

THE Health Reformer.

OUR PHYSICIAN, NATURE: OBEY AND LIVE.

VOL. 5.

BATTLE CREEK, MICH., MARCH, 1871.

NO. 9.

THE HEALTH REFORMER
IS ISSUED MONTHLY BY
The Health Reform Institute,
BATTLE CREEK, MICHIGAN.

JAMES WHITE, : : : EDITOR.
MINA R. FAIRFIELD, : : : ASSISTANT.

Terms: One Dollar per Year, invariably in Advance.
Address HEALTH REFORMER, Battle Creek, Mich.

The Health Reformer.

THIS journal has an important mission to perform, a great work to do. The world is full of men and women who need reforming in their habits of life. And the present time, in some respects, is favorable to this work. As great changes in medical practice take place, the people lose confidence in drugs, the old-school practice goes down, and many of our public journals, which are circulating everywhere, speak of proper diet, bathing, exercise, and air, as the real reliances for health. Thus the superstitious confidence of the people in doctors' doses is being shaken, the ice is broken, and the way prepared to spread abroad the true philosophy of health, life, and happiness. Here is the mission and work of the REFORMER.

The REFORMER proposes to reach the people with all their prejudices, and their ignorance of the laws of life, where they are. It will avoid extreme positions, and come as near those who need reforming as possible, and yet be true to the principles of health reform. It is a matter of regret that reformers should err at all. But if they must err, it is safest for their own influence, and much the better for those they would reform, for them to err on the side nearest to the people. If they err on the side farthest from them, they at once place themselves where they cannot reach the people at all.

Some may be satisfied with fighting it out with the few in defense of extreme positions, and leave all the rest of the world uninstructed upon the broad principles of hygiene. But such a course does not meet our feelings. Reformers should be right in theory, right in practice, and right in spirit toward those they would reform. The HEALTH REFORMER will labor to disarm the people of their prejudices, and, in the spirit of love and good-will, appeal to them, and entreat them to turn and live.

The REFORMER will contain, each month, thirty-two pages of reading matter. Should either of the *Special Departments* fail to please all, besides these there are pages enough where all can read tenfold their money's worth. And no one should feel disturbed on seeing some things in these departments which do not agree with their ideas of matters and things, as the very term, *Special Department*, shows that the conductors of them are alone responsible for what they say.

We shall treat the subject of health reform upon the authority of the sacred Scriptures, and well authenticated facts in the experiences of those who have shared the inestimable benefits of health reform. With a large portion of the masses the Bible is the highest and safest authority. And that good old book is full of hygiene. These we hope to reach with the simple, yet powerful, revealed facts which demand changes from the common habits of life. We shall also enrich the columns of the REFORMER with selections from the ablest and best works on life and health, and from the numerous health journals which come forth fresh from the press month after month. With all these advantages within our reach, we determine that the REFORMER shall be the best health journal in the land.

EDITOR.

THE
HEALTH REFORM INSTITUTE,
Battle Creek, Mich.,

WAS opened for patients and boarders, Sept. 5, 1866. At this Institution, diseases are treated on hygienic principles. Instructions, both theoretical and practical, are given to patients and boarders on the great subject of how to live so as to preserve health, and also on the safe and sure means of recovery from disease.

In the treatment of the sick no drugs will be given. Those means only will be employed which nature can use in her healing work, such as proper food, water, air, light, exercise, cheerfulness, rest, and sleep. Grains, vegetables, and fruits constitute the staple articles of diet.

This Institution is admirably located on a site of over seven acres, in the highest part of the pleasant and enterprising city of Battle Creek, commanding a fine prospect, and affording ample opportunities for entertainment, quiet, and retirement. With a competent corps of physicians and helpers, this Institution offers to the sick all the inducements to come and be cured, that are presented by any other.

Battle Creek is an important station on the Michigan Central and Peninsular Rail Roads, and is of easy access from all parts of the country. All trains stop at Battle Creek. For particulars, see Circular, sent free on application. Address HEALTH INSTITUTE, Battle Creek, Mich.

RELIGIOUS INFLUENCE.

The Directors, Physicians, and Helpers, of the Health Reform Institute, are earnest and devoted Christians. And while they feel a deep interest in the spiritual, as well as physical, health of their patients, they freely and cheerfully concede to others the freedom of conscience they claim to themselves. And they feel pledged to respect the sincere feelings of all on matters of religious faith and practice; while at the same time they do not regard it as any part of their work to urge their sentiments upon others.

At this Institution the afflicted in body and mind will find a quiet, yet cheerful home, where Christian hearts and hands are ready to sympathize and help in the recovery of health and happiness.

To Correspondents.

B. F. G., Ill.: You have a very torpid liver, induced by dyspepsia. We have but little confidence in home treatment in your case, as you do not fully understand the hygienic mode of treatment. Sitz bath once a week, one wet-hand rub with hot and cold water, and one general bath, are all that we feel safe in prescribing for you, except the wet girdle every night, or each alternate night, as the case may be.

L. M. B.: You have nervous dyspepsia. Much cold water is not good for you. You should eat your food dry, masticating it well, and eating very slowly. You should come to the Institute, where you can be treated, and where you may learn more fully the principles of hygiene; as your disease is too complicated to be trusted to home treatment.

J. B., Montreal: "What is the best treatment for a child fourteen months old, who is troubled with worms? Has passed several about four inches long, and one-sixteenth of an inch in diameter. He has graham porridge for breakfast and supper, and potatoes and milk for dinner, with nothing to eat between meals."

Substitute for the potatoes, graham bread and various kinds of fruit; and instead of milk, give graham gruel. Kill the worms, if strict diet does not succeed in doing it. Give, also, copious enemas.

O. E. McC., Oregon: "Please prescribe treatment in the following case: A young man about 26 years of age received a sun-stroke in last July while at work. He has not yet recovered sufficiently to allow of his doing any kind of outdoor work, without a return of the symptoms. He had previous to the attack suffered from constipation, and from a hard, dull pain in his head. The pain has now become so constant and severe as to prevent his reading, or making any progress in his studies. He also has (and has had from childhood) something growing in one of his nostrils. It appears of a bright red color. He makes use of coarse food, and eats but very little meat."

It is very doubtful whether he can be benefited by home treatment. If possible, send him to the Institute; but if this cannot be done, give hot and cold wet-hand rubs over the liver, stomach, bowels, and spine, every other day; once a week, a sitz bath at 98° for 8 min., reduced to 88°, 1 to 2 min., before taking him out; also, once in two weeks,

hot applications to the head for two or three minutes, followed by cool ones; fomentations over liver and bowels. Apply cool water to the head before giving any other treatment. Regulate the bowels by enemas. Diet—fruits and grains, giving but two meals a day.

E. H. M. of Mass. inquires :

1. Is there anything injurious in the use of sweet cider as a beverage, before it commences to work? or of such cider after it has been scalded or boiled? Ans. Not in moderate quantities.

2. What effect has molasses upon the liver and other organs, when it is used upon the food or in the drink? Ans. It clogs the liver, and debilitates by producing unnatural heat, causing thirst, &c.

3. Has it any medicinal properties? if so, what? Ans. It acts as a laxative.

4. What would you recommend for attacks of elongated palate? Ans. Have it cut off.

O. J., Iowa: We have sent the book, but think you should come to the Health Institute for a time; for your disease is too complicated to trust to home treatment. Hot and cold foot baths will cure chilblains. The best method of increasing the beard is to improve the general health.

J. F., New York :

1. Is electricity of much or any use in the healing art? if so, do you use it, or recommend its use? and why? Ans. Electricity is the life-giving principle. In chronic diseases, there is a deficiency of it; in acute diseases, the electric forces are thrown out of balance. It imparts oxygen to the system; but it is best obtained directly from the air by outdoor exercise.

2. Can stricture at the neck of the bladder be cured by your system, with the use of the bougie or knife? Ans. Yes.

T. S.: "What kind of home treatment would be best for rheumatism of the sciatic form? I am living out the health reform."

Fomentations over the parts, hot and cold rubs, packs, rubbing wet-sheets, and sitz baths. Let your diet be unstimulating.

C. E. W., Mass.: "The fore finger of my left hand has troubled me every few days for two or three months, by becoming numb and colorless. Is it a symptom of paralysis? I am 62 years of age; live on a farm, and have worked pretty hard the past year. I have not lived hygienically, but about as the common custom."

Your difficulty is obstructed circulation on account of torpid liver. Balance the circulation by dipping the hand in hot and cold

water, alternately, for 5 or 10 minutes, and then rubbing it briskly. Wear warm abdominal bandages at night.

J. R.: Give the girl of whom you speak good, generous, hygienic diet, twice a day. See that she masticates her food well.

E. C. H., Penn.: Syrups are debilitating; substitute for them dates, raisins, and figs, or fresh sweet fruits. Two meals a day are more conducive to health than three; and the more proper hours for taking them are from 6 to 8 A. M., and from 1 to 3 P. M.

S. B. W., N. Y.: Your friend has bronchial consumption.

H. B. W.: Eating between meals is a worse evil than eating too much at the regular meals; as each morsel taken into the stomach between meals retards digestion. Have your children masticate their food well. You are a nervous dyspeptic. Your husband has torpid liver and erysipelas, and should live more hygienically.

J. H. GINLEY, M. D.

Mistakes—Nature—Fomentations.

MANY hygienists mistake in the use of water in the treatment of diseases. Some think that, because they have read a few general ideas in books, and have seen a few mild cases treated successfully, they are capable of managing those of a more serious nature.

This reminds us of a quotation from Prof. Gunn: "Observe the young physician of the present day who goes forth from the medical college with his diploma in his pocket, with rather more pride than common sense, having passed through his studies with the rapidity of a locomotive, believing if he does not cure every disease it is his own fault; but time and experience will show him differently, when his cheeks are wrinkled with the cares and troubles which a professional life always confers, and when he will have learned by sad experience that disease is controlled by nature alone." No truer language than this could be uttered; and those physicians who have started out in life with the idea firmly fixed in the mind that *they* were going to cure, and bring dame Nature to *their* terms, have, after long years of careful trial, learned the instructive but humiliating lesson, that they themselves were of but little account in nature's recuperative work; and that they more frequently retarded than assisted in it. It is a fact that the more a man tries, and the longer he practices, what is called the

"healing art," the less confidence he has in his own power to heal; and he finally comes to the conclusion to let nature take her own course.

We often hear the expression, "We must assist nature." Here is a grand mistake; she needs no assistance; but the greatest work the intelligent physician has to do, is to keep down all unnecessary interference. Said Prof. Blair, of the Homeopathic College of Cleveland, Ohio, to his class: "I have practiced forty years in the old school and new; and I don't know that I ever cured a single case." Said Prof. Gatchell, of the same school: "Ninety-nine cases in every hundred would get well without any medication whatever." And yet even hygienists are slow to learn this great lesson, "Let well enough alone." Let all distinctly understand that the curative power resides alone in the vital organism; that is, the body has within itself the power to build up or cast off, independent of any aid from medicine, as taught by the medical profession.

The body is subject to certain physical laws, established by the Creator. When these laws are adhered to strictly, health succeeds; if disobeyed, sickness follows. By tracing disease back to its starting point, we shall invariably find that some one or more of nature's laws have been transgressed. Therefore it is a sin to be sick. But now that disease has overtaken us, let us inquire into its nature.

In transgressing physical law, our vital forces are thrown out of harmony; the system becomes clogged by the waste matter caused by the wear of life; and the life current becomes obstructed (dammed up, so to speak), as our streams of water do; and unless this flood-wood be removed, serious results must follow. It may thus be clearly seen that what we call disease is really an effort of the vital domain to rid itself of this obstructing waste matter, which is constantly accumulating.

The old school understands this somewhat as set forth in an advertisement of a patent medicine, which says: "In disease there is a struggle between nature and disease, which acts as an intruder in the stomach. In this case, we give a dose of our medicine, which is also an intruder in the stomach, and nature sets to work to turn them both out, and the patient recovers." Query: If this be true, why introduce the second intruder to prolong the conflict? If, then, disease is an effort of purification, it must certainly of itself be a remedial effort of nature to remove the obstruction, and should be regulated

rather than interfered with, as in the case of the medicine above referred to.

Let us suppose that the liver is obstructed; what caused this? There is certainly a cause somewhere. Physical laws have been violated. The patient is strong, active, nervous, &c. Let us watch him for a single day. In the morning he gets up, takes a chew of tobacco, washes in cold water which drives back the blood toward the heart, thus breaking up the general course of the circulation, sits down to his meal and eats with all his might for ten or fifteen minutes, and is off to work before digestion has fairly commenced. At 12 o'clock he drops his tools, and runs to dinner, exhausted from overwork. Here he has flesh, fruit, vegetables, pies, cakes, pickles, and condiments of various kinds. These as a heterogeneous mass are hastily thrown together to be masticated by the stomach; and then he is away to work again. Afterward, come the lanches of nuts, crackers, candies, raisins, tobacco, &c. Soon he is troubled with sour stomach, an all-gone feeling; and more food is added. The stomach becomes tired; faintness, &c., ensue; and night finds the dinner undigested. But supper must be crowded in, as there will be all night to take care of the food; so there go ham, eggs, oysters, lobsters, lager beer, rum, wine, &c., all of which tend to clog the vital machinery.

This is but the formula for a single day. Let him follow the same course for the three hundred and sixty-five days of the year, and what is the sure result? The stomach has become weakened; the liver through sympathy takes on its share of disease; and so of every organ of the body. Digestion becoming imperfect, the system fails for want of nutrition. The liver's being obstructed induces constipation. This, in turn, causes paralysis and a host of ills which would be unknown, did we but understand and obey nature's laws. But since these things are here, and we must deal with them as stern realities, and sickness comes as the sure result, what shall be done?

Suppose one of these, who from ignorance of the laws of health becomes stricken down by disease of an inflammatory or of a congestive nature, and who has in mind the absurd notion of "kill or cure," should fall into our hands, what course should we pursue? If after looking the case over carefully there is found to be inflammation or congestion of the liver, stomach, or bowels, &c., in either case there will be found that too much blood is forced to these parts. The business of those who are in attendance will be to equalize the

circulation by drawing the excess of blood away to other parts. To accomplish this, there is nothing so efficacious as fomentations, if rightly applied. Many persons fail to make them produce beneficial results by not knowing how to apply them properly.

To give them successfully, there are needed two or three yards of flannel folded to six or more thicknesses. This material will retain heat longer than any other. Spread a heavy quilt upon a bed or lounge. Double a blanket once or twice lengthwise, and lay it across the bed. Let the patient undress, and lie down upon it in such a position that the blanket will cover the parts designed to be treated. Wet the head well with cold water; then wring the flannel out of hot water, and apply to the parts. The dry blanket under the patient is then brought around over the wet flannel, first from one side, and then from the other. Bring the quilt over all, letting it extend to the feet.

The cloth should be applied as hot as can be borne with comfort, and should be replaced by another as often as it becomes cool; or it may be applied hot two or three times, for from three to five minutes each time, then changed to cool for five minutes or more, and this followed by the hot, as at the first. This changing from hot to cold may be kept up for from ten to twenty minutes for feeble patients, and from fifteen to thirty minutes for those of more vigorous constitutions.

Care should always be taken to keep the head cool, and the feet warm. When the patient has been treated for a sufficient length of time, the fomented parts should be well washed off with cool water from 80° to 85°; otherwise, from the relaxed condition of the system, there will be danger of taking cold. Many evils result from using warm or hot applications without following them by cool ones.

But the question is asked, "What good do these hot and cold appliances do?" By applying the hot we induce the blood to the surface, thus relieving the congested parts, and have also lessened the heat of the parts by absorption, and equalized the circulation somewhat by removing the obstruction which caused the pain. It is nature's part to perform the cure. We have only placed the system in a condition for her to do her own work.

But let none think that these fomentations are to be applied indiscriminately. It is only in inflammatory and in congestive diseases (acute or chronic) that they are to be relied upon. They should never be applied at random, nor too often. Once or twice a

day in acute diseases, and once or twice a week in those of a chronic character, will be sufficient.

J. H. GINLEY, M. D.

Risk of Great Eaters.

GREAT eaters never live long. A voracious appetite, so far from being a sign of good health, is a certain indication of disease. Some dyspeptics are always hungry, and feel best when eating; but as soon as they have finished eating they endure torments so distressing in their nature as to make the unhappy victim wish for death.

The appetite of health is that which is inclined to eat moderately when eating-time comes, and which, when satisfied, leaves no unpleasant reminders. Multitudes measure their health by the quantity they eat; and, out of ten persons, nine are gratified with an increase of weight, when in reality it indicates an increase in disease, showing that the absorbents of the system are too weak to discharge their duty, and the tendency to fatness, to obesity, increases until existence becomes a burden, and sudden death closes the painful history.—*Hall's Journal*.

"Just Three Minutes."

WILL we Americans ever learn to eat slowly enough?

While we were sitting in a restaurant last Saturday, a full-grown live American took a seat at our table.

"Waiter—"

"Yes, sir."

"Pork and beans—quick!"

The pork and beans were brought.

Before taking the first mouthful the gentleman again proceeded:

"And waiter—any mince pie?"

"Yes, sir."

"Bring me a piece—and have it here in just three minutes."

The man "came to time" within two minutes—he began on the mince pie just five minutes after he had begun on the pork and beans, and within about nine minutes from the time he sat down, he had paid his bill and passed out of the restaurant.

Here is an instance exactly as we saw it last Saturday noon. It is by no means an exceptional case, save that most American business men take about twenty minutes, instead of ten minutes, to do the same thing. There is dyspepsia in every minute less than half an hour that is occupied by the daily lunch.—*N. Y. Mail*.

DR. TRALL'S
Special Department.

Women among Men.

HAS a woman a right to go among men without a "male protector," a police guard, or a military escort? and if not, why not?

A story is related in a Chicago paper of an innocent German girl, who not long since reached the shores of this "land of the free, and home of the brave." In New York she was surrounded by a set of gentlemanly-dressed ruffians, who, on pretense of assisting and directing her, managed to rob her of her trunk. But, having a few hundred dollars carefully secreted in her clothing, she took the cars for a western city; and there, on inquiring her way of a person who seemed to be a human being, she was decoyed into a by-place, where, on resenting his (or its) infamous proposals, she was assaulted, robbed of all her money, and thrown into a pit to die. She soon recovered her consciousness, found her way to a farm house in the vicinity, where she had another adventure with a being of the masculine persuasion. He undertook to convey her to a station from where she might find her way to her sister's home in the neighborhood. But on the way the farmer got drunk, his horses ran away, overturned the carriage, and the heroine of our story was badly bruised and injured.

Here are the elements of a nice little sensational drama to make people laugh and cry, if properly interpolated with anecdotes and striking situations, when acted on the stage; and as such we commend it to the famous impersonators of the mythical Rip Van Winkle.

But we propose to deal with the story only in its serious aspect. The treatment this poor girl, whose only fault consisted in not knowing that a large portion of *man-kind* were devils in human form, was bad, very bad. Yet it was not so shameful by a thousand-fold as that which a thousand equally innocent young girls receive every year when they reach the goal of their long struggles, fervent hopes, and golden dreams, "free America." They are decoyed, and sometimes forced, into pretended boarding houses, where, under influences of fraud and force which nothing but death can resist, they become, first, the victims of debauched men, and, secondly, the seducers of men. In a word, they are transformed from women, good and angelic, to prostitutes, foul and devilish. And all this is the work of man—man's inhuman-

ity to woman. No woman is a co-worker in this field of iniquity until she has first been degraded, ruined, and made homeless, hopeless, and desperate.

All this is well known to the authorities, all of whom happen to be men. Every one of these woman-hunting villains is well known to the police, as are the places where he hides his victims, and the *modus operandi* of procuring them. But the police officers are all men.

These considerations give fearful significance to a paragraph which appeared in the *New York Tribune*, of Jan. 12, 1871, in the following words:

"A projected law submitted by a senator last evening authorizes married women to sue and be sued, and hold separate property, the same as single women. Some merriment was excited in the Assembly by the reading of a pretended petition from Miss Anthony and Mrs. Julia Ward Howe, praying for the appointment of girls to do the work of the pages now employed in the legislative bodies. It is superfluous to say that no sane woman would consent to have a daughter of hers brought into such associations. No assemblyman was obtuse enough to believe that the paper was genuine. The petition, though it excited loud laughter, contained more obscenity than wit, though tolerably destitute of either."

"Such associations!" Disregarding the unworthy slang with which the *Tribune* reporter concludes his allusion, let us face the serious import of the statement. If no sane woman is willing that her daughter should associate with the men who make the laws of the land, and legislate for the morals and education of the people, it can only be because sane women know such men to be unconscionable profligates—fiends or demons who only want opportunity to indulge in unbridled lust. No woman's daughter safe in the halls of legislation! Then it is quite time there were a few women among the men legislators. If the young women of our country, after passing the period of infancy, are not safe among the men elected and paid for promoting the general welfare, and protecting property and persons, where, in God's name, are they to go to find protection and safety? Must they be defended against their protectors? If legislators were true men, no occasion could exist for such admonition and such insinuation as is contained in the quotation we are criticizing. And if men, despite the demand of women to be equally represented in legislation, will persist in electing such inhuman wretches to office that no unprotected young

woman can expect anything but outrage in their society, then the women have the strongest argument yet presented in favor of "equal suffrage." We respectfully recommend those journals which oppose "the woman's movement," of which the *Tribune* is one of the chief, as well as the most ungenerous and unfair of all of them, to suggest some practicable scheme for the safety and protection of mothers' daughters in the company of fathers' sons. Then their arguments, squibbs, *willessisms*, slang, innuendoes, criticisms, and the sensational reports of the sayings, doings, manners, looks, dresses, sizes, weights, heights, complexions, figures, gaits, smiles, frowns, &c., &c., of those women who meet to discuss this subject, will appear with a better grace, whether conclusive in logic or not.

Practical Physiology in Medical Schools.

PHYSIOLOGY has been one of the chairs of the medical colleges for several centuries. Very little progress, however, has been made by the medical profession in applying its discoveries to practical life—to our personal habits and hygiene. This is owing partly to the false pathology of the schools and textbooks which causes the problems of life to be interpreted by the light of the dogmas of the dark ages—which dogmas are simply darkness visible—instead of the volume of nature; and partly to the mistake of trying to interpret vital actions by chemical laws. No wonder the late Magendie, who stood at the very head of physiology in France, said to his medical class, a few years ago, "There is scarcely a sound principle in physiology known." No wonder that Prof. St. John, of one of the New York medical colleges, said to his class not long since, "Our physiology is too intensely chemical."

The preservation of health has thus far occupied very little of the attention of medical professors, and that little has been worse than useless, for the reason that its fundamental premises are false. All that the people know of practical physiology, they have in some way learned outside of the medical profession, indeed, *against* the medical profession. A few years ago, in order, no doubt, to make a new and profitable sensation, a "chair of hygiene" was introduced into one of the medical colleges of New York. But it could not make any headway. Hygiene and druggery were such incompatibilities that they could not co-exist. Hygienic living was the death of drug medication, as drug medication was the death of both hygienic living and the patient. So the profess-

orship was soon discarded. If we recollect, it "died out" before it had finished its first term.

And now we notice a statement in the *London Lancet*, that arrangements are being made to secure the teaching of Practical Physiology in all of the twelve medical colleges in London. We are glad to see such an experiment tried; nevertheless we suspect that it will "achieve a decided failure." The professors of pathology and therapeutics will soon discover that the *practical* part of the physiology must be stopped, or that they cannot go on. They will soon see that the practice of physiology is death to practical therapeutics, and fatal to pathology itself. They will not be slow to learn that teaching practical physiology is subversive of the whole medical profession, and calculated to damage its system, ruin its reputation, destroy its perquisites, disgrace its archives, demolish its drug shops, make its lore as ridiculous as its doses are deathly, and, not to put too fine a point on it, remove its "fundamental foundation," and explode its stupendous superstructure, "from turret to foundation stone."

The *Philadelphia Medical Times* hopes it will not be long before the good example of the London schools will be imitated in this country. We respectfully coincide with this hope; and hopefully trust that if the Practical Professorship proves a success, it will prove also the death of the Pathological and the Therapeutical Professorships.

Behavior of Medical Students.

WE mean *male* medical students. History has not yet recorded the first case of a female medical student's misbehaving in a medical college. We have taught *mixed* classes of medical students for twenty years without seeing, or having heard of, the first act of bad behavior on the part of either male or female students, so far as their relations to each other are concerned. Either the male professors of the Hygieo-Therapeutic College are of better moral character, by a thousand shades at least, than the legislators of the State of New York, or the New York *Tribune* does the said legislators gross injustice. A mother who would refuse to trust her daughter with us, as student or employee, would thereby afford presumptive evidence of *in-sanity*. But these somewhat discursive remarks are only intended as a preface to the following, which we clip from the *Philadelphia Ledger*:

"The Edinburgh University has declared itself upon the matter of instructing women in medicine. At the Easter competitive examination, a young woman won the scholarship; but the faculty refused to grant it, on the ground that, although women are entitled to tuition, the university prizes belong to men exclusively. The professor of chemistry, Mr. Crum Brown, was disgusted at this action, and made an application to the corporation to put young women on the same footing as young men.

"The professors of surgery and anatomy appealed to the members of the corporation not to do it, asserting that they could not perform their duties decently when women were in the lecture-room. The professor of surgery declared that he would rather resign than lecture to a mixed class. He read a memorial from one hundred and sixty-one male students, protesting against the admission of females to the classes. But the professor of physiology replied that he found no difficulties as suggested; he could lecture to a mixed class as easily as to one composed of male students exclusively; women made the most expert dissectors, and in his judgment they are by nature better fitted for surgeons than men. The women were in a fair way to carry the day, when Dr. Christison, physician in ordinary to the queen, came to the rescue, and informed the corporation and professors that the "highest lady in the realm" had instructed him to represent to them that she greatly disapproved of women's studying medicine. Prof. Burns' request was voted down by a majority of one."

Queen Victoria, with one or two millions of dollars a year to live on or hoard up as she pleases, and with a few hundred thousands of dollars a year for each of her children, all paid by the hard earnings of the laboring classes, may find it impossible to know, feel, or care, much for the hundreds of thousands of her sex who drudge all the day long, year after year, and who are never for one little moment exempt from suffering, in food, raiment, or shelter, because of poverty. Hence we can readily forgive her action, as she knows not what she does. But a very different judgment must be formed of selfish medical professors who refused a young woman a prize which she had fairly earned, because of sex, and of those medical students who so meanly "protested" against the equal education of their sisters.

And now let us see what manner of young men these are, premising that the young gentlemen who are studying medicine in London do not differ radically from those who have

distinguished themselves in Edinburgh, Philadelphia, and New York, in their rowdy raids on female medical students. We copy from the *Medical Times*:

"The behavior of some of the London medical students appears to be no better than that of their less cultivated brethren in other portions of the world. The last Introductory at Guy's Hospital was the occasion of a disgraceful outbreak. Screeching, cackling, baaing, yelling, singing of popular songs, &c., contributed to swell the uproar which utterly drowned out the voice of the professor. But these harmless amusements were laudable, compared with the knocking off and demolishing of visitors' hats with walking sticks; and the shower of spitballs, peas, explosive pellets, &c., which greeted the professors and their friends, especially those whose bald heads offered conspicuous targets."

Female Gum-Chewers.

THE editor of the Council Bluffs (*Iowa Times*) asserts that he has counted seventy-seven gum-chewers on the streets of that place within the time of fifteen minutes. Well, Mr. Times-man, what are you going to do about it? The editor does not say to what species of living beings the said females belong, nor indicate their place in natural history; but for the purposes of this argument we shall assume that he means the human female, properly called woman. And now the questions arise, Has not a female of the womankind as good a right to chew something as a male of the *genus homo* has? Is chewing a right of sex? Is it any worse to chew gum than to *chaw* tobacco? We do not believe that chewing anything is the natural state of the human countenance; and we believe that the mouth should be kept closed except when eating, drinking, or talking, with a small allowance for the pathological states of coughing and spitting.

But if chewing otherwise than as above indicated is to be done, why discriminate against the woman? Certainly gum-chewing is much less deleterious than tobacco-using; while on the score of actual nastiness, the latter is as a hog-sty is to decaying cherry. Both are bad. Neither is to be commended. But before our brother editor holds the gum-chewing women up to ridicule, or undertakes their reformation, let him try a few lectures on health and decency to his brethren of the quill, and organize an anti-tobacco society among the young men of his enterprising city who use the weed, and of whom he

could probably count seven times seventy-seven if he should "try it on" for fifteen minutes.

One Thousand Million Pounds of Sugar.

It has been ascertained from custom-house statistics, that the annual consumption of sugar in the United States exceeds 1,000,000,000 pounds, with a constant and steady increase. This is more than one ounce per day for every person—man, woman, and child—in the country. And the cost to the consumers cannot be less than one hundred millions of dollars. That every particle of this sugar is worse than useless dietetically, and of no advantage medicinally, is a fact susceptible of physiological demonstration; and hence, if the vast amount of money now worse than wasted on sugar, could be thrown into the sea, and the sugar let alone, there would be a sensible amelioration in the condition of the people as regards scrofula, dyspepsia, bilious humors, erysipelas, and other diseases, indicative of impure blood and defective excretion.

Saint Peter, and Temperance.

UNDER the title of "Saint Peter," a new Catholic weekly has been started in New York. Its avowed object is to defend the doctrine of the Infallibility of the Pope, with his claim to universal allegiance, as the temporal as well as the spiritual sovereign of all the earth—pretensions which we do not propose to discuss. But we notice the first number for the purpose of copying and commenting upon the following paragraph:

"The temperance societies, pure Roman Catholic bodies, get a kind of general recognition in all the papers. But there is no journal, not even in the Roman Catholic press, which gives their sacred cause any support. *Saint Peter* means to meet this bad state of things. The virtue of temperance belongs in a particular manner to the church. It therefore falls naturally and legitimately within the province of columns specially enlisted in the interest of the Infallible See, to do temperance all the benefit it can."

We fear the majority of the Protestant journals are as remiss in their duty to the sacred cause of temperance as are the Catholic. They do, indeed—nearly all of them—give it "a kind of recognition"—and a very cold kind it is, too, in very many cases—but they do not heartily, earnestly, and persistently, support it. And this remark is also too true of the majority of the pastors of the so-called Christian churches.

Not long since, the National Temperance Society adopted a resolution requesting the ministers of the gospel throughout the land to preach a temperance sermon the Sundays preceding New Year's day and our National Anniversary. Why should Christian ministers require special and formal prompting to do this part of their obvious duty? They know, as well as anybody can know, the terrible evils of intemperance. Nobody understands better than they do the warnings and exhortations, the threatenings and denunciations, of the Bible on this subject. Why, then, should they not put temperance in every sermon, as well as practice it every day of their lives?

And while we are on this subject we will suggest to all clergymen everywhere that tobacco is ruining the bodies and souls of the people quite as extensively as liquor is. Can we not have a little anti-tobacco and anti-alcohol in every sermon and every prayer pronounced in the Christian pulpit?

Still Another Turkish Bath Cure-Kill.

CAPT. C. D. MEHAFFY, of Marietta, Pa., was our patient fifteen years ago. He had then been an invalid for several years, suffering of the ordinary form of dyspepsia and liver complaint; but under hygienic treatment, soon recovered good health. During our late civil war, he was exposed in various ways; and since then, in traveling, he had been very irregular and unhygienic in personal habits, living mostly at hotels; so that, a few months ago, he found himself again a confirmed invalid. Seeing the wonderful stories of the marvelous cures being performed at various newly discovered mineral springs, he visited them, and found them always injurious. Among these were the magnetic springs in Michigan, which seemed to damage him most of all. On his way home he stopped in New York, and was persuaded to try a course of Turkish baths. The result was that his vitality was so exhausted, and the cutaneous function so torpid, that the lungs began to tuberculate. In this condition he came to Florence Hights. But he was in a dying condition. The Turkish baths had finished him. His brother, who attended him while in New York, was fully satisfied that the Turkish baths were the sole cause of his death, so rapidly did he run down under their influence and subsequently. We could not learn that, previous to the Turkish-bath treatment, there was any disease of the lungs. We do not say that Capt. Mehaffy was curable by any means; but from a full history

of his case, we could not discover anything necessarily fatal, nor even alarming, until he took the Turkish baths; and as he suddenly became consumptive after taking them, as we have known to happen in several other similar cases, we can form no other conclusion than that he was killed by them, as we have known others to be killed.

Sending Invalids South.

WE copy the following paragraph from an exchange:

"A lady, who has recently been boarding in a Southern hotel, among sick and dying consumptives from the North, writes a pathetic letter on the practical cruelty of sending hopeless invalids away from the conveniences and comforts of home, to die among strangers, without any of the familiar alleviations of a sick-bed. A patient in the first stages of the disease may be able to take care of himself and bear without much inconvenience a life among strangers—and to this class of sufferers a change to a Southern climate may be advisable; but among those in advanced stages of consumption, the instances are very few where the experiment can be safely made."

In the early stage of consumption, there is no necessity for sending the patients to the South; and in the later stages, there is no use in sending them there. A majority of dying consumptives are urged by their physicians to go South, or to some distant country, because they wish to get rid of them. They have drugged and dosed them as long as credit or profit will permit; and then, to get them off their hands before they die, the doctors advise the climate of Minnesota or Florida, or a trip to Europe or California, or the mountain air of Switzerland or Brazil, or the sea-breezes of Bermuda or Puget Sound—anywhere, or anything, so that the story of their dying may not be brought home to the "family physician."

"Medical Uses of Alcohol."

It is stated in our exchanges that Dr. Ebenezer Alden, of Randolph, Mass., has been invited to prepare, for the State Temperance Alliance, an essay on the Medicinal Uses of Alcohol. How much longer are the friends of temperance to waste their words and strength in such foolery! For nearly half a century they have been declaiming against the abuses of intoxicating liquors, while the doctors have been writing up their uses. As a beverage, the temperance advo-

catees are proclaiming all over the land that *all use is abuse*; while, as a medicine, the doctors are everywhere declaring that *all abuse is use*. The temperance advocates are everywhere decrying alcohol as a poison; the doctors everywhere are lauding alcohol as a "supporter of vitality." The temperance people declare that if alcohol is used as a beverage, drunkenness will continue to prevail; the doctors assert that unless the people drink it as a medicine, they cannot live at all. The whole subject is in a peculiarly perplexing muddlement; and the especial complication, the climax of both, the acme of absurdity, the *neplus ultra* of ridiculousness, consist in the fact that the friends of temperance are employing the doctors to write their cause down!

We know nothing of the peculiar views (if he has any) of Dr. Alden with regard to the uses of alcohol, either as food, drink, or medicine. But we do know that the use of alcoholic beverages as medicines is the chief cause of their use as beverages; and that all use of the poison, either as beverage or medicine, is abuse; and that the temperance cause will never achieve success until its friends plant themselves uncompromisingly on this platform. We want more essays on the abuses of alcohol as a medicine; we have had too many already on its "uses."

Answers to Correspondents.

EXCREMENTITIOUS MILK.—G. W. C.: "Dr. Trall, *Dear Sir*—I have seen it stated somewhere that milk becomes excrementitious in quality after the cows cease to suckle their calves, and when they have been milked for a long time; and I will thank you to explain this matter in the next issue of the REFORMER."

Strictly speaking, the milk, which is a secretion, does not, under any circumstances, become an excretion. But by prolonging the period of lactation by artificial manipulations, the quality of the milk is vitiated, and the longer this process is continued, the more this channel becomes an outlet for the impurities of the blood; and thus the mammary glands become, to some extent, depurating organs, like the lungs, liver, skin, kidneys, and intestines. These are two reasons, among several others, why milk is not good food except in infancy.

MILK—RAW APPLES.—J. N. S.: "I am a bad dyspeptic. I use milk, butter, molasses, baked apple sauce, graham mush, and gems. All of these I spit up more or less. Now the sum of the questions I wish to ask

is, 1. Is molasses more hygienic or healthful than milk? 2. Are raw apples, eaten with graham bread, advisable for a dyspeptic who has water brash? 3. What could be called dry diet besides bread, crackers, raw apples, and potatoes?"

1. No. 2. Yes. 3. Parched corn, raw pears, dried cherries and prunes, johnny cake, baked beans, rice waffles, &c., &c. But you should change nearly your whole plan of diet. More than half of the articles you mention as constituting your dietary are very bad food for a bad dyspeptic, and only calculated to make a bad matter very much worse.

UTERINE HEMORRHAGE.—N. A. C.: The preparations of iron are among the very worst medicines in this case. Their effect is to destroy the corpuscles of the blood, thereby aggravating the tendency to bleed, and eventually establishing the "hemorrhagic diathesis," and inducing a degree of debility which can never be fully recovered from. Do not poison the patient because you do not know how to manage hygienic medication. Better a thousand times do nothing.

RHEUMATISM.—R. A.: "Rheumatism is very common here in the West; and all the physicians say it cannot be cured. My feet and hands are much swollen and very painful; my bowels are very constipated; I have bloody discharges; there are flying pains in my hips and limbs; the physicians call my ailment the sciatica; I think it is neuralgia."

Such cases are never cured, and always aggravated, by drug medication; but they are invariably relieved, and almost always cured, by hygienic treatment. Your case is complicated with piles, which occasion the hemorrhage. This condition is also curable. But you should go to a health institution, as you cannot manage home treatment effectually.

CANCEROUS TUMOR.—H. A. J.: The "hard lump" you mention is undoubtedly incipient cancer. In that locality it must be treated soon, or it cannot be removed at all. We should remove the skin, and then apply the "actual cautery." Compression of the *par vagum* would produce sufficient anesthesia for such an operation, which would require but a few minutes.

HERNIA.—S. J.: The tumor you describe is undoubtedly that form of hernia known in surgical works as inguinal. A good truss will prevent further trouble; and, as the patient is young and healthy, the case is susceptible of a radical cure.

POPULAR LECTURES.—J. R.: We will send a competent person to any place within

one thousand miles, to give a course of three to six lectures on Hygeio-Therapy, for fifty dollars and expenses. If we give the lectures in person, the charge will be double.

ASTHMA.—N. R. S.: The asthmatic paroxysms are caused by occasional congestions of the liver. Take a tepid ablution daily, a wet-sheet pack once a week, and adopt a simple dietary, omitting sugar, milk, and all condiments.

"**MODUS OPERANDI.**"—W. W.: We do not care to advance arguments to prove a negative—that medicines do not act on the living system. But if any one will undertake to prove the affirmative, we will agree to demolish his arguments as fast as he presents them.

GASTRALGIA.—P. R.: The heart-burn, sinking, and "goneness," of which you complain, are caused by acrid bile; and this is attributable to defective action of the liver. Drink warm water, and apply fomentations to allay the distress, and remove the cause by living hygienically.

DIFFICULT BREATHING, &c.—M. A. D.: Your symptoms indicate defective respiration specially, with defective action of the excretory organs generally. You should have a course of gymnastic training to expand the chest. The lifting machine, dumb-bells, Indian clubs, rowing, &c., are specially adapted to such cases.

ULCERS.—A. R. J.: Large ulcerating surfaces may be healed over by grafting or transplanting very small pieces of healthy skin, taken from the patient or from another person, on the granulating surface. This method of healing prevents the contraction or drawing on of the cicatrized portion of the skin, and obviates deformity.

Charles Wesley and the Doctors.

THIS eminent man, speaking of a time when he was sick, says: "All my friends advise me to consult a physician; but I cannot afford so expensive a funeral."—*Whitehead's Life of the Wesleys*, p. 96.

His opinion was about right. A funeral follows close after the doctor, in a multitude of cases where there would have been none had he staid away. Not that the doctor does not often do good, and that it is not best to consult one in an extreme case; but quacks with their experiments, and others with their drugs, kill more than they cure. Wesley knew this, and acted accordingly; and he recovered. D. M. CANRIGHT.

Figures Won't Lie.

"TO-MORROW is the 24th, is n't it, Mary?"

"The 24th," answered the young wife, sadly.

James Carrol knocked the ashes from his cigar, held it carefully between the thumb and forefinger of his left hand, and looked thoughtfully into the fire. Mary's tired fingers showed no signs of weariness, but turned the hem of a sheet mechanically, then proceeded to baste it for sewing.

"Belle will be three years old?" he said, interrogatively.

"Three, James," replied Mary, without the trace of a bright smile lighting up her pretty, young face. James gave a few more whiffs at his nearly consumed cigar, but did not seem to enjoy it much. A listener would have pronounced Mary a cold, unloving wife, that the genial presence of her handsome husband, or the return of her baby's birthday, failed to please.

Lookers on and listeners do not always look into the depths of the heart to see what trials and struggles are there. So in this instance. Another woman whose life is all sunshine would have pronounced Mary Carrol heartless. Poor thing! She had too much heart for this world's trials. Her wedding day was a blissful one; her husband, the ideal of manly perfection. His love, unaccompanied by wealth, was more to her than all the treasures of the earth. But a cloud arose to dim the brightness of her sky. She soon made the discovery that her husband was human; that the love of wine, and possibly something stronger, filled his heart, as well as the love of his wife. He was not what the world calls an intemperate man—one glass a day does not constitute a drunkard; why should she fear?

At the end of three years he took at least two glasses a day; what had she to hope for in the years to come?

"I wish, Mary, I was able to make Belle a present every birthday in her life; but you know it is all I can do to get along as it is."

"I know it, James," meekly replied the wife.

James was ill at ease. Something in Mary's manner disturbed him.

"What makes you so solemn and quiet, Mary? Why not sympathize with me, and say you know I have a hard time to get along, and that Belle can do without presents better than we can afford to make them? Fox gave me the wood bill this morning, and Jones wants to know when the grocery bill will be paid. I do n't like to bother you with

these things, only I want you to understand that, as much as I love our little girl, I can't afford to make her presents."

Mary's color came and went. Tears stole into her violet eyes, and her heart beat quick and fast. Her trembling fingers guided her needle unsteadily, and her stitches were long and irregular. Three long years she had brooded alone over her husband's weakness, without a word of reproof; and much as she dreaded to speak, she knew that her time had come.

"I wish, dear James, I could economize in something, and save money to buy our darling a present. It seems cruel to neglect her birthday so soon."

"I know of nothing you could be more prudent in, Mary, and you know I am as economical as possible, do n't you?"

It was very hard for the lips that had uttered only loving words of praise, to say, No; but a strength not her own came to her aid, and with a sweet, sad smile, the wife uttered her first rebuke:

"No, James, I am grieved to say that I feel that in some things you are too extravagant. It must be a sin of ignorance; for I know, if you realized it, you would never wrong your wife and child."

James started from his seat. His eyes flashed, and his cheek paled. "For Heaven's sake, Mary, are you crazy?"

"Not crazy, James, but too clear-headed for our happiness." After the shock had passed, and he was prepared to listen, she went on, and in a clear, concise manner laid before him the cause of her bitter words: "During the last year you have drank at least two glasses of liquor a day, have n't you?"

"Why, yes, I suppose so. What of that? Only ten cents a glass; that cannot ruin a man."

"Three hundred and sixty-five days, which multiplied by twenty cents, amounts to seventy-three dollars. Three cigars a day, which you know is below your average of smoking, will amount to as much more, which makes one hundred and forty-six dollars. Fifty dollars would pay our coal and grocery bills now due, and leave a balance of ninety-six dollars for baby, you, and me. You know, too, that the time spent in drinking and smoking is worse than wasted; for tobacco and liquor poison the system, destroy the health, soften the brain, weaken the nerves, and bring ruin to thousands of happy homes. There is a lack of tenderness in your tones to Belle and me when your nerves are ex-

cited by drink. I forgive you freely, but the sting is left in my heart."

Mary's effort overcame her, and she burst into a passionate fit of weeping.

The strong man trembled. "Am I blind? Is it possible that I have wronged my dearest treasures?"

They mingled their tears, and talked till a late hour, laying plans for the future; and James begged forgiveness of her he had wronged.

"It is not too late to prove my love and strength," said the penitent man; and so it proved.

In one year from that day, two beautiful silver cups were brought home by the happy father, one for Belle's fourth birthday, the other for the wife who had saved him. Mary's bore the inscription, "An angel saw me falling, and lifted me up." Belle's was also neatly engraved: "A little child shall lead them."

Years have passed since then; and the happy couple in the vigor of life, on each recurring birthday of Belle, who is now a young lady of eighteen, relate to her the little trials of their early married life, and the great happiness that has grown from self-denial and justice.

The good wife and mother has kept the silver bright, and not a meal has been eaten at home, but these cups were on the table where James could be reminded of the promises he had made and so faithfully kept.—*Lyceum Banner.*

Bright Light in the Clouds.

THESE words are found in Job, whose afflicted eye caught a light which others could not see. Such cheering prospects never forsake the righteous, while they are wholly unknown to the wicked. The former are conscious of the lucid, abiding, and spreading nature of their work; while the latter are about as conscious of the dark, flimsy, and decaying nature of theirs. Hence, the one class courts the light, and rejoices in it; the other skulks in the dark, because their deeds are evil. The mind of a virtuous person can no more live in health without truth than can his body without good bread. Mr. Gough has occasion to repeat, in his lectures, that the mind which fails to grow each day in knowledge, fails to live as all minds should. As a falling body increases its acceleration, as money at compound interest gains in a ratio almost incredible, so does the progressive mind in truth.

Who, then, can doubt the incoming and

increasing light, moving on the great reformations of the nineteenth century? None, absolutely none, save those whose evil deeds could never endure it.

As revolutions in behalf of liberty are seldom known to go backward, neither does the march of progressive science. Owing to the superficial views of its professed friends, and also to the frailties of some who are tempted to fall like Peter, or betray like Judas, reformations at times appear to come to a stand-still, or even to recede; but profoundly and comprehensively considered, they are steadily holding on the "even tenor of their way."

As the health reform is the basis of all others, so do the principles just announced apply to it pre-eminently. Seen or unseen, it holds a central and controlling position as to other reforms. Like the main wheel in a vast factory with various compartments, when the health reform moves *healthfully*, dependent reformations prosper. As our Saviour truly said, "Without me, ye can do nothing," so may it be said of this great hygienic work. Were it germane to our heading, and consistent with our present purpose, facts could easily be brought to prove this. As it is, the task is deferred to our next writing.

Twenty-five years ago, Drs. Jennings, Trall, and Shew, were about the only men of science who dared openly to question the utility of drugs, or to advocate the simple laws of health. Like the Catholic *Mass* (?) of ignorance, superstition, and avarice, when Luther arose, drugopathy seemed to becloud all light, and weigh down all hope. At that time, the laborers, including writers and speakers, were not over a half dozen; while now, they are counted by hundreds. Then, but few would listen, or read, or believe; while now, by a large and increasing class of the best minds in our country, no lectures elicit more attention, nor matter is read with so much interest, as hygienic literature. Then, as we said, there were but two or three men who even tried to enlist the public ear; while now, our public speakers in this department are counted by scores, and are fast swelling to hundreds. Then, no popular journal would venture to publish a line against bad diet or drugs; while of late, the great *Tribunes* of Chicago and New York are cautiously enlightening their readers on these important topics. Then, there were no facilities for a sound education as to the nature of disease or its true remedy; while now, and for years past, Dr. Trall has been conducting with marked success his college char-

tered by the legislature of New York, and fully authorized to confer diplomas as other like institutions. Free from the bluster, the caste, the assumed professional dignity, and the fossilized conservatism, of the drug schools of our land, this simple, honest, and profound college is doing more to relieve suffering humanity than all of them together.

As our Saviour was rejected by the learned, the wealthy, and the great, and as he called around him the unlettered, the poor, and the humble, preparing them to save the world, so is it as to the hygienic reformation of the nineteenth century. Not many mighty or self-styled noble are called; but the weak are chosen to confound the strong. As then the harvest was great and the laborers few, so is it even now; but as they rapidly multiplied, so, as we have said, do workers in health reform. The bright light in the clouds is growing broader and more brilliant. The old drug dispensation is retreating before the advancing laws of health and life.

W. PERKINS, M. D.

Marion Center, Kan.

Ventilate Your Children's Rooms.

MOST parents, before retiring to rest, make it a duty to visit the sleeping room of their children. They do so in order to be satisfied that the lights are extinguished, and that no danger is threatening their little ones. But if they leave the room with closed windows and doors, they shut in as great an enemy as fire, although his ravages may not be so readily detected. Poison is there, but slow and deadly.

Morning after morning do many little children wake weary, fretful, and oppressed. "What can it mean?" "What can it be?" the mother cries. In despair she has recourse to medicine. The constitution becomes enfeebled, and the child gets worse.

The cause, perhaps, is never traced to overcrowded sleeping rooms without proper air, but it is nevertheless the right one. An intelligent mother, having acquainted herself with the principles of ventilation, will not retire to her own room for the night without having provided sufficiency of air for her children, in the same manner that she provides and regulates their night covering, or any other requisite for refreshing slumber. Sometimes by judiciously lowering a window, and at other times by leaving a door wide open, this end may be attained.

In many houses the day and night nurseries communicate. When this is the case, the window of the further room should be left

open, and the doors between the rooms likewise open. Even in severe weather children can bear this arrangement if they are not exposed to a direct draught.—*Sel.*

Benefits Received.

WE are not of those who would undervalue personal experience in the decision of those difficult problems which relate to the preservation and restoration of health. In fact, we believe that it not unfrequently occurs that experience becomes the parent of correct theory. Certain causes are found to produce certain results; this being ascertained, science, by careful analysis, proceeds to give the true philosophy of the matter. This done, a conviction is reached which is at once firm and enlightened. While, however, we could earnestly wish that all who unite in the work of health reform might do so from the stand-point of one who is able not only enthusiastically to set forth its benefits, but also to furnish, logically and theoretically, the reasons for its most beneficial results, we doubt not that its history must prove that nine out of ten who finally accept its teachings will be men who have reached their conclusions through general principles, rather than through an ability on their part to solve the technicalities which furnish the material for endless debate between those who represent the more scientific portions of the contending parties.

Men are very apt to reason on this wise: If the abstinence from meat and the eating of but two meals a day, etc., are a condition of things which is at once natural and desirable, then those who pursue this course will furnish in their own persons the best evidence of this fact. Nor is it certain that we should find a great deal of fault with this propensity to test matters by their results; because, while it might occasion some delay in the progress of the work, it would eventually give us the mastery of the field, if there is any reliability in the theory which we hold. The two systems are working side by side. On the one hand, most men are following the common mode of living, and the span of life is with them becoming shorter and shorter. On the other hand, a class of individuals, few in number, some as matter of experiment, and others as the result of conviction produced by observation and study, have adopted the new system. The history which is thus being made will, in process of time, do very much toward settling the judgment of the people in regard to these things. If, therefore, we shall succeed, as succeed we must,

provided we are right, in presenting to the world a class of men possessing greater powers of endurance, and more perfect exemption from disease, and enjoying a prospect of increased longevity, while delighting intellectually in quickened perceptions and increased activity of mind, the victory to us will be very cheap and the struggle short; for while engaged in the conflict we are neither hazarding life nor limb, and the whole period of its duration will be one of blessing to us, since while it is raging we are enjoying the delightful fruits of a system of living which is in perfect harmony with the laws of our being.

Perhaps the writer of this article can look more calmly on this struggle as it progresses than most men, since his faith in the principles of health reform is to-day very firm, though he regrets that he cannot profess a very intimate acquaintance with its philosophy. Something like four years ago, his attention was called to this subject by those in whom, spiritually, he had great confidence. Being at that time very much afflicted with chronic rheumatism, which had continued from boyhood, and having expended much time and money in efforts to find relief in other directions, which, while they did not secure the desired end, produced through the power and quantity of the medicines given, positive injury and almost utter destruction of general health, he did not hesitate to make a change in his habits of life which, even should it fail to afford the coveted relief, would not be likely to do him permanent harm. If my recollections serves me right, at the end of the first year, I had dispensed with the use of meat and those articles which in our dietetics are considered objectionable. So far as my condition healthwise was concerned at that time, it had improved somewhat, but not so much as I had anticipated.

The next step which I took was that of adopting the two-meal system. From the very point when this was fully inaugurated, I have been able to discern a slow, but steady, improvement in my health in every respect. My rheumatic troubles, which have previously been of a very afflicting, as well as dangerous, character, disturb me so seldom at present that I am at times inclined to forget them altogether as things which belong to the past. And so far as intellectual labor is concerned, I think my mind was never clearer, and never capable of performing more hard work in a given space of time. In conclusion, looking at this subject in the light of my own experience from whatever stand-point I may, the language of my

soul is, Bless the Lord for the health reform.
W. H. LITTLEJOHN.

Battle Creek, Mich.

Air, Sunshine, and Health.

A NEW YORK merchant noticed, in the progress of years, that each successive book-keeper gradually lost his health, and finally died of consumption, however vigorous and robust he was on entering his service. At length it occurred to him that the little rear room where the books were kept, opened in a back yard, and was so surrounded by high walls that no sun came into it from one year's end to the other. An upper room, well lighted, was immediately prepared, and his clerks had uniform good health ever after.

A familiar case to general readers is derived from medical works, where an entire English family became ill, and all remedies seemed to fail of their usual results, when accidentally a window glass of the family room was broken in cold weather. It was not repaired, and forthwith there was a marked improvement in the health of the inmates. The physician at once traced the connection, discontinued his medicines, and ordered that the window pane should not be replaced. A French lady became ill. The most eminent physicians of her time were called in, but failed to restore her. At length, Dupuytren, the Napoleon of physic, was consulted. He noticed that she lived in a dim room, into which the sun never shone; the house being situated in one of the narrow streets, or rather lanes, of Paris. He at once ordered more airy or cheerful apartments, and all her complaints vanished.

The lungs of a dog become tuberculated (consumptive) in a few weeks, if kept confined in a dark cellar. The most common plant grows spindly, pale, and scraggling, if no sunlight falls upon it. The greatest medical names in France, of the last century, regarded sunshine and pure air as equal agents in restoring and maintaining health. From these facts, which cannot be disputed, the most common mind should conclude that cellars and rooms on the northern side of buildings, or apartments into which the sun does not immediately shine, should never be occupied as family rooms or chambers, or as libraries or studies. Such apartments are only fit for storage, or purposes which never require persons to remain in them over a few minutes at a time. And every intelligent and humane parent will arrange that the family room and the chambers shall be the most commodious, the lightest, and the brightest, apartments in his dwelling.—*Sci.*

OUR PATTERN.

A WEAVER sat one day at his loom
Among the colors bright,
With the pattern for his copying
Hung fair and plain in sight.

But the weaver's thoughts were wandering
Away on a distant track,
As he threw the shuttle in his hand
Wearily forward and back.

And he turned his dim eyes to the ground,
And tears fell on the woof,
For his thoughts, alas! were not with his home,
Nor the wife beneath its roof;

When her voice recalled him suddenly
To himself, as she sadly said:
"Ah! woe is me! for your work is spoiled,
And what will we do for bread?"

And then the weaver looked, and saw
That his work must be undone;
For the threads were wrong, and the colors
dimmed,
Where the bitter tears had run.

"Alack, alack!" said the weaver,
"And this had all been right
If I had not looked at my work, but kept
The pattern in my sight!"

Ah! sad it was for the weaver,
And sad for his luckless wife;
And sad will it be for us, if we say,
At the end of our task of life:

"The colors that we had to weave
Were bright in our early years;
But we wove the tissue wrong, and stained
The woof with bitter tears.

"We wove a web of doubt and fear—
Not faith, and hope, and love—
Because we looked at our work, and not
At our Pattern up above."

The Preservation of Health.

NEXT to the practice of personal piety should stand the duty of preserving our health. Indeed, this is by no means to be considered as separate from the proper service of the Creator. For the preservation of health is the result of strict temperance in all our habits of life, and temperance is inculcated in the New Testament as a Christian duty. Certainly it is a shame to have poor health when it is caused by our own misconduct; and, to speak the truth, a very large part of all the sickness prevailing in the world is wholly, or in part, to be attributed to the wrong conduct of the persons thus afflicted.

Death is the unavoidable lot of the sons of men; for our race is mortal, and cannot escape the execution of the sentence which has been passed upon it. But it need not be the case, as it is, that men should not live out half their days. The machine of life ought to run with a steady motion till it runs down. It is the most wonderful of machines; and

the difficulties under which it labors are not the fault of its Creator, but mostly the result of the bad conduct of each person.

The larger class of diseases is caused by the abuse of the stomach. This cannot be a sin of ignorance on the part of the readers of the REFORMER. Indigestible food, and this, too, taken at all hours of the day, has broken down many a strong constitution, whose owner attributed the ruin to God's mysterious providence. Let us thank God that we have learned the real cause of the evil, and then as a religious duty let us eat and drink in accordance with the laws of nature.

And how do the slaves of fashion ruin their health by their conduct in everything pertaining to life! Their styles of dress, their late hours, their unwholesome food, their violation of the plainest laws of their being, all unite to bring upon them the destruction of their health. We cannot prevent this conduct on their part, but we are not obliged to imitate it. We must dare to do right. Because fashion prescribes a course of life which reason, and experience, and conscience condemn, we must take our stand for the right and in resistance of the wrong. To ruin our health, that we may follow fashion, is to be a fool and a sinner all under one.

It is our duty to learn the laws of our being, in order that we may obey them. And it is our business to preserve our health, that we may be of use to our fellow-men; and that we may honor God by doing good while we live. It is a strange delusion which exists in the minds of some, that real piety is consistent only with poor health. We cannot, indeed, deny that many of the excellent of the earth have been the children of affliction; but we are fully satisfied that vigorous health devoted to noble purposes is what will best enable us to do the work of God and of humanity.

To possess health is to have in our hands the full measure of the strength of our being. This is just what God saw that we needed, and is precisely what he designed that we should have. It is a noble ambition that impels us to preserve our health when our object at heart is to do all that lies in our power to honor God and to benefit mankind.

J. N. ANDREWS.

Battle Creek, Mich.

—One hundred and fifty-two persons were stricken down with trichinosis, from eating diseased pork, in one little village near Erfurt, Prussia.

A Strong Case.

AT a recent temperance meeting, an old officer of Napoleon, who had been twenty-three years a soldier, gave his experience. He rose before the audience, tall, erect, and vigorous, with a glow of health upon his cheek, and said: "You see before you a man seventy years old. I have fought two hundred battles, have fourteen wounds upon my body, have lived thirty days on horse-flesh, with the bark of trees for my bread, snow and ice for my drink, the canopy of heaven for my covering; without shoes or stockings on my feet, and with only a few rags for my clothing. In the desert of Egypt I have marched for days with a burning sun on my naked head, feet blistering in the scorching sands, with eyes, nostrils, and mouth, filled with dust, and with a thirst so tormenting that I have opened the veins of my arms and sucked my own blood. Do you ask how I survived all these horrors? I answer, that under the providence of God I owe my preservation, my health, my vigor, to this fact, that I have never drank a drop of spirituous liquor in my life." And continued he, "Baron Laray, chief of the medical staff of the French army, has stated it as a fact that the six thousand survivors who safely returned from Egypt were all of them men who abstained from the use of ardent spirits."—*Sel.*

Foul Air.

WE have known persons who said they hardly ever attended public worship, because of the poisonous condition of the air in ill-ventilated meeting-houses. Tens of thousands are spent upon paint and putty, carving, frescoes, stained glass, and steeples, when their houses are so constructed that a sufficiency of God's pure air cannot be obtained for love nor money.

Air, once inhaled, becomes poisonous. Only a short time is required to vitiate the atmosphere in a crowded church. The air reeks with foul odors. Rotten teeth, bad breath, tobacco fumes, and perhaps rum and brandy, combine to load the air with poison and pollution. The windows steam and drip, men grow sick, and women faint away, and then a window or a scuttle is opened, a torrent of cold air rushes in, life and health are endangered; but the house is far from being properly ventilated.

Some confound impure air with heated air, and think if the fires are allowed to go down, nothing more is needful. This is a great mistake. Cold air may be just as im-

pure as warm. We can bear heated air, and sit comfortably around a roaring fire, provided the air is pure. The heat of a room is not so objectionable—let the ventilation be ample, and few will complain of the heat.

When the air contained in a place of worship has been inhaled, and turned to poison, the preacher grows dull, and the congregation becomes sleepy. He thinks them a set of careless sinners, and they think him a very stupid speaker; when the real difficulty is simply the lack of "a breath of air," fresh and bracing, from the distant hills.

No man spending his days in the bright, breezy, outdoor air, can be expected to keep awake in the stived-up atmosphere of an ill-ventilated church. Many find there the seeds of disease, and many a preacher, choked with a close cravat, and oppressed by poisoned air, gets heated, and goes out to be exposed to colds, coughs, consumption, and death itself, all in consequence of improper ventilation of the place of worship.

A man can live for days without eating, drinking, or sleeping—how long can he live without breathing? This shows the importance of healthy air for the lungs.

Ventilate your meeting-houses, and stupid preachers will grow earnest, sleepy hearers will wake up, and good may come of it beyond all that we can estimate or describe.—*The Christian.*

A Recipe for Happiness.

It is simply when you rise in the morning to form the resolution to make the day a happy one to a fellow creature. It is easily done; a left-off garment to the man who needs it; a kind word to the sorrowful; an encouraging expression to the striving—trifles in themselves as light as air—will do it, at least for twenty-four hours; and if you are young, depend upon it that it will tell when you are old, rest assured it will send you gently and happily down the stream of time to eternity. Look at the result. You send one person—only one—happily through the day; that is three hundred and sixty-five in the course of a year; and suppose you live forty years only after you commence this course, you have made fourteen thousand six hundred human beings happy, at least for a time. Now, worthy reader, is not this simple? We do not often indulge in a moral dose, but this is so small a pill, that no one needs currant jelly to disguise its flavor, and requires to be taken but once a day, that we feel warranted in prescribing it. It is most excellent for digestion, and a promoter of pleasant slumber.—*Exchange.*

The Health Reformer.

Battle Creek, Mich., March, 1871.

Health Reform.—No. 5.

ITS RISE AND PROGRESS AMONG SEVENTH-DAY
ADVENTISTS.

BY ELDER JAMES WHITE.

"I have many things to say unto you; but ye cannot bear them now." John 16: 12.

As a people, Seventh-day Adventists have suffered from extreme positions taken by some of their number who have manifested more zeal than knowledge. In every society or association of men there are always novices enough ready to seize upon the most extreme thoughts and suggestions; and, perhaps, with a spirit like a blacksmith's rasp, they will urge their views at any time, and anywhere and everywhere. These persons appear never to think of the words of the divine Teacher, at the head of these remarks. They do not learn the truth contained in them, that the human mind is not always ready to receive even important truths. Christ labored to lead his disciples forward step by step, as they could bear the new truths he was ever opening before them. He understood the philosophy of mind, and knew how to deal with the human mind. "I have many things to say unto you," is the voice of Wisdom; "but ye cannot bear them now."

Not all are prepared to teach. There are one hundred suited to the learner's seat, where there is one adapted to the teacher's stand. Many who talk loud and long of reform would be better qualified for the work after learning something to say that would shed clear light upon the subject; while others entirely fail in their efforts to teach the people, from want of discipline of mind, and experience in tenderly dealing with other minds. "He that winneth souls is wise." Prov. 11: 30.

All sensitive questions should be treated with candor and great care, by those even who are informed and apt to teach, lest the minds of those they would instruct be closed by prejudice. But on the subject of hygiene, which restricts the appetites and passions of men, double care should be taken by those qualified for the work, to "speak the truth in love."

It is no use to deny the fact that some health

reformers have run to extremes in both theory and practice. We might refer to the cold water men of from twenty to thirty years ago. Better-informed hydropathists now talk of less heroic treatment, tepid water, and more pleasant baths. During the heroic treatment and rashness of the past, novices have been guilty in some instances of remaining all night in a cold, wet-sheet pack, and that, too, by the consent of friends! These persons would come out in the morning trembling with cold. It is a wonder that this did not kill them. Cold water, applied in some diseases, on some persons, in a proper manner, during a proper period of time, is indispensable. But cold water improperly applied has death in it.

What is true of extremes in the use of water, is also true in a degree in relation to extremes in diet. And it is a matter of the deepest regret that the public mind has been soured by the advantages the doctors have taken of existing extremes, and that good men and women have become prejudiced against the true philosophy of life and health. While stubborn facts compel us to admit with sorrow the folly of extremists, and while we here refer to them for the purpose of warning the inexperienced and untaught to beware of rashness, we look with pleasure upon the standard works of Sylvester Graham, R. T. Trall, and others, as containing the fundamental principles of life and health as firmly established as the eternal hills.

Some of our people have been troubled with Dr. Trall's position relative to salt, milk, and sugar. We wish they were half as correct in practice as the doctor is in theory. Who will undertake to prove his theory incorrect, and that the common use of these is conducive to health? We confess that we would rather take our food without a grain of salt and sugar, and without a drop of milk, for the next six months, than to be found advocating their general use for once.

"Milk is for babes." Cows' milk generally is more or less impure because of the existing diseased condition of all domestic animals; and at the best it is not the proper food for adults. The common use of salt and sugar is an evil nearly as wretched in its results as the use of flesh-meats. We believe the time not far distant when Dr. Trall's positions on the use of milk, salt, and sugar, will be looked upon by all sound health reformers with more favor than they are at the present time. Existing objections to the

doctor's positions are generally founded in ignorance, prejudice, or morbid appetite. We beg to be excused from occupying that side of the question. No man is obliged, of course, to follow Dr. Trall at once in all these changes. We have never felt opposed to his positions. Our difficulty has been with those who have made a bad use of them; which has caused prejudice that might have been avoided.

In his Special Department the doctor has a right to speak his own opinions, he alone being responsible for them. A much greater error has existed in the editorials of the REFORMER, in sustaining the doctor in his positions, while at the same time the writer of these editorials has not sustained them at his own table.

The great question of health reform is progressive. Dr. Trall stood at the head of this movement in our country twenty years before fully reaching his present convictions in relation to salt, sugar, and milk. While all who enjoy the benefits of the grand principles which the doctor has so nobly defended, should follow closely (and not go before) the convictions of their own minds, the doctor will certainly give all his friends the needed fraction of twenty years to reach the point he has finally gained.

The cause of health reform is onward, and the philosophy of health and happiness in this life is progressive. Friends of the cause must not stop here to debate small differences in a feverish manner, and let the cause of reform suffer, and suffer themselves, because taste clamors for full rations of salt and sugar. The cause of health reform is onward, and all enlightened and sincere reformers will follow on in the path of light, and of right.

The changes from the common habits of life to those conducive to health are great changes, and should be made with care, especially if the same habits of labor, mental or physical, are continued. It is always best to labor much less at the time of changing to vegetarian diet, and adopting two meals a day. Is a man a tobacco slave, a tea and coffee drinker, a meat eater, taking his three meals? Let him begin with tobacco, and put that away. Then let him leave his tea and coffee, eat less meat, and make his third meal very light. He will find this a heavy tax upon his system. He may all the time *feel* worse; but what of that? There is a glorious victory ahead. Soon he can dispense with flesh-

meats altogether. His appetite will become natural, and he will take simple, healthful food with a keen relish. Next, he leaves off the third meal. As he sleeps, his stomach rests; and he will not feel half that faintness in the morning as when his stomach was taxed with the third meal. He wakes in the morning rested and refreshed, stomach and all. That faintness at the stomach in the morning is usually from very weariness of that organ, in consequence of the third meal, and not from want of food. This is proved by the fact that those who do not take the third meal generally recover completely from that morning faintness. When the habit is established, and victories over morbid appetite are gained, the morning hours, especially the summer's morning hours, are the happiest and best.

And shall we stop here? Having gained victories, and now enjoying many of the blessings resulting from a change from wrong habits of life, how natural and consistent that we should still look forward to higher and yet holier attainments in life and happiness. It is no use for a man to talk of being a health reformer while he takes his food nearly as salt as Lot's wife, and his sugar bill is larger than that of his bread.

While we urge that changes should be made, one at a time, and under favorable circumstances, we hope none will make this an excuse for not changing at all. We say, Change from bad to good habits of life. Taste should hardly be taken into the account. Educate your taste. The usual amount of salt in food is as painful to us now as food without salt was insipid when taking the usual amount of salt. Change, friends; but do this prudently.

We may be allowed to illustrate this matter of change in diet by facts in the history of our favorite horses we have driven the past ten years. Jack and Jim had been driven hard, and fed high with grain during the winter and spring. But when the fine clover had grown to their knees, we turned them into it, and gave them no more grain. The horses feasted, and pined, till they were little more than shadows. They became so weak that they could hardly move about. They lived, and that was all; but after several weeks, improved in flesh and strength, and soon could work hard on grass alone.

The most stupid old Dutch farmer would have reasoned like a philosopher in the treatment of old Jack and Jim, and would have continued the

grain in lesser quantities for a while with the green grass, and would have saved their flesh and strength. Let us all learn to reason as wisely and well on matters relating to the wants of the human system.

Having traveled quite extensively in the West, where mild fruits, domestic or foreign, are very scarce, we are prepared to excuse the prejudices existing against the doctrine of abstinence from sugar and milk. A good friend in Minnesota suggests that the cooked, wild crab apple is rather a tough dose without sugar. We would recommend the cultivation of the Doolittle raspberry in the West. It is a delicious and mild fruit. Every farmer should have at least one-fourth of an acre. And we would say to our north-western friends that we give them the liberty of conscience we claim to ourselves. Let there be no strife between us. We will follow the light as fully as possible, considering existing circumstances; and we only invite you to do the same.

We are happy to report a very cheering state of things among our people East and West, and confidently expect that we shall very soon recover from the scattering influence of the scare produced by the discussion of the milk, salt, and sugar question.

Not Denominational.

THE conductors of the REFORMER will be true to their purpose to devote the pages of this journal to the great subject of reform in habits of life. They have no desire to give it the least denominational cast. This will be studiously avoided. We welcome men and women of all religious denominations, and those who do not hold connection with any religious body, to all the benefits and blessings derived from correct habits of life.

On another page is an excellent communication from a Roman Catholic priest. We would thank a thousand protestants to follow his example, and pay their subscription as promptly. What if a hundred bigoted protestants complain, and threaten to stop the REFORMER because we publish these words from a Catholic, as some have done because we make mention of Seventh-day Adventists! We can cheerfully part with all such subscribers; but cannot afford to swerve a hair's breadth from clear convictions of truth and duty.

Ed.

The Public Mind Preparing.

IN another place we have said that as "great changes in medical practice take place, the people lose confidence in drugs, the old-school practice goes down, and many of our public journals, which are circulating everywhere, speak of proper diet, bathing, exercise, and air, as the real reliances for health. Thus the superstitious confidence of the people in doctors' doses is being shaken, the ice is broken, and the way prepared to spread abroad the true philosophy of health, life, and happiness."

After penning these lines, Mrs. W. handed us the following in the *Household Treasure*, taken from the *Chicago Journal of Commerce*. The article is a good one, and worthy a place in every periodical in our country. A hasty examination of our numerous and valuable exchanges gives daily evidence that the public mind is preparing for the true philosophy of life. May God speed on this noble work. Here follows the article.—Ed.

PURE UNBOLTED WHEAT FLOUR.

Few persons know the value of pure wheat bread. Americans are degenerating in physical energy and endurance just in proportion as the bolting cloth has increased in fineness. Were it not for coarser vegetables, variously cooked, thrust upon us with our animal food, the families of our high livers would become entirely extinct. Fine flour, "white as the driven snow," and patent baking powders to puff our hot rolls to the lightness of bleached sponge, are building up a generation destitute of the bone and muscle requisite for the battle of life.

A vigorous Irish couple, whose chief food for more than a score of years, has been potatoes, seldom fail to rear a large, healthy family of sons and daughters. The Scotch who eat oats, in some form, every day, are invariably strong, athletic, and prolific; and the German, whose every meal has the odor of black bread, kraut, and onions, is more patient, persevering, and tenacious, in his efforts and labors than we are, and he raises children more numerous and more vigorous.

A large proportion of the original families that settled America have scarcely a single representative. Many of the prominent men who colonized Virginia, Massachusetts, and Connecticut, have not a single male representative to save their names from oblivion!

We fear that two hundred years hence the same will be said of the German, Irish, and Scotch, of the present day; for as soon as the descendants of Hans, Patrick, and Sandy, adopt our mode of life—eat animal food three times a day—fine, hot, wheaten, flour rolls, morning, noon, and night—and a dessert of rich puddings, mince pies, and concentrated jellies of every kind—they, too, will become martyrs to dyspepsia and nervous weakness, and their races become extinct.

Nature has ordained that for perfect health and vigor all her offspring shall combine the coarse and the fine in their food. It is not the object of this paper to show the philosophy of this ordinance. We merely state the fact, and urge upon our readers its consideration. It is known to most of them that to produce trees, grain, and vegetables, it is not enough that the roots of the plant shall have the concentrated nourishment requisite to supply the material of which the wood, grain, and fruit are composed. Coarse properties, forming a kind of vehicle, must also be present. The germ or root must be left free to take up and select, at pleasure, the concentrated nutriment held by this coarser material. Nature knows how to do this better than art. We may step in and try to relieve the root and plant from all this labor; but in so doing, we produce but a minature hot-house tree or plant. In our efforts to relieve nature from its accustomed work, we act as absurdly as the man who attempts to make butter and cheese out of hay and water, without passing them through the stomach and udder of the cow! It cannot be done. And it is just as difficult to produce healthy animals—bipeds or quadrupeds—by preparing all their food for them and giving it in a concentrated form. They must have the coarse with the fine. The stomach must be so distended as to give it work. It needs exercise as well as other muscles of the body. Without exercise there is no strength. Indeed, the gastric juice—so essential to digestion—is not present in the stomach until the food arrives. The presence of the food commands the stomach to labor, and that effort causes the gastric juices to flow, just as the labor of the whole system brings the perspiration to the healthy brow.

To give these desultory remarks a practical and successful turn, we give the result of a series of experiments, on pure wheat as a staple article of nourishment, in contrast with the fine flour which forms so large a part of it. O. S. Hubbell, M. D., a distinguished pharmacist of Philadelphia, furnishes the following:—

“I have made a very careful analysis of the flour and bran which I get from the wheat that I send to the mill near my farm. I get from every 100 lbs. of wheat about 76 lbs. of flour and 20 of bran. The flour contains of tissue-making elements (gluten, albumen, etc.), 1.65; of phosphates and other salines, 0.70—total, 2 per cent and 35 hundredths.

“The bran contains of tissue-making elements, 3.10; salines, phosphates, etc., 7.05—total, 10 per cent and 15 hundredths.

“That is, for purposes of nutrition, the bran is more than four-fold richer than the flour, or (being one-fourth the weight of the flour) *it has as much value as the flour itself*. So, if I feed in accordance with custom, I give my stock better food than my family.

“The analysis of the wheat grain—in its entirety—is so identical with that of flesh, blood, and milk, that it represents *the best type of nutrition known to man*.

“The wheaten flour of the miller—unfortunately for health and economy of nutrition—consists chiefly of wheaten starch, while the flesh-forming element of the grain, with the blood and bone producing constituents, are chiefly rejected, in the bran, and seldom used for human food, through traditional ignorance and prejudice.

“The wasteful rejection of the phosphatic and saline elements of wheat is founded on no adequate reason, and is, like many of our likes and dislikes, the result of erroneous impressions.

“Whole wheat flour is doubly nutritious, and can be eaten only in *diminished quantity*, or surfeit will be the result.”

Were every family in the land to ponder well and carefully heed the remarks of Dr. Hubbell, they would know comparatively nothing of dyspepsia. If the bran that is fed to the stock or thrown away were all incorporated in our food, cathartics would seldom be necessary in the family, and Hostetter's Bitters would only occasionally be in demand. We are not unaware of the fact that this theory has been before the public for many years; and in the estimation of many, the attractiveness of beautiful fine flour has exploded it. This has been the case, however, with only two classes of our readers: those who judge of the value of bread by its whiteness, and those who have been cheated by the miller, who has palmed off “shorts,” and the sweepings of the mill mixed with inferior flour, and called it pure wheaten meal!

We very much regret being compelled to testify against the millers; but they seem to think it no sin to cheat a man who is “willing

to eat bran." And the bakers, too, are very unreliable. They promise you pure "graham bread;" but after a few bakings it degenerates to the "shorts," depriving you of a large share both of the fine flour and the bran. The only way to test our theory is to purchase clean, well filled, pure, white wheat; go with it in person to a good mill; see that it is emptied into the hopper, and ground with buhr stones "picked" for grinding corn (for you should have the bran cut up fine, and not brushed off in scales as bran is usually removed), and then be sure that your bag or barrel is under the spout, to get your meal before it passes into a bolt, screen, or any other device for separating, "cleaning," or refining flour. You will then get a pure article, which will satisfy you that pure wheaten meal is superior to fine flour. It is superior in its flavor, in its nourishing properties, and in its enlivening and invigorating influences on mind and body.

The next lesson to learn is the best means of turning this flour into bread, puddings, etc.; for much of the best part of the flour is often destroyed by leaven, yeast, baking powder, etc. The plan of making pure, nourishing bread is so simple that but few will either believe our statements or even make the experiment. The fact is that so much labor and mystery have encircled a loaf of bread, that it is difficult to believe that the best of bread can be made so easily and with so little labor. We request the reader to try the following experiment:

1. Obtain just such wheat meal as we have described.
2. Procure from the tinman or some stove dealer a dozen or two square tin cups much larger at the top than at the bottom. They are made in frames large enough in their aggregate superficies to fill up an ordinary stove oven.
3. Scald your meal with milk or water—the former we prefer. Add nothing but the ordinary quantity of salt, to suit your taste. Some even omit salt; we believe it requisite. Stir the meal and milk or water to a batter a little thicker than is usual for buckwheat cakes. Fill your tin cake-cups within a quarter of an inch of the brim.
4. Have your stove oven, or your Dutch baking oven, hot enough to roast beef, or to bake pork and beans. Then put in your cups where the heat on bottom and top will be about equal; and in ten or fifteen minutes you will have hot cakes, light, fine-flavored, and toothsome, and in every respect superior to anything produced by the chemicals of

apothecaries, or the baking powders of the grocer, or the fine yeast of the brewer.

It will cost the reader's family but little to make the trial. If the conditions are all attended to, we have no doubt as to the result. The family that has at every meal pure wheaten meal, in the form of bread, mush, pudding, hot cakes, or rolls, prepared and mixed as above indicated, will not only enjoy better health than those who patronize bakers, apothecaries, or grocers, but will find that their bread costs them fifty per cent less than those who indulge in foreign and unnecessary luxuries. Many families pay as much for baking powders as they pay for their flour, and in return obtain indigestion, heartburn, defective teeth, a torpid liver, and many of the other ills which grow out of our artificial and absurd modes of living.

An Appeal.

NOT long since, the inhabitants of one of our quiet cities in the West were startled out of their quiet by the occurrence of a serious accident in their midst.

A lady who had been suffering for several days with a severe headache, requested her son, a young man, to hand her a bottle of medicine, hoping that by taking some of it she would obtain relief. Her son gave her what they both, after some hesitation, decided was the right bottle; but after taking of its contents, she spoke but once, and that was to say that he had handed her the wrong bottle; and in less than twenty minutes she was a corpse. The bottle contained hair-dye, but was similar to the one containing her medicine; neither could they, so far as appearance and smell were concerned, distinguish the dye from the medicine.

Such mistakes are by no means uncommon; and even if the results were less fatal, they would suggest to health reformers the necessity of more active efforts to spread the light of the health reform. But when they are attended by such fearful results as the removing of a mother from her family, or the loss of life to any human being, does it not urge upon us the need of our being lively workers in this cause? Is it not a matter of life or death? And will we be justified in settling down, contented with merely having ourselves and personal friends benefited by the things we have learned, while there are so many sick and dying around us?

Could some practical reformer have had access to, or a sound health journal or tract been brought to the notice of, the lady we have mentioned, and have suggested to her

the better way to become freed from her headache, joy and gladness might now be inmates of that family, instead of sorrow and mourning. She is cured; but what a cure!

Quacks and drug-dealers are awake to advance the interests of their cause, and many eagerly lay hold of their medicines, nauseating as they may be, because they are ignorant of any other way to recover their health. Should not we, then, who have experienced the blessings and health-giving properties of the "true healing art," be thoroughly aroused to labor to bring suffering humanity around us to a saving knowledge of its truth?

Friends of reform, there is room for us all to work in this good cause. None need stand idle, and say, "There is nothing I can do." Circulate the REFORMER, scatter health tracts, let knowledge on the points therein advocated be spread far and wide, and thousands will gladly "obey and live." E. R. F.

Strength of Memory.

THE strength of Mr. Choate's memory was one of the most remarkable things about that remarkable man. He not only read everything, but he remembered everything he read. He knew where the book was in which the desired information could be found, the very page, and the precise location of the book in the library where it happened to be. While trying the celebrated sewing-machine case before Judge Woodbury, I heard him request a friend to go to the Athenæum and get him a volume of a set published by Chambers. The article he wanted was on the manufacture of silk. He described the set, the room in which it was kept, and the very spot in the library where it could be found.

He wrote down nearly everything in a case that he could. The act of writing fastened the thing in his memory, and it was ready for instant use. In the trial of a cause he kept two sets of notes—one, the testimony, the other, a digest and the argument. He was ready to argue a case the moment the testimony closed. His memory enabled him to talk on any subject introduced. He was at home on the black-letter law, knew familiarly the intricate English law of entail, and could discuss the laws of any nation as intelligibly as he could a common act of assault and battery. I walked with him from the court-house on Saturday previous to the delivery of his celebrated eulogy on Webster, before Dartmouth College. He had been before the United States Court, conducting an intricate trial, the heat like that of a tropical climate. We went into the barber-shop

under the Bromfield House, for he said, "I must be shampooed daily, or I should die." The eulogy on Webster, I think, was to be delivered on Tuesday. This was Saturday, and the intervening Monday was to be consumed in the journey to Hanover. I said to him: "Of course your eulogy on Webster is completed." He drew himself up to his full height, and laying his hand on my shoulder, he said: "Mr. —, as I live, not a word of that eulogy is written." Yet it was delivered as announced—delivered without notes, fully written out, and committed in the writing.

I knew one instance in which he completed his lecture at the office a short time before the train started that was to carry him to his appointment. He left the manuscript on his desk, and gave the lecture, he said, as nearly *verbatim* as he desired to, and that without a scrap before him. He was very careful of the wordings of his motions before the higher courts. His phraseology was always peculiar. Having written his motion on a scrap of paper, he usually crumpled it in his hand and threw it.—*Sel.*

Two Meals a Day.

THERE are hundreds who have adopted the two-meal system, and find that it works well. They enjoy better health, and are able to perform more work, than before. And this is the result, not only with students and men of sedentary habits, but also with farmers and mechanics.

Those who have not tried the plan, think it impossible to endure hard labor upon two meals; but if they will allow that those who have proved it are prepared to judge, they must change their minds. Facts are stubborn things. The unanimous testimony of hundreds who have thoroughly tested it, both in summer and in winter, puts the matter beyond a doubt. When the old habit is once broken up, there is no desire for the third meal. The trouble of a late supper is avoided, the digestive organs have rest, and in the morning there is no dull headache, no bad taste in the mouth, and the "all-gone" feeling is forever gone.

My own experience the past five years, with that of so many others whom I personally know, makes the reform a living reality to me. If any are disposed to doubt, let them give it a fair trial, then judge.

M. E. CORNELL.

If a man only takes enough sleep and exercise, he can work his brains as hard as he wants to.

MRS. WHITE'S DEPARTMENT.

SOWING AND REAPING.

ARE we sowing seeds of kindness?
 They shall blossom bright ere long.
 Are we sowing seeds of discord?
 They shall ripen into wrong.
 Are we sowing seeds of honor?
 They shall bring forth golden grain.
 Are we sowing seeds of falsehood?
 We shall yet reap bitter pain.
 Whatsoe'er our sowing be,
 Reaping, we its fruit must see.

We can never be too careful
 What the seed our hands shall sow;
 Love, from love is sure to ripen,
 Hate, from hate is sure to grow.
 Seeds of good or ill we scatter
 Heedlessly along our way;
 But a glad or grievous fruitage
 Waits us at the harvest day.
 Whatsoe'er our sowing be,
 Reaping, we its fruit must see.—*Sel.*

Spring Has Come.

SPRING has come again. The earth has thrown off her white shroud, and nature is waking to life. The birds are returning to cheer us again with their happy songs in the glorious sunshine.

All, both young and old, should be in the open air as much as possible. Those who are in health should share the benefit of employment in the open air, in order to keep well. But above all, should invalids, who have been unable to breast the chill winds of winter, make the most of these spring days of beautiful sunshine, and be out of doors all that they can, and rejoice with the happy songsters in the prospect of approaching summer. Those who cannot walk without great fatigue should ride out. Those who can engage in light employment should do so; for the muscles will be strengthened by exercise. Work out of doors, you invalids that can. But at all events do not remain shut up in your houses. Walk out. Ride out. And if you can do no more, sit out in the open air, where heaven's breezes can come to you in their freshness, and where you can view the sunshine and shadow upon the face of nature.

The trees, shrubs, and flowers, will soon be attractive to the eye, inviting all who delight in the beauties of nature to enjoy life out of doors. The flowers and green foliage have not appeared, but mother earth has thrown from her bosom her white mantle, and she even now bears a cheerful aspect in the bright sunshine and shadows. All should now seek employment some hours every day out of doors.

We have not now the bracing air of winter to stimulate the system. Many will feel a sense of languor. They will feel indisposed to exercise, or to engage in labor which requires exertion, especially if their employment has been sedentary. Such need the vitalizing, out-of-door air. This will be a more safe and successful tonic than any drug that physicians may prescribe.

Every family should have a plat of ground for cultivation and for beauty. Parents, a flower garden will be a blessing to your children. Your daughters would have better health in working a portion of each day upon the shrubs and flowers, than the delicate employment of embroidery and crochet, which confines them in doors. Your children need active exercise in order to be healthful and happy.

Parents, it will pay to expend a small sum yearly in purchasing flower seeds and shrubs. We have purchased these of James Vick, Rochester, N. Y., and have ever felt more than satisfied with the means we thus invested. You should help your children to arrange their gardens tastefully, and then assist them in planting their seeds and shrubs. Fathers should take an interest in these things for the benefit of their children, if they themselves have not a natural love for them.

My husband takes as great a pleasure in my flower garden as myself and my children do. Frequently, when he has had hired help, has he left his labor, and set all hands to work in preparing my plat of ground in order for my plants and seeds. This manifest kindness and interest have encouraged a love for flowers and plants in the minds of our children, and many hours have they devoted to the pleasurable exercise of the cultivation of these flowers, which they might have spent in exciting amusements and in questionable society.

We can all take pleasure in beholding the many beautiful varieties of opening buds, and blossoming flowers, of every description and hue, which our Heavenly Father has created for the happiness and benefit of his children.

It is God's design that we should love the beautiful in nature. He made a garden for our first parents, and there planted with his own divine hand the trees for usefulness and ornament, and the beautiful vines bearing fruit, and the lovely flowers of every variety and color. This was for the pleasure and happiness of man. If parents would more closely follow the example of their Creator in this respect, I believe they would have less trouble in bringing up their children to usefulness and happiness. If parents would encourage their children to love the beauties

of nature, they would throw about them a safeguard to preserve them from iniquity prevailing among the youth.

Parents can associate God with the works of nature. While beholding his works, the beautiful trees, and plants, and flowers, they can awaken an interest in their young minds for the glories of Heaven. By making home and its surroundings attractive, they will lessen the desire for exciting pleasures and amusements which are injurious to the physical, mental, and moral health of children. You can beautify your homes with fruit trees, and shrubs, and flowers, and encourage in the minds of your children a love for these things. You can teach them in relation to the better life, by connecting the beauties of nature, so marred, and imperfect, and short-lived, with the never-fading and immortal beauties of Eden restored. You can unite with nature's your lessons of the love and mercy of our beneficent Creator, who has given them all these things for their happiness. You should seek to draw their hearts from nature up to nature's God, and connect the mercy of God with the morning light, and the glories of the setting sun. His mercy is seen in the musical, murmuring streams, and even in frowning storms. Direct their minds to the mercy of God in the summer's heat and winter's cold. We can trace before them the mercy and wisdom of God in the falling of the blessed rain to refresh and enliven the parched earth and vegetation, and direct them to a love and wisdom that is infinite. Young hearts will respond to such lessons as these, and parents will be blessed in seeing the fruit of their labor in the physical, mental, and moral improvement of their loved ones.

E. G. W.

Make Home Pleasant.

THE family sitting-room should be the attractive room of the house. Other rooms may be pleasant; it should be the pleasantest. Its furniture, its ornaments, its window views, should combine to make a magnet that will draw everybody there when their outside work is done. On this principle, there is less occasion that sleeping rooms should have special outlay of attractions. Still, the boys, as well as the girls, want a room where they can take their comrades for a retired chat now and then. The girls will generally manage that their own bedroom shall have a carpet and curtains, and the little *et cæteras* that make a room pleasant for visitors, who come burdened with girl confidences and

questionings. But the boys' room is usually a bare place. Perhaps they don't seem to care. But they do, if they don't know it. Perhaps they will not appear to notice if you "fix it up" with a pretty counterpane, a picture on the walls, etc. But they will notice it; and they will be tied to home all the tighter by it.—*Sel.*

Tobacco Spitters in Cars.

THESE spitters are a terrible annoyance to decent people. The following, stating some of the perils of travel in consequence of them, is to the point. The reform dress, however, makes these perils a little less perilous. I take with me into the cars a large amount of waste paper, with which to absorb this horrid liquid that I cannot avoid, and my husband takes pine wedges to fasten up the car windows, and so we enjoy some good air, and suffer what we cannot help. Thanks to the *Interior* for the following faithful picture.

E. G. W.

THE PERILS OF TRAVEL:

A FAMILIAR LETTER ADDRESSED TO "THE KIND READER."

MY DEAR FRIEND: I am sick of traveling on these great thoroughfares. Why did you not prepare me? Or have you still to gain the experience of which I have had enough for a lifetime?

I have been told that an Arab regards spitting in his presence as an insult, even if it be outside of his tent. What then must an American lady think as she passes over these railroads?

I had innocently taken my seat in a car, when, happening to make some movement, I was struck with horror by the discovery that my nice, new, traveling dress was rapidly absorbing a narcotic pool. Of course I started in dismay, catching up my traveling bag which I had placed so carefully at my feet. If I did not at that moment look angry, I was a miracle of self-control, which you may believe if you can. I might, however, just as well have remained where I was, for in changing my place I was destined to keep the pain. Not only did I find every where a similar pool, but I was in constant dread of fresh outlets.

Not a moment's cessation! A new relay of passengers brought no relief, for with the new as with the old set, spit, spit, was still the sorry music to which my vexed spirit was

forced to keep time, though I assure you it did not keep in tune.

"Poor soul!" you will exclaim. "What a terrible shock to your romantic ideas! and what a thorough cure for them!"

But I am not yet through. A change of cars made no improvement in my condition. Passing in, I observed a lady carefully holding up her dress, and looking wearily from seat to seat. But it was all in vain. One might as well make a covenant with her eyes and take the first seat that comes. The men chew and spit, they read and spit, they talk and spit, they laugh and spit, they breathe and spit, and some—swear and spit.

Windows were open at the right and left, but they apparently considered it a sin to spit out of them, preferring to make use of the cars. Well, it *would* have been a pity to sully the fair face of nature; indeed, one might truly compassionate a country drenched in such narcotic showers.

By lamplight as by daylight, the process went on. And what a scene did the flickering lights dimly disclose! Men shaken equally out of their starch and out of their dignity, tumbling and rolling every way, some from their horizontal positions spitting now more directly upon their neighbors. Women cuddled up on the seats, evidently ill at ease, and starting even in their slumbers, as well they might amid these threatening showers.

Meantime, the windows were all carefully shut. Three several times I took the liberty of opening mine to avoid suffocation, and three several times when, with unwearied pains I had wooed the coy goddess to my eyelids, did my neighbor close it. He might have been afraid of taking cold. But had I not reason, in that infected atmosphere, to be afraid of catching something far worse than a cold?

Now, is not this fashion an outrage against all propriety? Ought the ladies, and the few gentlemen of decent manners, to be doomed to sit thus in perpetual terror? Why, it is more dreadful than the sword of Damocles hanging ever one's head.

And why, pray, should the convenience and comfort of one class be sacrificed to the disgusting filthiness of another? Notices are posted forbidding gentlemen to smoke in the cars; but to spit—that is another thing! Yet for myself, I would far rather ride in the company of smokers than of spitters. Were I a railroad director I would have some cars labeled "*For the Clean,*" and others, "*For the Unclean.*"

You will consider this letter rather incon-

sistent with the sentiment which you are pleased to charge upon me; but will give me credit, I trust, for good common sense. Yet I will not profess that I have enjoyed my theme. Indeed, I have more than once recalled the long pair of tongs with which Eastern functionaries are accustomed, in quarantine, to handle letters which are supposed to be infected. Some such instrument I should have liked in taking hold of my disagreeable subject. And I can heartily subscribe to the opinion of the college professor who told his students that those who expectorated tobacco juice upon the floor of the lecture room must *expect to rate* very low in his esteem.—META LANDER, in *Interior*.

What Our Friends Say.

OUR friends seem to be vieing with each other, to see which can show the most regard for the REFORMER. From Maine to California the letters come pouring in, full of expressions of interest, and the more substantial tokens of regard—subscriptions accompanied with cash. We trust we will be pardoned for giving a *few* of the *many* received.

G. W. Harvie writes: "My subscription expires next July: but I shall renew as long as the journal and its proprietors are what they have proved themselves to be, honest, honorable people. I hope you will prosper in the noble cause."

I hope so too.

A. H. Robinson, N. Y., writes: "I have taken the REFORMER from its commencement. I prize it, and want to see it prosper."

His words and works agree; for he sends eleven new names and cash for the same.

Some one in Ligonier, Ind., sends us five dollars and five names. Accept our thanks.

C. S. R., Ind., renews subscription, and adds: "I like the REFORMER and read *all* of every number. Success to the enterprise."

We see no reason why the REFORMER may not prove a success.

Mary Hale, M. D., Minn., sends us four new subscriptions and renews her own. Will make an effort in the future to get a larger club; in the meantime remains a friend to all health reformers.

R. J. Moffat, M. D., N. B., sends eleven subscriptions, and says: "I like the REFORMER more and more. There can be but one opinion with regard to the unspeakable importance and the general diffusion of the truths the REFORMER advocates. I do not know of any class of truths so essential to the

well-being and happiness of the race, as those for which the REFORMER is distinguished."

D. C. Moore, Ohio, sends us fifteen names, and cash. He says: "We have commenced to work for this reform in earnest, although we labor under the most trying circumstances."

Reformers of all ages have met with opposition and prejudice. But the power is with the right, and reform based upon truth will inevitably triumph over every opposing element. We bid you "God speed."

S. Simonson writes: "As I peruse the REFORMER, I find each number more interesting; and I think of two more friends I wish to send it to."

That's right. We give your friends a hearty welcome! Why can't every one send it to one friend or more? We have room for all of them.

J. F. Carman sends us seven names, as the result of one afternoon's work. Truly a good half-day's work. Wish you would devote another afternoon to the same work, if it will prove as fruitful as the one you speak of.

S. L. O., Allen, Ohio: "I this day received a specimen copy of your valuable journal, and hasten to send you subscription price, which is a mere *song* compared to the worth of the journal, if the January number is a sample. We have read it all, shouted, Hallelujah, over the truths so bravely and wisely spoken, laughed ourselves out of all danger of dyspeptic conditions at 'Meddling with the Cook,' and, finally, wished all our friends and the rest of man and woman-kind could have the reading of it."

They can for one dollar.

ONE WHO KNOWS.

Errors in Diet.

It is a fully attested and commonly admitted fact that the American people eat too much and too fast. It is equally true that we eat much that is not food, and vastly more that is not good food.

As a very large portion of the prevailing diseases owe their origin to errors in diet, the necessity of a reform in this respect as a means of prevention must be fully apparent. We hold that the system can be better nourished, and the operations of life better performed, upon a plain and simple diet than upon one consisting largely of delicacies and highly seasoned food. This is not only theoretically true, but is attested by the prac-

tical experience of thousands who have tried the experiment.

But let none get the idea that we believe in an impoverished diet, or the "starvation plan." We believe in eating the "fat of the land." With a diet composed principally of the various grains, fruits in all their variety, and vegetables in abundance, no one can fail to be sufficiently and fully nourished.

To be sure, some caution must be exercised in changing the habits. The system, always accustomed to even a highly injurious diet, will not at once recognize the best kind of food as a friend. Hence many becoming convinced theoretically of the superiority of the reform diet, enter at once upon the change, and of course feel at first a depression, amounting sometimes to absolute debility. Under such circumstances some have been led to pronounce the reform a failure, whereas, had they persevered, or been more judicious in making the change, a different decision would have been the result. —*The Restitution.*

Patent Medicines.

THE sale and use of patent medicines in the United States is enormous. Drs. Jaynes, Ayer, Helmbold, and many others, became immensely rich by this means. Some of these medicines are comparatively harmless—some are merely gentle nervines; while others are powerful drugs or intoxicating liquors, or both. One Cincinnati vender recommended his compound because it was put up with the best brandy, and they who were in the habit of drinking ardent spirits could gratify their appetite by using a healthy beverage! Were our laws made for the protection of society, such things would not be suffered. I was once seated in a car immediately behind one of this class, who was telling his fellow-traveler of his business. "I take whisky," said he, "and put in it some kind of roots to bitter it up; and people in the West, where bilious complaints prevail, will buy it." I thought, if some benevolent individual would pitch him out of the car window, "the world would be the better for it!"

No class is more strongly opposed to the use of patent medicines than the "regular" doctors. And yet, in spite of their opposition, the sale and use continue. Their advice is unheeded. This is, I think, an indication that the doctors are losing their influence. The whole patent-medicine traffic is based on the reaction that is going on in the public mind against the evils of the regular practice. Being trained by their

teachers in the subjects of disease and medicine, to implicit confidence in drug medication, they at length resort to those medicines which they consider least injurious. And for these they spend millions of dollars annually. What a pity!

For this there is but one remedy. The people must be educated out of their confidence in drugs, and convinced that obedience to the right is the only way to happiness. A well-ordered table and regular, temperate habits, are the only hope for health. It is a fact, unwelcome and humiliating, 'tis true, that the prosperity of popular medical practice depends on the ignorance of the people. When they learn the truth of the common-sense proposition that to put on fuel is not the way to put out fire, then the doctors will do a dull business.

Some may think the remark too strong, that the popular or *regular* medical practice depends on the ignorance of the people. I am convinced it is not; and I can give good reasons. Many successful practitioners acknowledge it; and all of them shape their practice to this well-known fact.

Every health reformer, every one instructed in regard to the laws of our being, is responsible to his fellow-beings, and should put forth proper efforts to enlighten, and so alleviate the ills of, humanity. It is not to the glory of "the Maker of our frames," that the bodies of his creatures are filled with loathsome diseases; that they appear like caricatures of the image in which he created man, instead of being living sacrifices, holy and acceptable to God. Rom. 12:1.

J. H. WAGGONER.

A Yellow Fever Incident.

DURING the recent alarm excited by the prevalence of fever, a good many persons adopted all sorts of preventives. Any suggestion which tended to accomplish this purpose was seized with avidity and applied without scruple. A young man of the reporter's acquaintance was of this number. His insane dread of the disease amounted to a monomania. Every conceivable nostrum was taken, and every possible liquor imbibed as a preventive—lemonade, brandy and water, wine, citrate of magnesia, mineral water, buchu, cathartic pills and iron lozengers were taken successively, the same day, and in turn rejected for newer and more efficient remedies.

Toward night he began to feel bad. His stomach was in evident disorder, and racking pains prevailed in the regions of the head and

back. Satisfied that Yellow Jack was laying siege to him in earnest, he sent for a physician and begged of him piteously to save his life.

The doctor examined him carefully.

"You have n't got yellow fever," he said, "but you've eaten something that has disagreed with you. I shall have to give you an emetic." The prescription was forthwith applied, and the result awaited with impatience.

Suddenly the odor of brandy filled the room.

"Why, you've been drunk," said the doctor.

"Wait, doctor, wait," gasped the patient, in his paroxysm.

Then came lemonade.

"Why, its punch you've been drinking."

"Wait, doctor, wait."

And then, mingled with these compounds, came the smell of buchu, the sickening effluvia of niter, tempered and subdued by port wine.

"Why, man, what is all this?" cried the astonished man of science.

"Wait, doctor, we have n't got to the bottom yet;" and then came out a dark liquid, which the patient, in his distress, denominated "molasses and water." Then came gin, whisky, and Madeira, to be succeeded in their turn by Congress water, Vichy, and Kissingen. The doctor was in despair, which was augmented by the now frantic inquiry of his patient:

"Doctor, have I got the fever?"

"Got the deuce! No. Yellow fever, cholera or small pox would be a waste of material with you. Have no dread, sir; nothing less than an earthquake can ever do you any damage." And the physician took his leave, and the patient rapidly recovered.—*Sel.*

Cleanliness.

PERHAPS there is no part of the health reform more plain and obvious than that relating to cleanliness. We cannot see how a filthy man can be a healthy person. Filth itself breeds disease. Hence plagues and epidemics generally originate in the low and filthy parts of cities, and make the most fearful havoc there. We think he is a very poor health reformer who allows filth and uncleanness to accumulate around his house and premises. Look around the well, the back door, the wood pile, and also in the cellar. Are they all kept clean and healthy? Disease and death, which carry off our loved ones, often originate in these impurities. Then we piously lay it all to the Lord! It is a false

accusation; and the sooner we learn this and remove the cause, the better.

When the Israelites dwelt in tents, the Lord gave them a special command on this point; namely, that they should keep their tents and all around them pure and clean from filthiness. Deut. 23:14: "The Lord thy God walketh in the midst of thy camp to deliver thee, and to give up thine enemies before thee; therefore shall thy camp be holy: that he see no unclean thing in thee, and turn away from thee." The previous verses show that this means, not spiritual, but literal or physical, filth. The Lord does not love filth now any more than then. Christian families, then, have a double reason why they should be clean and pure in all their dwellings. A slack, untidy, filthy Christian! How would he appear amidst the purity of Heaven! I am glad to find the good old Bible in such harmony with the principles of the health reform.

Garments, especially those worn next the person, should often be aired and washed. The skin is constantly throwing off waste, impure matter, especially when sweating. This soon fills the clothes with impurity; hence they should be often purified. It is a good plan to change all our clothing every evening when we retire to rest, and lay out each article by itself where it may thoroughly air. This can be easily done, and should be. Then in the morning, air the garment we have slept in during the night. This I have done for years, and believe I derive much benefit from it.

The whole person, but especially the feet, should often be washed in water to remove the impurities of the skin, open its pores, and thus allow the used-up matter of the body to be thrown off. Where this is not done, this impure matter goes to the lungs and other organs, and often produces disease and death. Hence, cleanliness of the person is a very important thing to be attended to. Here, again, we are in harmony with the Bible. 2 Cor. 7:9. D. M. CANRIGHT.

CURE FOR DYSPEPSIA.—If Sarah will take five pounds of loose waistedness, four of short-skirtedness, three of bodily cleanliness and warmly-clothedness, and with these take a stomach moderately full of unseasoned fruits and vegetables, and unbolted, unfermented bread, two or three times a day, with nothing between excepting occasionally a gill or half a gill pure soft water, mixed well with out-of-door exercise, pure fresh air, and plenty of sunshine for both soul and body,

she will be cured of the dyspepsia, or almost any other ill that flesh is heir to, without "aloes," "alcohol," or any other poisonous abominations.—*Beechwood.*

Questions Answered.

A. L. F. of New York inquires:

1. Why do beans, peas, and other grains that grow in pods, produce such an excess of flatulency? Ans. The cause of the flatulency is the grease cooked with them, and the condition of the stomach.

2. Is honey a laxative for any other reason than its causing a sour stomach? Ans. The same that is said of syrups may also be said of honey.

3. When the stomach is sour from over-eating, or an excess of sweets or grease, though no nausea is felt, is it advisable to drink water? if not, what would you do? Ans. The proper way is to refrain from doing that which will sour the stomach. "Cease to do evil; learn to do well."

4. Is bolted Indian meal preferable to the whole substance of the kernel? Ans. Yes.

5. All oat meal has to me a musty taste, which some say I will become accustomed to, and not mind. Does not this unpleasant taste make it unhealthy? Ans. The difficulty with the oat meal is that it is too old. For a good article send to F. Schumacher, Akron, Ohio.

6. Do acid fruits assist in digesting any food, or act directly on the liver or any part of the system? Ans. No.

7. Why are hickory or other oily nuts more likely to cause canker sores in the mouth when eaten with apples, than when eaten separately, or at different times? Ans. The trouble is the irritable condition of your stomach. They do not usually produce this result.

8. Will the eating of substances which pass slowly through the intestines, tend to produce corpulency in a slim person? and should not such a person avoid fruits which are of a loosening nature? Ans. No.

9. Should a person avoid substances or quantities that may produce a sour stomach? Ans. Yes.

10. Is a solid excrement objectionable, if regular once every day? Ans. Yes; it indicates torpid liver.

11. Does not stewed dried fruit act better on the stomach, and, consequently, is it not more healthful, than raw, or even cooked, fresh fruit? Ans. For a healthy stomach either is not objectionable.

12. What do you say relative to the use of beans, peas, and other grains in the pod? Ans. Cooked hygienically, they are not objectionable for a comparatively healthy stomach.

J. H. GINLEY, M. D.

Breeding Dyspeptics.

THE baby climbs up on the table by the window, and watches the mother-bird coming and going, feeding her young ones in the nest in the apple tree. Poor baby! Happy birdlings! They have all the worms and bugs they want, just at the best time for them; and worms and bugs are exactly what the systems of the little creatures need to make them grow strong and sound in every tissue and part. The baby's mother has no sort of an intelligent idea what food her young one needs to supply the necessary constituents for the growth of its various tissues and organs; and she seems thoroughly indifferent in regard to it. The baby likes sugar, cookies, and plum pudding; and she is such a silly mother, having her philoprogenitiveness so morbidly developed, and her reasoning faculties so torpid, that she cannot on any account make up her mind to deny the little one anything it asks for. She thinks only of present gratification to the child and to herself, and nothing of the future consequences. So she feeds it sugar, cookies, and plum pudding, till it will not eat anything else.

I know a mother, having naturally a good share of common sense, who is feeding a puny, sickly little girl precisely in this way. It is certain that, unless she changes her course, the child must die before many months. Then the mother will pity herself exceedingly, and the neighbors will all pity her; whereas, an indignation meeting ought to be called in the neighborhood, that a woman in a Christian country can deliberately sacrifice the life of her child to her own stupidity. Not very far away from this mother lives another, who would not, on any consideration, feed her child cookies and plum pudding; she does not think such things are wholesome. She gives her baby white bread and butter, potatoes and gravy, custard and fried cakes, bread and milk, toast and codfish, baked beans, etc., and he is eating from the time he is awake in the morning till he goes to bed at night, except during sleep, and oftener than otherwise he takes his nap with a piece of bread and butter clutched in his hand, ready to commence the stuffing process as soon as he opens his eyes.

If mothers had any idea of the life-long suffering they are imposing upon their little

ones by their manner of feeding them, they would shrink from their course with horror.

Oftener than otherwise, little babies are nursed, not for the purpose of supplying the demands of the system for nutriment, but to still their cries. They are fed too often and too much. When they begin to take other nourishment than the mother's milk, the fault is increased; because in addition to being overfed, they eat things that are not wholesome. They begin to be introduced to condiments which are positively injurious. The tender coats of their stomachs are irritated by the presence of hurtful substances. This irritation produces morbid sensations resembling hunger, which, when they get so they can run about, prompts them to pick up and eat everything they can lay their hands on. In addition to the bread and butter, pie, cake, etc., which they get between meals, there are the nuts, raisins, candies, and fruits, supplied by those who would be friends, but are really enemies, and the innumerable things which they find to eat out doors—mint, sorrel, birch bark, soft stones, etc. To eat is a constant necessity, and so this difficulty goes on growing by what it feeds on.

How can it be otherwise than that, when persons thus brought up come to maturity, their appetites are thoroughly perverted? If, as is often the case, the stomach has been habitually unduly distended during childhood, it is impossible that the person when grown up should be able to decide, from any natural sensation, when he has eaten enough. He cannot have any natural sensations. The very shape and dimensions of the stomach have become unnatural, and such a one must be a sufferer while life lasts. One of the greatest evils in our country, so far as ill-health is concerned, is the practice of eating between meals. If mothers could be prevailed upon to treat their children according to a wise and well-regulated affection, or even according to an instinct as true as that which prompts the mother-bird to provide for her young just what they need, dyspepsia might be banished from christendom.—*Laws of Life.*

"I AM so glad to find you are better," said the famous surgeon, John Hunter, to Foote, the actor. "You have followed my prescription, of course." "Indeed, I did not, doctor, for I should have broken my neck." "Broken your neck!" exclaimed Hunter; "how is that?" "Yes," said Foote, "for I threw your prescription out of a three-story window."

SPARE moments are the gold-dust of time.

Good Testimony.

A ROMAN CATHOLIC pastor sends us the following letter; and thinking it would interest our readers, we have taken the liberty to publish it, but withhold the writer's name and address:

Feb. 17, 1871.

EDITOR HEALTH REFORMER: *Dear Sir,* The little paster on this month's REFORMER tells me that my subscription for the same is now expired. As I wish to pay for my paper in advance, enclosed please find one dollar for that object.

What a pity it is that so few read such healthy, necessary, and most important works as the HEALTH REFORMER, while the great body of readers devote so much time to the reading of the trashy literature of the day. For my own part, next to works of a purely spiritual character, I know of no publications that I would sooner see in the hands of the public at large, than such.

As for myself, I knew nothing of the laws of life—what was food, and what was not, until I began to read Dr. Trall's works, to one of which (*Encyclopedia*) I owe, under Providence, my immediate recovery from the very door of death. Indeed, if the case were published in the newspapers, it would be looked upon only in the same light as the other thousand and one cures that are daily published by the quacks of the hour; and yet, so surely as I write this, it is perfectly true, and can be proved by my two attending physicians and nurses.

It happened thus: When sick, I sent for the first physician in town, who after a day or two called in another. My mind was wandering, and it was only at times that I had lucid intervals. They prescribed a kind of opiate—I forget the name. The doctors left me one night, telling all around that I would be dead before morning. My two attendants agreed that to experiment they would not give me any more medicine; and, as they kept it from me, my memory returned, and I recollected the prescription for such a case in the *Encyclopedia*. I was exceedingly weak, having been confined to my bed for over a week without eating anything. I asked them to warm a cup of water for me. They did so. I drank it, and another. I felt easier. I laid down to sleep, awoke in the morning recovered, and in a few days was out.

It was amusing to witness the interview, next morning, between the doctor and the young men who were so kind as to sit up with me. The doctor expected to hear them say

that I was dead, but, on the contrary, they told him what had taken place. "It is all nonsense," said the doctor; but they insisted that it was not nonsense. It is worth mentioning that these two good young men are the sons, one, of a Presbyterian, and the other, of a Methodist, preacher. They can bear testimony to the truth of what I write. So it is not surprising if I become a life subscriber to the HEALTH REFORMER. I wish you would send me a copy of the "*Vegetarian Cook Book*."

With best wishes, * * *

Hints to Patients.

WE wish to urge upon all who intend to come to the Institute, the necessity of being prepared to stay. Many come without giving us previous notice, or without any preparation. Others before leaving home fix the time of their stay to one, two, or six weeks, and while here look forward with such anxiety to the expiration of the time, that they fail to secure the good they would, did they not worry themselves out of the hands of the physician.

Many come as a last resort after having exhausted the skill of drug physicians, and are disappointed if they do not see immediate improvement; while they see no responsibility resting upon them to act in harmony with their medical advisers. Such finally go away disheartened. They do both themselves and the Institution great injustice. Many of these might enjoy good health could they be contented for a few months; but just as they begin to gain in strength, they leave for home in spite of all persuasion to the contrary. A number of these have afterwards written us that they regretted their departure so soon; and many have to return again to commence anew.

We say to all, then, Come prepared to stay until you can be dismissed with safety. Work in harmony with those who have the care of you. Be cheerful and happy. Nothing tends so much to retard recovery as over-anxiety for self. By becoming gloomy, digestion, nutrition, &c, are retarded; and blame is often cast upon those who have worn themselves out in caring for you.

Some neglect coming until their cases are nearly or quite hopeless. We say to all, then, Come while there is hope. Seek help without delay. Leave your cares behind; and be determined to find a home among us until you can see permanent improvement.

PHYSICIANS OF HEALTH INSTITUTE.
Battle Creek.

Items for the Month.

WE print, this month, 3,000 extra copies of the REFORMER, and send it to many with a hearty and urgent invitation for them to subscribe for it without delay. They need the REFORMER, and we need their patronage.

THERE is nearly twice the number of patients at the Health Reform Institute, Battle Creek, Mich., that there was one year since. On our way to the Institute, the charming morning of the 5th, to speak to the patients, we heard the sweet notes of the first robin of the spring; and bade him a hearty welcome to his new location. We began to speak upon his case, complimenting his cheerfulness and good music, and remarked that there was more real medicine in his pure notes than in all boxes of pills and bottles of syrups, elixirs, panaceas, and bitters, in the land.

THE next volume of the REFORMER will begin at July next. We offer the four remaining numbers of the current volume, and the next volume complete, reaching to July, 1872, making sixteen numbers, or 512 pp. of reading matter, for the small sum of one dollar.

RECENT rains have taken away the snow, removed the frost, settled the ground; and our streets, especially in the locality of the Institute, are as dry as summer.

WE shall know better what premiums to offer agents for the REFORMER when we come nearer the commencement of the next volume. When our circulation reaches ten thousand, we can offer as liberal premiums as any other journal in the country. Until we reach nearer that point, we invite a thousand agents to work for us without pay. Try it, friends; God will bless you; and your friends, when they become informed and interested, will bless you; and we will thank you, and serve you and your friends with faithfulness.

WE call special attention to the notice, on second page of the cover of this number, of our little work entitled, How to Cultivate, and How to Can, Small Fruits; and also to our Reduced Price List of plants, sets, and roots. Send your orders at once. These should all be sent the last of March, or the very first of April.

A GOOD way to introduce the health reform to your friends and neighbors will be to take this number of the REFORMER with you as you call on them, and, as you introduce the subject, read some of the good articles in it to them, and be

very loth to leave them until they subscribe for the REFORMER. They can then read up, as you are doing, and learn how to live, to be well, and save doctors' bills.

PATIENTS coming to our Health Institute, will find the Michigan Central and Great Western the finest roads in our country.

WE have a large supply of this number of the REFORMER to furnish those who will act as free-will agents. We will send a reasonable number of copies, post paid, to all such agents.

THE Peninsular R. R., passing through our city, is destined to be one of the most important roads in Michigan. It forms important connections north at the capital of the State, and it is expected that it will be opened to South Bend, Ind., by May next.

"WHAT our friends say," by "One who knows," is from the lady in the counting room who attends to the business, and through whose hands all letters for the REFORMER pass. We should not be disappointed if her department increased both in interest and dimensions.

OUR sick friends will make a sad mistake in staying away from the Health Institute until death stares them in the face, and there is but little hopes of recovery. Come now, while you may be cured.

WE are happy to be able to report 145 net gain to our lists of subscribers this month. Be of good courage, friends, and let the work move on. We hope for a much larger number the ensuing month.

THEIR OWN DESTROYERS.—Thinking Frenchmen are convinced that the inferiority of the French to the German soldiers in the recent Franco-Prussian war is owing to their excessive indulgence in the use of that fearfully destructive liquor, absinthe, which has enfeebled their bodies and sapped their courage, unfitting them for the hardships and exposures of military life. Let others take warning.

WHAT NEXT?—A correspondent of the *Medical Times* has discovered a new remedy for disease. Don't be startled, reader, when we tell you that it is nothing but the poison of the rattlesnake—the real virus of the deadly *crotalus horridus*—that's all.

A PROFITABLE PROFESSION.—The papers record that a certain Chinese physician who rejoices in the name of DR. LI PO TAL, owns real estate in the city of San Francisco to the value of *one hundred thousand dollars*—all of which he has made by his profession in a few years.