to be a very poor financial speculation for those who furnish them with food and shelter.

4. Women who nurse their children after the term of gestation has again commenced, find that their children become sick, and eject the milk from the stomach. The same holds good in regard to calves; such droop in spirit, diarrhea sets in, and if long continued, marasmus and death. Such being the case, I regard milk as unfit for food when drawn from the mother during the term of gestation, and decidedly injurious to health.

When the teeth of children or animals appear, Nature calls for a different kind of diet than milk; and we ought at all times to heed Nature's calls, and obey her mandates.

5. Cows are often kept in stables, deprived of exercise, standing and lying in their filth, with scanty ventilation, and imperfect light. All this tends to check the natural excretions, which consequently find their way more or less into the milk; and yet the most thorough chemical analysis fails to detect this gross material.

Children who have rickets will not thrive well upon milk alone, neither will those who have cyanosis (blue disease). It clogs the

delicate machinery, and thus life is to them at best a burden.

The milk of a farrow cow, as is well known, will kill young animals, as well as cause colic, spasms, indigestion, flatulence, &c., in children. And how can the adult stomach stand unmoved against an enemy so capable of disturbing the citadel of life in the young.

I had a case of a child who was brought up on cow's milk, and who at times would become obstinately constipated, followed by diarrhoea. We changed to various kinds of milk, from different cows; but still the child gradually wasted away (marasmus), and yet the appetite seemed to be voracious. As the result of medical counsel, we determined to seek a wet nurse; but all to no purpose. The child sank through lack of nutrition.

This case has led me to distrust very much the exclusive use of milk among children, and to find a better way to rear them healthfully. These suggestions may be of profit to those adult children, who feel that they have never yet been weaned.

J. H. GINLEY, M. D.

Health Institute, Battle Creek.

To Consumptives.

WE wish the sick would avail themselves of the benefits of the health reform as their first, and not their last, resort. Were they to do so, their chances to escape from a premature grave would be greatly enhanced. It is exceedingly painful to physicians to have patients come, with great anxiety to live, but in such an advanced state of disease as to render it impossible to give them any words of encouragement, or hope of recovery. Especially is this the case with consumptives. Often inheriting a large amount of vitality, they will be dosed and drugged till the stamina of a naturally fine constitution is irretrievably impaired. For to precisely the extent that we are drugged, are we damaged in constitution.

We therefore advise the sick to seek the aid of Cures and Health Institutes at an early period, while Nature has power to restore. Do not wait till the symptoms of advanced consumption are apparent; till you are suffering from a constant sense of oppression in the chest, cough and expectorate, with hectic fever, and chilly sensations during part of the day, the body emaciating, and the health and strength declining. To nearly all in this condition, only a mitigation of their sufferings can be promised. No high hopes of regaining health may be anticipated.

We repeat, then, come while there is hope, and do not delay. P. M. LAMSON, M. D.

Health Institute, Battle Creek, Mich.

To Correspondents.

B. B., Virginia: The permission to eat flesh-meats after the flood, was only a permission, and not a command, and seemed to be necessary from the fact that vegetation was entirely destroyed. It will also be noticed that the permission also involves a prohibition. The *blood* was not to be eaten with the flesh. If modern meat-eaters would be as strenuous to regard this injunction, as they are to plead the permission, they would soon be quite willing to accept the wholesome vegetable diet, of Nature's first choice, as recorded in Gen. 1:29.

S. G., Minnesota: 1. Uncooked raisins are good food if well masticated, and eaten in moderate quantities, if the stomach is healthy. If otherwise, they should be cooked. 2. Fermented bread, or that raised with saleratus, is unfit for dyspeptics, and not the best for any one. 3. Fine-flour gravies are constipating, and milk gravies are bad for liver complaint.

H. A., Ohio: 1. Unleavened graham bread is made by stirring graham flour into cold water, until of about the consistency of thick cream, or "pancake" batter, and baking in cast-iron pans, previously heated "sizzling hot." The oven should be *very hot* when the bread is first put in, and kept so for five or ten minutes, when it may be gradually cooled a little, to prevent scorching. 2. Poisoning from ivy, or other vines, may be treated with the application of cool wet cloths. Full warm baths may also be employed to advantage, to assist in the elimination of the poison.

S. O. J., Iowa: 1. You should go to a "Cure," for a few weeks at least, where your case can be studied, and your capabilities for self-treatment determined. 2. Pie plant is objectionable on the ground of its requiring so much sugar. It may be relieved of some of its superfluous acidity by scalding or parboiling, and pouring off the water. It may also be used with dried apples, or other fruit. On the whole, however, its free use had better be avoided. 3. Wine is not beneficial in "exhausted vitality," except to exhaust it still more. 4. Radishes, if properly grown, and eaten without condiments, are not specially objectionable for healthy stomachs.

J. F., New York: 1. The diet at our Institute consists of grains, fruits, and vegetables, simply prepared. Condiments and seasonings are discarded. A little salt is allowed under some circumstances, but its use is advised and encouraged. 2. The "best diet for scrofula," would depend on circumstances; but should exclude flesh-meats, butter, milk, seasonings, &c., and should be very simple in its character.

J. F., and others: For full information concerning the distilling apparatus, write to Dr. Trall, 929 Chestnut Street, Philadelphia.

W. H., Ohio: Your child is suffering from an affection of the nerves. The fits are probably caused by this. When the fit occurs, give the child a tepid or cool bath, of a few moments' duration, first wetting the head in cool water. Then rub dry, and induce reaction. The diet should be very plain, avoiding milk and sugar. Give occasional ablutions or general baths, rubbing and kneading the abdomen, and employing hand rubbing over the region of the spine. Hot fomentations over the spine, and the region of the liver, will also be beneficial.

D. M. W., New York: Sugar of lead applied to the scalp is poisonous, and has been known to induce severe cases of lead poisoning. See article on Hair Dyes, in this number.

A. E. W., Conn.: Your little boy has a scrofulous constitution, and some of the symptoms you give indicate the presence of worms. There is also a manifest failure of the nutritive functions. Give him a full bath once or twice a week, and occasional wet-sheet packs. Apply fomentations over the abdomen, covering considerable surface, and employ hand rubbing, and kneading of the abdomen. Give copious enemata of tepid water to dislodge the worms, and keep him on a plain, nutritious, but non-stimulating diet, especially avoiding milk and sugar.

O. E. M., Iowa: The wringer does not accompany the Doty Washer, at the price named. The price of the Universal Wringer is \$9.00.

A. C., Iowa: For description of Fountain Syringe, see cut in connection with the advertisement. We regard it as the best syringe with which we are acquainted. No. 2 is the better size for family use.

J. G. S., Mich.: Quinine will "break up" fever and ague, but it is often done at the risk of breaking the constitution for life. We have now in mind the case of a gentle-

man, who, although a health reformer, grew tired of what was in his case a slow recovery from ague, and took a dose of quinine. It stopped the shakes "instanter," but he has never recovered from the effects of it, and is irreparably injured by the operation. Patience, and faith in Nature, win in the long run.

M. J. S., Illinois: You will find general directions in the work entitled, "Solemn Appeal," &c., for sale at this office. Your best course, however, will be to place yourself under the care of a good hygienic physician.

Something Strange.

THE other day, in one of my strolls, I chanced to stop in the vicinity of a "Water Cure." Having some spare time, I visited the institution, when, to my surprise, a *strange* form of dress appeared before my eyes, the wearers being feminine, judging from their fine features and cultivated manners—something not universal among the masculine gender of the human family.

It was not the "health reform dress;" for I am familiar with that, and prize it as being the best dress known for women. I will give a brief description of the garment; for strange it is, indeed: The pants were worn after the Turkish form, tucked inside of the boots; *to keep the limbs cool in summer*, I suppose. The skirt came down ten or twelve inches below the knee; another undeveloped scalloped skirt came down six or eight inches above the knee; and a third had apparently taken root at the waist, and looked to me like what folks in the fashionable world call a "panier" (not full grown). I could see no principle of health reform in the costume. The skirt was too long; too much clothing about the hips; and not a true mark of beauty to commend it to the eye of a lover of nature and admirer of art.

May be a policy for change! to accumulate riches—such are the tricks of some who claim to be health reformers, hygienic doctors, and psycho-hygienic physicians. I wonder who will speculate next on the vital laws of the human organism. When will people cease to grasp for the almighty dollar without regard to principle? Will such a time ever come? If so, I wait with patience.

G. W. H.

DOBBS says he would have died of yellow fever in August, if it had not been for one thing—"The doctor gave him up."

A FAITHFUL friend is a strong defense.

From the Hub of Hygienic Darkness.

OUR CITY HOSPITAL.

THIS institution, about which we wrote a year ago, is still pursuing its work of death. The City Council included in the tax levy an item of *one hundred thousand dollars* for the maintenance of it. All believers in the true healing art will agree with us in the statement that this amount is worse than lost. We cannot see that the management of the hospital has changed, in the least degree, for the better; such being the case, we cannot characterize this appropriation of so large an amount other than as a gross imposition, on the part of the Council, upon the people. If it were possible to print a record of the crimes against God which are daily enacted in the name of the healing art, we feel confident that the details would fully maintain the reputation of this institution as a place where congregate the practitioners of the most "heroic" system known to that body of men whose sole work is to kill and not cure.

We will leave to the logicians the subject of wherein is the difference between taxing for the support of sectarian churches and schools, and the taxing for the maintenance of allopathic, homeopathic, or hygienic, hospitals.

HOME FOR INEBRIATES.

Mrs. Dr. Fletcher, a graduate of the New England Female Medical College, has in her charge an asylum for this large and increasing class in our community, and as this is one step in advance, and an approach to the ground taken by health reformers, we will copy from an article printed in the *Daily News* a paragraph showing the general plan of procedure:

She treats drunkenness for the most part as a disease, and in the majority of cases prescribes medicine for the patient, though she has no iron rule in this matter, but is governed in her mode of treatment altogether by the special nature of the individual case brought to her notice. She pays particular attention in all cases to the diet of the patient, and never allows any condiments or catsup on her table. Weak tea and coffee are the only stimulating drinks permitted. All are obliged to take regular baths, and moral treatment and advice are persistently given.

In addition to this, we will say that the bread used is made by the Dr. herself, of selected, unbolted wheat. This will commend her to many, and we hold it to be important; for is it not too true that the preparation of our food is too often left to ignorant domestics? Time is slowly showing the world that

her pet theories are resting upon falsehood; and as the light increases, so should our knowledge.

NEWSPAPER HYGIENE.

That kind of sanitary knowledge displayed by our daily press is of the crudest sort, and can accomplish only harm. There has been no quackery compounded that was so detestable that there could not be found an editor to pen, and a publisher to print, a puff for it. So long as our public press have it in their creeds to make money, regardless of the manner of earning it, just so long shall we see our press, religious and political, puffing the merits (?) of this or that infernal mixture. The medical column of some journals in which regularly appear the distilled wisdom of that "Old Family Physician," or the "Eminent Professor," is the place to find the precepts of Hygiene. (?) Here are related the wonderful cures performed by Dr. So-and-so, who used such and such villainous compounds, and by the use of these were the cures effected. We cannot too often call the attention of the people to the fact that many M. D's are not above selling their names for a fee, and it may not be an open question how so many certificates from physicians are daily printed in praise of the vilest doses that Satan ever aided to invent.

DARK SKINNED DOCTORS.

The Sanhedrim which sat at Washington could not swallow a doctor with a dark skin; they can take most anything, but they cannot allow any one to kill, under a license to cure, but themselves. What more can we expect from the allopaths? They have always been "tenacious of their rights" and have acted upon principles about as just as their medical principles are true. It would seem to be true, that if a person is wedded to any form of error, it is much easier for him to fall into other forms than to free himself from his old one, and thus become a subject upon whom all the batteries of reform have but little effect; hence, we need, as has been well said, teachers, who possess that quality which is generally comprehended in the word *backbone*, whose only desire is to teach those principles of truth upon whose acceptance or rejection depend the physical, and, to a great degree, the moral, welfare of our people. That each reader of this magazine may do his part toward the spread of the Christian doctrines of the health reform, let each renew his devotion to the cause by seizing every opportunity for doing good that he may see. These doctors who hate (for their conduct indicates

no less of evil) their brethren, do not desire to have the people know more, for as they add to their stock of information, the duties of these fellows become less onerous. In this we have a decided advantage over all other systems, for ours spreads the fastest where the people are the least blinded by prejudice, and the most willing to hear the truth and to profit by it.

D.

Boston.

Dress Reform in the West.

EDS. HEALTH REFORMER: Good words are coming in from our western friends. Dr. Mary W. Brice, now engaged in a heavy medical practice in Leavenworth City, writes that she is making converts to dress reform almost daily; not by special proselyting—she is too busy for that—but by mere force of example. On windy days, such as the people of prairie land only have, when women in the ordinary dress dare not go into the streets, the “woman doctor” is seen going her rounds, as unconcerned about her attire as if it were the mildest day in June. Men on the streets cannot but observe the fact; and they speak of it to their wives, some of whom are the doctor’s patients. Quite a number of the latter have declared their determination to adopt the dress, at least for home service.

The Rev. H. E. Woodcock, President of the Tonganoxie Dress Reform Association, writes that the members of that body are remaining true to the “pledge,” by wearing the reform dress as an every-day, working suit. Not only so, but some have worn it abroad, into other States; and the girls are wearing it to school. Those who simply wear the dress to work in, he says, “are getting more heartily sick of their long dresses than ever;” and declare that they “feel like a fool” every time they put on a long dress. Among other good things, the president says:

“We think it (the Association) was *born to live*; and, although it has not received any special nursing, it will maintain its position and have a vigorous growth. . . . The leaven is at work, and we hope that not only Tonganoxie, but the whole lump of humanity, will be changed. We are anticipating a meeting of the Society soon. We wish that some of the true-hearted, and of a wise head, would find it convenient to come and assist us in this good work. A speaker now would get a good audience, and help forward the cause. . . . If you know of any one coming this way who can lend a helping

hand, we shall be happy of the assistance.”

Mr. W. adds: “We have had a severe conflict in the cause of temperance, but iniquity has not prevailed.”

It seems, therefore, that Tonganoxie is taking a firm stand for the right in more respects than one. May health, peace, and prosperity, smile upon her sunny hills and quiet valleys.

S. W. DODDS, M. D.

St. Louis, Mo.

Overeating.

BY EARNEST FAITHFUL.

I AM not a physician, but I have enjoyed unusually-good opportunities for studying the theory and practice of the hygienic system. Poor health has rendered it not only necessary for me to carefully study the laws of life and health, but to spend a long time in Health Institutions. I have been acquainted with a large number of patients, and have closely watched the changes they have passed through while under treatment. I have met with many cases that forcibly illustrate the folly of administering drugs, and the ruinous effects that result from the ordinary way of living; and I have likewise met with a large number of cases that demonstrate the efficacy of hygienic treatment. Some of the most interesting and instructive cases that have come under my observation, I propose, from time to time, to present to the readers of the HEALTH REFORMER.

My experience and observation have fully satisfied me that more people are made sick from overeating than from any other cause. Not only are our people gluttons while in a comparative state of health, but when sick they almost universally eat too much; for under the ordinary plans of treatment, it is considered absolutely necessary for the patient to eat, in order to keep up strength. Overeating is generally the cause of “relapses” that so often prove fatal to patients under drug treatment, but which are almost unknown to the hygienic practitioner.

Three years ago, I was urgently solicited to prescribe a course of treatment for a young man who was a health reformer by profession. I consented reluctantly; for I well knew that his sickness was the effect of gluttony in its worst form. Before I consented to take charge of his case, he solemnly promised that he would strictly, and to the letter, follow my directions, and most especially in regard to his diet. Not knowing at the time that he totally ignored the binding force of moral ob-

ligations, I accepted of his promise as having been made in good faith.

He was very thin in flesh, greatly reduced in strength, and was suffering with liver complaint and dyspepsia, in all their protean forms. I prescribed a very mild course of bathing, and enjoined a strict and abstemious diet. He at once began to improve; his symptoms became more favorable; he gained in flesh and strength, showing a better digestion and assimilation of food; and his bodily functions were rapidly assuming their normal condition. His neighbors and friends wondered at his great improvement.

In about a month, business called me away from home for two weeks. On my return, I was surprised to find him very weak, with a bad diarrhea. All his old symptoms had returned in an aggravated form. I soon learned that during my absence he had eaten large quantities of old cheese, soda biscuit, sugar, cold boiled beef, butter, fine-flour bread, &c. The mystery in regard to his "relapse" was solved.

I at once dismissed the case, as it was utterly impossible for me to have my directions followed. His friends were all laboring for him to have a drug doctor.

In due time a "spiritual doctor" was called. Powders and syrups, with plenty of alcoholic beverages, were administered. In eight or ten weeks it was discovered that an abscess was forming on the side of the abdomen, just in front of the hip bone. A vast quantity of putrid matter was discharged from this abscess. Soon an opening was formed into the intestines, and some of their contents passed out through the abscess for some time. No hopes were entertained of his recovery; but in about a year and a half, the abscess healed, and his health improved.

No person of ordinary intelligence can deny but that his sickness was the result of his gluttony. Had he strictly followed my directions, he would have been fully restored to health in three months time.

Drinking while Eating.

THERE is much confusion or vagueness in the general mind regarding the necessity of fluids while eating. Without attempting to discuss in its fullness a question of such importance as to what we should drink, I will endeavor to give my ideas in relation to this matter. It is certain, without a doubt, that he who breaks the law of nature pays the penalty of his folly by the loss of health, and the consequent shortening of his days. The impressing of this self-evident truth upon

the attention of mankind in this period, when almost every man regards himself in some degree his own physician, besides being well acquainted with the physical laws which govern his own system, does not seem to be necessary. But still, a very large majority are living in daily violation of the laws of nature, and are reaping the fruit of their negligence or criminality, as the case may be, in sickness or death. Health consists of temperance in all things. All species of intemperance, whether from eating or drinking, arise from ignorance or a want of self-control.

Fast eating is one of the most common, as well as one of the most injurious habits, to which the American people are addicted. It is characteristic of the Yankee to do everything in a hurry. He is not satisfied with fast walking, working, and traveling, but he generally, and that, too, unconsciously, eats fast. By fast eating, we cripple both mind and body.

It is a common fallacy to think that hurrying at meals is economy. Miserable economy! Is it economy when the health is endangered? Thousands of witnesses, the victims of dyspepsia and all its attendant evils, testify as to the economy of careless, reckless eating. If statistics of ruined health, caused by over-indulgence of appetite, were taken, and compared with those of drunkenness, the excess of the former would, no doubt, greatly exceed the latter. The digestive organs may bear the abuses of excessive and unregulated eating, awhile, without giving signs of trouble, but the penalty of that broken law must sooner or later come, and it is most sure to come in the form of a broken constitution. If less drink were used at meals, there would be less tendency to overfeeding, and there would consequently be less disease prevalent from this cause.

Many labor under the indistinct notion that water is a general solvent—that if a little is good, a great deal is better. They then imbibe it to an alarming extent. The process of mastication and deglutition is dispensed with by them. The mouth is crowded with food, which is indiscriminately washed down with tea, coffee, or some other liquid; while the character of the food scarcely leaves an impression on the palate. The stomach is generally treated as a receptacle of half-drowned morsels of food. They masticate the food so insufficiently that it is impossible to force it through the esophagus to the stomach, without using a beverage of some sort to wash it down. The quantity of food with which one loads his stomach when drinking at meals, is more than he can healthfully

receive. By continuance in the habit, the appetite becomes morbid and excessive, and is indulged in without restraint. If the detriment to health is not sufficient cause for the relinquishment of the habit, its bearing upon common sense and decency should have enough force for its eradication. Few things are more repulsive than the sight of a person who darts at his food, gulps it down in an instant, and before it is fairly deposited in his mouth has caught up more with which to pursue it, as if running a race against time, each mouthful being followed by a liberal potato. The hand is nervously brought from plate to mouth with such rapidity that it forms quite a gymnastic feat. A few spasmodic motions, a whirl of the chair, and all is over, and he turns breathlessly from the table. Three times a day he undertakes the process. What can be expected to follow but inveterate dyspepsia?

If the proper food be eaten, and in proper quantity, we would seldom feel thirsty. The salivary glands cannot furnish their fluids fast enough for the rapid eater. The evils arising from excessive and unregulated eating, spread a wider and a more general blight than intemperance in drinking. But from the peculiarly disgusting and devastating character of drunkenness, the mischiefs of intemperate eating scarcely excite attention. The drunkard is lectured day after day, and year after year, but the glutton is seldom lectured upon. We would be more happy as a race if we paid more attention to diet, as to its purity, nourishing properties, healthfulness and quantity.

Nature furnishes three or four ounces of salival fluid with which to moisten the food, while eating, preparatory to its entrance into the stomach. This is sufficient for a person who eats slowly, and masticates thoroughly. But where a person bolts down the food with such rapidity, he must depend upon artificial liquids for its passage into the system. The stomach is deluged until the system and the mind are reduced to the state in which

"Their reason sleeps, but mimic Fancy's wake
Supplies her parts, and wild ideas take
From words and things, ill-sorted and misjoined;
The anarchy of thought, and chaos of the mind."

Again, drinking at our meals, or at stated hours between our meals, is only an established habit, which has been acquired by the individual, gradually and so imperceptibly, that the victim is seldom aware that he violates nature by so doing. They never inquire whether the vital economy really requires a supply of water, or any decoction or infusion of which water is a constituent. With stout

will and resolution we may throw off or resist this habit; but without it, we are held in subjection. In these times of incidental festivity, when gravity must be entirely dispensed with, and folly rules the hour, many classes demonstrate their joy by eating and drinking. This is particularly true in the larger cities. Dining is not so bad; but the people now-a-days no longer dine; they gorge; and a feast that does not include a half dozen courses, with all the prominent brands of wine and liquors, is deemed not worthy the name. The consequence is that the grand national complaint of America is dyspepsia, leading to physical decay and mental imbecility.

Physiologically, the more exciting the food, the more frequent and intense will be the thirst. It is also pretty sure to follow a too hearty meal. If condiments, highly-seasoned viands, and greasy food, be avoided, the inordinate longing for liquids would not be felt. All food which produces irritation in the alimentary canal, or causes a preternatural heat in the mucus membrane, will also induce thirst; and it is generally indicated by a feverish state of either the stomach or the general system. It is well known that the process of digestion is carried on, or effected, by the agency of what is called the gastric juices; that the saliva which nature has provided, and intended especially for the preparation of the aliments, cannot be disturbed without violating some of the laws which govern our constitution. All drinks at meals are therefore objectionable, as they dilute and weaken these fluids—thus materially interfering with the process of digestion. In other words, the juice becomes saturated, and refuses to perform its proper function, and in cases of excess, the food remains in the stomach or passes to the bowels in a crude state. We now see our stuffed sensualist. What are the consequences? The mental force becomes impaired, thus paying the way for numerous diseases; besides lowering the tone of the moral sensibilities by sinking one to the level of a mere animal.

Oh, that all would see the injury that they bring upon themselves by the habit of drinking while eating! There are many who will escape the evil consequences for a time, but it is fore-ordained that sooner or later the evil influences will be felt. The first symptom is an uneasy feeling in the stomach. This increases as the individual persists. Next he will feel stupid, and have the "blues." The stomach, through the nervous influence, affects the whole system, making the body, as well as the mind, dumpyish, and the individual

anything but agreeable. A degree of refreshment will be felt which is pleasantly surprising, if you will abstain from drinking while eating. But it is not necessary to produce evidences of the beneficial results which follow its abstinence.

VALENTINE HAMMANN.

New York City.

A Testimonial.

EDITORS OF THE HEALTH REFORMER: I noticed in your May number an article by Dr. Trall headed, "Good Advice to Bad Folks." I also saw the original article there alluded to, which appeared in the *Galesburg Water Cure Journal*, written by "Quid Nunc," alias Seabold. While Dr. Trall has of course given a correct statement of the case, he is too modest, nevertheless, to give any particulars in justification of the diet which the said Mr. Seabold designates as "miserable garbage." Now I feel it my duty as a recent student of the Hygeio-Therapeutic College, and a boarder in the Home, to give your readers a little more definite statement in regard to the diet which our friend, Mr. Seabold, speaks of so lightly. I remember his being there and staying, I believe, two days. I do not remember what we had on the table during his stay; but this I do know, that the food placed upon that table this last winter, was good in quality, abundant in quantity, and if there was any fault in variety, it was in having too much.

Perhaps Mr. Seabold expected to find at Eastern Hygeian Home what he had found at the other places of which he spoke so highly; viz., his victuals seasoned with salt, sugar, milk, and other condiments, with flesh occasionally added. If this was what he expected, he must have been disappointed; for the table is in keeping with the principles there advocated. Dr. Trall does not compromise principle, to pamper morbid appetites. I think every student in the class would indorse the above statement which I have made.

MARY DODDS, M. D.

St. Louis, Mo., May 20, 1870.

More about Hair Dye.

A PHYSICIAN writes to the *Boston Journal of Chemistry*, in regard to two cases of partial paralysis that had come under his notice, caused by the use of "Hall's Vegetable Sicilian" hair restorative. He says: One complained of cold creeping chills and a sensation of numbness in the back of the head and neck; the other had the peculiar symptoms of lead paralysis in the arm and

wrist. Both had used the nostrum freely, and recovered after I had advised them of its contents, and they had discontinued its use.

Any one may satisfy himself of the contents of this filthy compound by the peculiar sticky feeling of acetate of lead, when rubbed between the fingers, or by placing a drop upon the tongue and noting the sweetish astringent taste of the salt. Or if he wishes more accurate evidence, let him try the effect of a drop or two of solution of iodide of potassium, added to a filtered portion of the "Renewer." Other tests might be given, but this is as convenient as any.

I cannot see how the consumer can fail to absorb lead into the system, if the directions on the bottle are carefully carried out: "*Rub the scalp thoroughly, after which leave the scalp and hair thoroughly saturated with it,*" &c.

Death by Alcohol is Murder.

IF penal legislation be justified in any case, why not in this to which we seek to direct it? What is there to exempt this case? If it be penal to kill your neighbor with a bullet, why should it not be penal to kill him with the bowl? If it be penal to take away his life by poison which does its work in six hours, why not penal to do so by one that takes six years for its deadly operation? Would you not measure the guilt of an act by the amount of suffering it causes? If, then, that which we work against, causes tenfold suffering, should not its punishment be tenfold in severity? Alcohol produces ten times the amount of suffering that arsenic does. The latter destroys life; a few brief hours of agony, and its work is done. But the agony caused by alcohol is extended over months and years, and torments its victim with more than tenfold cruelty. Arsenic takes away *animal* life merely; it touches not the *soul*—while alcohol gives not only ten times the amount of physical agony, but also destroys the soul, sapping all moral feeling, quenching all intellectual light. Therefore, I ask a more severe punishment for that crime which works the moral and spiritual ruin, than for that whose touch overturns a mere tenement of clay.—*Rev. John Pierpont.*

AN anecdote is told of Frederick the Great that just before the battle of Rosbach, he said to one of his generals, who was on very intimate terms with him, "If I lose the battle, I shall retire to Venice, and there practice physic." "Oh!" replied the general, "once a murderer always a murderer."

Items for the Month.

THE NEW VOLUME.—Four years ago our bark was launched on the uncertain sea of journalism, since which time it has battled many a storm, and breasted many a wave. And still it floats, with colors flying, as staunch as when, four years ago, its timbers were first submitted to the trying test of public opinion. With renewed courage we take the helm for another voyage, committing ourselves to the watchcare of the Great Pilot, and to the prayers and labors of our friends and patrons. For the year to come, we pledge ourselves to unremitting diligence in behalf of the right, and unwavering fidelity to the principles of our precious cause. Of our friends and fellow-laborers, we only ask a continuance of that hearty co-operation which has cheered and encouraged us in the past. May God bless the HEALTH REFORMER to the physical, mental, and spiritual good of many people, during the fifth year of its existence.

☞ Quite a number of subscriptions expired with the last issue. Many have already renewed, and we hope the remainder will do so during the coming month.

NEW BOOKS.—"Health by Good Living," is the title of a new work from the pen of Dr. Hall, and published by Hurd & Houghton, New York. Although we find sprinkled through its pages sentiments which we cannot indorse, there is, on the whole, so much of good sense in it, that we sincerely wish it a wide circulation, which it bids fair to have. Although it treats of disease at much length, not a particle of medicine is advised or prescribed in its pages; which is certainly much in advance of publications of its class generally.

The Handy Book of Husbandry.—This valuable agricultural work, by George E. Waring, jr., has just been issued from the press of E. B. Treat & Co. It is a large volume of 604 octavo pages, finely executed and well illustrated with over 100 engravings. The well-known reputation of its author as an agricultural writer, will tend to give it popularity and a large circulation. It is sold only by agents, who will find remunerative employment in canvassing for the work. Apply to E. B. Treat & Co., 654 Broadway, New York.

The Oldest and the Newest Empire; China and the United States.—Jones, Junkin & Co., Chicago, announce as soon to be issued, a work of the above title, written by Wm. Speer, D. D., formerly missionary to China, and to the Chinese in California. The peculiar facilities for gleanings reliable information which the author's position has given him, cannot fail to make the book attractive and thoroughly trustworthy; while the polit-

cal relation which China sustains to the United States, together with the interest now being felt and manifested in this country on the Chinese labor question will render it interesting and valuable. The work is to be sold only by subscription, and the publishers desire to engage agents in every city and township in the United States.

The Remedial Agents of Nature. or the Combination Lift applied to Harmonious Physical Development and the Treatment of the Sick. By Dr. John Smith, St. Paul, Minn.

The above is the title of a pamphlet which, from a cursory examination, we judge contains some good things relative to physical culture and development, and valuable hints on the subject of health, &c. Price 50 cents.

STEAM-REFINED LARD.—Good housewives who use, and unfortunate individuals who have eaten, articles made of steam-refined lard, will be interested in the following description of the process of making it:

In the transportation of droves of hogs, by cars, to large markets, more or less of them, and sometimes many of them, are found to be dead on their arrival. They die from crowding, from disease, from suffocation, from being trampled upon, and from other causes. On their arrival, these dead hogs, bruised, trampled upon, diseased, and covered with filth, are purchased by manufacturers of steam-refined lard. They are taken to the manufactories with others which drop dead in the streets; they are not dressed or cleaned in any manner, but are put whole into immense steam boilers or tanks, and the lard is extracted from them by the power of steam. This process extracts the lard perfectly from every part of the animal, even from the bones. After sufficient steaming, the most beautiful, "pure, steam-refined lard" is drawn from certain parts of the boiler by means of faucets, while the filth and solid portions sink to the bottom, or rise to the top.

AN EXHAUSTIVE WORK.—Webster's Illustrated, Unabridged seems to be the most complete, comprehensive, and exhaustive work illustrating our language at the present time in the power of scholarship to produce, and contains 10,000 more words than any other dictionary in the language. . . . Webster's system of orthography, revised by the present editors of his works, now generally prevails in the school books and the periodical and other popular publications of our country. This edition of the Dictionary, which is a careful and thorough reconstruction of the former editions, is, as it has been well pronounced, "a magnificent monument of American scholarship and learning."—*American Messenger*.

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☞ Two new American Organs for sale on favorable terms. Address "Health Reformer," Battle Creek, Mich.