

# GOOD HEALTH.



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## THE HEALING ART IN CALHOUN COUNTY.\*

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PREVIOUS to the year 1830, none but Indians inhabited this county. No white man, save the surveyor, trapper, and hunter, had ever set foot upon its soil. The Indians, like all the human family, were subject to accidents and disease, and consequently required the aid of the healing art. This was furnished them by their medicine man, who performed the duties of both priest and physician. They practiced with charms, amulets, witchcraft, and all the devices of the pagans. Sometimes, however, they applied remedies which were rational and useful. In the year 1839, I witnessed the treatment of a white man sick with fever, by an Indian doctor. He administered a decoction of culver root as a cathartic—infusion of "fever bush" as a diaphoretic, and the bark of iron wood for an anti-periodic. The treatment was successful.

A few years afterward, for many days in succession I passed an Indian camp where a young Indian was sick with pneumonia. Learning that I was a pale-faced medicine man, the Indians invited me to see the patient. They had sweat the patient with the vapor bath, and had scarified the chest with their coarse knives. Mucilage of bass-wood was extensively used as a demulcent

\* An address delivered by Dr. Cox on retiring from the presidency at the last annual meeting of the Calhoun County Medical Association.

and expectorant, and they had blistered the patient with ash bark. They informed me that this was their usual treatment of such cases, but it always failed unless accompanied with incantations and pagan ceremonies; these were used, and the patient recovered.

Soon after the year 1830, the "pale faces" began to take possession of the "red man's" hunting ground. The settlers were sparsely scattered over the country. Rude huts and shanties were erected by rude mechanics. From necessity every man had to ply, for the time being, a new vocation, such as carpenter, shoe-maker, harness-maker, etc., and when sickness came, every man was obliged to be his own doctor, except in some cases where an Indian doctor was employed. Soon, however, some white men, without any knowledge of even the elements of our profession or of the natural sciences, began to claim a knowledge of the art and assume the title of physician. They were employed by the sick.

These were the doctors who practiced the healing art in those days. Soon, however, more competent men were attracted here, and before the year 1840, we find a dozen or more competent physicians practicing in the county. Some of these were middle aged men, who desired to obtain real estate; some had failed in business, and had come to try their fortune in a new country; but most were poor young men who had just graduated and come to practice their profession, designing to make it their home for life.

During wild-cat times, some of these engaged in wild speculations; and the collapse

of 1839 found, with few exceptions, the physicians of Calhoun County bankrupt, and in many instances not able to pay for the sheepskins they used on their Indian ponies as a substitute for saddles.

The resources of the country were undeveloped. There were no railroad facilities till 1844; produce was sent by ox-teams to Detroit; but no money was to be obtained for it. Little money was used, business being done by exchange of commodities, dicker, as it was called. This state of things produced great suffering, and none suffered more than "medical men."

During this time, malarial fevers were terrible, and for several months every year, in late summer and autumn, scarcely a family escaped disease. Physicians rode their ponies night and day, by Indian trails and over corduroy roads, visiting the shanties of the afflicted settlers, and ministering to the sick. There were few or no carriage roads, at that time, and if there had been, a year's hard work would not have obtained money enough to purchase a buggy. Physicians had no books but the text-books they used at college; no instruments, except now and then one who had a pocket case; no appliances for fractures and other injuries, but such as could be improvised at the time with an ax, a hammer, and saw; and if we subscribed for a medical journal, we could not pay for it. This was a poor time to cultivate a literary taste; the great problem was "bread and butter." The principal literary works read by physicians were *Summonses and Executions*. Notwithstanding these embarrassments, medical men were always found at their posts, punctual in attendance. They neither avoided the midnight darkness nor the meridian sun, but through fair and foul weather, often at great distances, visited the hovels and shanties of the settlers and ministered to the sick with a zeal, energy, and faithfulness which none but a true physician can manifest.

Now comes another decade. In the spring of 1840, a county medical society was organized,—an institution created in pursuance of a statute law which required all physicians to become members. The requirements were such that incompetent men could not become members; and the average ability and ac-

quirements were better than those of the average medical men of the present period. Most of the physicians in the county became members. I know of but three of its early members now in practice; to wit, Dr. Nims, Dr. Montgomery, and myself. Dr. Hart was its first president, and read the first paper. The subject was "Animal Magnetism."

The Association held frequent meetings for several years; but bad roads, poverty of members, and finally the repeal of the law under which it was organized, caused it to cease to exist.

The hard times of a new country still continued, and it was not until 1854 that physicians could see a reasonable prospect of financial success. In fact, we were so poor that we could not supply ourselves with the means necessary for carrying on the business of the profession, nor support our families in a proper manner. Our families suffered equally with ourselves; and if we deserve credit for manfully fighting the battles of the pioneer, the women deserve more. God bless the wives of the pioneer doctors.

Between 1850 and 1860, more prosperity is enjoyed. Eastern men come and purchase real estate which is enhanced nearly 100 per cent. People begin to pay their doctor something better than "dicker." Physicians begin to live more comfortably; build good houses; move out of the old house into the new; and before 1860, several doctors' wives enjoyed what they never did before, a carpet on the parlor floor. You now find some new books on the doctors' shelves; valuable journals and papers on their tables; and the general appearance indicates improvement in the character, intelligence, and happiness of the fraternity.

Another decade comes, and with it the war of the rebellion. Our attention is directed to the saving of the Union. O'Donahue, Van Ostrand, Church, French, Chase, Holton, and others repair to the front, and acquit themselves as honorable, useful, and skillful practitioners, doing honor to the county and State, as well as engaging in a mission of mercy to the sick and wounded. Some of them returned with broken health, but most are still with us, and are benefiting the community with the experience thus obtained. Those

who remained at home, contributed their time, money, and influence for the support of the war, and generously cared for the families of soldiers. Some volunteered, and without remuneration spent time in caring for the wounded soldiers at the front, among whom was Dr. Slater, who there contracted a disease from which he never recovered.

During this decade the *Water Cure* was established at Battle Creek. It was not conducted on rational principles nor by competent men, was no credit to its founders nor to those who had it in charge, for they were partisan and irrational in all their doings. Our profession continued to improve through this decade up to 1870, since which time its history is as well known to all of you as to myself. I will, however, say that the *Old Water Cure* has been transformed into the "*Sanitarium*." It is now ably managed, and is a credit to its able chief and his accomplished assistants. May neither religious bigotry nor professional sectarianism enter its portals to destroy its influence, usefulness, and honor. P. 121

During the present decade many young physicians have come among us, and we entertain no doubt that they will acquit themselves as honorable and useful practitioners.

It will be observed that in this narrative, going back almost fifty years, our county has produced no eminent physicians, nor any with anything more than a local reputation. The only exception is Dr. Potter, and he returned East in 1845, where he had facilities for study and improvement. From what has been said, it is apparent that the reason for this want of fame is location and the poverty of pioneers. The early doctors were men of intellect, fair education, zeal, energy, and integrity; and if they have not arrived at the pinnacle of fame, they have done better in being useful to their fellow-men. They have fought the good fight, and most of them "have finished their course," they have kept the faith, and we humbly trust "there is laid up for them a crown of righteousness."

The future of the art in Calhoun depends very much upon this Association. As was said at the beginning of the address, so far it has done its duty. Its future depends upon its younger members. If they continue to

exhibit the zeal and love for science they now show, we need have little fear for the future. The papers here presented have been equally good with those of the State Society, and have been more thoroughly discussed and honestly criticised than any of those.

I have one great fear for the future. It is in regard to the hurry young men are in to graduate. Forty years ago, five years was the usual term of study before being licensed to practice; none less than four years. The N. Y. State Society would not examine a student until he produced a certificate of four years' study, and that verified by the oath of the preceptor. Now, young men are received into our offices with limited education, are hurried through two courses of lectures, frequently graduate in less than two years, and then enter upon the responsible duties of the profession. This cramming process is to be deprecated. It produces professional dwarfs, hot-bed plants that grow and wither like Jonah's gourd.

Let the hurrying process be discouraged. Let none but those of good intellect, good education and morals, and an aptitude for the profession, be admitted into our offices. Insist upon a long course of study. Teach students to obey the ethics of the profession, and to assemble often in council as we now are. Cultivate not only the science, but the amenities of the profession. By these means the people will see that ours is not a selfish but a benevolent and useful fraternity, worthy of their patronage and confidence. When this is accomplished, the resources of the county are now such that the worthy practitioner will receive both patronage and remuneration for services, which will enable him to constantly improve in knowledge and usefulness; in which case it takes no prophet to predict that the "healing art" will continue to be improved, and before the heads of our young members are silvered over they will become useful and eminent practitioners of the honorable profession they have chosen.

—A Philadelphia tenant showed his good sense by vacating a house because the condition of the premises was such as to endanger the health of his family. The authorities ought to uphold him in refusing to pay damages to his landlord.

### BLINDNESS FROM THE USE OF TOBACCO.

THE North Carolina Medical Journal, one of whose able editors, Dr. Thomas F. Wood, we had the pleasure of meeting at the last session of the American Public Health Association at Richmond, Va., published in its December number a very valuable paper on "Blindness Induced by the Use of Tobacco," which was read before the Baltimore Academy of Medicine by Julian J. Chisolm, M. D. Dr. Chisolm is the surgeon in charge of the Baltimore Eye and Ear Institute, and of the Presbyterian Eye and Ear Charity Hospital of Baltimore. During the past eight years he has treated 13,723 persons for disease of the eye. In his very extensive practice he has observed the great frequency of amaurosis from the use of tobacco. In quite a large number of cases he has traced this grave disease of the optic nerve to the use of tobacco alone. Respecting the frequency of blindness arising solely from this cause, he says, "In my individual experience, judging from the cases occurring in my practice, tobacco amaurosis forms one-eighth of the cases of amaurosis coming under my observation."

We cannot do better than to quote further from the author of the paper referred to, as follows:—

"Notwithstanding the doubts in the minds of some concerning the poisonous effects of tobacco upon the human system, there can be no question that the observant specialist in eye, ear, and throat diseases, sees many cases of defective vision and hearing which can be traced to no other cause. After the long use of tobacco by some of these persons, their sight becomes slowly, painlessly, steadily cloudy; a smokiness not explainable by the approach of age. When this poison commences to act upon the visual organ, all surrounding objects are seemingly befogged. Not only is the street full of thin smoke, but the room is also veiled in a mist, both distant and near objects being somewhat obscured. Nothing is sharply defined to such an eye. Small letters fade entirely from view, and only large print can be made out.

"The first suggestion to persons poisoned in this way by tobacco is to try glasses, and the aid of the optician is sought. Glass after

glass is put on in vain; none remedy the defect. If the individual has already used spectacles he naturally accuses these of causing his trouble, but no other glasses remove the cloud to any greater extent than the spectacles which had previously given him such very clear sight. He then seeks medical advice. His physician, knowing the weakness of humanity and the longing for some tangible cause for the defective eye-sight, suggests a bilious disorder, and locating it either in the stomach or the liver, offers comfort in dyspeptic remedies or in liver pills. Purgative action he can bring about; even an appetite can plainly be called up at will, but that everlasting smoke will not get out of the sight. Month by month his vision seems to get more cloudy, and his anxiety increases. His first sacrifice is to abandon pleasure night reading; even the newspapers soon follow, and, finally, to a great extent, business, as he can no longer decipher his correspondence. If the cause is not yet suspected, his mental worry and his daily medication with no evidences of improvement do him no good; while idle hours and desire to soothe his restlessness by much smoking augment the trouble of vision. The mist thickens with the accumulating poison in his system. In the course of time even larger objects cannot be defined, and blindness slowly but surely creeps on, until in very extreme cases sight may be reduced to the mere appreciation of light."

"The skillful use of the ophthalmoscope in recent cases to inspect the interior of the eye-ball brings to light no pathological lesion. The contents of the eye chamber seem in every respect normal. The media are perfectly healthy, the lens as clear as crystal, no clouding can be observed in the aqueous or vitreous fluids, the choroid and retina give their regular healthy reflex. While the examination, however carefully made, of an eye in which the sight is quite misty reveals absolutely nothing, *the very absence of physical signs indicates a nerve poisoning*, a diminution in the sensitiveness of the nervous structures, with as yet no tangible change in the physical condition of either retina or optic nerve which the observer can detect."

"When in a person from 30 to 60 years of age, with sight failing for a few months, with

a steadily increasing, painless, clouding of vision in both eyes, which spectacles cannot correct, and in which case a careful examination of the eyeball from within and from without exhibits no appreciable disease, the diagnosis of tobacco poisoning may be safely suspected. In the majority of cases this diagnosis will be proved correct."

"Tobacco poisoning is chiefly found in men, is very seldom met with before the age of 30, and both eyes are always equally clouded for vision; although the media and inner coats are to all appearances perfectly healthy, the patient cannot see small objects in any position that he may hold them. Spectacles will not sharpen vision, as they so constantly will do for the mist induced by defective refraction or deficiencies in condensing light upon the retina.

"Although I have said that tobacco poisoning is chiefly found in men, it has also been detected in women. Not long since a patient (female) from a neighboring State applied at the Baltimore Eye and Ear Institute for treatment. Although the general health was perfect, she found her eye-sight failing her. It had become so defective as to debar her from all useful employments. She could neither read, write, nor sew. She had never had a serious attack of sickness in her life, had neither stomach nor uterine troubles, and was free from headaches. She was forty years of age, and although this marked the period when spectacles are often required to clear up the definition of small objects at short distances, she had exhausted the entire list of glasses in vain efforts to improve her vision. Her family physician had called the disease amaurosis, and had put her through a course of mercury, which was followed by tonics with blisters, and had suggested a neck seton. Notwithstanding this varied treatment, her vision both for near and distant objects was becoming more misty. With gloomy forebodings of approaching blindness she came to Baltimore for treatment. I gave her a thorough examination both subjectively and objectively, but could detect nothing to explain her visual defect. To all appearances her eyes were perfect, and the ophthalmoscope, after a most careful search, gave no evidences of disease in any of the contents of the eyeball,

still she could see or read at no point with the optometer. In my dilemma and in deep thought over her inability to make out the coarser print of Jaeger's Test Types, I remarked to her if she were a man I would turn to tobacco poisoning for a solution of the mystery. To my great surprise, she said, 'Doctor, I do use tobacco! and have used it for years. My husband and myself live alone on a farm. We have no children. He is an inveterate smoker, and has taught me to smoke also, so that we constantly light our pipes together for company in the long winter evenings.'

Dr. Chisolm observes that many years' use of the drug, and excessive indulgence are not necessary to produce all its worst effects upon the eye. One case in point which he mentions is so interesting we cannot refrain from quoting it, as follows:—

"I have had a patient, who, at the age of 30, exhibited decided symptoms of tobacco amaurosis from the use of a single cigar a day. His defective vision, which no form of spectacles could arrest, yielded to no course of treatment, however stimulating, until this single daily cigar was stopped. In a very short time his sight commenced to improve, and in a few weeks after stopping the use of tobacco his vision was completely and permanently restored. The physician who had previously treated this patient for his misty vision had never suspected the cigar. Finding no appreciable cause for his defective sight, after a thorough examination of his eyes, and with a suspicion in my mind of tobacco poisoning, I was surprised upon close questioning to learn that he never exceeded one cigar a day. However, I nailed the cause of his disease upon the right party by this very pertinent question, Do you ever feel after smoking as if you might better have left that part of your daily programme undone? He said that thought had often occurred to him. 'I light my cigar with the most delightful anticipations, but often throw it away before I have used half of it. My friends seem to enjoy their cigars so much, and the first whiffs are so pleasant to me, that in my desire to smoke as others do I have taken my daily cigar as a matter of principle. Sometimes even a half of a cigar makes me feel so uncomfortable

that I have to lie down. On this account I now only smoke in the evening when my day's work is over."

"In evidence of this poisonous influence of tobacco, threatening blindness, when there is no apparent pathological lesion in explanation of the defect in sight, the growing fog will yield to no formal medical treatment unless the tobacco habit be absolutely given up. Then and only then, the cause being removed by stopping the daily dose of the poison, will a decided and rapid improvement take place to the complete recovery of the patient, provided the deterioration had not eventuated in decided white atrophy of the optic nerve with consequent deterioration in the retina. *This most desirable result will often be secured even without medicines, simply by stopping the use of the poison.*"

In most cases, the effects observed were the result of smoking; but Dr. C. has also noticed the very same effects from the chewing of this noxious drug. The evident reason for this is that by the inhalation of the poison in a vapory state it is taken into the blood more rapidly and in larger quantities than by chewing, and thus produces more profound effects.

One very remarkable fact concerning the poisonous effect of tobacco upon the optic nerve is that the sight may be in great measure destroyed without the occurrence of any change in the appearance of the eye, either externally or internally, that can be detected by the patient himself, or even by the most skillful eye specialist.

In the treatment of these cases Dr. Chisolm requires, first of all, entire discontinuance of the use of the vile weed. This alone, he observes, will often effect a complete cure, without the use of any remedy; and all remedies "are utterly useless if the smoking habit be continued."

The Doctor further insists that "in all such cases it will not do to taper off in the use of tobacco. The rejection of the narcotic must be absolute and at once. It is a very hard struggle with many; but when the poisonous nature of the indulgence is fully understood, and the value of the organ in jeopardy recognized,—blindness with tobacco, or sight without it,—the determination is soon

taken. While the struggle is still going on, and before the longing for the accustomed cigar has been overcome, the rapid improvement in the sight indicates the wisdom of the choice and confirms the good resolution of abstinence. When the daily poisoning has been stopped, the inherent resiliency in the nerve structures to throw off these deleterious impressions seems marked, and many cases will completely recover if left to themselves after the tobacco has been thrown aside."

#### THE EFFECTS OF ALCOHOL.

WE have now learned that even moderate drinking, in ninety-nine cases out of a hundred, temporarily paralyzes the nerves that govern the minute muscles that hold the arteries and the veins in proper tension. The injury of the finest nerves allows the circulatory system to become relaxed, and so your heart beats faster; but there is no more force in the heart. The whole effect is like the acceleration produced in the motions of a watch when you take the pallets off the machinery.

Dr. Richardson, Fellow of the Royal College of Physicians, has lately told us in his Cantor lectures on Alcohol, a work introduced in America by Dr. Willard Parker, that "alcohol paralyzes the minute blood-vessels and allows them to become dilated. The dilation follows on the reduction of nervous control, which reduction has been induced by alcohol." Therefore there is a flush in the face; and not only there, but the flush pervades the whole system, and especially the brain, for which everybody knows that alcohol has a peculiar local affinity.

Go to the Hunterian Museum in London, and men will show you the skeletons of two lions, both poisoned, and with the same kind of poison. There is a mark on these skeletons at the point where that poison expended its chief force. All physicians know that poisons have a local action within the system, and that sometimes a rifle ball has no more definite point of impingement upon whatever it is aimed at, than poison has against the welfare of that to which it is directed.

We must remember that the special local affinity of alcohol is for the brain; and that the relaxing of the fibers which allows the

heart to beat faster is not a sign of health, but of disease; and that the moderate drinker, in ninety cases out of a hundred, is thus honey-combed through and through with this relaxation.

Its effects are seen first in a lack of moral feeling; but when fever strikes him down, when cholera attacks him, when sun's heat and life's heat come together, he breaks more easily than he otherwise would. In your remaining ten cases perhaps there may be apparent immunity for awhile, but in old age a man is more brittle than he would be otherwise; and in the next generation what do you get? Why, when there is a confirmed and inveterate habit of wine drinking or other habitual and prolonged, although moderate, alcoholic stimulation, the succession of generations differs in character usually not very far from what it was in the Webster family—colossal strength in the father of Webster; colossal strength in Webster; erratic strength in the son; lack of control in the grandson—a boy who made of his grandfather's amusements his whole occupation—and what the next generation would have been, the law of hereditary descent will tell you.—*N. Y. Witness.*

#### AMONG THE CISTERCIANS AT MOUNT ST. BERNARD.

[The following interesting article recently appeared in an English periodical. We are indebted for the opportunity of printing it to the author, R. Bailey Walker, Esq., the able Secretary of the English Vegetarian Society.—Ed.]

The region of Charnwood Forest is among the prettiest of the midlands. In a country noted for its levels, it preserves some of the wildest and most breezy of hills. From its low-lying and not particularly exhilarating agricultural plains, it affords a resort of the most agreeable contrast. And though the "Forest" has long since disappeared—in book language, "disafforested"—and you may roam over large areas without a suspicion or a reminder of "lovely Charnwood," bits of genuine old forest can be found round a few of the ancient country seats, or of more recent growth, on many hill-tops and hill-sides, and by the banks of streamlets and dingles lower

down. To the cultivated and nature-loving inhabitants of a town so thickly peopled as Leicester, such a locality affords a breathing-place of the most welcome description.

But Charnwood has other claims on the traveler and the student, in addition to those afforded by the striking character of its geological formation, the variety of its woodlands, or its well-preserved country seats. Not twenty miles from Leicester, and less than three miles from the dark and smoky district dignified by the name of Coalville, a sort of miniature potteries, with perhaps a blend of Coatbridge and Middlesborough, can be found—for it requires finding—the pile of buildings known as Mount St. Bernard Abbey, with its fair complement of monks, and with the monastic rule of a Cistercian order in complete manifestation. For this is no ruin, but an actual "abbey," full of life and reality; no remains of an ancient foundation, but quite a recent erection, not fifty years having lapsed since the first brother of the order took formal possession of the then barren and uncultivated soil. What was, and what is, how work tells on a most unpromising soil, and under highly unfavorable conditions, may be seen at Mount St. Bernard. Truly *orare et laborare* can accomplish marvels.

It must be noted that the name of the abbey, "Mount St. Bernard," indicates no connection whatever with the better known abbey of St. Bernard in the Alps, and which belongs to quite a different monastic order. The brethren whom we visited belong to the Cistercian order, better known as Trappists, and they live under a rule in some respects more severe than that of any other order. There are several houses belonging to this order in France, including one at Met Opray, several in Belgium, two in America, one in Africa, one in county Waterford, Ireland, and one near Rome. When we mention that, in addition to the recognized conditions of a monastic life—those of poverty, chastity, and obedience—the Cistercians add those of daily labor, silence, and abstinence, we indicate a life which must present to the ordinary citizen of the world features of anything but an attractive character.

Daily labor, in-door or out-of-door, is the lot of all. The brethren possess 300 acres of

land, 200 of which they cultivate themselves. About 100 acres are let off for the purposes of a reformatory, known as the colony, which was opened in 1856, for the reclamation of youthful criminals, the children of parents of the Roman Catholic faith. The brethren of the monastery cultivate their own wheat, fruits, and vegetables, make their own bread, have their own milk, butter, cheese, etc., attend to the management of twenty-two cows and eleven horses, and raise all they require for themselves and their poor all the year round. They are reputed as being among the best farmers in the district. Their butter goes to market, but most other produce appears to be raised to supply the wants of their house. The only hired laborers of the estate are a wagoner and a stableman.

At present, the monastic body muster between fifty and sixty in all, which may be divided roughly into two unequal parts; the smaller comprising the choir brethren, or seniors—*i. e.*, members in full order—and including the priests, or fathers, of whom there are eleven; and the other including the juniors, or brethren who have not yet been admitted into full brotherhood, and who rather preponderate in point of numbers. We may properly mention here that no person can be received into the order except after a novitiate of from five to seven years, and then only if the existing chapter are so entirely satisfied of his future as to elect him by a ballot; and so severe is the rule that we are not surprised to find that only about one in every twenty who offer themselves succeed in combining the necessary fitness and perseverance to gain admission to the order, by taking the most solemn vow. Of course, at any period prior to this last step their stay is optional, and they can leave the abbey at any time. The abbot, or superior of the entire order, is at present resident at Mount St. Bernard. The dress of the order consists of a cloak, reaching below the knees, with hood, and shoes, not sandals. In case of the choir, or full brethren, the dress is white.

We should not like to attempt a list of all the daily and special services, fasts, and observances, and the more properly religious life of the order. Of course, the services are frequent, and for the first they rise at 2 A. M. all

the year round. In services and labors; in the chapel, the house, and the field; in the worship of God; and in the service of their order, their farm, or their poor, diversified only by their few meals, their daily readings and lectures, and the varieties of the ecclesiastical and the natural seasons which must be so welcome to their life, they are constantly occupied. Neither time nor opportunity for idleness is here; only for labor and prayer; for work and rest; for charity and the fear of God, in which the brethren live, and must live to make their life an endurable reality. That they have enough to do, with their many farm and household affairs, the making of all their own clothing, bread, and the constant charity to the poor who claim this at their hands, must be evident; for the rule of the order requires that hospitality be extended to every poor person who seeks it, without distinction. As a matter of fact this duty is anything but a sinecure. We are informed that the number of poor persons who avail themselves of this provision reaches sometimes from 200 to 300 daily. A substantial, plain meal of food of good quality is given to all. Even the resident poor from the out-lying villages in times of distress have been glad to avail themselves of this bounty. The eight to nine hours' daily labor in the fields during the season are agreeably broken at intervals by other kinds of occupation; labor and refreshment of body and mind appear to be regularly alternated.

We have referred to the rule of silence. This is an integral part of the discipline of the order, and pervades the whole life. It of course precludes conversation, its object being to secure the members from distractions, that nothing may disturb the habit of contemplation, which it is one of the purposes of the monastic life to cultivate. Of course the duties of their life render a certain amount of communication necessary, and this is provided for, while those who give instructions or carry on intercourse with the external world—as the superior, the guest-master, the porter, etc.—are obviously exempted. The daily reading during meals, evening lectures, and the frequent musical services prevent their life from becoming in any way an absolutely silent one.



And now as to the practice of abstinence, or observance of what some may be pleased to call a perpetual fast. The brethren eat in the refectory only; they partake of neither meat, fish, butter, nor eggs, all the year round. Fruits, farinacea, and vegetables of their own produce, with such additions as rice, tapioca, sago, milk and cheese, form their staple diet. No butter is used except at times of dispensation. During illness in the infirmary they have whatever food their medical director may require. We have mentioned that they grow their own wheat, and they certainly make excellent bread, not what would be termed brown, nor yet quite of an orthodox white, but genuine, sweet, and satisfying. They have some four or five acres of land laid out as orchards, with various fruit trees, besides good kitchen gardens. They drink water, milk, and beer of their own brewing, half a pint of the latter being allowed per day for dinner by the rule of the order, though some prefer milk instead. The practice varies—one, two, or three meals a day. In summer (from Easter Sunday to the 14th of Sept.), when most field work is done, all but the choir brethren take three meals daily; and during Lent, which is very prolonged, two only. The seniors or full members of the order take two meals daily; but during Lent one only. On Sundays, throughout the year, Lent or not, all have two meals.

Now, what is the effect of such a regimen upon the life of the general body? At any rate they enjoy their food; they have excellent appetites; they consider their method of life rather one of self-control than of self-denial. They have peace; they are free from the diseases, moral and physical, which in the world spring from satiety and luxury; they enjoy generally good health, decidedly better in most cases than previous to joining the order, when living on the conventional flesh diet.

Only the week before our visit they had buried Bro. Augustine, aged 89, the pioneer who, in 1835, had taken possession of the land in the name of the order before a stone of their present extensive buildings had been erected. Bro. Peter still lives, aged 79; so does Father Andrew, aged 75, with five or six others between the ages of 60 and 70; and

others of all ages down to the youngest recruit of 19. They appear both to live well and to live long.

How the order took its rise and shaped its checkered course, and made its mark on the history of Europe, of England, and of Christendom; how the brethren have labored day by day and year by year in the erection of the great range of buildings designed for them by the eminent Pugin, and covering several acres of ground; how they patiently cultivated, planted, and fostered their "land" until trees are crowning the once barren and naked heights, and fields are now where only rock was before; how they wisely take their noon-day "siesta" (a sleep of an hour) just before dinner; how Charles Dickens visited them in 1844,—these and other facts about the Abbey of Mount St. Bernard the reader must be content to imagine for himself as best he may. But of one fact I beg his faithful remembrance. These monks, by a life of steady and persistent industry, have turned every acre, I might say almost every yard, of the land given to them to useful and productive account. They have no wastes, even their barren land has become comparatively fertile by that most fertilizing of all agents—cultivation. They know little of fancy agriculture, but are well acquainted with the spade and the plow. The disafforested land again, in places, reminds one of the forest; gardens and fruit trees have taken the place of empty pasture and drear moorland; while even the stony hill-tops are clothed with wood, and wear in their season the verdure and power of sunlit foliage and planted beauty.

#### AMERICANS AS EATERS.

"DID you ever hear tell of Abernethy, a British doctor?" said the clock maker, Sam Slick.

"Frequently," said I; "he was an eminent man, and had a most extensive practice."

"Well, I reckon he was a vulgar critter," he replied, "that he treated the Hon'ble Alden Gobble, Secretary to the American Legation at London, dreadful bad once: and I guess if it had been me he had used that way I'd a fixed his flint for him, so that he'd think twice afore he'd fire such another shot

as that 'ere again. I'd a made him make tracks, I guess, as quick as a dog does a hog from a potato field. He'd a found his way out of the hole in the fence a plaguy sight quicker than he came in, I reckon."

"His manner," said I, "was certainly rather unceremonious at times, but he was so honest and straightforward, that no person was, I believe, ever seriously offended at him. It was his way."

"Then his way was so plaguy rough," continued the clock maker, "that he'd been the better if it had been hammered and mauled down smoother. I'd a leveled him flat as a flounder."

"Pray, what was his offense?" said I.

"Bad enough, you may depend. The Hon'ble Alden Gobble was dyspeptic, and he suffered great uneasiness arter eatin', so he goes to Abernethy for advice. 'What's the matter with you?' said the doctor—jist that way, without even passing the time o' day with him—'what's the matter with you?' said he. 'Why,' says Alden, 'I presume I have dyspepsy.' 'Ah!' said he, 'I see; a Yankee swallowed more dollars and cents than he can digest.' 'I am an American citizen,' says Alden with great dignity; 'I am Secretary to our Legation at the Court of St. James.' 'The deuce you are,' said Abernethy; 'then you will soon get rid of your dyspepsy.' 'I don't see that 'ere inference,' said Alden, 'it don't follow from what you predicate at all; it ain't a natural consequence, I guess, that a man should cease to be ill, because he is called by the voice of a free and enlightened people to fill an important office.' (The truth is, you could no more trap Alden than you could an Indian. He could see other folks' trail, and made none himself; he was a real diplomatist, and I believe our diplomatists are allowed to be the best in the world.) 'But I tell you it does follow,' said the doctor; 'for in the company you'll have to keep, you'll have to eat like a Christian.'

"It was an everlasting pity Alden contradicted him, for he broke out like one ravin' distracted mad. 'I'll be hanged,' said he, 'if ever I see a Yankee that did n't bolt his food whole like a boa-constrictor. How can you expect to digest food, that you neither take the trouble to dissect, nor time to masticate.

It's no wonder you lose your teeth, for you never use them; nor your digestion, for you overload it; nor your saliva, for you expend it on the carpets instead of your food. It's disgusting, it's beastly. You Yankees load your stomachs as a Devonshire man does his cart, as full as it can hold, and fast as he can pitch it with a dung-fork and drive off; and then you complain that such a load of compost is too heavy for you. Dispepsy, eh! infernal guzzling, you mean. I'll tell you what, Mr. Secretary of Legation, take half the time to eat that you do to drawl out your words, chew your food half as much as you do your filthy tobacco, and you'll be well in a month.'

"I do n't understand such language," said Alden (for he was fairly riled and got his dander up, and when he shows clear grit, he looks wickedly ugly, I tell you), 'I don't understand such language, sir; I came here to consult you professionally, and not to be——' 'Do n't understand?' said the doctor, 'why it's plain English; but here, read my book,' and he shoved a book into his hands and left him in an instant, standing alone in the middle of the room."—*Ex.*

#### FOOD OCCASIONING A TASTE FOR LIQUOR.

[The following article we quote from *Truth for the People*, an excellent temperance journal published in Detroit, Mich. It contains so many good things that it deserves careful reading.—Ed.]

THE relation of food to intemperance is receiving more attention than formerly; yet as a preventative, in early training and forming the habits of children, it is not considered with the intelligence and earnestness the subject demands. How few reflect that the perverted appetite which so often ends in the most degrading life of drunkenness and debauchery is the result, many times, of an appetite cultivated—yes, created, in early childhood by indulgence in such articles of diet (I cannot call them food) as are surely making a larger and larger demand for unnatural indulgence in stimulating food and drinks.

When those who have the care of children allow them to eat the many irritants that find a place on our tables, they are many times

starting a first class drunkard. I do not say that every one who eats of stimulating and dyspeptic-breeding articles will become a drunkard; but that kind of diet leads directly to an increased demand for stronger and stronger stimulants, both in eating and drinking, till the probability is that with the temptations about them they sooner yield to excess than resist it.

I protest against the use of highly seasoned food, the pickles and the numerous condiments that are so commonly used to spoil good food and stomachs. But if older people will persist in such unhealthful, dyspeptic-breeding practices, that no temperance advocate should be guilty of, let them have mercy on the little ones and "lead them not into temptation." *Never* allow children to eat pickles, nor to use mustard, pepper or horse-radish. Put no spices in what they eat, but teach them that plain, nutritious food is enough for a really hungry stomach; and by example as well as precept insist upon temperance in eating.

Where there is an inherited appetite for intoxicating drinks it can be entirely overcome by strict attention to the food eaten, as to quality and quantity. The child who is born into the world under the cloud of an intemperate parentage, may be saved from its consequences by the combined teaching of hygienic laws and moral influences, and be started on the road to temperance and virtue in spite of the inherited tendency; and instead of adding another to the crowd of ruined humanity, will be capable of resisting temptation and of understanding and helping others into the right way.

Now that there are so many who must, from the conditions under which they are born, have vitiated appetites, the work of reformation will necessarily embrace broader ground.

We who hope to do a work for future generations, as well as overcome a great evil now, must study faithfully and intelligently the temperance cause in its every phase. Where we can prevent intemperance by intelligently understanding and obeying physiological laws, we do in that degree overcome evil and build up reform on a basis that will be at once effectual and permanent. While we cannot control the conditions that bring children

into the world who through the law of transmission would become drunkards, we can enlarge our work to bring to bear such instruction as shall help to correct the evil, while advancing the cause of temperance and decreasing the causes of disease and suffering.

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**Starvation in the Nursery.**—In an article headed, "Starvation in the Nursery," the *Lancet* calls attention to what it says is a fact established by daily experience—that large numbers of persons occupying decent positions in society systematically starve their children in respect to that article of food which is the most essential to their nutrition. Even to very young and fast-growing children they give cocoa with water, and not always even a suspicion of milk, corn flour with water just clouded with milk, tea, oatmeal, baked flour, all sorts of materials indeed, as vehicles of milk, but so very lightly laden with it that the term is a sham. The consequence of this misplaced economy is that there are thousands of households in which the children are pale, slight, unwholesome-looking, and, as their parents say in something like a tone of remonstrance, "always delicate." Ignorance, no doubt, is often the cause. The parents do not know that, supposing there were no other reasons, their wisest economy is to let their growing young ones have their unstinted fill of milk, even though the dairyman's bill should come to nearly as much as the wine merchant's in the course of the week. But in many cases (the medical paper is of the opinion) the stint is a simple meanness, a pitiful economy in respect of that which, it is supposed, will not be open to the criticism of observant friends.

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**Filthy Filters.**—Dr. Chamonts, one of the most noted sanitarians of Europe, calls the attention of the public to the fact that it is a very unwise plan to place filters in cisterns, since they quickly become foul. A filter, in order to be of service long, must be often cleansed, and must be exposed to the air, so that its oxidizing properties may be renewed. A filter in a cistern soon becomes a source of contamination.

## LITERARY MISCELLANY.

Devoted to Mental and Moral Culture, Social Science, Natural History  
and other Interesting Topics.

### THE SOURCE OF POWER.

THE noblest lesson taught by life  
To every great heroic soul  
Who seeks to conquer in the strife,  
Is self-control.

Truth grants no scepter to the hand,  
Where pride and passion hold the sway;  
He who with honor would command,  
Must first obey.

An honest doubt is oft the seed  
Of truth, that bright celestial flower,  
And weakness, through some noble deed,  
Is changed to power.

### MRS. HART'S ECONOMY.

"I WANT to show you some under-garments I've been having made lately," said Mrs. Hart to her friend Mrs. Secor. "Such exquisite sewing, and all hand work, too, and I get them next to nothing. Did you ever see anything finer than this ruffling and tucking?"

The ladies were sitting in Mrs. Hart's sunny front chamber. It was in perfect order, and everything about it indicated the union of good taste with the possession of money.

The furniture was costly, the carpet and rugs were rich, and the fluted pillow-shams on the elegant bed, of the finest linen, edged with lace. As Mrs. Hart opened a drawer and took from it the newly-made clothing of which she had spoken, she went on to say,—

"If your wardrobe needs replenishing, Jenny, now is your time. The woman who did these for me is desperately poor, and will be thankful to work at your own price. She offered to make these for twenty cents apiece. I would never thought of naming less than fifty to her myself, and I have paid eighty cents and a dollar to Miss Gilmore, for work less nicely done. But when she offered, I concluded she knew her own business best, and I jumped at the chance, I can tell you."

Mrs. Secor looked at the elegant dressing-

sacques and other articles of clothing which her friend was proudly displaying. They were faultlessly done. But she uttered not a word for some moments, and the deepening flush on her cheeks and the light in her brown eyes told very plainly what she thought of her friend's economy. Mrs. Hart, however, suspected nothing, and went on chatting fluently.

"Have you bought your new fall hat yet, Jenny?" "No!" Then you must see mine. I found it at Hillyer's yesterday. Of course I had to pay an immense price, for Madame charges extra for her style; but that made no difference. I tell Lewis, when he finds fault, that if I spend at one end, I save at another, and he knows I never exceed the amount we have thought it right to limit ourselves to. This bonnet, now, cost twenty dollars; but there is n't a prettier one in our church, nor will there be this season."

"Twenty dollars for a piece of French felt, a little velvet, a feather, and a cluster of autumn leaves! six would amply cover the actual cost of everything, Matilda, and you have willingly given the other fourteen—for what?"

"Why, you dear little goose, for the composition, the artistic combination, the effect. A woman's bonnet is the most important part of her dress; it is the head-piece, and it must be handsome. I like elegant things anyway;" and the lady surveyed her dainty self in the mirror, and glanced complacently around her well-appointed room.

"Twenty dollars for the hat, and twenty cents for all the stitches that have gone into this elaborate sacque, tired stitches, too, I'm afraid, Matilda. How very, very hard the poor fingers had to toil for that poor twenty cents. It don't look like much, does it?" As she spoke she took two silver dimes from her little steel purse, and held them thoughtfully in her hand.

"It was all the woman asked, dear," said

Mrs. Hart positively. "If she had wanted more, would she not have said so? Surely she knew what she could afford to work for; I, on my part, employed her really out of charity. I had no need of more things at present, and I let her do them only because the terms were so reasonable. She is a good sewer, and if I had been selfish, I would have kept her all to myself. Now if you go and offer her more than she demands, Jenny Secor, you will do an unfriendly thing, and hurt her prospects, too, for I intend at once to send her Eddie's new shirt-waists to make, and when spring comes she shall have all of Adela's aprons and skirts, if she continues to please me."

"Where does she live?" asked Mrs. Secor.

"At No. 12 Harvard Street. It's a poky part of the city to go to. Lewis never likes me to venture into those tenement regions alone. But she'll be here to-night, and I'll send her in to see you. I have no doubt she can embroider, and Cornelia might let her help on her trousseau. I am glad I told you about her."

"What did you say her name was?" said Mrs. Secor.

"I did not say it at all, but it is Ella MacBride. She has a little sister in the Home, and that's where I met her. Being a manager, I see a good many poor people on Board days."

"Matilda, I am going to visit Ella MacBride, and find out for myself what sort of a home she lives in, and what sort of food she can buy at the price you tell me satisfies her. Will you accompany me? You are known as a benevolent woman, and you ought to make visits among the poor."

"I must beg to be excused, Mrs. Secor," said Mrs. Hart with decision. "I consented to give my name and influence to the Home, as my pastor asked me to do so; but I never intended to venture into places which are unfit for ladies, nor to engage in any quixotic schemes. My duties lie mainly at home to my husband and children. If I please them and make them happy, my conscience is satisfied."

Harvard Street was fully a mile from the avenue on which the Harts and the Secors resided. Mrs. Secor was familiar with it,

for her feet were accustomed to seeking the poor and sick in their homes. On leaving her friend, she stopped a car which was going to the river, near which the thronged homes of Harvard Street were to be found. Homes! The name seems sadly misapplied to houses in which hundreds of human beings are crowded closer than cattle, in which there is no privacy, no opportunity for the cultivation of delicacy, no room for thrift or good house-keeping to display itself. Once used as the residences of respectable merchants, the houses which Mrs. Secor came to had fallen from their high estate. Years and years ago the former owners had moved up-town, the wave of fashion sending them far from a locality which had once been choice and aristocratic. By degrees they had sunken from the abodes of respectable mechanics and keepers of small shops, to the dwellings of the lowest laboring class whose precarious living is from hand to mouth. They had one advantage over the modern tenement-house, and one only. That consisted in their solidity. The halls were wide, the stairs were strong, and on smooth pine floor and ornate ceiling there was still the old stamp of gentility and thoroughness.

The door of No. 12 was open. A dejected looking man with a pipe in his mouth sat on the steps. A frowzy woman, with her dress torn half off and a babe in her arms, was standing behind him, apparently scolding. She ceased the torrent of her objurgations as the pleasant-faced lady approached and inquired if the MacBrides lived there.

"Top floor, back room," was the brief reply.

Mrs. Secor picked her steps carefully through the hall and up the dirty stairs. She encountered half-naked children, clamorous and quarreling, nearly stumbled over a little fellow lying sound asleep in the highest passage, and was eyed suspiciously by a gaunt and savage-looking cat, who glared at her as she pushed him aside. Mrs. Secor disliked cats, but she pitied this one, for it seemed very forlorn.

Knocking at the specified door, a querulous voice bade her enter. Close to the small window sat a delicate-looking young woman, sewing with nervous haste. She scarcely glanced from her work, but left the task of entertaining to her mother, who was bending over the small stove as if to coax all the warmth

she could from its feeble fire. The room was very clean, and the dress of both mother and daughter, though thin and old, was extremely neat. One evidence of refinement struck the quick eye of the visitor. A pot of mignonne in bloom stood on a shelf where the light could fall upon it, and its sweetness was lavished as generously in that poor abode as it could have been in the most palatial mansion.

"Miss MacBride," said Mrs. Secor, "you will excuse my intrusion when I tell you that I have come on a matter of business. I have seen the work you are doing for my friend Mrs. Hart, and I wish to engage you to sew for me. Can you operate on a machine?"

"I can," replied the girl, "but I have none of my own. I have never been able to get one."

"I should prefer your coming to my house. I will give you one dollar and a half per day, and for the present I shall need you four days every week. I think I may say that I will have work to employ you steadily for the next six weeks, for my niece is to be married, and there is a great deal of sewing to be done for her, and I have family work besides."

Such a gleam of joy as lighted up the pale face and flashed into the weary eyes! Such an immense thankfulness as for a moment altered its whole expression! Then she let her work fall on her lap and burst into tears.

The mother spoke:—

"Indeed, madam, you do n't know how we need money. My little boy has a place in a store. He gets enough to pay the rent. Ella has walked the streets till her feet were blistered in her worn-out shoes looking for work, and nobody would give her any till your friend agreed to try her, and the price was so small that it has nearly killed her to work at it. But it was better far than the shops would give. Think of a dozen ladies' wrappers at twelve cents apiece, and shirts at five cents each."

"The fine work she has been putting on these garments at twenty cents, amounted to more labor than that, Mrs. MacBride. It is not wise to make one's skill too cheap, for if you have real skill and merit, you are certain after awhile to get properly remunerated.

Mrs. Hart would have given more if your daughter had asked it."

"No ma'am," emphatically said the daughter. "She took me only because I promised to make the things for so low a price. I had been to forty houses before I found any one who would hire me. When am I to begin with you?"

"To-morrow morning," answered Mrs. Secor, laying her card on the table. "Be at my house at eight, and you can take breakfast before you begin. I will give you breakfast and dinner, and you can come home to supper with your mother."

Neither meat, nor tea, nor coffee, nor milk had been possible to the MacBrides in some time. Potatoes, meal, and molasses, had formed their diet. A few days of good food and steady work in Mrs. Secor's sunny, airy house, wrought a great change in the looks of the seamstress, and ere long she was able to remove to better apartments. Mrs. Secor interested herself to obtain employment for her from other friends; and as the winter deepened, and the poor suffered more bitterly, she multiplied her errands of charity, and tried harder than ever to find ways and means of helping those who were in distress. She did not buy so many new dresses, nor wear so rich a bonnet as Mrs. Hart; but when her head had pressed the pillow at night, her sleep was sweet, for often there came to her the blessedness of His tender voice who said, "Inasmuch as ye did it to one of the least of these, ye did it unto me."—*Christian Weekly*,

#### BLUNDERS OF ARTISTS.

MANY of the old masters made amusing and curious blunders in their works. Tintoret represented the "Israelites Gathering Manna," armed with guns. Cigoli painted the aged Simeon at the circumcision of Christ with a pair of spectacles on his nose, and Rubens committed the same error in his famous picture of "Mary Anointing the Feet of Christ." In a picture of "Christ Healing the Sick," by Verrio, the spectators are represented as wearing periwigs on their heads. Albert Durer painted the expulsion of Adam and Eve from the Garden of Eden by an angel in a flounced dress. The same artist, in

a picture of "Peter Denying Christ," introduces a Roman soldier smoking a German pipe.

A Flemish picture of the wise men worshipping the infant Christ has one of them depicted in a large white surplice and in boots and spurs. In this incongruous dress he is represented in the act of presenting the child with a model of a Dutch man of war. In a painting of Abraham offering up his son Isaac, by an artist of the same school, the patriarch, instead of using a knife as described in the Scriptures, is holding a blunderbuss to the head of Isaac. Bellini has pictured the Virgin and child in the act of listening to a violin. In another picture he has drawn King David playing a harp at the marriage of Christ with St. Catherine. In a French picture of the "Last Supper," the table is ornamented with tumblers filled with cigar-lighters. The crowning blunder is shown in a painting of the Garden of Eden, in which Adam and Eve are represented in all their primitive simplicity, while in the immediate background appears a hunter in a modern sporting suit in the act of shooting ducks with a gun.—*Graphic*.

#### THE CHRISTMAS PRESENT.

A LADY, we will call her Mrs. Bright, was so unhappy as to be the wife of a man who was a constant drinker of intoxicating liquors.

Every way that love and womanly wit or indignation could devise, Mrs. Bright had tried, in vain, to reform her once beloved husband. Indeed, he was yet dear to her, as her emotion when she spoke of him and his condition testified. He had been a very handsome man, and rather vain of his good looks. He had also been a person of much dignity of appearance, and of a great regard for propriety. But all was now sadly changed. Being always under the influence of his evil habit, he was bloated, his eyes were red, his expression was that of stupidity, and his unsteady steps rendered him an object of anything but admiration or respect. He had fallen so low that he would enter any gin hole or corner grocery for his dram. This his poor wife knew, as she had more than once seen

him do it, and it mortified her exceedingly.

The Brights were people of considerable wealth, and they had a fine family of sons and daughters, who grieved and blushed for their father. "He might at least spare us the shame of making his disgrace so public," thought Mrs. Bright. "I will see if I cannot prevail on him to keep out of such places."

Christmas was near. On Christmas morning, while all the younger members of the family were rejoicing over their presents, Mrs. Bright called to her husband to come into her chamber and see what she had bought for him. "It is too heavy for me to carry to you," she said, "so come and get it."

Mr. Bright entered, curiosity depicted on his face.

What should he behold but a straw-covered hamper containing several gallons of brandy!

"What—why—well, really, wife, I am much obliged to you, I am sure; but—how did you come to buy me *this*?"

"I wanted to *please* you, husband; and I thought this would please you better than anything else would. And now all I ask of you is—if you *do* feel obliged to me—that you will always keep this supplied, and do your drinking in your own house, not in low rum holes."

Mr. Bright promised. He was a good deal embarrassed—hardly knew what to say to the children who had come in to view their father's present. But he kept his word, devoted himself wholly to his own brandy bottle, and had nearly finished what his wife had given him, when he was taken very sick in consequence of his potations.

He grew rapidly worse, and at length, feeling that he was about to die, he began to give his wife instructions as to what she had better do after he was gone.

"Your part of the property will be plenty to support you and Jennie [the youngest child, about ten years of age] quite comfortably in the retirement of some small country village," he said. "You had better move out of the city as soon after the funeral as you can get away."

"I shall do no such thing, Mr. Bright," replied the lady, with much spirit and determination. "Do you suppose I am going to bury myself and Jennie in any out-of-the-way corner? Not I."

"But how will you support yourself in the city?" inquired the sick man, taken rather aback by the words and manner of his wife.

"Oh, leave me to see to that. I shall not starve. I shall remain in the city; and shall see that Jennie has her proper education, and her proper place in society."

Quite irritated, Mr. Bright then asked,—

"Do you mean to marry again?"

"Very likely I may," returned his wife, coolly. "At any rate, I shall if I think best. You may be satisfied that I shall not shut myself up to mope life away, as some widows do. There is too much to do in this world for that."

"The sick man became silent. He turned over with his face to the wall—but not to die. He came to the conclusion that he would much rather live. He knew, well enough, what it was that was killing him. He would not be killed. He would never touch a drop of the accursed stuff again. He would live; and that *other man*, whoever he was, should not have Mrs. Bright. No; and he'd yet make her feel that her first husband was the only one she should ever want.

These resolves endured. At this day that man is alive and well, and his wife is a happy woman loving and admiring her husband as of old. They are both professed Christians.—*Helen Bruce.*

**Purty Happy, After All.**—A druggist had put up a prescription of some kind or other about four times a day for a certain small boy, besides filling orders for a large variety of patent medicines and porous plasters, says the *Free Press*. The sales were all cash, but the druggist's curiosity was at length aroused, and he said to the lad:—

"Got sickness in the family?"

"Kinder," was the reply.

"Your father?"

"Yes—all but me. Ma is using the plasters for a lame side, and taking the tonic for a rash that breaks out on her elbows. Pa takes the troches for tickling in the throat, and uses the arnica on his shin. Louisa uses that catarrh snuff and the cough medicine. Bill wants the brandy for a sprained ankle, and the squills are for the baby. That's all but grandma, and this prescription is to re-

lieve the pain in her chest and make her sleep harder."

"Rather an unfortunate family," remarked the druggist.

"Well, kinder, but pa says its cheaper than going to Hemlock Lake, and so we plaster up and swallow down, and feel purty happy after all."

**Be Something.**—It is the duty of every one to take some active part as actor on the stage of life. Some seem to think that they can vegetate, as it were, without being anything in particular. Man was not made to rust out his life. It is expected he should "act well his part." He must be something. He has a work to perform which it is his duty to attend to. We are not placed here to grow up, pass through the various stages of life, and then die without having done anything for the benefit of the human race. It is a principle in the creed of the Mahometans that every one should have a trade. No Christian doctrine could be better than that. Is a man to be brought up in idleness? Is he to live upon the wealth which his ancestors have acquired by frugal industry? Is he placed here to pass through life an automaton? Has he nothing to perform as a citizen of the world? A man who does nothing is useless to his country as an inhabitant. A man who does nothing is a mere cipher. He does not fulfill the obligations for which he was sent into the world, and, when he dies, he has not finished the work that was given him to do. He is a mere blank in creation. Some are born with riches and honors upon their heads. But does it follow that they have nothing to do in their career through life? There are certain duties for every one to perform. Be something. Do not live like a hermit, and die unregretted.—*Sel.*

**Prescription for Fits.**—For a fit of passion—Walk out into the open air. You may speak your mind to the winds without hurting any one, or proclaiming yourself to be a simpleton. "Be not hasty in thy spirit to be angry; for anger resteth in the bosom of fools."

For a fit of idleness—Count the tickings of the clock. Do this for one hour, and you will be glad to pull off your coat the next, and



work like a man. "Slothfulness casteth into a deep sleep; and an idle soul shall suffer hunger."

For a fit of extravagance and folly—Go to the work-house, or speak with the ragged and wretched inmates of the jail, and you will be convinced that,—

"Who makes his bed of briar and thorn,  
Must be content to lie forlorn."

"Wherefore do ye spend money for that which is not bread, and your labor for that which satisfieth not?"

For a fit of ambition—Go to the church-yard and read the grave-stones. They will tell you of the end of man at his best estate. "For what is your life? It is even a vapor that appeareth for a little time, and then vanisheth away." "Pride goeth before destruction, and a haughty spirit before a fall."

For a fit of repining—Look about for the halt and the blind, and visit the bedridden, the afflicted and the deranged; they will make you ashamed of your light afflictions. "Wherefore doth a living man complain?"

For a fit of envy—Go and see how many who keep their carriages are afflicted with rheumatism, gout, and dropsy; how many walk abroad on crutches or stay at home wrapped up in flannel; and how many are subject to epilepsy or apoplexy. "A sound heart is the life of the flesh; but envy is the rottenness of the bones."

**Live for Something.**—Live for something, if it be ever so little. Better to accomplish something than nothing. Better to look back on the little you have done than sigh over wasted hours and misspent time. There is work for every one to do, and he who labors with a willing heart and hand will one day reap the reward of his labor.

Live for something. Let every leaf in the volume of the year bear some mark of yours upon its pages. Let every turn of Time's old iron wheel give some account of well-spent days. Live so that your virtues will excel your vices, and shine brighter and brighter as the years grow less and less. Live so that you can look to the past without regretting that you have done too little in this life. Labor for something noble and praiseworthy. Live so that in passing from

this to another shore you will leave behind you

"Footprints on the sands of time."

Live for something. There is no one but what can do some good—no one who need say, "I can accomplish nothing,—none who need spend their days in idleness. Life is a blank book, every page of which must bear something worthy of record, or a blot that can never be erased. Then be mindful what you leave upon its leaves; for it will tell in time and eternity what you have lived for, and He who keeps a record of our deeds will reward us accordingly.—*Sel.*

**German Street Scenes.**—Travelers find the street scenes in German towns peculiar and noticeable. Single cows and oxen are worked like horses. One is surprised at the large size and physical strength of the women, who seem to perform the principal portion of the physical labor; while those of their husbands not permanently engaged in smoking and beer-drinking are either soldiers or policemen. Girls and dogs are harnessed together into milk-carts, and horses are harnessed to a single pole, in place of being between two shafts. The women, as a rule, are not beautiful, not even comely. Undoubtedly there are pretty Marguerites, hidden away somewhere, with their long braids of blonde hair, but they certainly do not much abound. On the other hand, there are to be found very few beggars or drunken people. An air of thrift surrounds one on all sides.—*Sel.*

**Work of Authors.**—Few people have anything like an adequate idea of the amount of work required in the production of a book of real value. "Johnson said he calculated, when writing for a magazine, that if he wrote but one page a day he would at the end of ten years have written ten folio volumes. 'When a man writes,' says he, 'from his own mind, he writes rapidly. The greatest part of the writer's time is spent in reading. A man must turn over half a library to write one book.'"

—Read not books alone, but men; and be careful to read thyself.

## SELECTING HUSBANDS

WE are sorry there is so much truth in the following article from *Every Saturday*; but according to our observation the principle works equally well the other way:—

It has been profoundly remarked that the true way of telling a toadstool from a mushroom is to eat it. If you die, it was a toadstool; if you live, it was a mushroom. A similar method is employed in the selection of husbands. Marry him—if he kills you, he was a bad husband; if he makes you happy, he is a good one. There is really no other criterion. As Dr. Samuel Johnson remarked, The proof of the pudding is the eating thereof. Some young men that seem unexceptionable, indeed very desirable, as long as they are single, are perfectly horrid as soon as they get married. All the latent brute there is in the heart comes out as soon as a sensitive and delicate being seeks her happiness in his companionship. The honeymoon lasts but a very short time, the receptions and the round of parties are soon over, and then the two sit down to make home happy. If she has married a society man, he will soon begin to get bored; he will yawn and go to sleep on the sofa. Then he will take his hat and go down to the club to see the boys, and perhaps not come home till morning. If she has married a man engrossed in business, he will be fagged out when he comes home. He may be a sickly man that she must nurse, a morose man that she must seek to cheer, a drunken man that she must sit up for, a violent man that she fears, a fool whom she can soon learn to despise, a vulgar man for whom she must apologize—in short, there are thousands of ways of being bad husbands, and very few ways of being good ones. And the worst of it is, that the poor silly women are apt to admire in single men the very traits that make bad husbands, and look with contempt or ridicule upon those quiet virtues which make home happy. Men with very little personal beauty or style often make the wife happy—and sometimes quite the reverse. The number of ways of being a bad husband is almost as great as the number of ways of being ugly. No one can tell from the demeanor of a single man what sort of a husband he will be. Meantime

she must marry somebody. Eat it; if you die, it was a toadstool; if you live, it was a sort of mushroom.

—More than \$11,000,000 worth of alcoholic liquors were imported through the New York custom-house last year.

## POPULAR SCIENCE.

—Glass mill-stones are now in use, running cooler, and making finer flour than burr-stones.

—In Japan candles are made from the fruit of a tree. The fruit, consisting of small berries, is steamed and pressed, by which process a vegetable wax is obtained which is equal to beeswax in illuminating power.

—Dr. Erasmus Wilson estimates that each square inch of the human scalp contains on an average about 1,066 hairs. Taking the superficial area of the head at 120 square inches, this gives about 133,920 hairs for the entire head.

—A Frenchman has invented a drill which bores a square hole. He is able to bore square instead of round holes with a common drill, the secret being in making it a little loose on the handle so it will wobble. The same effect is produced by making the work wobble instead.

**The Hop Plant as a Source of Textile Fibers.**—The hop plant promises to become more serviceable even than flax as a fiber plant. By boiling the stems first in soda-water and afterward in acetic acid, they can be combed into fibers finer and more serviceable than flax and hemp.

**The Moon not Dead.**—For many years it has been held by astronomers that the moon has reached a period of physical quiescence, having undergone all the great physical changes to which such bodies are subject. On this account it has sometimes been called "the dead planet." A suspicion has arisen, within a few years, that this is not

the case. Sometime ago it was observed that a large crater on its surface had been filled from within. Very recently, an itinerant astronomer in Iowa observed, according to his assertion, a distinct volcano on the face of the moon. It is quite possible yet that instead of being dead, our moon is in quite too lively a condition to be at all comfortable as a residence.

**Cheap Blasting Powder.**—It has been found by experiment that unslaked lime compressed into cartridges like blasting powder and well tamped down into a hole, being then expanded by saturation with water, is even more efficient than powder for blasting coal, besides being free from the numerous dangers which attend the use of explosives. The coal is by this means torn apart without being shattered.

**The Man Fish.**—The curious human being which has been extensively advertised in the papers under this name at last proves to be only an ordinary human being, with less than ordinary intelligence, who is suffering from a peculiar form of skin disease, which gives it the scaly appearance of a serpent. The thickening of the skin between the fingers and toes gives them the appearance of being webbed. The disease is known as ichthyosis. He has a family of several children, none of whom are likewise afflicted.

**An Attempt to Make it Rain.**—According to the *American Monthly*, "a gentleman who resides near Boydton, Va., has aspired to a new science—that of controlling the clouds in order to cause it to rain at will. With the view of attaining this end he built 'a rain tower,' which novel structure is said to be thirty feet in diameter at the base, which size it retains to the height of forty feet. To this height it contains four flues, each seven feet in diameter. The number of flues is then reduced to two, which run up twenty feet higher, the top of the structure reaching an altitude of sixty feet. The whole concern was erected at a cost of about \$1,000. The method of causing rain to fall is as follows: The flues are filled with dry pine wood, which is set on fire, and which is kept

up until the desired effect is produced on the elements. His theory is, that the great heat produced in the air above the 'tower' will cause the clouds to concentrate over it, when plenty of rain will fall in that vicinity. The originator of this novel idea is said to be a firm believer in the practicability and utility of his invention, notwithstanding the fact that after repeated trials, during which he consumed hundreds of cords of wood, his tower failed to produce the desired effect on the unpropitious heavens, he having been a great sufferer from drought during the entire spring and summer."

**Scientific Execution.**—Dr. J. H. Packard, in an address before the New York Medical-Legal Society, as reported in the *Sanitarian*, recommends the inhalation of carbonic oxide as the most humane mode of inflicting the death penalty which science can suggest. This agent is painless, and exceedingly rapid in its action, only two or three minutes being required to produce death. This mode of producing death has been quite extensively employed in Philadelphia for the destruction of stray dogs. It is suggested that the prisoner might be shut up in a strong glass room prepared for the purpose, into which the gas could then be introduced. It is thought that the whole operation need not occupy more than ten minutes.

**Condition of Space.**—At an altitude of 18,000 feet the air is indicated by the barometer to be only half as dense as at the surface of the earth. And as the densities of the atmosphere decrease in a geometrical progression, the density will be reduced to one-fourth at the height of 36,000 feet, and one-eighth at 54,000 feet. The effects of the decreasing density of the atmosphere are, that the intensity of light and sound are diminished, and the temperature is lowered. Persons who have reached a very high elevation state that the sky above them began to assume the appearance of darkness, and there can be no doubt that, if it were possible to reach an altitude of some fifty or sixty miles, there would be perfect blackness, although the sun's rays might be pouring through the darkened space to illuminate the atmosphere.—*Sel.*



# GOOD HEALTH.

BATTLE CREEK, MICH., FEBRUARY, 1879.

J. H. KELLOGG, M. D., EDITOR.

TERMS, \$1.00 A YEAR.

### GOING AT IT RIGHT.

In most large cities, the prosecution of certain trades, such as rendering, slaughtering, pork-packing, manufacturing fertilizing material, soap-boiling, and allied avocations, imperil the lives of large numbers of citizens by the foul and noxious odors which are developed in establishments devoted to the purposes named. The immense wealth by which these establishments are backed has hitherto usually prevented their prosecution. We are glad to see by the paragraph which we quote below from a daily newspaper that Chicago has at least one citizen with sufficient appreciation of the importance of the matter to be unwilling to submit to the insult longer. About three years ago we selected boarding quarters in a populous part of the city of Philadelphia, near the beautiful Fairmount Park grounds, then enlivened by the busy preparations for the Centennial Exhibition. We had not been in the city a week, however, before we had become convinced that nothing but a precipitous flight from the poison-laden atmosphere of that city which prides herself on her cleanliness, would save us from an attack of typhoid fever or cholera. Gas works, rendering establishments, horse-car railroad stables, and an indefinite number of allied nuisances, freighted the air with disease-producing germs and gases. We literally fled for life to the country, and submitted to all the inconveniences of a daily steamboat ride to the city rather than run the risk of coming home in a coffin. The wonder to us is that the inhabitants of these filth-afflicted cities do not rise *en masse* to exterminate the nuisance, if need be by an expurgation by fire.

According to the newspapers, a prominent lawyer of Chicago has sued for "damage done to his nose," as the "paragapher" puts it,

but as the complainant himself says, the suit is entered against certain parties engaged in slaughtering animals, manufacturing fertilizing material from the offal of animals, from the carcasses of dead animals, and from promiscuous carrion in general found in the streets of Chicago, because they have so conducted these operations "that divers noisome, noxious, nauseating, sickening, offensive, and unwholesome vapors, fumes, smokes, smells, stenches, and putrefying exhalations have been given off from their factories, which have penetrated into plaintiff's dwelling and seriously interfered with the health and comfort of himself and family."

We wish the gentleman success in his suit. If a similar action could be instituted in every large city in the country, the death rate would be appreciably diminished within a month. There is no more humanitarian enterprise open for those who have ability and means than the prosecution of all proprietors of "fever nests;" and lawyers are just the ones to engage in the business, since it will cost them nothing for attorney fees.

### A MARVEL OF ENDURANCE.

A CERTAIN Madame Anderson, of Brooklyn, N. Y., has recently accomplished a pedestrian feat requiring an amount of physical endurance rarely exhibited by either sex. The task which Mrs. Anderson set for herself was to walk 2700 quarter miles in 2700 quarter hours. This required her to walk one-fourth of a mile in every quarter hour for more than four weeks. Few had faith in her ability to accomplish so trying a task; but she succeeded, notwithstanding all the predictions to the contrary.

But the most marvellous part of the story

is yet to be told. According to the newspaper reports, the power of endurance manifested by the muscular system of this female pedestrian is wholly eclipsed by the toughness of her digestive organs. It would seem, indeed, that this part of her organization must be made of material quite different from that composing ordinary human stomachs. Indeed, it is doubtful if even the digestive apparatus of an ostrich would endure such usage as is reported to have been received and apparently tolerated by the stomach of this temporarily famous pedestrian.

From some source not stated, Madam A. seems to have imbibed the idea that the stomach must be kept well supplied with food in order to enable one to endure severe muscular effort. Consequently, she adopted the plan of eating as often as she walked, or every fifteen minutes. The following programme of her diet for a couple of hours will give some idea of the character of her food, as well as the manner in which it was eaten:—

8:11 P. M.—Port wine and piece of bread.

8:22 P. M.—Half a pork pie and wine-glass full of lager.

8:38 P. M.—Six oysters and port wine.

9:09 P. M.—Piece of pine-apple; port wine.

9:25 P. M.—Cup of tea and small piece of candied fruit.

9:39 P. M.—Port wine.

9:52 P. M.—Beef tea and port wine.

10:02 P. M.—Went on track eating peanuts.

A reporter remarks, incidentally, that after taking fifty-one drinks of wine and lager, eating half a pork pie, taking another glass of lager, a mess of chop and onions, four dozen oysters, eight cups of beef tea, six cups of ordinary tea, several glasses of champagne, potatoes, lobster, and three whole chops, with indefinite quantities of pine-apple, nuts, and other small things, she took a little magnesia which, he thinks, she probably needed.

Undoubtedly some one will note the facts which we have stated above, and improve the occasion to deride the teachings of those who advocate attention to the laws of hygiene as an essential condition to the enjoyment of health. The only answer necessary to such is that human nature is sometimes very tough. Madam A. was able to survive both her walk and the fearful abuse to which she

subjected her digestive organs; but what person of sense will say that she was in any way benefited by the gross violence inflicted upon the poor stomach?

#### TRICHINÆ IN CHICAGO.

Our friend Dr. H. F. Atwood, of Chicago, Treasurer of the American Society of Microscopy, and Dr. W. T. Belfield, demonstrator of physiology in Rush Medical College, have been for some time engaged in an investigation of the trichinæ question, undertaken for the health department of that city. Each morning a health officer brought to the microscopists several specimens of pork taken from different parts of one or more animals, and gathered from all the different packing houses in the city. Of one hundred hogs examined, eight were found to be infected with trichinæ, the degree of infection varying from thirty-five to thirteen thousand per square inch of lean pork.

The investigators have conducted a series of experiments for the purpose of determining facts in the natural history of the parasite. Most of their experiments were performed upon rats, who were fed small quantities of the diseased meat at intervals of two or three days for a number of weeks. Very curiously, the rodents did not seem to be particularly inconvenienced by the parasites. One rat, which weighed but two ounces, was killed after having eaten trichinous pork for six weeks, and upon examination its body was found to contain at least 100,000 of trichinæ; yet the rat had never shown the least symptom of illness.

The conclusion which the investigators draw from this experiment is that any animal or man may take trichinæ in small quantities without a fatal result, and may carry them in his body for years. Indeed, they believe that large numbers of persons are infected with trichinæ who have no suspicion of it. Possibly this may account for the numerous wandering muscular pains, soreness, stiffness, weakness, and other muscular symptoms of which some great pork-eaters complain. It is evident that a person's muscular fibers could not be crowded with the living progeny of trichinæ, inclosed in

their calcareous sheaths, without the occurrence of serious results of some sort.

One of the investigators, Dr. Belfield, became so well acquainted with the pestiferous parasites that he ran the risk of presuming upon their good nature sufficiently to eat a dozen live ones. He has since been watching his symptoms, but at last reports no dangerous ones had developed. We do not mention this fact for the purpose of encouraging any one to do likewise, or to lessen the public fears respecting this loathsome parasite. It should be remembered that it is the great numbers which may be taken at any time by a user of pork, and the remarkable fecundity with which they propagate, that constitutes the danger. Twelve trichinæ might not be sufficient to kill, yet they will certainly give rise to as many thousand young ones, and these will remain alive in some part of the body as long as the person lives. Who relishes the thought of 12,000 living worms wriggling among his muscular fibers? If Dr. Belfield was willing to sacrifice his feelings in the cause of science, he has accomplished all that is required in this line, and there is no demand for further experiments of the same sort. Again, it should be recollected that thirty-five trichinæ to the cubic inch was the smallest number found; so that in eating infected pork one would be certain to swallow more than a dozen at every mouthful; and he might send down into his stomach as many as several hundred thousand parasites at a single meal, which in a week's time would become as many millions, and a day or two later be boring into his tissues in every direction. We earnestly advise everybody who has a prejudice against being "bored" to let the hog severely alone. So long as there is an abundance of toothsome and wholesome fruits and grains and vegetables, to say nothing of the better class of meats, beef, mutton, fish and game, there is no need of running the risk which must be taken by every consumer of pork unless he carries a powerful microscope with him and inspects each mouthful before he eats it.

—At a town in England the sewage is mixed with lime, dried, and made into Portland cement.

### THE LEPROSY.

THIS loathsome disease, so much dreaded and justly feared in ancient times, now threatens to become, in some parts of the world at least, quite as much of a scourge as in olden times. We quote the following from an exchange:—

“The *Journal Des Debats*, commenting upon the existing prevalence of leprosy in Alicante (Spain), gives some curious details of this malady, both in ancient and modern times. A very slight acquaintance with the Mosaic law or the Hebrew writings is sufficient to prove how common, and at the same time how deeply dreaded, was this disease in ancient Palestine. Its attacks were regarded with the greatest terror, inasmuch as they were not known to proceed from any well-defined causes. Later inquiries have ascertained that it results generally from living in a damp atmosphere, or upon unwholesome, and especially upon salted, food. Certain trades are more subject to its attacks than others, such as those in which metal is handled or where very dusty and crumbling substances are worked. It may also be caused, like some other skin diseases, by any violent mental emotion, whether of rage, grief, or sudden fright. With regard to the persons most usually affected, they belong much oftener to the male than to the female sex, and children are rarely among the sufferers.

“A continuous history of the disease would probably show that it has been steadily decreasing for many centuries past. It became prevalent in Europe during the time of the Crusades—a fact which not unnaturally led to the opinion that it was a contagious malady. In Italy, where it made many victims, ideas prevailed regarding it not altogether dissimilar to those of which we read in the Old Testament. The unfortunate sufferers were looked upon with horror and aversion, and not only avoided, as was the case in Western Asia, but actually hunted like wild beasts.

“Since the Middle Ages there have been comparatively few cases in Europe, and this is the result of what has been done by way of prevention in the improvement of sanitary arrangements, the ventilation and drainage of houses, the clearing of land, and the habits of

greater cleanliness introduced among the people. Physicians have agreed, however, that the disease is not contagious. But although this is so, it is equally certain that it can perpetuate itself by hereditary transmission, and this conclusion has been amply justified in Spain, where the present outbreak is only a continuation of others, encouraged, as the *Debats* believes, by the filthy habits of the natives and the ignorance of their medical attendants."

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### TOBACCO.

WE are glad to know that there are a few journals in the land which are not afraid to speak out against tobacco, that vile weed of which Columbus spoke when he said, describing what he observed when he discovered this continent, that he "saw the naked savages twist large leaves together and smoke like devils." We are also glad to note that the number of journals as well as the number of public lecturers who are willing to aid in arousing the public to the evils, present and future, arising from the use of this filthy drug, is constantly increasing. The following article on the subject we quote from the *Christian*, a journal which has won for itself an enviable reputation as an able and earnest advocate of all true reforms:—

"It is estimated that about three hundred millions, or about one-fourth of the entire human family, use tobacco. It is used by men of every nation, civilized or uncivilized; old and young; learned and unlearned; rich and poor; saint and sinner; Christian, Turk and heathen. No pope, prince, president, or king wields a scepter over so wide an empire. It is computed that the whole number of smokers, snuffers, and chewers, consume five hundred tons of tobacco annually, or one billion pounds' weight. The expenditure of time, labor, and money laid out one way and another for tobacco, is prodigious. The aggregate of all these that enter into the raising of the weed, making it into plugs, snuffs and cigars; the transporting, the buying, and selling, and using, is a problem for mathematicians who know how to compute figures that rise beyond millions.

"The time spent by a single individual in taking chews, and lighting and puffing pipes

or cigars, would, if properly improved, in many instances, be sufficient to acquire a thorough knowledge in several sciences. Multiply this by the whole number of tobacco chewers, and it will amount to centuries of precious time consumed in useless practices. The labor of producing tobacco and preparing it for use is amazing. Five and a half millions of acres are cultivated in this soil-impoverishing crop throughout the world. In one great tobacco factory in Seville, Spain, five thousand young girls are employed in a single room. In the city of Hamburg, ten thousand persons, many of them women and children, are engaged in the manufacture of cigars. A printing press is occupied entirely in printing labels for the boxes of cigars, and other matters connected with the immense tobacco business of that city.

"A church member, known to the writer, uses seventy-five dollars' worth of tobacco yearly. A young man in a neighboring town confessed to smoking ninety-one dollars' worth of cigars in a year. In an annual report of a State almshouse there is the following item of expenditure: 'Nineteen dollars for tobacco, snuff, and pipes.' Communities must be taxed additional in order to provide tobacco for paupers! It is estimated that the clergy cost the United States six hundred thousand dollars annually; criminals, nineteen million dollars; tobacco, forty million dollars; rum, one and a half billion,—nearly seven times as much for tobacco as for preaching of the gospel, and enough, if applied for sixty years, to wipe out the stupendous national debt. What does tobacco cost you?"

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**An Ancient Remedy for Small-Pox.**—Ancient notions about the proper treatment of disease were very crude indeed. The *Sanitary Record* tells of a curious old custom which is still observed in some of the more secluded parts of England, of placing a small-pox patient in a bed with red hangings. This very ancient custom was in vogue in the time of Edward II., who was treated on a similar plan. His bed was hung with red, he was covered with red blankets, was given red mulberry wine to gargle, and sipped the red juice of pomegranates. He recovered.

## TURKISH BATHS.

FOR a person in health there is no greater physical luxury than a Turkish bath; and for many invalids there is no more potent means of cure. A lady correspondent of the *Hartford Times* thus poetically describes a Turkish bath, for the benefit of ladies who may not have had the pleasure of enjoying this luxury:—

“Has any one of your wandering paths  
Ever led to the Turkish baths?  
They are the finest of all things, never doubt it;  
Just sit down, and I'll tell you about it.  
First of all, you are shown to a cell;  
There you proceed to take off your—well,  
You may retain your hair-pins and rings,  
But you must remove all your other things.  
Then, you wrap yourself in a sheet,  
And fold it around you from head to feet;  
(And you'd better take one of your own,  
If you chance to be large and pretty well grown,  
For you'll find, and your modesty 't will harrow,  
That those provided are rather narrow.)  
Then you follow a girl, in solemn procession,  
Like a white-robed nun going in to confession;  
And she lays you out on a marble slab—  
And you feel like a lobster, or maybe, a crab.  
(To state that the room is extremely hot,  
The bounds of truth oversteppeth not.)  
Pretty soon, you begin to melt,  
And you wonder how Shadrach and Meshach felt.  
Then you're put in a room that's hotter still,  
And here, you really begin to grill—  
And the perspiration begins to flow,  
And you think of poor Abed-nego.  
There you lie, and think of your sins—  
And all you've heard it will “do for skins”—  
Till your very eyeballs begin to burn—  
Then the pretty girl comes and says it's your turn;  
And then stretched out, as if you were dead,  
On a steamy, slippery, marble bed,  
(With a rubber pillow under your head,)  
You are splashed, and soaped, and scoured, and rubbed,  
In fact, most comprehensively scrubbed—  
And last, somewhat to your consternation,  
Are played on, by hose, like a conflagration.  
Then, tucked away in a clean white nest,  
You can go to sleep or can lie and rest;  
And everything in the whole arena  
Is as clean as it is at home—or cleaner.  
And when at last you dress for the street,  
You feel so supple, and nice, and neat,  
And even your temper has grown so sweet,  
You feel no longer cold or hunger—  
And you look at least to be ten years younger,  
And be you as fat as a seal, or thin as a lath,  
Forever you'll bless the Turkish bath.”

**Adulterated Honey.**—A large share of what is sold in the cities as strained honey put up in small glass jars, is a mixture consisting of a small proportion of pure honey and a large amount of glucose, artificially manufactured from refuse starch, cotton rags, or sawdust. This kind of honey can be detected, usually, by means of the small proportion of iron which it contains in solution, combined with sulphuric acid. When a little of this adulterated compound is added to a solution of tannin—an infusion of common tea may be used—the union of the iron with the tannin makes the solution inky.

In case there is not sufficient iron present to make this test serviceable, the adulteration may be detected thus: To a half ounce of a strong solution of nitrate of barium, add a teaspoonful of the suspected honey. Shake thoroughly, then allow the solution to stand for half an hour. If a small quantity of a white powder makes its appearance at the bottom of the glass, there is little room to doubt adulteration.

**Bishop Simpson's Opinion of Stimulants.**—We are always glad to see men in high positions employing their talents of influence in the cause of temperance. According to the published report of Bishop Simpson's third lecture at Yale, he advises all young men who are entering the ministry to discard stimulants. The following are a few of his remarks on this point:—

“I would scarcely suppose that any one who feels himself called to the ministry would countenance their use; yet kind friends will sometimes suggest that you are weak, your nerves are tremulous, you have been out in the cold, you need a little stimulant, and they will urge the taking of a little wine or brandy before preaching. These friends will tell you that the most distinguished ministers are in the habit of using them; and I regret to say that in many churches both wine and brandy are there kept in the vestry for the use of the minister, both before and after preaching.”

“I have known some young ministers who have used a few drops of paregoric or opium to give them strength for the pulpit. I am glad to say that I have known but few such



cases; but I must add that these were led in the end to either physical or moral ruin."

Referring to the use of tobacco by clergymen, he remarked: "I suppose there is a sort of enjoyment connected with it, for I have seen men sit for an hour smoking, with their feet upon a table, professing to be studying. I have no doubt they had visions of greatness and glory; but prolonged observation shows that their lives usually ended, with their cigars, in smoke."

If the Bishop had only added tea and coffee to the list, and strong condiments, he would have covered almost the whole ground of true temperance reform, and would have pointed out the great causes of poor health among clergymen, which necessitate frequent vacations, travels in Europe, visits to watering-places, etc.

**Consumption Contagious.**—The *Canada Lancet* gives a translation of a paper by Dr. Tappener, describing the results of a series of experiments conducted by him to ascertain the degree of inoculability of the tubercle which is the organic characteristic of phthisis or consumption. The results described show most conclusively that the disease is readily communicated not only by taking infected flesh as food, but by inhalation of the organic germs developed by the disease also. He produced unmistakable cases of consumption in dogs, by making them inhale air containing the germs of tuberculous disease. The following instructive paragraph we quote from the *Lancet*:—

"In ordinary conditions, that is to say in fresh and frequently renewed air, the matters expectorated and suspended in the air may not become sufficiently concentrated to have the power of inducing tuberculous infection. But when a certain number of phthisical patients reside together, and through fear of cold or of draughts the place is but little or not at all ventilated, may we not feel that the expectorated matter will accumulate sufficiently to become dangerous to healthy persons living in the same quarters? Ought we not, therefore, in this regard to take precautions, sometimes neglected, particularly in the wards of hospitals? Is it not perhaps

prudent to recommend to consumptives never to swallow the matter brought up from cavities, which may have a deleterious influence on the digestive canal? Finally, may not these experiments in some degree explain the transmission of phthisis from husband to wife, or *vice versa*, and consequently the advisability of avoiding conjugal intercourse?"

**Noise of the Circulation.**—Many people are puzzled to know the source of the curious noises which are sometimes heard in the ear, even when all about is still. While there are several sources for these strange sounds, one of the most common is the peculiar roar or murmur made by the circulation of the blood. A large artery, the carotid, and also the jugular vein, pass very near the internal parts of the hearing apparatus. In certain states of the blood and of the circulation, sounds are occasioned by the passage of the blood current through these vessels, and the proximity to the ear enables them to be heard. These sounds can also be heard by the aid of a proper instrument in other large veins and arteries, as those of the neck. The character of the sounds is very diversified. Now it is a gentle murmur, a moment later it has a roar like that of a distant cataract, and again it closely resembles the soft sighing of the wind or the musical humming of an insect.

Another way in which the circulation can be heard and at almost any time, is by placing the end of the finger in the ear. The slight roaring sound which is then heard is said by Dr. Hammond, of New York, to be the sound of the blood rushing through the blood-vessels of the finger.

**Poisoned Condiments.**—Such condiments as mustard, pepper, curry-powder, and vinegar, with the mild stimulants, tea, coffee, and chocolate, are bad enough in themselves, without any poisonous admixture; but if we may believe the statements of a gentleman who ought to know, the articles mentioned are often adulterated with the most poisonous and dangerous drugs. We quote as follows:—

"Cayenne pepper and curry-powder usually contain red lead; mustard, chromate of lead;

vinegar, sulphuric acid, arsenic, and corrosive sublimate. Half the vinegar sold is rank poison. Pickles are pretty sure to contain copper. Flavoring oils, syrups, and jellies, are apt to be adulterated. Coffee is systematically adulterated, and the lover of this seductive beverage cannot insure himself against imposition, even by buying the whole berry, for chicory and clay also are molded by a patent process into the semblance of coffee berries, and sold as such. Tea, of course, is adulterated with all sorts of terrible things, and so are cocoa and chocolate."

**A Brahmin's Opinion of Pork.**—A prominent public lecturer, once a resident of this city stated at a recent convention that when traveling in the East he met a Brahmin priest who refused to shake hands with him for fear of pollution. The reason he assigned was, that Americans eat hogs. Said the priest, "Why, I have heard that in America they put hog's flesh in barrels and eat it after it has been dead six months. Horrible!"

**Funeral Reform.**—Active measures are being taken in various quarters in opposition to the present expensive and ostentatious displays connected with funeral services. In some places, societies have been organized for the purpose of creating a sentiment in favor of simpler and less expensive ceremonies and management. A recent writer suggests another reform, which concerns only the bereaved friends, and which seems to us to be very sensible. His suggestion is that there should be less of a disposition on the part of friends, neighbors, and acquaintances, to disturb the bereaved ones with frequent and untimely visits. While the afflicted persons may be benefited by the society and sympathy of a few bosom friends, they ought not to be disturbed by constant calls from neighbors and acquaintances, whose only real object in most cases is to gratify that vice of curiosity which, the poet affirms, is ignited

"By a bonfire or a city's blaze,  
The gibbet's victim, or the nation's gaze,  
A female preacher, or a learned dog,  
A monstrous pumpkin, or a mammoth hog,  
A murderer or a monster, 'tis all the same;  
Life's follies, glories, griefs, all feed the flame."

**Potatoes a Cause of Diphtheria.**—A Nebraska doctor has discovered that the use of potatoes as food is the cause of diphtheria. He explains the pernicious influence of the potato by the statement that the starch granules of that tuber are different in size and form from those of any other vegetable, and contain a peculiar aromatic principle. This is equally true of sweet potatoes, and of each one of the numerous grains, fruits, and vegetables used as food. How much easier to believe error than truth! How strange that in these days of enlightenment any one can overlook the influence of such potent causes of disease as foul drains, cess-pools, vaults, decaying garbage, rotting vegetables, and the hundred other sources of germs which are well understood as the exciting cause of diphtheria and numerous other febrile diseases!

**City Crowding.**—New York is more grossly overcrowded with people than any other city in the world. Even in London, in the most densely crowded districts, there are but 175,000 to the square mile; while in New York, there are, in the fourth ward, as many as 290,000 people living in an equal area. No wonder that diseases, especially contagious and pulmonary diseases, are abundant, that vice and crime fill the prisons and decimate the people of the great metropolis. It is an understood fact that seventy-five per cent. of all the diseases of New York City originate in the crowded tenement houses. Nine-tenths of all the children born in those stifling, unventilated, undisinfected rookeries die before reaching adolescence.

**Wise Legislation in Olden Times.**—The *London Standard* has the following concerning a law which was enacted in England in the year 1770:—

"Here is a precious bit of legislation which we commend to our modern legislators: 'That all women, of whatever age, rank, profession, or degree, whether virgins, maids, or widows, that shall from and after such act, *impose upon, seduce, and betray into matrimony* any of His Majesty's subjects, by the scents, paints, cosmetics, artificial teeth, false hair, hoops, high-heeled shoes or bolstered hips,

shall incur the penalty of the law now in force against witchcraft and like misdemeanors, and that the marriage, upon conviction, shall stand null and void.'

"We would like to know if this law has ever been repealed, and would suggest that some of our modern belles be prosecuted, to see if the olden law would hold. If the marriages of this country became null and void on proof of having been bewitched being furnished, it would loosen the matrimonial bonds of a goodly number. It might be a good thing if the young ladies were forced to captivate young men by solid arts, such as cooking, washing, scrubbing, mending old clothes, and sewing on shirt buttons."

**A Wicked Waste.**—According to the *Post and Tribune*, seventy tons of chewing gum were required to keep American jaws moving during the year 1878. It is fearful for the physiologist to contemplate the vast amount of wasted mastication, and the barrels of squandered saliva which this entails. The muscular force expended by the muscles of mastication in chewing this enormous quantity of pitch, resin, rubber, paint, and other trash under the name of gum, must have equaled that which would be expended by a tall man in lifting 25,000 solid rocks, each a foot square, as high as his head; as much labor as would be required to dig a large ditch, or plant and raise a fine crop of almost any grain.

Reckoning a third of a dram of gum to the chew, and half an ounce of saliva wasted for each chew, a small estimate, we have the enormous aggregate of 10,000 barrels of this most precious vital fluid. No doubt one of the causes of the almost universal prevalence of dyspepsia among Americans is the too much mastication of gum, and the too little mastication of food.

**A Martyr to Duty.**—A court in England recently decided, according to the *Sanitary Record*, that a person cannot be convicted of adulteration unless the purchaser is in some way prejudiced thereby; so adulterators of liquor escape prosecution unless the inspector takes a drink. *Funny Folks* attempts to show the evil tendency of such a law thus:—

"Inspector (to Analyst): 'Toxicated? not 'tall! M-my duty to be pre-prejudiced, am pre-pre-prejudiced. That's all.'"

**A New Abomination.**—We think we are justified in denouncing as abominable a practice so absurd as the one just coming into vogue of making ladies' shoes with heels about the size of a silver dime, and set forward under the foot about two inches in front of the heel. Four or five years ago either the ladies or the shoemakers took a notion to conform to the laws of hygiene in this particular; and for a year or two shoes for ladies had low and broad heels, placed so as to properly support the foot; but recently the fickle pendulum of fashion has swung clear off in the other direction. Now we shall have an epidemic of strained ankles, diseased knee-joints, corns, bunions, contracted tendons, etc. A German physician has recorded two cases of severe pain in the knee-joint and leg. The knee-joint was so much affected that the limb could not be straightened. The hamstring tendons were also much contracted. All this deformity was due to the new-fashioned heel for ladies' shoes. We warn our fair readers to beware of these prolific sources of deformity and disease.

**Packing Pork.**—The editor of a lively Colorado journal, the *Home Mirror*, thus describes a recent visit to a great packing establishment in Kansas City:—

"At the time we were shown through it, they were killing daily 3,000 to 4,000 head of hogs, also, large numbers of beef cattle. The hogs were seized, scalded, and put into the cooling room at railroad speed. Only about eleven seconds were required to disposed of each hog. To a person of sensitive nerves the process of scalding hogs before life was extinct was revolting. Had we been a pork eater we most likely would have come away rather skeptical in regard to the propriety of using pork and bacon. We traveled through narrow lanes that ran between acres of pork packed in bodies high as one's head. We thought of calculating how many stomachs it would take to digest one acre of pork in a year and the probable result in

matters of dyspepsia and other diseases; the net proceeds of doctors' bills and patent medicines necessary to 'give tone' to the exhausted system. But not being an expert in complex metaphysics or any other 'physics,' we gave up the idea, and came away glad we were a Jew so far as eating pork is concerned."

**Not a Nuisance.**—Some English sanitary authorities have very strange ideas of hygiene. A nuisance inspector reported a horrible state of affairs about a cottage which had four pig-pens within three feet of it. One member of a health board thought a farm house incomplete without a liberal supply of manure, and another "did not consider any pig-sty a nuisance."

—A cheerful face is nearly as good for a patient as healthy weather.

**A Loose-Jointed Individual.**—A human prodigy is now exhibiting himself at the medical colleges who is able to perform feats of a most astonishing character. At will he can unjoint any bone in the body. He can expand his chest twelve inches, and can contort himself into all imaginable shapes. This loose-jointed specimen of humanity is thirty years of age, and has a daughter whose joints are so loose that she can make them rattle like an articulated skeleton.

—The king of Italy has encouraged the organization of a Society of Hygiene in Italy. It has its head-quarters in Milan, and branches in various cities of that country.

—The old supposition that running water into which impurities have been cast purifies itself while running twenty miles is an error. Such water is never safe.

## FARM AND HOUSEHOLD.

Devoted to Brief Hints for the Management of the Farm and Household.

**Ironing Shirts.**—Housekeepers may often save themselves much time and labor by remembering that shirt bosoms should always be stretched crosswise before ironing.

**Whitewash.**—All living rooms should be whitewashed often. Lime is clean, healthful, and absorbs the noxious vapors, while wall paper is always giving off dust which is often very poisonous.

**Cleaning Silk.**—White or light silks may be cleaned by rubbing them thoroughly on both sides with Indian meal. Care should be taken, afterward, to dust them with a delicate brush or silk handkerchief.

**To Wash Red Table Linen.**—Use very little soap, but, instead, a little powdered borax, which will serve to set the color. Wash the linen in tepid water, separately and quickly; rinse in tepid water, containing a little boiled starch; dry in the shade, and iron while yet damp.

**Flowers on the Table.**—Set flowers on your table—a whole nosegay if you can get it, or but two or three, or a single flower—a rose, a pink, a daisy, and you have something on your table that reminds you of God's creation, and gives you a link with the poets that have done it most honor.—*Sel.*

**Washing Colored Cottons.**—A very simple and efficient method for washing colored cottons is this: Boil two quarts of bran in water for half an hour. After cooling, strain, and mix the liquor with the water in which the goods are to be washed. They will require no starching, as the bran water will stiffen them sufficiently.

**House-Plants.**—Nothing adds more to the cheering influence of a home than fresh, growing plants; but great care must be taken to keep them green and thrifty. As many plants suffer from too much, as from too little, water. The soil is not unfrequently kept thoroughly soaked. The roots of plants need air as well

as water; and if the soil is kept full of water, they are deprived of air. The rain which in summer so refreshes growing plants, always contains ammonia. By dissolving an ounce of pulverized carbonate of ammonia in a gallon of water, ordinary spring or well water can be made even more conducive to vigorous growth than rain water. Plants should be slightly watered with this solution once or twice a week. The soil should always be kept loose; this can be easily done by daily stirring the earth with a common hair-pin.

**To Test Eggs.**—The freshness of eggs may be tested by immersing them in a solution of chloride of sodium (common salt) and water, dissolving four ounces of salt in one quart of pure water. If the egg is but one day old, it will descend to the bottom of the vessel; but if three days, it will float in the liquid. If more than five days old, it will rise to the surface.

**To Remove Kerosene Oil.**—Wash the vessel in thin milk of lime; this will form an emulsion with the petroleum, and thus remove the oil. The milk of lime is best used warm. No odor of the oil will remain if the vessel be afterward filled with the milk of lime to which a very small quantity of chloride of lime has been added. Allow the liquid to remain in the vessel an hour, and then rinse it in cold water.

**Glue.**—A good fluid glue, ready at all times for use without any preliminary preparation, is one of the most useful articles of the household. Such a preparation may be made by melting three pounds of glue in a quart of water, and then dropping in gradually a small quantity of nitric acid. Glue thus prepared may be kept in an open bottle for a long time.

**American Cookery.**—Among Americans the most neglected of all the practical arts is that of cooking. Our kitchens are almost abandoned to the control of the low Irish and Germans and the ignorant of all classes who come to us from various foreign countries. The consequence is that we as a people are proverbially sufferers from wasteful, unhealthy, monotonous cooking. The evident cause of the unfor-

tunate state of the culinary art in this country is the want of facilities for acquiring either a theoretical or a practical knowledge of the scientific principles which are involved in this most important and practical of arts. In England schools of cookery are now established in all parts of the kingdom, where the art of cuisine is taught in a manner to be of real value to all classes of the people, from the humblest peasant to the table of royalty itself, and England will undoubtedly show the good results of this practical enterprise in a diminished mortality list within the next decade.

A few schools of cookery have been attempted in this country; but they have been so superficial in character, attention being wholly given to the preparation of dishes either too costly or too unwholesome to be of value as articles of food, little if any good has been accomplished. A cook needs as thorough an education as a statesman; and without adequate preparation for the calling, will be likely to do quite as much harm not only to the present generation, but to succeeding ones as well. Give us good cooks, and we shall have more good statesmen, good lawyers, good ministers, and good Christians, and a better race of human beings generally.

**A Household Nuisance.**—One of the most positive and unmitigated nuisances in the kitchen is the "grease rag," used to smear over the gridiron, baking tins, etc., to prevent the dough from sticking. The hot iron or tins are certain to burn the grease when it comes in contact with them, and the acrid, penetrating, irritating odor of burnt grease permeates not only the kitchen but the whole household.

But this is not the end of the mischief. Indeed, it is not the worst part of it. The articles baked are saturated with the burnt grease, at least upon one side, and are thus made almost absolutely indigestible. This is the great objection to griddle cakes. Here is a good remedy. Keep the griddle or baking tin rubbed smooth, and when using, rub quickly over with the flat side of half a turnip. This is said to be a perfect substitute for greasing, and is vastly more healthful. Try it.

## NEWS AND MISCELLANY.

- T. B. Aldrich and wife have gone to Europe.
- An insurrection is strongly threatened in Italy.
- There is skating in Atlanta, Ga., for the first time in twenty years.
- There are twelve miles of book-shelves in the British Museum.
- Greenbacks have been received at the custom houses since Jan. 1.
- 4,000 suicides are committed every year under the influence of liquor.
- William T. Adams, "Oliver Optic," has written eighty-two volumes.
- John B. Gough has delivered nearly eight thousand temperance addresses.
- The first cotton mill ever constructed, was built at Beverly, Mass., in 1787.
- In the State of New York there are 21,242 licensed saloons, and but 7,000 churches.
- The Baltimore and Ohio Railroad has recently paid \$12,000 damages for injuries.
- Pennsylvania spends \$83,487,000 for whisky, and but \$3,000,000 for educational purposes.
- 100,000 persons are annually sent to jail for crimes resulting from the use of strong drink.
- 30,000,000 more bushels of corn were produced in the United States in 1878 than in 1877.
- The Pope has issued an encyclical letter inveighing against Socialism, Communism, and Nihilism.
- The great suspension bridge at St. Louis has been sold at auction on a mortgage, for \$2,000,000.
- A terrible explosion occurred in the Dinas Colliery, Wales, Jan. 14. Nearly sixty lives are reported lost.
- A strange and fatal plague has broken out in the village of Wettianka, in the government of Astrachan.
- In 1878, \$47,236,107 in gold, and \$49,726,314 in silver were coined in the mints of the United States.
- Fifty years ago the leprosy was introduced into a town in Louisiana and now there are fifty lepers in the place.
- The conductor of the first train of cars run in America is still living in California, an old man of seventy-three.
- There are in the United States 400,000 more liquor-dealers and saloon-keepers than ministers and teachers.
- A temperance society has recently been formed at Hanover, with a view to moderate the excess of beer drinking.
- Active measures are being taken for the suppression of polygamy in Utah. A delegation of Mormon ladies recently visited Mrs. Hayes at the White House asking her influence in opposition to the movement. The reason urged is that the success of such a measure will, it is alleged, render 50,000 women homeless.
- Every six minutes strong drink sends some one to a drunkard's grave, and in a year's time 87,600 perish from this curse.
- The Ameer of Afghanistan has fled from Cabul, taking his family with him, except his son, who has taken the reins of government.
- Francis Murphy closed his temperance revival in New York City, Jan. 12. He succeeded in obtaining 25,000 signers to the pledge.
- In New York City, \$70,000,000 is the amount annually spent for liquor; while only \$3,000,000 is devoted to public education.
- It is currently reported that the body of the late A. T. Stewart was recovered not long since by the payment of \$50,000 by Judge Hilton.
- The city of Memphis received from all sources during the yellow fever epidemic \$400,412, of which New York contributed \$56,804.
- The first Russian newspaper was published in 1703. Peter the Great took part personally in its editorial composition, and assisted in correcting its proofs.
- The steamer Emily B. Sonder, which sailed from New York December 8, was wrecked when about two hundred miles from port. There were but two known survivors.
- The labor troubles in England still continue to develop distressing and alarming phases. It is estimated that the adverse trade balance for 1878 will be at least \$500,000,000.
- Moody is spending the winter in Baltimore with the especial design of preparing a new series of sermons, and is using his spare hours in preaching to the people of that city.
- The Emperor of Germany and his wife will soon celebrate their golden wedding, at which time they prefer their friends should devote their money to charitable purposes, instead of personal gifts to themselves.
- A memorial meeting was held in Boston, Jan. 10, in honor of Bayard Taylor. A poem written by Longfellow was presented by Oliver W. Holmes, and letters from several distinguished persons were read.
- Benjamin Hunter, the murderer of John M. Armstrong, was executed at Camden, N. J., Jan. 10. He tacitly acknowledged his guilt, although he made no formal confession. The motive of the crime was solely mercenary.
- The common horse-fly is said to occupy, in respect to size, the intermediate position between the smallest and largest known animals. The fly is as many times larger than the smallest animal-cula as the elephant is larger than the fly.
- In the United States, out of a population of thirty-eight millions, 60,000 deaths occur annually from the use of intoxicating drink. Many persons argue that alcohol is a food; but what deadly poison causes more deaths in a year?

## LITERARY NOTICES.

THE HOME MIRROR is the name of a neat little sheet devoted to Home, Health, Happiness, and General Information, published at Longmont, Col.

THE MULTUM IN PARVO REFERENCE AND DOSE BOOK. By C. Henri Leonard, M. A., M. D. Detroit.

This little work contains a list of the common drugs used in medicine, their usual doses with hints upon their preparation, rules for the pronunciation of unusual medical terms, a list of poisons with their antidotes, and much other valuable information.

THE BEE-KEEPER'S MAGAZINE, New York, is the best journal for persons engaged in the interesting and lucrative business of bee-keeping. It is a live journal in every sense of the word, and each number contains information worth much more than the price of the journal. Specimen copies can be obtained of the publishers free. The subscription price of this excellent journal is only \$1.50; with GOOD HEALTH, \$1.75.

UNION LEAFLETS. Two little temperance tracts, entitled, "The Price of Souls," and "The Defilement of Drink," are the latest publications of the Woman's National Christian Temperance Union. This association has done a great and good work in the cause of temperance, and none of its efforts have been better calculated to accomplish permanent good than the excellent series of little tracts which it has prepared and published under the name of "Union Leaflets."

ILLUSTRATED ANNUAL OF PHRENOLOGY AND HEALTH ALMANAC, 1879. New York: S. R. Wells & Co.

This is decidedly the best number of this annual publication which we have seen. The combination of the Annual of Phrenology with the Health Almanac, formerly published by the same firm, has improved both. The edition for this year contains much to commend it to all who relish common-sense, practical reading. It deserves a wide circulation.

TEMPERANCE PHYSIOLOGY. By Rev. John Guthrie, D. D. Glasgow: Scottish Temperance League.

This work of 317 pp. is the most complete compendium of the subject considered in it which we have ever seen. It canvasses the whole subject of the relations of alcohol to the human system in a most masterly manner. The work gives evidence of long and careful painstaking research. The array of authorities cited by the author in support of

his positions is such as ought to leave no room to doubt the entire reliability of the work. It is, indeed, an authority on the subject, and ought to be in the hands of every lover of temperance and every worker in the cause. Copies of the work can be obtained of Miss Julia Coleman, Clermont Ave., Brooklyn, N. Y.

TEACHING SCHOOL. Teachers can learn many things that will improve their schools. In fact, they should make it a steady business to do better to-day than they did yesterday. We mention this because we have been perusing a most valuable paper, the *Teacher's Institute*, published in New York City, which is wholly devoted to showing the teacher how he may increase in teaching power and skill. It is well worth double the dollar it costs, and if read widely would lift our schools from their present stagnant condition. Teachers do not read on education as much as they should, we are sorry to say, and our schools suffer greatly on account of it. We like the spirit and tone of the paper, and advise our readers to send to E. L. Kellogg & Co., New York, for a copy. The same firm publishes the *Scholar's Companion*, a very excellent paper for young folks, at 50 cts. a year.

JUVENILE TEMPERANCE MANUAL. By Julia Coleman, New York: National Temperance Association.

This little volume of 157 pp. contains more useful and practical information than can be found in many volumes of much more pretentious size. The work is intended for use as a manual in teaching the principles of temperance to the young. The writer, Miss Julia Coleman, has had long experience in this work, and as a writer on the subject of temperance she has few equals. She goes to the root of the matter, and presents the subject in a peculiarly clear, comprehensible, and interesting manner. The work will certainly be the means of much good if teachers and others can be induced to give the matter attention. There ought to be a temperance school in every community in the United States. We heartily commend this little work to all who are interested in temperance work.

THE YOUTH'S COMPANION.—This admirable paper still holds its place, the very first among the publications for young people. It is always attractive, with bright stories, artistic illustrations, and is always useful and instructive, containing information on all kinds of subjects we wish to know. The old as well as the young read it with great pleasure, and attest its value as a family paper. It gives during the year strong editorials by gifted pens, more than 200 stories, stirring sketches of travel and adventure, scenes and incidents of life in other countries, anecdotes, interesting facts, articles on health, sports and pastimes, and many other departments all full of good things. It gives during the year about the same amount of matter as is found in the \$4 monthlies. We think you would enjoy its weekly visits. Send for sample copies, or send \$1.75 and get it for the year. It is published at Boston, Mass.

## Publishers' Page.

"DIPHTHERIA" is having a rapid sale. It is the most thorough and complete work on the subject especially designed for unprofessional readers. The description of the disease and directions for treatment are distinct and easy of comprehension. The great prevalence of this disease and its fatality in many cases, makes the general diffusion of knowledge on the subject a matter of serious importance.

The Calendars are being sent to all who renewed their subscriptions before Jan. 15. If any one who sent in his subscription before that time has not received a copy of the calendar, if he does not receive it soon he should write to the publishers at once, and the matter will receive attention. We are glad that we are under the necessity of printing several thousand calendars as premiums for those who sent in their subscriptions promptly.

THE GOOD HEALTH CALENDAR.— This really elegant specimen of the printing art is called for much faster than the printers can finish the numerous details of the work. For convenience of use, beauty, and really artistic appearance, we have never seen anything of the kind in any respect superior. Everybody who has seen the calendar is delighted with it. It is worthy of being framed, and is nice enough to adorn the walls of any parlor. As a present to a public library, or reading room, a hotel, or business friend who has an office, nothing could be more appropriate. By mail, post-paid, 15 cents.

ANTIQUATED.—Our good friend, the resident editor of the "Signs," of Oakland, Cal., deprecates the "antiquated appearance," as he is pleased to term it, of our new cover. Now, while we are inclined to believe that the so-called "antiquated appearance" is wholly in the eye of our friend, since it was designed by a modern artist of a national reputation as a designer, we are not quite so sure that such an appearance would be at all derogatory to our magazine if it really possessed it. If we may believe Mr. Wendell Phillips, about all the useful, beautiful, and really good things of modern times are only resurrected antiquities. Indeed, this journal is committed to the inculcation of several antique notions, such as temperance, sobriety, physical, mental, and moral purity. It makes no pretensions as a modern innovator, but takes pride in the fact that it only asks for a return to many of the good "old paths" and "antiquated" ways of the human race before it had

so far degenerated and departed from its primitive purity. If we are not quite mistaken, our friend of the *Signs* holds very tenaciously to several very old-fashioned and "antiquated" notions, without feeling at all ashamed of their antiquity.

Now that we have come to reflect upon the subject, the only fears we have is that our new cover may not be so "antique" after all, and so is not quite appropriate. And our fears are somewhat confirmed by the fact that when Mr. Wendell Phillips, the great connoisseur of antiquities, called on us the other day, he made no allusion to its "antiquated appearance" although he had ample opportunity to inspect it during a two hours' visit, and made no reference to it as a specimen of resuscitated "lost art" in his lecture the following evening. But then, perhaps it makes very little difference after all whether we look young or ancient outside, since we hope our readers will not stop with the cover, and we will try to always give them something fresh and new inside.

We are sorry to be under the necessity of apologizing for the primitive appearance of the typography of a portion of this month's issue occasioned by defects in a few letters in the new type employed. The foundry at which the type was cast is a new one, and has some difficulties to contend with; but we are glad to aid them by our patronage, and feel sure that their progressive disposition, and especially their abhorrence of things having an "antiquated appearance," will soon enable them to attain the highest skill in the modern type-founder's art, and thus remove the defects referred to.

GOOD HEALTH is evidently getting popular among the journals. We counted seventeen extracts from it in a recent number of one of our exchanges. Of course we do not object to having our ideas on health subjects propagated as widely as may be, since our object is to do the greatest good to the greatest number; nevertheless, it is gratifying to receive fair credit for our work, that we may be able to do more good.

Our attention has also been called to the fact that the "patent inside" man is drawing largely on the store of good things which is served up in our monthly columns, without recognizing the origin of his extracts. Never mind, we have no feelings on the subject. Our brains were dedicated to the public some time ago. It makes little difference who gets the credit, if only good is accomplished. Still, when the editor of a paper makes up his whole "editorial" out of our journal, without credit, it would be quite agreeable to see an occasional notice of GOOD HEALTH. It is certainly no more than fair that such a journal should tell its readers occasionally what a good journal GOOD HEALTH is.