

THE  
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OUR PHYSICIAN, NATURE: OBEY AND LIVE.

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THE TWO WORKERS.

Two workers in one field  
Toiled on from day to day;  
Both had the same hard labor,  
Both had the same small pay.  
With the same blue sky above,  
The same green grass below,  
One soul was full of love,  
The other, full of woe.

One leaped up with the light,  
With the soaring of the lark;  
One felt it ever night,  
For his soul was ever dark.  
One heart was hard as stone,  
One heart was ever gay;  
One worked with many a groan,  
One whistled all the day.

One had a flower-clad cot  
Beside a merry mill;  
Wife and children near the spot  
Made it sweeter, fairer, still.  
One a wretched hovel had,  
Full of discord, dirt, and din;  
No wonder he seemed mad—  
Wife and children starved within.

Still they worked in the same field,  
Toiled on from day to day;  
Both had the same hard labor,  
Both had the same small pay;  
But they worked not with one will,  
The reason let me tell—  
Lo! the one drank at the still,  
And the other at the well.

Beecher says: One of these days men will call things by their right names. Then, they won't say, "He's of a good disposition," but, "He has a good stomach." Half the grace that's going is nothing but food. Paul said the kingdom was not meat and drink. Very likely not, hereafter; but it is here—a fact very humbling of our excellences.

DR. TRALL'S  
Special Department.

Hygienic Physicians Wanted.

THE following communication is a fair sample of those we are continually receiving from all parts of the country:

"Dr. Trall, Dear Sir: Being a hearty repudiator of drug medication, and feeling an anxiety in the welfare of my family and neighbors in the matter of health, I address you this note. Can you send us a No. 1, 'true healer'—a thorough graduate according to the theory and practice of the hygienic school? There is certainly a splendid field here unoccupied, there being but one physician in the place, and he most of the time stupefied with alcohol and opium. We have as fine a country as there is in the world, good society, schools, churches, and the people generally well able to pay a physician. If you send us a man, or a woman, send one with 'sword in hand,' and willingness and skill in its use. There is a battle to fight here, as elsewhere; but there are a few unflinching soldiers to back up a good leader. Let me hear from you at once."

We have written to this correspondent, as we have to hundreds of others, that we have no physician to send. Indeed, we are now looking for another man physician and another woman doctor for our own establishment. So long as hygienic physicians do not increase as fast as the population of our country does, so long we shall not be able to respond to the increasing demand. Our college graduates fifteen to twenty annually. Some of these do not contemplate practicing except in their own family circle, or among their immediate friends; others become assistants in established health institutions, while not more than one-half go into full practice on their own account, and nearly all of these few have places among their relatives and friends.

Now those persons who desire hygienic physicians in their neighborhoods should

send us the material to make them of. A few public-spirited citizens could easily select some suitable man, or woman, or better, both, among their acquaintance, lend them the money, and send them to the Hygeio-Therapeutic College, on condition that they should locate and practice permanently in that place, repaying the loan as soon as earning it. We see no other way in which the demand for "true healers" can be supplied during the present century, if ever. There are hundreds of worthy men and women—we hear of them every week—who would qualify themselves, and practice the hygienic system, if they had the pecuniary means; but to get a few hundred dollars ahead by savings from daily earnings would require years, and so they abandon the project. Now, if a hundred persons would each lend them \$5, or if ten persons would each lend them \$50, they would help the cause and themselves too. They would get good by doing good.

### The Muddle of Stimulation.

THAT stimulation is not strength, is a truism to one who understands the nature of vitality, and the relation of the living organism to foods and poisons. But the medical profession has ever confounded the *manifestation* of vital power with its *augmentation*, and the world has consequently been taught that stimulation, which actually and always wastes the vitality, is "supporting the vital powers." Now if a part of the living system is stimulated, it is in a condition of irritation or inflammation—it is red, swollen, hot, and, perhaps, painful. This is a state of disease; and disease is wasteful of vitality. If the whole body is stimulated, it is in the condition of fever; and no one would regard fever as a "supporter of vitality." Yet many persons who have studied this subject for years do not clearly recognize the distinction between *expending* vital power and *accumulating* it. The following communication may seem childish and puerile to the more progressed readers of the HEALTH REFORMER, but as it presents just such difficulties as we meet with every day, especially on the part of physicians of the drug schools, we give it place and attention:

"R. T. Trall, M. D., *Dear Sir*: I have been for many years familiar with your writings, having all your works; and, of course, I know that you do not approve of giving brandy or other stimulants in any cases of sickness. But I wish to ask you the following questions bearing upon the subject: Do you deny that no case of sickness ever has existed, or ever can, wherein stimulants, in a greater or less quantity, have been, or would

be, productive of more or less benefit? And if productive of good, why might not the benefit be sufficient to turn the scale and save the patient's life? In other words, are stimulants bad in every case on account of the uncertainty of their action, and the improbability that a certain benefit will compensate for other certain injuries? Or are they bad because stimulated strength (or what is so called) is but a mockery of real strength, and can never be of benefit to a patient, either for the longest or the shortest time during sickness? Please to bear in mind that my question is a somewhat abstract one, for I admit, if alcohol in every form could be banished from the world, mankind would be the gainer. You have argued that brandy was to the human system what the lash is to the jaded horse, and I think this is a good illustration of what it means to stimulate; but, admitting this argument, suppose you have a jaded horse, and are fleeing from some danger; the generous use of the lash or spur may save your life, even though strength is no more 'inherent' in the whip or spur than it is in brandy or other stimulants.

"May not a case of suspended animation or vitality, or exhaustion, be so slight that for the sake of giving some artificial strength for a *short time*, we can afford the reaction or loss of strength at a later period incident to the use of said stimulants? It is like a company of soldiers when about being attacked by a superior enemy; by great exertion and exhaustion they succeed in throwing up a temporary breast-work, and, although it is too poor and weak to stand many attacks, still it serves a purpose; for, just before its destruction, other troops come to the rescue. I hardly need say that the patient is represented by the company of soldiers, the disease by the enemy, the stimulants by the breast-works, and the coming strength by the friendly troops which rescue them from death. Please answer through the REFORMER."

The reasonings and conclusions of our correspondent are all wrong, simply because he does not properly understand the premises; and, for this reason, he assumes what is not true, and then asks us to explain it, or prove a negative. He assumes that there is such a thing or condition as "artificial strength," and that disease is a something at war with vitality which ought to be destroyed. All of his questions are based on these assumptions, and none of them are true. The "strength" occasioned by brandy, or any other stimulant, is no strength at all—neither "artificial" nor natural; hence the idea of "turning the scale" in favor of vitality by stimulation—that is, by wasting vitality—is simply absurd. *If* any stimulant *could* give strength, natural or artificial, permanent or temporary, alcoholic medication would be proper, and the drug-medical system would be the true. But as stimulation, as already stated, is itself disease, and disease is, under all possible circumstances, *vital expenditure*, it follows inevitably that any and every stimulant only tends to turn the scale against the patient. The

proper treatment of disease—the Hygienic System—consists in supplying such conditions as will enable the disease (which we term “remedial effort”) to secure the normal condition with the least possible waste of vitality.

Our correspondent’s *battle* illustration is not pertinent. It assumes that disease is an enemy, while the contrary is true. It is the *cause* of disease which is the enemy. This you may war upon with stimulants, or other drugs, as much as you please; this you may cure or kill, suppress or subdue, counteract or antidote with poisons, chemicals, dye-stuffs, venoms and viruses, *provided always* that you do not meddle with the patient nor the disease. But as the causes of the disease are within the vital domain, and as you cannot drug, poison, nor stimulate, them without affecting the disease and the patient, you had better supply such conditions as will best aid the living system in ridding itself of the causes of its troubles. To medicate disease as an entity, is to *oppose* the efforts of nature in the process of self-restoration.

The *horse argument* is more irrelevant than the battle illustration. In order to make a *well horse* carry his rider faster away from a pursuing foe, the whip or spur may be very judicious. But what has this to do with diseases and remedies? If the horse had a fever, or an inflammation, or the rheumatism, or the gout, or the dyspepsia, or consumption, or dropsy, or scrofula, or the glanders, would whipping him, or spurring him, conduce to his recovery? What is the real question to argue?

### Wine and the Magazines.

If the American people do not become a nation of drunkards it will be no fault of the magazines. Despite the teachings of nature, the denunciations of Scripture, the lessons of science, and the examples of experience, our magazine literature is still pervaded with the taint of alcoholic debauchery, and the leading journals of our country are the most effective allies of the rumsellers. The most extensively-read and influential, and, in many respects, the best, of our multitudinous monthlies, is *Harper’s Magazine*; and in its issue for June is an elaborate article in defense of the drunkard’s drink. The arguments of the writer are flimsy enough, but sufficiently flippant to mislead those who only study the subject from the stand-point of perverted appetences. His exordium is a curiosity which we can only account for on the supposition that the writer was under the influence of

something stronger than the *spirit of aquosity* when he penned it:

“Nothing to drink—but water! Is this as it should be? Is it consistent with nature? Is it worthy of Providence? Is it in accordance with the true order and fitness of things that, while earth, air, and flood, multiplying themselves by the many differences of soil, and again by the many differences of climate, and all of them by the successive in the march of the seasons, combine to produce an ever-renewing variety of food to delight the palate in all its changes and fancies, our only liquid aliment should be the one tasteless, colorless, odorless, inert, cold, sad, element, condensed from gloomy clouds, and showered down from weeping skies?”

The logic of the grogshop advocate is as “cold,” “inert,” “sad,” “gloomy,” and “weeping,” as is his introduction, and is entirely consistent with his opinion that water, as a beverage, is “inconsistent with nature,” and “unworthy of Providence.” While admitting that alcohol obtained by distillation is bad, he argues that alcohol produced by fermentation is good, in the following extraordinary strain:

“Distilled liquors, after reaching the stomach, will very soon decompose, the alcohol going one way, and the water, etc., going another; these last, following the usual course of fluids, being taken up by the absorbent vessels and carried into the general circulation. Pure wine, there is every reason to believe, also follows the usual course of fluids, and without undergoing any change in its component parts. But even if a portion of its alcohol be liberated while in the stomach, and before the absorbents have time to act—of which, however, there is no proof—it must be but a small portion, owing to the cohesive power which holds it to its fellow components. All, or nearly all, of the wine, then, will pass out of the stomach *as wine*, and as such, go through the channels of circulation; and the alcohol contained in it will circulate and act in connection with, and qualified by, all those various substances of high qualifying power which nature, in her own wise way, has given to conduct it to its proper uses and restrain it from perverted ones.”

We have read many volumes of scientific twaddle and literary bosh in favor of liquor-drinking, but commend us to *Harper* for the most *balderdashy* paragraph extant on the inebriating subject. Our author continues:

“Of those substances and their efficacy in combination we know something, but by no means all; and what we know, as well as what we do not know, alike admonish us not to condemn wine as a whole for the sins of any one of its detached parts. Thus what insight our small chemical knowledge affords concurs with exterior indications in bringing us to the conclusion that, when wine is drunk that is pure, its alcohol acts, not independently, but in combination; not abruptly, but gradually; and as it circulates, economizes and slowly distributes its power through every

organ and member with an even, a balanced, and a mild, effect, continuing long, and disturbing little; exciting moderately, but sustaining much. On the other hand, the alcohol of brandy, whisky, and rum, escaping easily soon after entering the stomach, goes free and uncontrolled to work its will upon the tissues of the drinker; for which Nature is not responsible, but man, whose art has wrested the powerful fluid from its native envelopment."

Snakes and delirium tremens—what astonishing philosophy! Mud itself was never more bemuddled. The alcohol of brandy, whisky, and rum, is a demon of darkness, while the alcohol of wine is an angel of light! One alcohol being free, exerts its pernicious will destructively on the tissues; the other alcohol, being combined, distributes its power, (its alcohol, its self, or its—what?) economically, etc. Then what a discovery for the physiologist! For the first time the scientific world is informed that alcohol has a "native envelopment." For half a century we have been taught, and for a quarter of a century we have been teaching others, that alcohol does not exist in nature; that it is never found in any living thing, but is always a product of fermentation—one of the results of the process of death, decay, and disintegration of certain forms of organic matter. But if there is the smallest shadow of a shade of truth in the demi-semi-intoxicated cogitations of this new advocate for antisobriety, we should at once revise our nature, get a new Providence, revolutionize our science, expurgate our philosophy, eschew our temperance, declare teetotalism a fallacy, vote water a humbug, and go the whole brute for alcohol as it is in wine. Verily, *Harper's Magazine* ought to have a new department, to be called the *Wineological*, by Professor Funnyman.

### Tea and Coffee.

THE *Christian Union*, in its "Scientific and Sanitary" department, treats us to a most unscientific and anti-sanitary argument in favor of these beverages. The reasoning is precisely similar to that which has been adduced a thousand times in favor of the use of alcohol and tobacco—and a thousand times refuted. The *Union* says:

A correspondent asks our opinion of the wholesomeness of these beverages. There are so many conflicting views current that he loses his comfort in his morning and evening potations, and very naturally. Opinions, especially in matters of hygiene, are getting to be very abundant, and cheap and poor in proportion. The more bold and unqualified they are, the more certainly are they, as a rule, founded on bare speculation, and

not on the careful investigation of fact. Tea and coffee are in use as daily necessities by millions distributed into many nations. With these they are among the staples of food; and if they had the character of deleterious drugs, like opium or spirituous drinks, the effects on the public health of the various nations, and on the constitutional tendencies of the people toward any particular diathesis, ought not to be difficult of discovery. In the absence of any such proved injury, the simple fact that so many of the race seem to find it to their account to drink daily of coffee or tea, and will sacrifice other comforts for these, is of great importance, and not to be lightly dealt with. It brings us to the large question whether this usage is all due to a perverted and artificial taste, or whether it comes from an instinctive craving in people of particular habits and pursuits, to meet which a providential provision is made in nature. If savages can live well enough without certain articles of food, it does not follow that more civilized folk, who develop and use powers of body and mind unknown to the savage, may not absolutely need them for their proper sustenance. Such a question as this is not to be disposed of in an off-hand way by a wise-acre who has found tea to inflame his weak brain and disturb his rest, and therefore decides that it must be shunned by everybody.

Tea and coffee undoubtedly have a function of value in many cases; in others they are deleterious. They are too active as chemical agents to be neutral. Personal and popular experience must decide the matter, as certainly physiology as yet cannot. The persistent imbibition of a vegetable alkali like them (and caffeine is the same), which stimulates the nervous system, and of tannin, which is an astringent, cannot be without some positive effect. If one man finds that he is made nervous and sleepless, he should avoid them, though a multitude of others are refreshed, or have that in their constitutional tendencies which needs, and prompts the craving for, just such drink. For a vast number of people it can scarcely be doubted that these beverages have some important place in promoting healthful digestion.

### Milk as a Medicine.

As wonders will never cease, so we suppose wonderful discoveries in medicine will always continue. We do not marvel so very much that remedial virtues are constantly being discovered in drugs and dye-stuffs, in salts, earths, minerals, in acids and alkalies, in odoriferous gases and unfiltered fluids, in sulphuretted hydrogen and brimstone pools, in infections and contagions, in venoms and viruses, in debris and excretions, and in anything and everything unnatural, abnormal, incompatible, destructive, and nauseous; for this is in harmony with the fundamental premise of drugopathy—"Ubi virus, ibi vis-tus." But we are thrown into a state of amazement at the medicinal properties which the medical profession is discovering to exist in alimentary substances. That condiments

—pepper, salt, vinegar, mustard, &c., which are not foods at all, should be regarded as medicaments, is not surprising. Nor is it so remarkable that certain articles whose relations to nutrition are doubtful, as garlics, leeks, onions, horse-radish, chives, &c., should be considered as belonging to the *materia medica*. But when real foods—bread, beef, milk, &c., are recommended for particular diseases because of special remedial properties, we find our ideas of drug-therapy and nutropathy very much mixed. Bread, as an ingredient in a poultice, has been employed as an external application for centuries; not, however, from any suspicion of any inherent medicinal property, but because it is a convenient substance (in combination with milk) to retain heat and moisture. A few years ago a German physician prescribed beefsteak, pounded to a jelly, as a remedy for dysentery. The beefsteak treatment was reported in the medical journals as very successful. And we have no doubt that patients treated *a la* mashed beef, would be much more likely to recover than if dosed *secundem artem*—calomel, opium, sugar of lead, leeches, blisters, turpentine, whisky, &c.

But the latest development in this direction is milk. In far off India it has been discovered that a milk diet is good treatment for dropsy. Dropsy is one of the *opprobria* of medicine. It is seldom cured. Dropsical patients are usually drugged to death in a shorter time than patients suffering of many other diseases. The reason is, a dropsical condition indicates great debility, and the more debilitated the patient, the less drugging he can endure and live. Now milk, though not a good food for adults, cannot be called a bad medicine for anybody, as, between milk diet and drug medication, it is the less of two evils; and we cannot doubt that many dropsical patients, if fed on milk for awhile, and that alone, all drugs being excluded, would have a much better chance for dear life, than they would if medicated in the usual fashion and allowed any kind of diet known to cookery, milk or no milk.

The *Indian Medical Gazette* for Jan. 1, 1870, states that assistant surgeon J. Fawcus, superintendent of Alipore Jail, has treated dropsical patients "by a pure milk diet" for several years. Dr. Fawcus does not say that this treatment has effected any cures, but he is "convinced that it has prolonged the lives of many." Well, this is something to be thankful for, in view of the fact that the ordinary drug treatment *shortens* the lives of many. Dr. Fawcus also informs us that the treatment of dropsy by a

pure milk diet has been practiced in India by the *Kobirajes*; and that a Russian physician has lately made the treatment known in Europe. Dr. Fawcus thinks the milk treatment would be good in dysentery, in which we coincide with a qualification. It would certainly be better than drugs. This subject has lately attracted the attention of American physicians, and these facts are published in the *Philadelphia American Journal of the Medical Sciences*, for April, 1870. And now let us see if our American physicians will adopt this better treatment. We are of opinion that they will go on dosing and drugging as though nothing had happened.

### The Lifting Cure.

NOTHING could be more superlatively nonsensical to a well-educated physician of the allopathic persuasion, than the proposition to restore a frail invalid, whom he had dosed and drugged for months in vain, to good health and muscular vigor, by the simple means of lifting at a machine for a few minutes each day. Yet nothing could be truer. There is more "vitalizing" potency in the judicious use of a well-regulated apparatus for lifting, than in all the tonics and stimulants of the apothecary shop. But lifting is only one method for exercising the vital organs, and exercise is but one of the remedial appliances of Hygeio-Therapy.

Some fifteen years ago, Dr. Winship, of Boston, being then a slender youth in poor health, commenced the practice of regular and systematic lifting as a means for muscular and vital development. He is now, in one sense, the strongest man in the world. He can lift *seventeen hundred pounds*. The apparatus he contrived was very imperfect—a harness or yoke for the shoulders, and a side lift for the hands. Some dozen years ago, Mr. D. P. Butler, of Boston, invented and patented a better apparatus, in the use of which he recovered good health; he has since restored many others. A Dr. Rielley, of Chicago, has also invented a machine; and Drs. Briggs and Hoel, of Ohio, some two years ago, were constructing one, intended, of course, to supersede all others. And, lastly, Dr. John Smith, of St. Paul, Minn., comes forward with a "combination lift apparatus," which we are obliged to regard the best extant, if not the perfection, of liftopathy.

Winship's machine was unscientific in having a yoke for the shoulders; an objection which applies also to that of Briggs and Hoel. The yoke throws more weight on the

body than the fingers can sustain, which is a fundamental error in any machine intended for weakly invalids. Mr. Butler first adopted, but subsequently discarded, the shoulder and side lifts, and introduced springs to give greater elasticity, and to cause the weight on the body to be applied more gradually. But his manner of employing the springs is essentially erroneous, as the elasticity is least at the commencement of the lifting motion, and greater as the weight rises, whereas the exact contrary is the correct principle. Dr. Reilley's machine is liable to the objection we make to Dr. Winship's.

All of these objections are, however, completely obviated by the apparatus just invented by Dr. Smith. In this machine, the fingers are made the indices of power, and no strain can come on any part of the body beyond what is borne and measured by the fingers. And in adjusting his apparatus to the law of compensation, Dr. Smith has so arranged its springs that the greatest elasticity and assistance are given when most needed, that is, when *starting* the weight, growing less continuously as the limbs approach the erect position. The physiologist who is well-versed in *myology*, will readily understand how easy it is to over-strain weak muscles and induce congestion in weak organs by lifting when the whole muscular system is unbalanced; and how difficult, if not impossible, it is to do any serious damage when the muscles all act in harmony. And just herein is the special and the very great advantage of Smith's apparatus over the machines of Winship and Butler.

The "Lifting Cure" is a beautiful illustration of that principle of the hygienic system that all curative virtue is inherent in the living organism. True, we do not attach the importance to it that some of the proprietors of the machines pretend to, making it a cure-all, a system—the healing art itself. Invalids who will give proper attention also to diet, bathing, and the ordinary exercises of all good health institutions, will recover as much health in a few weeks as they can lift themselves into in as many months, aided by the best machines that ever were, or ever can be, invented. But there is, in all great cities, a large class of persons of sedentary habits, who have few or no opportunities for recreative exercises of any kind, and who cannot go to a "cure." For these, the lifting machine is specially adapted. And while we commend the light gymnastics as better in some cases, and the Swedish movements as peculiarly adapted to another set of patients, we regard the lifting machine (more espec-

ially now that Dr. Smith has obviated its chief defects) as the very best method of exercising for a large class of invalids while pursuing home treatment.

The machines of Drs. Winship and Butler are too expensive for general use, were they otherwise unobjectionable, but we are pleased to be able to say that Dr. Smith's apparatus can be manufactured at prices that will enable it to be *lifted* into schools, offices, and private families. We are of opinion that one of Dr. Smith's machines, in the office of every clergyman, lawyer, doctor, editor, and author, in the land, with two meals a day, would be better for his health than three meals a day without the machine; and thus, while it would save the time and trouble of eating once each day, would pay for itself once a year.

### The Besetting Sin of the Profession.

THIS is, confessedly, too much drugging. The Massachusetts doctors dined together not long since in Boston. Preceding the *feed* was an oration by a Dr. Wellington, who said that "over-medication was the besetting sin of the profession." This is no new discovery. It has been said a hundred times before, by leading members of the medical profession. A score or more of the standard authors of allopathy have expressed the opinion that more evil than good, results from drug medication. Sir James Johnson, M. D., after twenty years of observation and experience, declared his "conscientious conviction that, if there was not a single physician, surgeon, man-midwife, chemist, druggist nor drug, on the face of the earth, there would be less sickness and less mortality. A few years ago Dr. Oliver Wendell Holmes, in an address before the Massachusetts Medical Society, expressed the opinion that if all the drugs on the earth, with perhaps one or two exceptions, were emptied into the sea, mankind would be infinitely the gainer, *although he should pity the fishes!*

But why this over-medication? Whose fault is it? Probably every drug doctor in the country will acknowledge (a hundred of them have confessed to us) that every other drug doctor in the country gives too much medicine. But each will justify or excuse the over-medication on the ground of public clamor. The people demand it. But why do they demand it? Simply because they have been miseducated. And who has miseducated them? Who has taught them and is teaching them continually, that sick persons must be dosed and drugged as long as

they are sick? Why, this same medical profession. In its books, in its medical journals, in its schools, in its prescriptions at the bedside, it is certainly contributing to this erroneous public sentiment. And not only is the profession, as a profession, doing just nothing at all to correct and enlighten public opinion, but is wielding the whole power of its immense influence against all the endeavors of others in this direction. Where are its books, its lecturers, its colleges, its journals, or its hygienic establishments to educate the people in the better way, so that they will not demand more medicine than the physician thinks is good for them? Echo answers, where? We fear that, until the health reformers can so enlighten the public mind that the people will not only not clamor for more druggery, but will refuse the first dose, the doctors will continue the business of over-medication for the reason that it *pays*.

### The Pennsylvania Medical Society.

The State Medical Society of Pennsylvania, held its annual meeting in Philadelphia, June 10th and 11th. Its most noteworthy proceedings related to negroes and women. A majority of the members, after a protracted debate, voted that the honor and dignity of the profession, and the interests of humanity, required them to have nothing to do with women and negro doctors, nor with those who in any manner aided, abetted, countenanced, or counselled with them. The ground on which the Pennsylvania Medical Society stands in relation to "female" physicians and colored medical gentlemen is substantially the same as that occupied by the National Medical Association. Woman has too much "delicacy" and too little intellect, and the negro has not the right kind of anatomy in the heel and shin. The Philadelphia papers generally condemn the conduct of the society as mean and selfish; and the *Telegraph* expresses the public sentiment in the following editorial:

**THE COMING WOMAN AND THE EVERLASTING NIGGER IN THE STATE MEDICAL SOCIETY.**—The State Medical Society has done itself very little credit in its discussion of the question of the recognition of female and negro practitioners. There is an evident dread of meeting the issue fairly and squarely, and the mean trick resorted to by Mr. Nebinger yesterday to choke off the liberal men of the society by moving the previous question at the end of a long tirade against the negro and female doctors, without giving his opponents an opportunity to reply, is a fair sample of the very contemptible spirit manifested by the conservatives with regard to this whole matter.

President Wallace, in his very extraordinary opening address, gave the keynote to the old fogies, and his amazing line of argument has been as faithfully followed as if it really were worthy of the consideration of intelligent men. From some of the very respectable old gentlemen comprising the society, nothing better than this was to be expected, but when a physician of the intelligence, ability, and standing of Dr. Gross, makes a speech as he did yesterday, the public will certainly begin to inquire whether there is not quite as much quackery inside the sacred circle of the Medical Society as there is out of it. Dr. Gross blames the whole movement for the medical education of women of the Sorosis, apparently without having the slightest idea of what the Sorosis is, and oblivious of the fact that the agitation on the subject began a score of years or more before that obnoxious organization was ever thought of.

Dr. Gross, in protesting against the admission of women and negroes as members of this society, falls back on the old worn-out arguments that sensible men have been laughing at for the last dozen years or more. Dr. Gross denies that women have intellect enough for the deep things of medicine, or that the negro has shown any capacity for scientific attainment. He may be perfectly right in this, but any negroes or women who may now be applying for admission to the State Medical Society can make the very pertinent reply, that if they have no more intellectual capacity than the majority of the white men who now compose it, they are in a bad way indeed, and for our part we think it would be well for sick people to beware of them.

The fact of the matter is, however, that the whole conduct of these medical fossils indicates very clearly that they are afraid the women and negro practitioners have too much intellect, and they hope to crush them out by endeavoring to represent them as quacks and impostors, who have no standing in the profession. Dr. Gross went so far indeed as to state that the Female Medical College in this city was founded on quackery, a statement that he knows to be untrue in either letter or spirit, as is also the insinuation conveyed in the remark that in Paris a class of female practitioners are abortionists.

In reality, women, for some branches of medicine at least, are quite as well, if not better, suited than men, and whatever their depth of intellect may be, they have as much right to study, and as much right to practice, as the other sex. With regard to the negroes, it makes no matter what the average intelligence of the race may be: if they can go through a medical course, pass the examinations, and find people willing to employ them, no reason in sense or decency can be adduced to show why they should not be recognized. The four-fous who happen to compose the majority of the State Medical Convention may try to fight this subject, or to dodge it, as much as they please, but it is time they had found out that public opinion is against them, and that sooner or later they will be forced to yield. We sincerely hope for the credit of the medical profession that they will make up their minds to yield without more delay, for it is not pleasant to see a body of gentlemen who ought to have the respect of community, indulging in such asinine performances as have characterized the

proceedings of the Medical Society during the present week.

### Apparatus for Purifying Water.

IN answer to many inquiries which we cannot well answer by letter, and for the benefit of whom it may concern, we have to say, that the apparatus is precisely what it purports to be—nothing more, nothing less. As we have before stated, it can be attached to an ordinary range or cooking stove, at an expense not exceeding ten dollars, and will supply water enough for the drinking and cooking purposes of an ordinary family. We are of opinion that the fuel required to supply sufficient for washing purposes would cost less than the extra soap necessary where the water is hard. In cold weather, when a constant fire is needed, the additional expense would be just nothing at all. The inventor has applied for a patent, which may or may not be granted. On the first examination the application was rejected, but on further consideration it was deemed best by the agents (Munn & Co.) to prosecute the claim, which is now being done. The inventor is in very poor health, and has spent much time and some money in contriving and perfecting the apparatus. He ought to realize some pecuniary benefit from it, and has authorized us to dispose of the entire interest. We propose, therefore, to put it into the hands of some manufacturing person or company, who will make the machines and supply the market. We will do this on very reasonable terms. Of course the manufacturer must take his chances for a patent. But patent or no patent, we are of the opinion that the manufacture and sale can be made a profitable business by a party who has capital and proper facilities. We are of opinion that Cincinnati, Chicago, or St. Louis, would be a good location, though perhaps some one of many other places would answer as well. Any suitable party or company wishing to engage in this business on a large scale may address "Dr. Trall, 929 Chestnut St., Philadelphia," for all requisite information.

### Answers to Correspondents.

PREVENTION OF COLD.—P. J. F.: "Dr. Trall, *Dear Sir*: I have a wife and three children, all able to eat their meals regularly, and perform daily labor; but all are extremely liable to colds, which hang on so that I am afraid they will terminate in consumption. I cannot understand the cause, unless it is keeping our rooms too warm.

The youngest child has had sore eyes for six months. She seems to get better and worse alternately as she takes more or less cold. The little girl has lately had an attack of pneumonia, which has left her very weak; but her eyes are now better. Still she has a dreadful cough, and continues to take cold, even when she stays in the house all the time, and we cannot tell how. Can you tell us, through the REFORMER, how to guard against taking cold?"

The only way to guard against taking cold is to attend properly to the general health. Your letter contains no data from which we can tell wherein the error, if error there be, lies. One of two things is certain: Either your location is very unhealthful, perhaps malarious, or you err in the management of your children. Perhaps your greatest error is in your manner of feeding them, of which you say nothing. And again, that "dreadful cough" may mean incipient consumption instead of cold. Nothing is worse for children who are very susceptible to colds than to keep them constantly in doors. They should have plenty of clothing, and then be freely exposed to the fresh air. The rooms in which they sit or sleep should also be well ventilated.

SPINAL IRRITATION.—A. M. A.: There is no disease of the spinal cord in your case. The tenderness or pressure indicates obstruction in the viscera which are supplied by nerves from that part of the spinal cord—the liver and kidneys. The asthmatic symptoms are a further confirmation of this diagnosis. The blisters have done you serious injury.

BLEEDING FROM THE LUNGS.—S. J. S.: If the hemorrhage is accompanied with cough and expectoration, there is probably more or less disorganization of the lungs; if these symptoms are absent, and have not preceded the hemorrhage, the cause is, an enlargement or congestion of the liver. Hip-baths, foot-baths, and tepid ablutions, are proper. Whether packs or umschlags are advisable, depends on the temperature and circulation. If there is no emaciation and slight debility, they will be serviceable occasionally.

RHEUMATISM.—P. B. S.: We cannot prescribe without knowing the particular symptoms, and also the personal circumstances and habits of the patient. There are many forms of this disease, requiring very different methods of management. The temperature of the whole surface, and of the



affected joints, is, however, an infallible guide for the temperature of baths and of local applications.

AGUE CAKE.—J. M.: "Dr. Trall, *Dear Sir*: Can you explain the nature of my ailment? I am a farmer; 34 years old; able to do moderate work. Many years ago I suffered much of ague and fever; took large quantities of quinine and other drugs, and ever since have been troubled with torpid bowels, weakness in the lower extremities, especially in the knee joints, with an almost constant sense of weight and fullness in the left side, often attended with pain. I am also very subject to palpitation of the heart, especially when fatigued or overheated. No cough; am not emaciated."

We judge the spleen is enlarged, constituting ague cake. Take a pack once a week; a tepid ablution daily; a hip-bath each other day, and on the alternate day, wear the wet girdle. The diet should be restricted to bread and fruit, with a moderate allowance of vegetables. Avoid salt, sugar, and milk.

DIPLOMAS.—E. A. R.: In some States the laws are very stringent, and in others very loose, with regard to practicing medicine without a license. As the common people are very poor judges of the qualifications of physicians, there is certainly a propriety in requiring practitioners to have a diploma as evidence that they have studied the profession. It is true that the quacks do not kill one where the regular physicians kill ten; but this is the fault of the system, not of the license law. Why should not physicians be licensed as well as lawyers and clergymen?

DISEASE OF THE LIVER AND SPLEEN.—M. E. S.: "Dr. Trall: I am aged 47; came to Tennessee last fall; menstruation ceased three years ago; am now subject to paroxysms of great distress of mind; confusion of ideas; dizziness; cold extremities, with numbness; quivering of the flesh; the fingers drawn inward. These symptoms are invariably attended with diarrhoea. I have some pain in the small of the back; often a burning or smarting sensation in the back part of the head. These turns are always in the fore part of the day. Please inform me through the REFORMER what the matter is, and what to do."

The matter is torpid liver and congested spleen. Take a tepid ablution twice a week; the pack once a week; hip-bath 85° ten minutes, daily; wear the wet girdle two hours each day during the middle of the day, and

apply fomentations to the regions over the liver and spleen for ten minutes at bed time twice a week. Discontinue the use of sugar and milk, and adopt a simple fruit and farinacea diet.

PROLAPSUS.—M. S. T.: It is impossible to treat such cases successfully outside of a health institution. Self-treatment might benefit the general health, but could not remove the local difficulty.

TUMOR IN THE SIDE.—R. S.: The enlargement of the spleen, so common with persons who have suffered of protracted intermittents, is most frequently the effect of medicine. Quinine, in large doses, is very apt to occasion it. To remove it requires long and persistent hygienic treatment. Milk is *very* objectionable for such patients.

OLD ULCERS.—P. P. M.: These are curable in most cases. Yours may be cancerous, therefore we would not give our opinion without seeing it. We have cured chronic ulcers in a few months which had existed twenty years. There is no danger of "drying up" the discharge if the system is properly treated.

SUBPARALYSIS.—M. E. G.: Your inability to walk depends on displacement of the uterus more than weakness of the muscles. The condition is probably retroversion, with enlargement. See our work on "Uterine Diseases and Displacements."

### Care of the Feet.

CONCERNING this subject the *Scientific American* very truly says: Many are careless in the keeping of the feet. If they wash them once a week, they think they are doing well. They do not consider that the largest pores of the system are located in the bottom of the foot, and that the most offensive matter is discharged through the pores. They wear stockings from the beginning to the end of the week without change, which become completely saturated with offensive matter.

Ill health is generated by such treatment of the feet. The pores are not repellants, but absorbents, and this foetid matter, to a greater or less extent, is taken back into the system. The feet should be washed every day with pure water only, as well as the armpits, from which an offensive odor is also emitted, unless daily ablution is practiced. Stockings should not be worn more than a day or two at a time. They may be worn one day, and then aired and sunned and worn another day, if necessary.

## The Health Reformer.

Battle Creek, Mich., August, 1870.

### Our Health Institute.

FOUR years ago next month (Sept. 5), our Institution was opened for the treatment of the sick on hygienic principles. Commencing with one patient, the Institute has steadily increased in importance and in prosperity, until, at the present time, its success gives the highest satisfaction to those who originated the enterprise, and under whose watchcare it is now being conducted.

When we speak of prosperity, we do not wish it to be understood that the almighty dollar is the one great consideration. Were the making of money the object for which the Institute was founded, we should have but little of which to boast; but when we consider the number of persons who have been benefited by its provisions, and the amount of wholesome truth it has been the means of disseminating, we have abundant reasons for pronouncing it a success.

Nor need we take the aggregate of four years to find prosperity. At the present time the indications of success are most flattering. At no time in the past have the prospects of the Institute looked more hopeful than at the present. We are in correspondence with many who contemplate coming soon, and the directors are negotiating for additional buildings and increased facilities for the accommodation of patients and boarders.

We have also been eminently successful in the treatment and cure of our patients. The facilities with which we are provided are ample, and our board of physicians adequate, whatever may be the number of patients, and whatever the nature of the maladies with which they are afflicted, provided they come within the range of curable diseases.

The influence of the Institute and of the REFORMER is extending and increasing, and apparently in proportion as the light of health reform extends. The cause is gaining ground and making friends in every direction, for which we are grateful to God, whose laws we are trying to obey, and to teach to our fellow-men.

And while we extend a cordial invitation to our afflicted friends everywhere to come where nature's laws are regarded in the treatment of disease, we also repeat the caution given in our last issue—Come, while

there is hope. Come before the vital forces are exhausted, and the chances for recovery are gone. A little time now may be worth more than weeks and months, or even years, in the future.

W. C. G.

### Diseases of Children.

INFANCY and childhood are fraught with many dangers. Life with many of these little ones seems extremely doubtful, while many, like the fragrant flowers around us, bloom for a few hours or days, then fade from our view.

There is a very common disease, which destroys hundreds of these frail ones, that is but little known in cause or nature, by physician or nurse, in consequence of which many of these helpless ones are needlessly sacrificed. This difficulty is commonly known as "blue disease," or cyanosis.

The appearance of those who suffer from it, is a bluish or purple hue over the body, much like that in ague chill; anxious expression of face; difficulty in breathing; a sleepy or lethargic state, &c. It is a species of asphyxia; in other words, a non-aeration of the blood.

To correctly understand its nature, let us trace the child through the embryonic state to birth. The heart is among the first organs in the order of development. It is at first a mere oblong pouch, formed by an aggregation of cells, solid at first, but soon the internal cells break down, to form its cavities, the outer ones remaining to form its walls. At one extremity are the veins; at the other, the arteries. Soon, however, it becomes flexed upon itself, and forms into three cavities; an auricle or receiving cavity, a ventricle or propelling cavity, and a bulbous appendage, forming the aorta. The foetal circulation is carried on through the placental tufts.

Between the auricle and ventricle of the heart there is a small valvular opening, (foramen ovale), through which there is a crossing of the current of blood. This is the only normal route of the blood to the brain. Thus the blood of the umbilical vein, mixed with that of the vena-cava, enters the right lower segment of the auricle, thence through the foramen ovale to the left ventricle, and is thence conducted into the carotids to the brain.

If this circulation is broken up before birth, death is the result. But at birth, as soon as respiration has commenced, this circulation is broken up. If this does not occur, death ensues. This changing of currents at birth is

called arterial circulation, as the blood then comes in direct contact with the oxygen of the atmosphere. At this period the blood in passing through the heart should close the foramen ovale; but if, from malformation or other causes, this valve fails to close the ovale, there will be a mixing of the blood; that is, the venous blood will mix with the arterial, constantly poisoning the arterial current, which is the cause of the bluish appearance above alluded to.

There are cases where this aperture of the heart never fully closes. In such cases the person may live from one to seventy years; yet this class will always be of a feeble constitution; some will be taciturn, gloomy, borrowing trouble (silently); others will be of a morose nature, out of sorts with almost everything, faultfinding, &c. Such, from their enfeebled circulation, are unable to enjoy life, always see or borrow trouble, and life at best is but a burden.

Now, the question is, Can such be benefited? As to the latter, those who have arrived at maturity, it is doubtful; because an organic affection of the heart may be the predisposing cause. In such cases, it will do but little good to do anything, unless the cause can be known and removed. As to the former class, a little judicious management will generally be successful. But for the lack of this knowledge on the part of the masses, my heart is pained to see these little sufferers drop like leaves of autumn.

I was called to see one case, a little girl nearly a year old. The mother was a very intelligent lady in the hydropathic school. She had brought up a large family, but had never seen or heard of such a disease. When first called, I found the room shut up close, and a few feet from the crib an intensely hot fire. The little patient was gasping with all its might for breath. On my expostulating with the mother, she said she supposed it to have ague chills, and was trying to keep it warm. I explained the cause, nature and cure, then set about the treatment. Being called from home one day, I was not to be had when one of these paroxysms returned, and in a fit of desperation the mother plunged the child into a cold bath for several minutes, which seemed to nearly take its life; but, reaction coming on, it began to revive, and continued steadily to gain, until in a few months it became as rosy as any child. Yet from the success in this extreme case I would not recommend any such severe measures.

The treatment which I have adopted for eighteen years (with a loss of none) is plain, simple, and effectual. Inasmuch as the cause

is the mixing of the two currents of the blood, the first thing in order is to know how to remove this condition.

#### THE TREATMENT.

Place the child upon its right side, elevated somewhat in its bed. This should be observed as a rule, yet this position should not be insisted upon every moment; but most of the time, as, if the one position is always retained, the head may be affected as well as other parts.

The reason for this position is, that the right side of the heart always contains the venous blood, and the left the arterial. By assuming the position on the right side, the venous blood is brought under and cannot mix with the arterial.

If these simple instructions are faithfully carried out, these little buds will be preserved, to gladden the hearts of many a pleasant household. Children that are subject to this disease should be kept as much as possible in the open air.

J. H. GINLEY, M. D.

*Health Institute.*

#### Reports of Cases.

##### CASE I—NERVOUS DYSPEPSIA.

Less than one year since, Mr. C. H. T., a horticulturist of Ottawa, Kan., whose case presented the following symptoms, placed himself under treatment at this Institute: Extreme nervousness; brain badly congested; feet and hands cold, quite generally; throbbing in stomach; inordinate appetite; for some time after meals a raising of the food from the stomach; bowels constipated; great despondency at times. With these were complicated troubles of the throat and lungs, of two and three years' standing. Expectored some after rising in the morning.

His age was 39 years. Habits about as common, though somewhat hygienic. He had, however, acquired one very injurious habit, that of eating, regardless of time or place, excessive quantities of sugar. His desire for it seemed as uncontrollable as that of the inebriate for his gin. Indeed, we might almost with propriety call him a sugar inebriate.

After a stay of some weeks here, feeling much encouragement from the help he had received while with us, and fully resolved to practice what he had here learned, and to continue the good-begun work, hopeful of sometime reaching the goal of health, he left us.

Respecting his progress, we have the fol-

lowing expressions from his own pen. In a letter of December last, he says :

"I am gradually improving; am quite fleshy, more so than for several years. Am not suffering with cold as formerly; do n't care a snap for tobacco, and succeed in controlling my craving for sweets, although that has not entirely left me, and sometimes temporarily masters me. My nervous irritability is also improving as I gain in strength. Digestion perceptibly stronger. Please accept my highest wishes for your happiness and success, and also that thousands may be led to find the 'way of life and health,' as I have, at your hands. It is an easy path to travel, but oh! how hard to find."

Again, in March last, he wrote, saying :

"My digestion is about as good as eighteen years ago when I began to fail. I feel strong and buoyant, and am as fleshy as then. Have gained nearly 30 pounds since I left Battle Creek. I can hardly believe that I am the same *desponding, hopeless, dying dyspeptic* that occupied my place for several years past. *I give your Institute all the credit for my recovery.* I had tried home treatment after the most approved hygienic principles, for three or four years, but steadily failed until I started for Battle Creek as the *forlorn hope!*"

#### CASE II—EPILEPTIC FITS.

When this patient, Mr. H. F. S., of Alma, Mich., presented himself for treatment at this cure, he was in a very sad and critical condition, his fits occurring as often as twice per week, the paroxysms continuing for some time, with much severity. Of his symptoms I need not speak, as they were essentially the same as is usually met with in all cases of this malady.

Since his return home, and under date of May 8, 1870, he writes us :

"I have nearly gotten over those fits; have had but six since one year ago last September. I don't think I will ever have any more, as the symptoms have disappeared. When I went to the Institute I had them twice per week. I, for one, can say that the Institute has done a great work for me; nothing on earth but that has done it. I have no doubt that in six months more I should have been an idiot."

This young man, at the time of his coming here, was 20 years of age, and had been thus afflicted for some months. Thus we find this disease, though exceedingly perplexing to our allopathic brethren, in many instances yielding to hygienic treatment, and permanent cure resulting. H. HULL.  
*Health Institute.*

IN prosperity, prepare for a change. In adversity, hope for one.

GREATER is he who causes good deeds than he who does them.

#### Tight Dressing.

WE do not know of a word to say in favor or in justification of the very common practice of compressing various portions of the body, either by close-fitting garments, or by unnecessary weight. It always causes loss of energy, and impairs the functions of the body. It paralyzes in proportion to the amount of pressure. Our bodies consist of a system of organs mutually related to, and dependent upon, each other. They are constructed with reference to the accomplishment of a special object. When they are left free and unincumbered, they perform the work for which they were designed, and do it well; and health and pleasurable sensations, or happiness, is the result. Health is the normal condition. It is natural to be sick if we violate the laws of our being. It is natural to be well and happy if we obey those laws. We must, therefore, trace our pain or pleasure to our mental and physical acts.

The peculiar vital property of the brain nervous system is sensation or feeling. Press upon the nerves, and their feeling is intensified, and we have pain. Press still more and more upon them, and all sensation is lost. The distinctive quality of the muscle tissue is contractility, or action. The muscles are the moving organs of the body. Pressure upon them interferes with their movements, and the pressure upon them may be so increased as to wholly destroy their power of motion. The bad effects of pressure on the circulation of the blood may readily be seen by cording the end of the finger: it becomes swollen and painful, and then numb and without feeling.

The structure of each individual organ is of nerves, muscles, and vessels, which require ample space for development and activity. If this is not allowed, the consequence is weakness and debility of the organ, and its function is imperfectly performed. Notwithstanding these facts, unfeeling, frivolous fashion, sustained by a depraved taste, comes right along and is permitted to impose upon us tight waists, stays, and bandages, so as to materially diminish the size of the chest, and also to cause great discomfort. The vital organs inclosed in the cavities of the abdomen and chest are made the greater sufferers by this unnatural oppression. Not only are they obstructed in function, but crowded and pressed out of position, or displaced. The lungs, heart, and larger blood vessels, with stomach, liver, and spleen, are wasting in strength and vigor, and respiration, circula-

tion, and digestion, are enfeebled. This abnormal state of things tends directly and powerfully to the destruction of health and life.

We hope the day is not far distant when the knowledge of anatomy and physiology will have so enlightened the minds and consciences of all, that unhealthful fashion will no longer bear sway, but reason and good sense will influence us in all things.

P. M. LAMSON, M. D.

*Health Institute.*

### Rev. C. B. Smyth's Lecture on Practical Temperance.

On the 28th of June, the Rev. Charles B. Smyth delivered a lecture at Steinway Hall in this city. His subject was Practical Temperance. His ideas of temperance were extremely unique. His plan for the prevention of intemperance may be summed up, in his own words, in a single sentence which sets forth his theory: "It very often arose from depriving people of liquor in any form when young, and thus increasing their desire for it when they grow old."

To review the good accomplished by the various earnest and effective temperance organizations about the country, would here be out of place. These social combinations are attractive and popular. Their principles have been freely and widely disseminated. Their societies number tens of thousands, of men, women, and children. Through their influence, doubtless, thousands of youths and adults may ascribe their rescue from degrading habits. Much good has been done, much evil has been destroyed, many hearts have been made happy, many homes have been gladdened, the health of many has been restored, and thousands of lives have been saved. Eternity alone can unfold the blessings which these unostentatious organizations have conferred upon the world. If these reformatory powers were left alone, to work in their own way, they might ultimately enroll in their ranks the bulk of our young men and women. Judging by the experience of the past, there can be no doubt as to the usefulness of the movement.

But here, suddenly, starts up an orthodox minister, trying his utmost to be sensational, denouncing all these reform-producing movements. He tries to inculcate by precept and example his unsound teachings. He forgets that the temporary suffering is driven away only temporarily by resort to the liquid poison; and that by its continuance, the body and soul are led captive, through loss of rep-

utation and failure of health, down to degradation and despair.

The practical enforcement of the Rev. Mr. Smyth's principles would, if carried out, lead to some curious results. We would then hear of Children's Bacchanalian Festivals, Boys and Girls Convivial Associations, Young Men's National Tippling Clubs, and Societies for the Prevention of Total Abstinence among Infants. And there would probably be a movement made philanthropically toward the introduction of gin and milk in the public schools. Scholars most proficient in their studies would be rewarded by a bottle of rum and a package of tobacco. There is a good time coming! Thanks to this guardian of our public morals, it is yet probable that we shall arrive at a state of perfection. Let us do our utmost to suppress intellectual elevation, moral purity, social happiness, and eternal welfare!

"Fill high the bowl with fusil oil,  
With tannin let each cup be crowned."

VALENTINE HAMMANN.

*New York City.*

### Random Thoughts.

PURE AIR.

How few recognize the importance of pure air, and a sufficiency of it, to life, physical, intellectual, social, and moral health. How many thousands are to-day "kicking against the pricks." These things were never more fully presented to my mind, than upon my return home after spending some time upon the frontier. While there, I lived out of doors nearly all the time; slept out under the broad canopy of the heavens. Every inhalation was pure. During this time, my diet was, hygienically considered, none of the best; and although others could not see how anybody "could have strength" on "*sich stuff*," I gained in strength and physical vigor; so much so, that on my return my healthful condition surprised my friends.

When I entered the city (which, by the way, boasts somewhat of her intellectual and moral status), my olfactories commenced the alarm. My breathing became oppressive, and I wished myself back again in the valley of the Arkansas. Friends thought that "my olfactories were becoming fastidious," as they were not aware of the impurity of the atmosphere that they were continually inhaling. The repeated, constant inhalations had rendered the sentinels of the organic domain useless. No wonder that thousands are mentally imbecile. The long-continued inhala-

tion of the atmosphere of some parts of this city would, in my honest conviction, produce chronic numb-skulls. So it is in every town and city of the country; privies, dung-piles, garbage-heaps, henneries, piggeries, cesspools, &c., all emitting their deadly effluvia, rendering the atmosphere impure. If it were not for the neutralizing effects of the sun's rays during the day-time, pestilence would rage.

Privies are a curse, and were they swept out of existence, the mortality of our cities would decrease fifty per cent. As health reformers, what are we doing as regards the removal of this mammoth nuisance? Ah! methinks I see the small structure in the rear of your domicile with its reeking, rotten mass underneath, emitting its deadly poison to the air you breathe, and sending its secret currents into your well.

"But," says one, "my closet is fifty or a hundred feet from the house." Says another, "What can I do? a closet is indispensable in a city or town." To such I would say, No matter how far from your dwelling it is located, it does not alter the relation of a congregation of excrement to the vicinity. Nature intended it to be returned to the earth, to feed plant life, and you are hoarding it up, holding it in a misrelation to vegetable and animal life. Your orchard or garden (or if you are not the possessor of such, your neighbors are,) is suffering for the want of it, and yourself, family, neighbors, domestic animals, &c., are suffering because of it.

Supplant your present style of privies by an earth commode. No person or family is too poor to procure one. At the cost of a few dollars you can have all that is desirable. For those who are unable to procure the commodes that are in the market for sale, I would say that all that is requisite is a vessel made of wood or galvanized iron, made in the shape of an inverted churn, six to eight inches in diameter at the bottom, and twelve to fourteen at the top, and of sufficient length to reach from the floor, or a platform beneath the floor of the closet, to the under side of the seat, a lot of dry earth (which can be procured at any time during the summer, in the middle of the street or road), and a scoop (a short-handled fire shovel will answer as well as anything for the purpose). Immediately after stooling, throw a sufficient quantity of dry earth (a pound is generally sufficient,) upon the excrement to cover it, and it will be thoroughly and effectually disinfected. When the vessel becomes full, empty it and replace it as before.

As reformers, we should direct the attention of the masses to the evil and pernicious

effect of privies, and to the means for their abatement—the earth closet; and the best way to introduce it is by example. Example is vastly more effective than precept in this, as in all other reforms. I regard the earth closet as the greatest sanitary invention of the age, and one which the inhabitants of cities and towns cannot appreciate too highly. With all our boasted views of sanitiveness, I doubt if there is a professing hygienic family or health institute but has its fermenting, reeking mass of excrement. A vast number who style themselves hygienists, health reformers, &c., have no more claim to the title than hundreds of the unprofessing masses. They imagine that the *ultima thule* of hygiene is graham bread and "apple sass." They have yet to learn that hygiene embraces the proper relations of the system to air, light, temperature, water, clothing, exercise, rest, sleep, mental, electrical, and magnetic conditions and state, as well as to food. The relation of food is but a small item compared with that of air. At the present time my relation to food, &c. is far better than when I was on the frontier, but my physical vigor is less, owing to the impure, vitiated air. It has confirmed an old opinion of mine, that impure air is *the greatest* cause of disease; and that the masses need reforming in respect to the quality and quantity of air more than they do as regards the quality and quantity of their food. A person may eat unhygienic food, and breathe unvitiated air, and suffer less than one who partakes of a hygienic diet, and breathes vitiated air. The subject of respiration precedes, in importance, that of digestion.

THOS. W. DEERING, M. D.

Lawrence, Kan.

### Simplicity of Health Reformation.

A WOMAN once said of Dr. Cox, that he was too highly learned to instruct the poor and the unlearned. Abstract speculations, and long, uncommon words, are like the uncertain sound of the war trumpet, or the unknown tongue of talkative Christians, so justly condemned by the apostle.

The only true test of genuine talent and learning, is simplicity and humility. A wealthy man, of common sense, never parades his riches, nor a sensible scholar his learning. Conscious of having the substance, one feels no temptation to flourish the shadow. The same principle applies in the discovery of truth. Mere imitators, slaves to naked authority, bombasts, inflated by ignorance and self-conceit, never progress in the discovery of facts. They are stereotyped—always

in *statu quo*—nor make any more headway than blind horses on a treadmill. As my father used to tell of the wild turkeys, caught by following up corn scattered in a path ditched under the bottom rail of a covered pen, raising their heads on finding themselves cooped, too high to see the avenue out—so with these wild, hair-brained theorists. They have too little hard sense, and too much soft nonsense, even to look down upon simple facts.

A little child will say, as you try to force a nauseating drug into its mouth, "It is bad;" embodying and expressing more simple, significant, practical truth than is found in the whole medical theory. Indeed, accept it as the truth, and this deathly theory dies. Its destructive reign through past ages and in various countries gives place to a practice of purity, safety, and life. As the angels sang when the Messiah came, "Peace on earth, good will toward men" the world over, so might the song be repeated by heeding the simple utterance of this simple child, *the medicine is bad!*

If higher evidence than this be demanded, it is at hand. He who spoke as did never man before, has said: "Do men gather grapes of thorns, or figs of thistles? Even so every good tree bringeth forth good fruit; but a corrupt tree bringeth forth evil fruit." Can a filthy, disgusting drug produce any good in that mouth, throat, stomach, and whole body, which abhors it, and spews and purges it out? Does calomel purify and invigorate the mouth, or literally rot out the gums and the teeth? Can such a destructive agent leave any life-giving, happy effects behind it? or, being bad in itself, must not all its fruits be evil, only evil, and that continually?

But slight acquaintance with the history of true science, and a little calm reflection, must convince all that progress in truth and all useful reformations have been attained by a simple, childlike observance of facts. Archimedes, Newton, Bacon, Luther, Calvin, Bunyan, and their disciples, were of this cast of mind. They knew no party, no clan, no clique, no prevailing theory, no philosophy falsely so-called, but learned, accepted, and taught simple facts. That the ruling sects of the world opposed these facts and persecuted to death those who taught them, made no difference. Ridicule, contempt, fire, faggot, inquisitions, torturing, fiendish instruments, were the only arguments used to defeat these reformers, and they being vain *per se*, were used in vain. While in some instances they destroyed the reformers, they in

no instance even impaired the reformation. So it must be now. High-sounding, pompous men, trying to live on a silly, sickening drug theory, may, instead of gathering up a few simple facts, gas technically about authority from learned doctors, and persecute with falsehood and other low means, the simple, truthful hygienist; but let him hold on the even tenor of his way, and his triumph is sure. The very simplicity of the system, and its self-evident truths, must insure its success in the hands of faithful advocates; while the complications, the unmeaning jargons, the conflicting notions and theories of drugology must, sooner or later, like a mill-stone about the neck, sink it to the bottom. As the system of Southern slavery finally fell to pieces of its own weight, so must the drug-medical fall. As the Jews destroyed themselves by their quarrels and feuds, so must the drug faculty. A second Gideon with no more than pitchers and lamps, would turn every doctor's sword against his fellow, and the slaughter would end their *slaughtering*.

Now, will not each reader ponder these simple questions, that of his own common sense he may embrace practical, saving truth?

1. Can any good come from dosing a sick person with that which would certainly sicken a well one?
2. Is there any reason to believe that an indigestible, nauseating drug, which in self-defense the system has to expel, can in any wise do that system good?
3. As the body always puts forth a wise effort to expel its foes—whether in the form of bad food, too much of it, bad air, &c.,—how can it be benefited by another worse foe, called medicine, but in fact poison?
4. Does not a sick person demand in all respects, more healthful elements, such as air, water, food, &c., than even a well person? If so, how absurd t dose at such a time with filthy, poisonous compounds!
5. Are there any well-attested facts even tending to sustain the unnatural drug theory? On the contrary, such facts terribly condemn it, and sustain the simple hygienic practice.

Not even authority can any longer be lugged in to bolster up drugology. As the suborned witnesses against the Saviour disagreed in their testimony, so do the administrators of pills. A more interminable jumble, or bitter conflicts, can nowhere be found, than in the silly theories and sickening practices of drug doctors.

W. PERKINS.

ANGER and haste hinder good counsel.

### Cleanliness a Part of Hygiene.

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

UNCLEANLINESS and hygiene have nothing whatever in common. So unlike are they, that one can hardly see how the two could ever exist, even nominally, in the same house. Unclean! "That is not hygienic," as my little nephew would say. On the contrary, it is most emphatically *abnormal*.

To be strictly hygienic, in the highest sense of the term, requires that we be clean in person, inside and out, and clean in all our habits. The food we eat, the water we drink, or otherwise use, the beds we sleep in, the clothes we wear, and the air we breathe, all should be clean and pure as the "breath of the morning." Or, if countless deviations from the ideal standard are inevitable, then let there be frequent returnings, *alias* "purifying processes," which may at least serve to remind us of "first principles." It is enough that *others*, of the unhygienic faith, cover their floors with old, dirty, unkempt carpet or matting, and fill the air continually with particles of dust and foul effluvia; that they sleep on dusty, soiled mattresses, under unwashed blankets, or old, cotton "comfortables," never aired; that they buy these last articles in the city, manufactured "cheap" because, forsooth, they are filled with old papers, filthy rags, and other abominations, even to worn-out carpeting!

It is enough, I say, that outsiders do these things; that they wear their under-garments long without changing, or bring them from the wash not over clean, or free from unpleasant odors; that they either use hard water, or draw it (for cooking, washing, bathing, &c.) from an old cistern, never cleaned, and shut up from the air until it is putrid from its own stagnation; that they inhale an atmosphere close and confined at best, and horribly putrescent, because breathed for the thousandth time, and saturated with all manner of human exhalations.

We who are hygienists, born into a "new life," into a knowledge of the better way, must not do these things. Indeed! how can we? for if it be true that "cleanliness is next to godliness," surely cleanliness *is* hygiene. One great trouble, however, is here: there are so many in our midst that are neither the one thing nor the other. They are like some dress reformers (so called), who preach the "reform dress," and at the same time wear superabundant petticoats, and skirts about the hips—quite forgetting that *the* reform dress covers all parts of the body so as to in-

sure *equal* warmth. These half-and-half hygienists have some knowledge of our principles (obtained, most likely, at some half-and-half Cure). They believe something in them, perhaps call themselves "hygienists," and thus make the world, and themselves, think that they are veritable exponents of the hygienic system. Our cause has been, and still is, terribly damaged in this way; and the best thing, doubtless, to do in the matter, is for every firm believer to stick close to the landmarks, at whatever cost.

Every true coin, it is said, has its counterfeit; and perhaps the same is true of most systems of reform. Would it not be well to search out these spurious articles, and separate them from the genuine? There is, I incline to think, as *little* inconsistency among professed hygienists, as among any other reformers; but that little has done a vast deal of harm—more than it ought ever to be allowed to do again. Prompt exposure, yes, thorough annihilation, of the evil, with weapons wielded, not by passion, but by logic and science, is what is needed. Better thinned ranks, than traitors to the cause!

As health reformers, we have, on all sides, the fiercest opposition to contend with; opposition in high places and in low; opposition abroad and at home. There is all the more need, therefore, of faithfulness; of the strictest adherence to principle, lest the cause we profess to espouse, be gainsayed. Of all people, hygienists especially, ought to be careful in the (seemingly) "little things," that they be not a stumbling-block in the way of others. Our private dwellings and our public institutions, our followers and our leaders, ought all to be in harmony with our theories. And, as our truest and best friends are those who not only encourage us in well-doing, but check us in error, praising on the one hand, while they caution on the other, it is our duty, as health reformers, to watch for good, over each other, and over the cause—ever ready to defend the right, and to condemn the wrong; dealing always, as far as possible, with principles rather than persons, with ideas rather than things.

Had my first impressions of our reform been from such standpoints as are cited in the first of this article, they had probably been my last; for I should have been disgusted with the very name. Fortunately, however, at least for me, my first practical knowledge of strict hygiene was received under the most favorable circumstances. I was a patient at Dr. Trall's Eastern Hygeian Home, then at Wernersville, Pa., where Mrs. Trall's careful eye saw *every* thing (and her own hand pre-



pared much) that went to the table; while Dr. Fairchild's good taste and executive skill kept everything from garret to cellar, in the best possible order. I remember well how white and clean the floors, and halls, and stairways, were kept, the girl in this department each day removing every particle of dust with brush and water. And the chambers and bath room were as sweet and clean as a "new pin." This was as it should be, a correct exponent of correct principles; and the impression made on patients and visitors was most wholesome. Can we not all, as younger members of the hygienic household, do likewise? Let us stick to the alphabet of our reform; let us teach and live out *real* hygiene, or none at all.

*St. Louis, Mo.*

### The Absinthe Drinkers of Paris.

THE Paris correspondent of the *Pall Mall Gazette* gives the following account of absinthe and absinthe drinkers:

"The indulgence in absinthe, which already prevails to a great extent among all classes of Frenchmen, threatens to become as widespread in France, and as injurious there as opium-eating is in China. If a visitor to Paris strolls along the boulevards from the Madeleine to the Bastille some summer afternoon, between five and six o'clock—which is commonly called 'the hour of absinthe'—he can hardly fail to remark hundreds of Parisians seated outside the various cafes, or lounging at the counters of the wine shops, and imbibing this insidious stimulant. At particular cafes, the Cafe de Bade, for example, out of fifty idlers seated at the little round tables, forty-five will be found thus engaged. But it is not on the boulevards alone that absinthe is the special five-o'clock beverage. In most of the wine-shops in the faubourgs, in the 'Quartier Latin,' and round about the Ecole Militaire you may see at that particular hour, workmen, students, soldiers, clerks, charbonniers, chiffonniers, even, mixing their customary draught of emerald-tinted poison, and watching the fantastic movements of the fluid as it sinks to the bottom of the glass; wherein it turns from green to an almost milky white, at the moment when the perfumes of the various aromatic plants from which it is distilled disengage themselves.

"A quarter of a century ago absinthe was the drink of French coachmen, grooms, and footmen, and people of the lowest class; today its most ardent lovers are to be found among educated and well-to-do Parisians.

Literary men, professors, artists, actors, musicians, financiers, speculators, shopkeepers, and even women, yield themselves up to its seductive influence—to those undefinable provocations which seem, they say, to impart renewed activity to an enfeebled brain, developing a world of new ideas, and which thus, it is believed, have inspired many a noble work of imagination in literature and art. It may be so; but then those who habitually excite the brain with absinthe soon discover that they can produce positively nothing without its aid, and that a time arrives when heavy stupor supersedes that excitement of the intellectual faculties which once seemed so easy and so harmless.

"After the first draught of this poison, which Dr. Legrand, who has studied its effects, pronounces to be one of the greatest scourges of our time, you seem to lose your feet, and you mount to a boundless realm without horizon. You probably imagine that you are going in the direction of the infinite, whereas you are simply drifting into the incoherent. Absinthe effects the brain unlike any other stimulant; it produces neither the heavy drunkenness of beer, the furious inebriation of brandy, nor the exhilarant intoxication of wine. It is an ignoble poison, destroying life not until it has more or less brutalized its votaries, and made driveling idiots of them.

"There are two classes of absinthe drinkers. The one after becoming accustomed to it for a short time, takes to imbibing it in considerable quantities, when all of a sudden delirium declares itself. The other is more regular, and at the same time more moderate in its libations; but upon them the effects, though necessarily more gradual, are none the less sure. Absinthe drinkers of the first class are usually more noisy and aggressive during the period of intoxication, which, moreover, lasts much longer than drunkenness produced by spirits or wine, and is followed by extreme depression and a sensation of fatigue which is not to be got rid of. After a while the digestive organs become deranged, the appetite continues to diminish until it is altogether lost, and an intense thirst supplies its place.

"Paris actually has its clubs of absinthe drinkers, the members of which are pledged to intoxicate themselves with no other stimulant, and even to drink no other fluid—the only pledges, it is believed, which they do not violate. They assemble daily at some appointed place of rendezvous at a certain hour, and proceed to dissipate their energies and their centimes in draughts of that fatal poison

which fill the public and private madhouses of Paris. These absinthe-drinking clubs are certainly not numerous; but liquor shops abound in all quarters of the city where absinthe may be said to be the staple drink; and lately several have sprung up which, to attract the youth of Paris to them, dispense the insidious beverage at the hands of pretty women.

"In the French army drinking of absinthe of the cheapest quality, and as a matter of course the most deleterious of all, used to prevail to such an extent that both military and medical commissions were appointed to report upon the practice and the effects resulting from it. The facts that came to light were so alarming that the government not only formally interdicted its consumption, but made every endeavor to keep it beyond the reach of the soldiers. In Paris, and other garrison towns, these efforts were not particularly successful; but it fared hard with any camp followers of expeditionary corps in Algeria, or at Chalons, or other parts of France where temporary camps were formed, who chanced to be detected in supplying absinthe to the troops. In the French navy its consumption is rigidly prohibited, not merely to the common seamen, but to the officers as well.

#### Stimulant versus Nourishment.

[The following, from the pen of Dr. Samuel Wilkes, although tinctured with the prevailing ideas on alcoholic medication, is good testimony against the practice of stimulation, so recklessly common among drug M. D's.]

NOW WHAT do I constantly witness in private practice? The patient I visit is a young lad or young lady, and the doctor and myself perfectly agree as to the nature of the case, the course it will run, and the treatment required; further, to insure the fulfillment of his orders, the services of two nurses have been procured; one of them is in constant attendance with a devoted mother and sister. Now, what is the condition of the patient who has been ill a fortnight with enteric fever? He is extremely wasted, his skin dry and hot, restless, wakeful, or delirious, tongue parched, and his pulse 150. I am informed that the patient has had plenty of nourishment, and am shown the table before me covered with cups of beef tea, jelly, brandy bottles, physic bottles, and wine decanters. I am further assured that the patient has had three or four cups of beef tea daily, some jelly, eight or ten ounces of brandy, five or

six glasses of champagne, and his medicine containing five grains of ammonia every four hours. To prove the regularity of the administration of these different things, the nurses display their written papers and vouchers. It is now evident that the patient is dying of starvation and stimulation. No mortal man could be in any other condition who had been attempting to live on a little beef tea and jelly for a fortnight, supplemented by brandy, champagne, and ammonia. In fact, I scarcely know a better formula to produce wasting, hot skin, parched tongue, irritable heart, restlessness, and delirium. I am not over-drawing the picture, and as for modifications of it, I witness them every day. I have no objection to wine or brandy in their proper place, and when judiciously administered; but I do strongly object to the assumption that they can be for any lengthened period taken as substitutes for food. I confess, too, to be almost overcome with regret when I see my hospital patients doing well, and see the young people in a rich man's house literally dying of starvation and stimulation.

#### The Sense of Pain.

The sense of pain in the mouth guards the throat; in the stomach it affords a warning against improper food; and in fact every part of the body is susceptible of pain, wherever that sense is necessary to indicate disease or injury.

But the heart the brain, and the lungs, although the most vital organs, are protected from injury by the sensibility of the exterior parts of the body; a high sense of pain in them is unnecessary, and they are almost insensible to it.

The heart beats upward of four thousand times in an hour, and if the pain from a diseased heart was very acute, it would indeed be sad for the sufferer; but the pain from a disease of that organ is seldom more than an uneasy sensation, and this more especially after violent exertion.

Sudden death often occurs from disease of the heart; not from the heart being suddenly diseased, but from the disease causing but little pain, and being therefore unknown. The brain, although the source of sensation, is itself insensible to pain; in surgical operations portions of the brain have been removed without the patient's exhibiting signs of pain. The lungs have also been taken out without causing pain.

PERFECTION is the point at which all should aim.

## To Correspondents.

G. H. P., Georgia: We do not think your lungs are affected; but, from your symptoms, should judge that there is danger in that direction. Your real difficulty is disease of the liver, and dyspepsia. Your sedentary occupation has much to do in causing your difficulty, and should by all means be abandoned in favor of some active outdoor pursuit. Indigestion and book-keeping are frequent companions.

E. H. B., Rhode Island: Your child has marasmus, or wasting away; the cause of which we are unable to determine, as you tell us nothing concerning its food, habits, &c. It is probably, however, caused by improper food or feeding, as the digestive system seems to be very much disordered. Give her graham bread and milk not exceeding three times per day, with fruit and some vegetables. Unless the milk is from a perfectly healthy cow, use none at all. Twice a week, give her a tepid sponge bath, occupying only a minute or two in the operation, and wipe dry, rubbing the skin until a healthy glow is produced. Give her plenty of air and sunlight, and abundance of sleep.

G. W. K., Oregon: Salt rheum is caused by a bad state of the blood, and a radical cure can be effected only by purifying the life current. The itching may be relieved by water applications, warm, tepid, or cool, as may seem most comfortable; but the cure lies in treatment which is calculated to keep the depurating organs in active duty.

W. H. M., New Jersey: We are not aware that the sugar insect exists in molasses, but there is usually a very large amount of impurity, organic and inorganic, in ordinary molasses.

A. R. W., Nebraska: We shall soon be able to supply our friends with a good cook book of our own. We can furnish Mrs. Jackson's at present. 30 cts. per copy.

Mrs. S. V., New York: 1. Numbness of the arm, such as you describe, is usually caused by torpid liver and constipation of the bowels. You give us no symptoms by which we can determine the cause in this particular case. 2. You can probably obtain graham crackers at the Burdick House, Buffalo.

B. L., New York City: 1. A daily cold or shower bath is not advisable nor prudent. 2. An occasional sea bath, under favorable

circumstances, would be beneficial. 3. From 7 A. M. to 6 P. M., is too long an interval between meals. 7 A. M. and 1 P. M., or 8 A. M. and 2 P. M., would be better.

J. W. R., Iowa, who inquired some time since relative to works on hygiene in the German language, is informed by C. R., of Illinois, that there are several. He says: "The best I know of is 'Practical Handbook of the National Art of Healing, by Theodore Hahn,' Berlin, Theobold Grieben. The German name is, 'Praktisches Handbuch der Naturgemassen Heilweise.'" He does not tell us where they can be obtained.

## Advice to Reformers.

THE following is an extract from a lecture delivered by Frederick R. Marvin, at Plainfield, N. J., on the 12th of February:

"Let those who would revolutionize the practical relations of men, kindly, lovingly, and boldly, meet every issue as it arises, and discuss in a fearless manner all questions affecting the rights and interests of man, whether of white, black, or other color; whether male or female, whether rich or poor, monarch or serf, slaveholder or slave, employer or employed.

"Let those who would emancipate humanity from its galling yoke of bondage follow the Christ: let them be kind, loving and compassionate, yet bold, resolute and fearless.

"The pangs of transformation must always be more or less painful. It is so in changing from slavery to freedom in the south. It will be attended with more or less difficulty, and will tax the patience of the ruler as well as the subject. I will counsel patience, as well as firmness, on the part of all. I will regard freedom as equally freighted with blessings to the man who works mostly with his muscle, and to him who directs its action.

"Let those who occupy the van in reform strike for manhood, and not for money. Let them recognize God as their common Father, and all mankind as brothers. Let them treat all subjects, as well as persons, with truthful and manly bearing. Let them advocate the great Gospel of Liberty as the only means of the world's redemption. The Bible of nature is not a fable; let it be their text-book; perfection their polar star, and outward nature their field of symbols, types, shadows, and analogies."

WHO spends before he thrives will beg before he thinks.

RECKLESS youth makes rueful age.

## Items for the Month.

The Health Institute has just issued a new circular, giving terms, &c., and setting forth the advantages of the Institute. Sent free to any address.

**Cook Book.**—To meet a long-felt want, we have in course of preparation a work on hygienic cookery, to be entitled "The Health Reformer's Progressive Cook Book, and Kitchen Guide." It is designed to give directions for the preparation of food which shall be perfectly healthful, and at the same time palatable and enjoyable. One feature will be its cheapness. The price will not probably exceed 15 cents per copy. We hope to have it ready in two or three weeks.

The water from a mineral spring in Massachusetts is described by a Boston editor as tasting "like damaged pork pickle drank from an old boot."

James Hackett, of Ft. Lincoln, Kan., would like the address of some hygienic physician nearest his post-office, with a view to corresponding.

Just as we go to press, we receive a note from Mr. P. G. Carter, who wishes health reformers desirous of forming a colony in Kansas to correspond with him immediately at Fort Scott, Kansas.

Next to visiting a country is the pleasure of reading a paper published in it. See the advertisement of that wide-awake health and temperance paper, the *Woman's Pacific Coast Journal*.

THE REVOLUTION, whose advertisement we publish this month, is a wide-awake, thorough-going, woman's paper, and has already attained a large circulation, and a corresponding influence.

The Great Western Railway, to which the traveling public are so much indebted as the connecting link between the N. Y. Central and the Michigan Central, has recently been undergoing important changes and improvements. Under the successful management of Mr. Muir, the present Superintendent, its previously-good reputation as a first-class route has been greatly enhanced. From a recent trip over this route, we are led to pronounce it one of the smoothest running roads in the country; while its conveniences, and even luxuries, for the accommodation of passengers, are unsurpassed. This feature will commend the Road to invalids coming to the Institute, or traveling elsewhere, as well as to tourists, and the traveling public generally.

The Michigan Central Road, which makes close connections with the Great Western, is thus spoken of by one of our Eastern exchanges, every word of which we can indorse:

In going through to Chicago, the closest connections are made with that old and popular route, the Michigan Central, which has for years held the enviable reputation of being the quickest, easiest, and safest, means of transit across the State of Michigan. Its cars are magnificent, its connections close and sure, and the country through which it passes, beautiful enough to pay the expense of travel.

### Books, Pamphlets, &c.

**INTEMPERANCE:** Its Financial, Physical, Mental, Social, and Moral, Evils, and its Causes and Remedies. By THOS. W. DEERING, M. D.

We here have the temperance question discussed from correct premises, in a clear, forcible, readable manner. It treats the subject as its title indicates. One chapter is devoted to the question of alcoholic medication, and the name of the author is a sufficient guarantee that it has the ring of the true metal. 112 pages; cloth, 75 cents, paper, 30 cents. Cowan & Co., 746 Broadway, New York.

**CHINA AND THE UNITED STATES.**—This work, the advance sheets of which we noticed last month, is now out, and is in every respect an elegant book. It is copiously illustrated, printed on good paper, from clear plates, and the subject matter is of absorbing interest. Published by Jones, Junkin & Co., Chicago, with whom book agents and canvassers will do well to correspond with reference to securing territory.

We have received a copy of the Newspaper Directory published by Geo. P. Rowell & Co., of New York, containing a complete and accurate list of all the dailies and weeklies published in the United States and British Provinces. Bound up with this volume is a Rate-Book, giving the cost of advertising in most of the principal newspapers of the United States. There is also some agreeable reading in the shape of biographies of well-known advertisers. The whole forms a large octavo volume of nearly nine hundred pages, and is sold for five dollars.

The *Journal of the Gynecological Society of Boston* enters upon its third volume with the July number, which lies before us. We regard this magazine as one of the most valuable of our medical exchanges. Notwithstanding its "old-school" proclivities, it is of real worth to any physician for its valuable information.

Several excellent articles, already in type, are unavoidably crowded out of the present number, and will appear next month.