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DOCTORS, DRUGGISTS, AND PATENT MEDICINES.*

BY JOHN P. STODDARD, M. D.

WE usually consider the present that period when the art and science of medicine have reached their most perfect development. And so, perhaps, it is. But more emphatically by far is to-day the time of all others when patent medicines, quack nostrums, and proprietary remedies are the most popular and prevalent. Like Milton's fallen angels, they are

"Thick as autumnal leaves that strew the brooks
In Vallombrosa."

Never in the history of our country were these articles of merchandise more numerous, never were they so industriously and pertinaciously pushed upon a suffering and gullible community, with seemingly no expense of either time or money to advertise them. Representatives from all classes of the community are bribed or induced to recommend them, papers both secular and religious, and even medical, puff them. Their names are legion, and when we once begin to inquire, the magnitude of the different varieties of the thousand and one pills, syrups, bitters, *et ad nauseam*, strikes us with such force that we can only wonder at the myriad secret, patent-righted, villainous compounds, which the ingenuity of man has concocted, and stand aghast at that folly and weakness of human nature that will induce men to swallow them so indiscriminately. These quack nostrums are

everywhere present, like the plagues of ancient Egypt, except that all the various horrors of that evil visitation are now heaped into one prevailing and overwhelming calamity.

If the matter of compounding and selling secret and proprietary medicines were confined to ignorant and quackish men, the matter would seem less culpable. But at present, some of our most powerful and well-known druggists, men of whom we expect better things, are found to engage in this more than doubtful business. Perhaps of such men as "Dr." Price, "Dr." Helmbold, "Old Dr." Townsend, and that equally good man "whose sands of life are nearly run out" (and, by the way, they are *entirely* run out now, as he has just died, after having *spent a lifetime* in humbugging and robbing the community of their money and even lives), of such men, it is repeated, we perhaps ought to expect no better things; but when such parties as Tilden & Co., Caswell & Hazard, Reed & Canrick, and many others, stoop to engage in the business, we are surprised, and cannot do otherwise than manifest no little righteous indignation.

The better class of proprietary medicines are rather modestly crowded upon the medical public; but not so with the major part of the multitudinous patent nostrums that crowd and overload most of our druggists' shelves. The monthly magazines, the weekly and daily papers from east to west, are filled to satiety with their Annanial advertisements. The fence boards for thousands of miles and blank surfaces by the square mile, puff their imaginary virtues with such assurance and exagger-

*An abstract of a paper read by Dr. Stoddard at a late meeting of the Calhoun County Medical Association.

ation that every intelligent man or woman ought to be thoroughly disgusted. But the effrontery of these pushing, patent-pill men does not stop here. They have succeeded in making almost every druggist, both great and small, home missionaries to advocate their cause, and sedentary colporteurs to distribute their hyperbolic advertising tracts. See the millions of almanacs and pamphlets thus distributed to the public by druggists, proclaiming the wonderful virtues of some poor "purgative pill," or the worse than vile "vinegar bitters." Now even the druggist is bribed to use wrapping paper, which on one side displays the amazing efficacy of some "new discovery," or deadly "cough killer," or stupendous "stomach pad," to which is often appended, not only the card of the retail druggist, but his recommendation of the same. Thus if you should write a prescription, say for a cough mixture, your patient gets it filled by one of these bribed druggists and finds the bottle wrapped up in one of these flaming advertisements of some patent cough cure, backed up by a recommendation over the druggist's name. Suppose your prescription has not fully relieved your patient; nine chances out of ten he will next buy the advertised patent nostrum which you have thus innocently and unsuspectingly helped to bring to his notice. Furthermore, your local paper often contains an advertisement of some such article over the recommendation and name of your druggist. Alas! when will druggists see the impropriety of such a course, and show works meet for repentance by escaping from this dishonorable bondage to quack nostrum makers?

One of the greatest curses to the American people is this habit of indiscriminate and ignorant dosing. The community take a hundred-fold too many drugs, and the druggist, as we generally find him so pecuniarily interested in the quack nostrum trade, should bear no little blame for encouraging such an evil practice. No medicine of any kind should be self-prescribed, even if its qualities and effects are well known to the person taking the same. How much more, then, should no one take that which he is ignorant of and whose composition is hid in the form of a patent medicine. Drugs of any description should be

taken only on the prescription of an intelligent and trusted physician; and that druggist, be he a wholesale or retail dealer, who steps between the patient and his physician, by recommending or even selling a patent or proprietary remedy, does an unwarrantably mean thing to both.

Physicians have too often encouraged druggists to engage in the patent-medicine trade, by tacitly favoring it in a negative way and by not expressing themselves decidedly and distinctly in opposition to it. Too many physicians are induced to use some of the more genteel proprietary medicines, and thus do much to popularize this doubtful class of trade.

As before remarked, it is decidedly contrary to both the spirit and letter of our Code of Ethics to ever prescribe any secret or proprietary medicine. The attitude of each physician must be that of entire opposition to this whole class of business. As medical men and conservators of the public health we should in every lawful way discourage druggists from dealing in this class of merchandise, and seek to have them turn it over to the shysters and saloon keepers in the drug trade, so called. No druggist who has the honor of his calling at heart, or who appreciates the medical profession, will ever use a patent-medicine tract or almanac, or any but pure blank paper, for wrappers. If he ever sells doubtful and secret medicines it should be only under protest, and he should never seek to advertise or recommend these nostrums. The gilt and silver show frames and pictures, displaying in horrid exuberance the virtues of some pill or elixir or bitter, and the large red and black lettered advertisements of the buchu or sarsaparilla man, ought to come down and be cast into the street, leaving a clean looking store or office, and not a place to advertise quack and illegitimate medicines.

WHOLESALE ADULTERATION.

A SHORT time ago a gentleman read before the American Social Science Association a paper in which he called attention to the enormous amount of adulteration which is being practiced everywhere, especially in articles of food, and things which are eaten, though not

properly food. The following are a few paragraphs:—

“Several mills in New England, and probably many elsewhere, are now engaged in grinding white stone into a fine powder for purposes of adulteration. At some of these mills they grind three grades,—soda grade, sugar grade, and flour grade. It sells for about half a cent a pound. Flour has been adulterated in England, and probably here, with plaster of Paris, bone-dust, sand, clay, chalk, and other articles. I am told that large quantities of damaged and unwholesome grain are ground in with flour, particularly with that kind called graham flour. Certainly hundreds, and probably thousands, of barrels of terra alba, or white earth, are sold in our cities every year to be mixed with sugars in confectionery and other white substances. I am told by an eminent physician that this tends to produce stone, kidney complaints, and various diseases of the stomach. A Boston chemist tells me that he has found 75 per cent of terra alba in what was sold as cream of tartar used for cooking. A large New York house sells three grades of cream of tartar. A Boston chemist recently analyzed a sample of the best grade, and found 50 per cent of terra alba in that. Much of our confectionery contains 33 per cent or more of terra alba. The coloring matter of confectionery frequently contains lead, mercury, arsenic, and copper. Baking-powders are widely sold which contain a large percentage of terra alba and alum.

“It is not water alone that is mixed with milk. Thousands of gallons, and probably hundreds of thousands, are sold in our cities which have passed through large tins or vats, in which it has been mixed with various substances. Recipes for the mixture can be bought by new milkmen from old, on payment of the required sum. I am assured, upon what I believe to be reliable authority, that thousands of gallons of so-called milk have been, and probably are, sold in this city which do not contain one drop of the genuine article. Large quantities of the meats of animals more or less diseased are sold in our markets. Cows in the neighborhood of our large cities are fed upon material which produces a large flow of unwholesome milk. Poultry are fed

upon material which produces unwholesome eggs. Meats and fish are made unwholesome, frequently poisonous, by careless and cruel methods of killing. A California chemist recently analyzed many samples of whisky, purchased at different places in San Francisco. He found them adulterated with creosote, salts of copper, alum, and other injurious substances. He states it, in his published report, as his opinion that there is hardly any pure whisky sold in that city. A gentleman recently purchased from a prominent Boston firm a cask of pure sherry wine for his sick wife. His wife grew worse. He had the wine analyzed, and found that there was not a drop of the juice of the grape in it. An eminent medical gentleman of Boston said to me: ‘The adulterations of drugs in this country are perfectly abominable.’ I say that laws should be enacted and enforced prohibiting the manufacture and sale of these poisonous and dangerous articles under severe penalties, and compelling the manufacturers and sellers of adulterated articles to tell buyers the precise character of the adulterations.”

THE BATHS OF LEUK.

THE Baths of Leuk, or Loèche-les-Bains, or Leukerbad, is a little village at the very head of the valley, over four thousand feet above the sea, and overhung by the perpendicular walls of the Gemmi which rise on all sides, except the south, on an average of two thousand feet above it. There is a nest of brown houses, clustered together like beehives, into which the few inhabitants creep to hibernate in the long winters, and several shops, grand hotels, and bathing-houses open for the season. Innumerable springs issue out of this green, sloping meadow among the mountains, some of them icy cold, but over twenty of them hot, and seasoned with a great many disagreeable sulphates, carbonates, and oxides, and varying in temperature from ninety-five to one hundred and twenty-three degrees Fahrenheit. Italians, French, and Swiss resort here in great numbers to take the baths, which are supposed to be very efficacious for rheumatism and cutaneous affections. Doubtless many of them do up their bathing for the year while here; and they may need no more after scalding and

soaking in this water for a couple of months.

Before we reached the hotel, we turned aside into one of the bath-houses. We stood inhaling a sickly steam in a large, close hall, which was wholly occupied by a huge vat, across which low partitions, with bridges, ran, dividing it into four compartments. When we entered, we were assailed with yells in many languages, and howls in the common tongue, as if all the fiends in the pit had broken loose. We took off our hats in obedience to the demand; but the clamor did not wholly subside, and was mingled with singing and horrible laughter. Floating about in each vat, we at first saw twenty or thirty human heads. The women could be distinguished from the men by the manner of dressing the hair. Each wore a loose woolen gown. Each had a little table floating before him or her, which he or she pushed about at pleasure. One wore a hideous mask; another kept diving in the opaque pool and coming up to blow, like the hippopotamus in the Zoölogical Gardens; some were taking a lunch from their tables, others playing chess; some sitting on the benches around the edges, with only their heads out of water, as doleful as owls, while others roamed about, engaged in the game of spattering with their comrades, and sang and shouted at the top of their voices. The people in this bath were said to be second class; but they looked as well and behaved better than those of the first class, whom we saw at the establishment at our hotel afterward.

It may be a valuable scientific fact, that the water in these vats, in which people of all sexes, all diseases, and all nations spend so many hours of the twenty-four, is changed once a day. The temperature at which the bath is given is ninety-eight. The water is let in at night, and allowed to cool. At five in the morning, the bathers enter it, and remain until ten o'clock,—five hours, having breakfast served to them on the floating tables, “as they sail, as they sail.” They then have a respite till two, and go in till five. Eight hours in hot water! Nothing can be more disgusting than the sight of these baths. Gustave Doré must have learned here how to make those ghostly pictures of the lost floating about in the Stygian pools, in his illus-

trations of the Inferno; and the rocks and cavernous precipices may have enabled him to complete the picture. On what principle cures are effected in these filthy vats, I could not learn. I have a theory, that, where so many diseases meet and mingle in one swashing fluid, they neutralize each other. It may be that the action is that happily explained by one of the Hibernian bathmen in an American water-cure establishment. “You see, sir,” said he, “that the shock of the water unites with the electricity of the system, and explodes the disease.” I should think that the shock to one’s feeling of decency and cleanliness, at these baths, would explode any disease in Europe. But, whatever the result may be, I am not sorry to see so many French and Italians soak themselves once a year.

Long may the bathers of Leuk live to soak and converse! In the morning, when we departed for the ascent of the Gemmi, we passed one of the bathing-houses. I fancied that a hot steam issued out of the crevices; from within came a discord of singing and caterwauling; and, as a door swung open, I saw that the heads floating about on the turbid tide were eating breakfast from the swimming tables.—*Charles Dudley Warner.*

TEA-DOCTORING IN CHINA.

A CORRESPONDENT sends us the following extract from a work by Mr. Marvin, a missionary to China, which is a description of the process of “doctoring” tea for the American and other foreign markets. We have no reason to doubt the accuracy of the statements made, and it seems to us that they will not tend to increase the appreciation of the delicate flavor of “Oolong” and “Young Hyson” by the American palate.

Speaking of the city of Shanghai, China, Mr. Marvin says:—

“Here, for the first time, we were taken into a ‘Tea-hong,’ where they were preparing tea for the foreign market—that is, ruining it. It is subjected to a degree of heat as high as a man can bear his hand in for a short time, for which purpose it is put into iron vessels over furnaces. . . . Into these vessels a handful of matter is cast, consisting of—what? I do not know what all. Prussian

blue, we were told, enters into the compound, and with our eyes we saw indigo being pulverized for this purpose. I have never relished tea in America, and I think I shall never drink it there again. . . . You can get no respectable Chinaman to drink it after it has been 'doctored' for the foreign market, and I feel altogether disposed to class myself with intelligent Chinamen on the tea question—that is, as to the tea itself—but from the water they use here in making it, excuse me! All the water the natives use in Shanghai—and I suppose in all other cities of the level parts of the country—is taken out of the canals. Come with me a moment to the bank of the canal. Do you see the mouth of that sewer pouring its filthy contents into it? Just below, see that woman washing the foulest vessel. Below her there is a man washing his face and hands, the first time, may be, for a week." These filthy Chinese prepare tea for the high-toned people of America to drink, and yet they regard themselves too cleanly to drink it after it is prepared! They will drink water from the canal, into which all the filth of the city is poured, but they will not drink tea prepared for America and other nations!

Mr. Marvin says, in another place: "But oh! the filth of a Chinese city! the smells! the smells! the smells! Ugh! I have no such mastery of language as will enable me to do justice to this subject; but if I had, I would not attempt it, for a civilized man would have to hold his nose to read it."

BREATH GYMNASTICS.

THE importance of breathing plentifully of fresh air as an essential of health is generally admitted. Well ventilated rooms, open-air exercises and excursions into the country are appreciated to some extent by all classes. But the art of breathing is very much overlooked. Being a process not depending on the will for its exercise, it is too much left to the mere call of nature. It is, however, an act which can be influenced very materially by the will. Properly trained singers are taught to attend very carefully to their breathing.

When brisk muscular exercise is taken, breathing is naturally active without any special effort. But when the body is at rest or engaged in occupation requiring a confined

posture, and especially when the mind is absorbed in thought, the breathing naturally becomes diminished, and the action of the lungs slow and feeble. The consequence is that the oxygenation of the blood is imperfectly carried on. Even in taking a constitutional walk the full benefit is not attained for want of thorough breathing.

As a remedy for this it has been suggested that there is room for what might be fitly termed breath gymnastics, to draw in long and full breaths, filling the lungs full at every inspiration, and emptying them as completely as possible at every expiration, and to acquire the habit of full breathing at all times. This mode of breathing has a direct effect in supplying the largest possible amount of oxygen to the blood and more thoroughly consuming the carbon, and so producing animal heat. It has also the very important effect of expanding the chest, and so contributing to the vigor of the system.

The breath should be inhaled by the nostrils as well as by the mouth, more especially while out of doors in cold weather. This has partly the effect of a respirator, in so far as warming the air in its passage to the delicate air cells, and in also rendering one less liable to catch cold.

This full respiration is of so much importance that no proper substitute is to be found for it in shorter though more rapid breathing. In short breathing a large portion of the air cells remain nearly stationary, the upper portion of the lungs only being engaged in receiving and discharging a small portion of air.

Profound thought, intense grief, and other similar mental manifestations have a depressing effect on respiration. The blood unduly accumulates in the brain, and the circulation in both heart and lungs becomes diminished, unless indeed there be feverishness present. An occasional long breath or deep-drawn sigh is the natural relief in such a case, nature making an effort to provide a remedy. This hint should be acted on and followed up. Brisk muscular exercise in the open air even during inclement weather is an excellent antidote of a physical kind for a "rooted sorrow." And the earnest student, instead of tying himself continuously to his desk, might imitate a friend of the writer of this, who

studied and wrote while on his legs. Pacing his room, *blad* in hand with paper attached, he stopped as occasion required to pen a sentence or a paragraph.

Breathing is the first and last act of man, and is of the most vital necessity all through life. Persons with full, broad, deep chests naturally breathe freely and slowly, and large nostrils generally accompany large chests. Such persons rarely take cold, and when they do they throw it off easily. The opposite build of chests is more predisposed to lung diseases. The pallid complexion and conspicuous blue veins show that oxygen is wanted, and that every means should be used to obtain it. Deep breathing also promotes perspiration, by increasing the circulation and the animal warmth. Waste is more rapidly repaired, and the skin is put into requisition to remove the used materials. Many forms of disease may be thus prevented, and more vigorous health enjoyed.—*Chamber's Journal*.

THE COST OF LIQUOR AND TOBACCO.

THE Commissioner of Internal Revenue presents some facts in his annual report which will, or at least which should, command general attention. We all know that all sorts of wild and fanciful statements are made from time to time, from one source or another, as to the amount of money expended yearly in this country for liquors of various kinds.

But in this report we have data gathered from trustworthy sources that cannot be gainsaid. And from these data the Commissioner estimates that no less than \$596,000,000, are annually spent in the United States for liquor. This is an enormous sum of money. Properly expended, what untold good it would do for the happiness and comfort of the people. But there is another item to be added to that sum. The same high authority places the yearly expenditure of this country for cigars and tobacco in its various forms at \$354,000,000—making a total of these luxuries, as some call them, of \$950,000,000, each year.

We hear a great deal about the onerous burdens of taxation, and everybody knows that taxes are high and burdensome; and

there is no disguising the fact that our national debt is immensely large. And yet the money spent every twelve months for liquor and tobacco would, in a little more than two years, wipe out the last dollar of that debt and leave the United States free and clear from any incumbrance.

Then, again, suppose the people should for one year refrain from spending a cent for liquor and tobacco, turn this \$950,000,000 into benevolent or industrial channels—to founding asylums and procuring homes for the destitute, would there not at once be a marked improvement and a radical change upon the whole face of society as well as upon the face of the toper? We are justly proud of our unprecedented wheat crop the present season; but does any one reflect that this magnificent crop would not to-day sell for more than half of what is expended annually for liquor and tobacco?

Remember that we confine ourselves strictly to the figures presented by the Commissioner of Internal Revenue, whose business it is to know what he is talking about. Millions of people in this country sit down to insufficient meals and suffer from insufficient clothing. And the worst of it is that in unnumbered instances the money which is so urgently needed for food and raiment will go for liquor and tobacco.—*Albany Eve. Jour.*

HINTS TO THOSE CALLING UPON THE SICK.

1. ONLY call at the door, unless you are sure your friend is able to see you without harm.
2. Enter and leave the house, and move about the room, quietly.
3. Carry a cheerful face, and speak cheerful words.
4. In order to cheer, you need tell no lies.
5. If your friend is very sick, do not fall into gay and careless talk in the attempt to be cheerful.
6. Do n't ask questions, and thus oblige your friend to talk.
7. Talk about something outside, and not about the disease and circumstances of the patient.
8. Tell the news, but not the list of the sick and dying.

9. If possible, carry something with you to please the eye and relieve the monotony of the sick room; a flower, or even a picture which you can loan for a few days.

10. If desirable, some little delicacy to tempt the appetite will be well bestowed; but nothing could be a more complete illustration of mistaken kindness than the common custom of tempting sick persons to eat such unwholesome things as rich cakes, preserves, sweetmeats, etc.

11. Stay only a moment, or a few minutes at the longest, unless you can be of some help.

CLIMATE, HABITS, HEALTH.

BY J. N. LOUGHBOROUGH.

As expressed in my article in the January number of *GOOD HEALTH*, there can be no doubt but climatic changes, in many instances, are beneficial to health. In this article I will notice some of the reasons why benefit is not derived by some persons in making healthful changes of climate.

The first great reason is, that in making the change from an unhealthful to a more healthful climate they trust in the climate to do about all for them, not considering that their habits of eating and drinking, and their immediate surroundings, may destroy all the good they otherwise might derive from the more healthful climate to which they have journeyed.

There are many aged persons, and even those younger, whose systems are in such a low state that their constitutions cannot long bear the strain of an exceedingly cold climate; such, with proper care in other respects, may add many years to their lives by moving to a warmer climate. There are others with robust constitutions to whom the cold climate is no detriment, especially if they give proper attention to clothing and other habits.

I have observed that in cold climates, an evil is committed by heating sitting-rooms with close stoves instead of fire grates or steam, and by making the windows of the houses with double glass, thus closing every crack and inlet of out-door air. Persons occupying such rooms breathe over and over the foul air which is filled with the carbonic acid gas that is being continually thrown off by the

combustion in the stove and the occupants of the room. The system of a person who sits for any length of time in such rooms loses its power to resist extreme cold. Passing from these apartments into cold out-door air, one is almost sure to "catch cold," especially if there is not the greatest care taken to clothe well the body. If you inquire of one living in such a room respecting his health, he is almost sure to say, "Well, I have had a cold all winter, and I hardly know why; I keep adding to my cold." In viewing the great home for invalids in Battle Creek, Michigan, the Sanitarium, there was no one feature of the building that pleased me more than the heating apparatus to each room. It is so arranged that fresh out-door air can be continually passing through the heating coil into the room, so that while the room is supplied with warm air, it is at the same time pure air, containing the very elements necessary to invigorate the body.

I have also noticed that in cold climates some go to another extreme. Men of vigorous constitutions will spend most of the time out of doors in the coldest weather, without mittens for the hands or sufficient protection for the feet. When expostulated with, and told that they will injure their circulation and diminish the vital power of their bodies by going with their extremities so poorly clad, and that they will in the end ruin their health, they say, "Oh, that will make us tough." Too many, alas! have found the "toughening" process "too tough" for them. With broken constitutions and feeble health they see, too late, the necessity for properly helping nature in her efforts to maintain the warmth of the body.

Persons who have been accustomed to living in a cold climate where a low temperature renders the air less moist, even in rooms where there is no fire, are apt to make a great mistake, when they remove to a warmer climate where the winter is a season of much rain instead of cold and snow, by sleeping in rooms away from the fire. Such rooms become damp, and the bed clothing absorbs moisture from the atmosphere. Those who have delicate constitutions are almost sure to take severe colds by sleeping in such beds, and in some instances colds which so thoroughly affect the

whole system that they never recover from them.

On my arrival in San Francisco, Cal., in July, 1868, I found that sleeping-rooms in that city, for the most part, were constructed with no reference to being warmed or dried; It was quite cold, and on many days there was a damp penetrating fog. On looking about the city, we found many persons living in "furnished rooms," and taking their meals at restaurants. Some of these persons told us that they had no fire near their sleeping-rooms the whole year round. It seemed to me that in such fog, and in the rainy season, both rooms and bedding must gather dampness, without fire. In answer to our inquiries, they said, "Oh! this is a mild climate; we can live here without fire." Having spent ten winters in California, passing through various parts of the State, I discovered that having sleeping-rooms away from the fire was the general rule. Before the close of my first winter there, I took several colds by sleeping in damp beds.

In looking over the last ten years, and seeing the results in some persons who claimed that they "needed no fire in their living and lodging rooms," I am reminded of the son of the Emerald Isle who undertook to teach his horse to live without eating. After stating how hard a time he had of it, he said, "An jist es I'd got him so 'ed liv without atin, he up and died." So, many of these persons who thought their lodging-rooms were "all right without fire," died getting used to it. They are in consumptives' graves, and their epitaphs might properly read, "Died, a victim of a damp bed." The fate of such cannot be charged to mild climate, but to their own careless habits.

Another mistake, as intimated in my former article, is in not giving heed to surroundings, as to water, miasmatic vapors, etc. Those who have supposed that if they once got into California climate they would find a panacea for all human ills, would be surprised if told they must be cautious even there or they would get the chills and fever. "What," said a friend to me in Michigan, "chills and fever in California?" Certainly; why not? Like causes produce like results, do they not? Swampy places, low wet lands adjacent to

rivers and otherwise, with hot weather and abundance of decaying vegetation, in older States produce miasma, which causes "fever and ague"; why should it not do the same in California? It does, as many a pale face and emaciated form will bear witness.

There are many places on San Joaquin and other plains, where, in former times, malarial diseases were not prevalent; but as irrigating canals and ditches have been passed through these plains, and an excellent growth of vegetation is produced by irrigation, the people have to manifest the greatest care to keep clear from "chills and fever." This, however, can in some measure be accomplished by avoiding excessive irrigation. I have noticed that where the land is simply irrigated sufficiently to encourage vegetation, there is not so much suffering from fevers as where the water is allowed to run over the land in great profusion.

On many of these plains there is a great amount of alkali soil, and of course the water is much affected with the same. I have known some persons coming from other parts with comparatively good health, who after a few months' residence in these alkali sections, began to complain of rheumatism, in some instances becoming almost helpless. In fact, I never was in a State where there is so much rheumatism to the same number of inhabitants as in California. Some of this has undoubtedly been produced by exposure in working and lodging in the wet in early times, in the mines; but in these alkali sections a large share of the rheumatism is undoubtedly due to the bad water. It is conjectured by some that the prevalence of rheumatism is in part due to the fact that the fruit of warm climates being less acid than in colder sections, it does not neutralize the alkali in the system. I have known several cases of persons so affected who by using three or four lemons a day for a few weeks have been entirely relieved. Abundance of rain-water may be obtained during the rainy season, which may be stored in cisterns, and by passing through a good filter affords pure water at all times.

Speaking of water leads me to notice another trait of California life. It is the disposition of many persons to patronize mineral springs. Probably there is no State in the

Union which contains a greater variety of these springs. Napa Valley and Lake County present almost every variety of spring water; sulphur, both white and yellow, soda, alkali, iron, alum, magnesia, salts, etc. Near Calistoga, at the head of Napa Valley, there is a spring, the water of which, served up with salt and pepper, would pass on the table of almost any epicure as genuine chicken broth. This spring is named "Chicken Broth Spring." Twenty miles further up the Valley, at Anderson Springs, is a spring called "Lemonade Spring." Pouring the water of this spring into a glass and stirring in sugar, it resembles in taste genuine lemonade. The physician there told me that what gave the water this lemon taste was "silicate of iron" held in solution in the water.

Every summer thousands of people rush to these various springs, supposing they are to derive great benefit from drinking,

"Sulphur hot, and sulphur cold,
Sulphur new, and sulphur old."

Going out of the cities and villages into the invigorating atmosphere of the mountain retreats, where they enjoy freedom from care, in many instances camping out in tents, living on plain diet, without their pastry and sweetmeats, they do derive great benefit. The mineral waters receive the credit, when the benefit received really results from the change of habits and surroundings.

Some who camp in the mountains would derive still greater benefit from rustication if they would leave behind their tobacco and stimulating beverages, and drink only the pure mountain spring water.

Four years ago last summer, I spent about ten days in camping out for health in the valley near Anderson Springs. There were several parties camping in the same valley. One day it was proposed that four of us take a ramble over a high mountain, four miles, to the "little geysers." It required considerable climbing to go over this high mountain and return. The others feared I would not be able to perform the trip. They furnished themselves with a bottle of brandy and plenty of tobacco for the occasion, while I placed in my pocket a few crackers, designing to drink only of the pure mountain springs we should pass on the way. We made our trip, viewed

the geysers, the wonders of the valley, consisting of steam hissing out of the earth, boiling springs of hot sulphur water, rocks showing the effects of the intense heat, etc. They enjoyed their tea, meat, tobacco, and brandy, while I feasted on my crackers and pure mountain water; and I came back to camp fresh as in the morning, while they were wearied out and sick. The next day I left them laid up in bed, and went on foot four miles the other way, over a rocky range to the Harbin Springs. It was evident to me that their habits prevented them from receiving equal benefit with myself.

If there is any spot on earth where people might live healthfully by proper attention to habits of eating, drinking, clothing, etc., it is in the mild climate of California, especially if they select a location adapted to their condition. Here are the choicest of grains and vegetables growing in profusion, and an abundance of fruit in all its varieties, from the apple to the orange, fig, grape, date, etc. With but little trouble, fruit may be kept for use on the table the entire year, and a good supply may be had at every meal.

The people told me, when I arrived in California, that in that warm climate I would have to use a great deal of pepper and meat, or I would not stand the climate. I made my living almost wholly of the productions of the field, garden, and orchard, discarded the pepper and high seasoning in food, tried to regulate my clothing to the variations of climate, and although I performed a vast amount of wearing mental and lung labor during the ten years of my stay there, I came from the field with my health in many respects much better than when I entered the State.

I have preached the funeral sermons of a number of those who did not see "how I could live there with my habits." Their habits broke down their "good constitutions," while my habits resulted in a gradual building up of health and strength. Although I am this day forty-seven years of age, my health, in many respects, is better than when I was thirty-five. My convictions daily grow stronger that health depends largely on our own habits, let the climate in which we live be what it may.

Southampton, England, Jan., 1879.

ADVICE FOR COLD WEATHER.

An English medical journal makes the following valuable remarks on this subject:—

“Few are aware of the killing powers of the intense cold and great heat, even in this comparatively temperate climate. Those who have been in the habit, as we have, of watching the returns of the register-general, well know how quickly the death rate rises during even a short continuance of cold weather. Now, the fact that the increase in the mortality affects chiefly the young and old, as well as those who are either suffering from, or are predisposed to, affections of the chest and throat, indicates the class of people who should be especially careful to protect themselves against the inclemency of the weather.

“With regard to children, the system of hardening them by allowing them to go thinly clad and exposing them to all sorts of weather, is a delusion from which the minds of some parents are even now not altogether free. It is thought that if their chests are kept warm there is no need of caring about their arms and legs. But this is a great mistake. In proportion as the upper and lower extremities are well clothed will the circulation be kept up and determined to the surface of those parts, and in proportion to the quickness and equable distribution of the circulation will be the protection against those internal congestions which are but the first stage of the most fatal disease of infancy and childhood. The same observation holds good with respect to grown-up people who are predisposed to pulmonary complaints. There is no exaggeration in saying that the mortality from these and other affections would be diminished were people to avoid that ‘catching cold’ of which they so often and so lightly speak; and it is a matter of surprise to us that this fact, of which most of us are aware, does not lead to more precautions by those who are anxious about their own health or that of others.

“To take care that the body is thoroughly warm and well clothed just before going out in very wet or cold weather; to keep the circulation and warmth of the body rather by exercise of some kind than by sitting over great fires or in over-heated rooms; to be sure

that the temperature of the sleeping apartment is not ever so many degrees below that of the sitting-room—these are three golden maxims, attention to which would prevent thousands from catching that ‘chill’ or ‘cold’ to the results of which so many valuable lives have been prematurely sacrificed.”

Signs of a Good Doctor.—Choosing a physician is not a matter of small moment. Not infrequently the life of a patient may depend solely on the choice made of a medical attendant. The following excellent summary of qualifications we quote from the *Detroit Lancet*; no physician who does not possess these good qualities at least, should be considered a safe and competent medical adviser, and he should possess as many more good points as possible:—

Avoid a mean man, for you may be sure he will be a mean doctor, just as certain as he would make a mean husband.

Avoid a dishonest man; he will not be honest with you as your physician.

Shun the doctor that you can buy to help you out of a scrape—a good doctor cannot be bought.

Avoid the untidy, coarse, blundering fellow, for the man who is clumsy in hitching his horse you may be sure is not handy at mid-wifery or surgery.

Avoid the doctor who flatters you and humors your appetites.

Avoid the empty blow-horn who boasts of his numerous cases and tells you of seeing forty or fifty patients a day, while he spends two hours to convince you of the fact. Put him down as a fool.

To be a good doctor, one must be a man in the true sense of the word.

He should be a moral man, honest in his dealings.

He must have good sense or he cannot be a good doctor.

He should be strictly temperate. No one should trust his life in the hands of an intemperate doctor.

It is a good sign if he tells you how to keep well.

It is a good sign if the members of his own family respect him.

It is a good sign if the children like him.

It is a good sign if he is neat and handy in making pills and folding powders.

It is a good sign if he is still a student, and keeps posted in all the latest improvements known to the profession for alleviating human suffering.

Early Rising.—Although we have once presented the following paragraphs to the readers of this journal, they contain thoughts on a subject of so great practical importance that we think it best to quote them again:—

“For farmers and those who live in localities where people can retire at eight or nine o'clock in the evening, the old notion about early rising is still appropriate. But he who is kept up till ten or eleven or twelve o'clock, and then rises at five or six, because of the teachings of some old ditty about ‘early to rise,’ is committing a sin against his own soul. There is not one man in ten thousand who can afford to do without seven or eight hours' sleep. All the stuff written about great men who slept only three or four hours is apocryphal. They have been put upon such small allowances occasionally and prospered; but no man ever yet kept healthy in body and mind for a number of years with less than seven hours' sleep.

“If you can get to bed early, then rise early; if you cannot get to bed till late, then rise late. It may be as proper for one man to rise at eight as it is for another to rise at five. Let the rousing bell be rung at least thirty minutes before your public appearance. Physicians say that a sudden jump out of bed gives irregular motion to the pulses. It takes hours to get over a too sudden rising. It is barbarous to expect children to land on the center of the floor at the call of their nurses, the thermometer below zero. Give us time after you call us, to roll over, gaze at the world full in the face, and ‘look before we leap.’”

How Raisins are Prepared.—A strip of land bordering on the Mediterranean, somewhat less than one hundred miles in length, and in width not exceeding five or six, is the raisin-producing territory of Spain. Beyond these boundaries the muscatel grape, from

which the raisin is principally produced, may grow and thrive abundantly; but the fruit must go to the market or the wine-press. When the grape begins to ripen in August, the farmer carefully inspects the fruit as it lays on the warm, dry soil, and one by one clips the clusters as they reach perfection. In almost all vineyards slants of masonry are prepared, looking like unglazed hot-beds, and covered with fine pebbles, on which the fruit is exposed to dry. But the small proprietor prefers not to carry his grapes so far; it is better, he thinks, to deposit them nearer at hand, where there is less danger of bruising, and where the bees and wasps are less likely to find them. Day by day the cut bunches are examined and turned, till they are sufficiently cured to be borne to the house, usually on the hill top, and there deposited in the empty wine-press till enough has been collected for the trimmers and packers to begin their work. At this stage, great piles of rough dried raisins are brought forth from the wine-press and heaped upon boards. One by one the bunches are carefully inspected, those of the first quality being trimmed of all irregularities and imperfect berries, and deposited in piles by themselves. So, in turn, are treated those of the second quality, while the clippings and inferior fruit are received into baskets at the feet of the trimmers, and reserved for home consumption. A quantity of small wooden trays are now brought forward, just the size of a common raisin box, and about an inch deep. In these, papers are neatly laid, so as to lap over and cover the raisins evenly deposited in the trays, which are then subjected to a heavy pressure in a rude press. After pressing, the raisins are dropped into the boxes for market.—*Ex.*

—Statistics show that prison life is conducive to longevity; a fact which is undoubtedly due to the regularity of life in a well-regulated prison. The prisoner cannot dissipate; he must eat measurably wholesome food, has no opportunity for eating between meals, and will not be likely to overeat. In most cases, he must also take a considerable quantity of exercise. If all people would do the same things, there would be less need of prisons.

LITERARY MISCELLANY.

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

"SOME TIME,"

"Some time," we say, and turn our eyes
Toward the fair hills of paradise.

Some day, some time, a sweet new rest
Shall blossom, flower-like, in each breast.

Some time, some day, our eyes shall see
The faces kept in memory.

Some day their hands shall clasp our hands,
Just over in the morning lands.

Some day our ears shall hear the song
Of triumph over sin and wrong.

Some time, some time, but ah! not yet,
Still we will wait and not forget

That "some time" all these things shall be,
And rest be given to you and me.

So let us wait, though years move slow,
That glad "some time" will come, we know.

THE LITTLETON REFORMERS.

LITTLETON society, or at least the feminine portion of it, was in a state of active fermentation, which, so to speak, "boiled over" at a sewing circle, a meeting somewhat above the average of those devoted to fancy-work, or even missionary clothing seasoned with gossip.

The truth was that all Littleton had a superior tendency and took to solid reading and earnest discussions; and however great may be the scorn with which we allude to "protoplasm" or "theories of evolution" as common parlor talk, still there is room for thanksgiving that some foreign interest can prevail over our small, every-day griefs and worries.

The sewing circle had been established in war time when every one was enthusiastic in doing her part for the soldiers, and then, when that need was mercifully over, it was agreed not to disband, but that once a week each lady should take her plainest, most necessary sewing to the meeting, and some one should read aloud to the company. It was not quite aspiring enough to call itself a literary club, partly because few had time, how-

ever great their desire might have been, to do the thorough, intellectual work needful to make that a success. But the little attempt had been very pleasant—the women felt it a relief and benefit to meet on some other ground than the common one of fashionable calls and tea parties.

To-day there was a full assemblage, and a very lively, attractive company it looked—three or four young girls just at the most delightful stage of freshness and prettiness, with wistful, grave questionings in their eyes of the life opening out before them, twice as many wives but little older than they except from the added care and womanliness in their faces, and several of the brightest, most taking old maids one could imagine. Add to these a sufficient number of gray-haired matrons to give the company weight and dignity, and the assembly is complete.

"How many theories there are about living now," said Rose Perry laying down the magazine from which she had been reading a sensible article on the needs of every-day life. "I do n't see, after all, that it grows any easier."

"Why should it be easier?" said Miss Prudence Truefit, unrolling her yarn with a jerk. "It puts me out of patience to hear so much groaning over the time and manners! Do n't you take it up, Rose! It's enough to have every third man or woman speculating on ideal communities and Utopias, without the second one's adopting it. Upon my word, I can't see any aspect of what is said but that people are lazy and want to shirk their birth-right, so they try to invent some perpetual motion by which the world shall do its work without their help."

Rose flushed a little. "I do n't think you're quite right there, Miss Truefit," she said bravely. "I do n't want to shirk honest hard labor, but to my mind things are hard in the way of getting work to do. To take the merest personal ground, here am I, an

example. I've been out of school six months waiting to earn my living, but the world, at least the little corner of it I know, won't let me do it. Now is n't there a drawback somewhere, when the earth has apparently no room for its workers?"

There was a minute's silence, while honest Miss Truefit was making up her mind how best to retire a little from her first position, when Kate Haggood, famous for rushing headlong into whatever occurred to her, broke in.

"Yes, here are three of us in the same fix, Rose, Nell, and I, and when we've been fighting for months to get any kind of a situation in any kind of a school and have failed, you certainly can't believe that the wheels of the universe turn without any friction, now can you? I leave it to you, Mrs. Cavendish, if it is n't rather tough for three girls to long with all their hearts to earn their bread and butter (and preserve!) and only to have the project frowned down by the Fates!" Somehow everybody appealed to Mrs. Cavendish for sympathy and encouragement—a sweet, simple lady with soft white curls, and face lit up by a keen intellect.

"Yes, my dear, I think it is rather hard to bear," she answered. "And I see just what you mean in saying there is a strain in living now, but I believe too, that if the conditions of life were simpler it need not be so. For instance, don't you think that if you were content to dress more plainly and so reduce your expenses, you could get along with less worry. But why do you all teach—why not try some other work for which there may be few applicants?"

"The real reason is," said Kate honestly, "because we can't get as much money for anything else, not being specially trained or educated for any art or profession."

Mrs. Stanton, the pretty young matron by the window, laid down her work and spoke with some hesitation. "I wonder if it is n't the trouble in all kinds of busy life, except, of course, those devoted to some special calling which seems the highest and best to the person who adopts it, that there is such a hurry and turmoil that people have no time to get the best good of life itself."

"Jennie," said Miss Truefit, reprovingly,

"I do hope you're not going to sigh for a career!"

"No, don't misunderstand me," she returned eagerly. "I believe nobody could be happier than I am in my pretty home with Charlie and the baby, and I don't consider the least thing done for their comfort or happiness inferior to some gifted woman's mission of writing poetry perhaps. But I do feel, when the days slip by and I have scarcely an unoccupied ten minutes for a book, that I should like to make myself more intelligent and attractive even though I am a married woman."

"Yes," said Hattie Peterson, who had been married five years and made a charming housewife. "There's no doubt that that's what women need—some active interest outside their own four walls and grass plot."

"Well," said Miss Prudence, "all this sounds very nice, but you will excuse me if I say it's extremely vague! Is n't it just what I told you in the first place—that everybody is trying to lay the foundations for a Castle of Indolence?"

"A thousand times no! Don't you see what we mean is this—that there is an incessant wear and tear in getting the mere necessities of life, and when they are attained we work just as desperately for luxuries. We struggle and plan, spend sleepless nights, and all for what? To keep up to a certain per cent. in our neighbor's opinion of what is fitting and proper; to become notable housekeepers, and then when we have gained the reputation, 'lie down and die and are buried in dirt!' Just as business men spend the best part of themselves for money and social position. If life is merely this—a contest for what we eat and wear, or a lottery to decide who goes to Heaven, I do n't think it worth the living!" And she looked up a good deal excited and half frightened at her own temerity.

"Well, you have n't told us yet how you would like your time to be disposed of," said Miss Prudence imperatively.

"I could n't begin to tell of half the ways," said Hattie. "I want to read so many books, and every time I look at my Botany it makes me sigh to think of the rare things growing in hidden places, while I have n't time to search

for them. Then, too, what mother is there who could n't use every minute of her day with the children, and still feel she hadn't given them half enough of herself? I don't mean to disparage school education, but surely that could far better be dispensed with, than the unconscious training a child receives by being with a cultivated woman, who can give the thought to this individual development that a teacher must share with twenty or thirty others. And for such an undertaking a woman needs time and opportunities for thought and mental growth herself, to keep pace with the increasing demands of her child."

"Well," said Miss Prudence, "suppose we test your sincerity and see whether you are willing to live more simply or not. Take the mere question of clothes, for instance. Kate, are you desirous of giving up that extremely pretty plaiting, for a bias ruffle that will take a quarter of the time in making, and only catch half as much dust?"

"I don't know," said Kate doubtfully. "I suppose so, if everybody else would wear bias ruffles, and nobody flaunt fine plaiting before my eyes."

"Now suppose you do that," said Miss Prudence, "you'll have extra time for improvement, since you do your own sewing."

"I know I'm willing," said Hattie Peterson, "but I hire most of my sewing done—that is, the trimming, tucking, ruffling, etc., and do the plain work myself. Now I don't believe you'd say I ought to give up those extras that Mrs. Boyce does for me, and so take away some of her daily bread, would you?"

"There's a very simple solution of that," said Mrs. Cavendish, smiling. "Leave off the extras, hire the plain sewing done instead, and pay just as much for it."

"But clothes are so pretty made fancifully and trimmed," put in Lu Hawthorne, the drawing teacher. "I think there's a fine art in sewing as much as anything else, and there is a great temptation to have nice, dainty things even if they do cost time and trouble."

"I know it," returned Mrs. Cavendish, "and must confess I'm not a very radical dress reformer myself, for ugly things are always disagreeable to me, no matter how serviceable they are. Still one need not be

unbecomingly or too plainly dressed. I think pretty clothes most desirable; in fact, I should n't object to see you girls in robes woven out of rainbows or rose-leaves, but I'm really afraid that now, when times are so hard, we've no right to so much elaborateness. Now I'm going to be very personal, and ask you, Hattie, if when you were married you were not worn, nervous and tired out, from the months' labor you had given that pretty trousseau of yours?"

"Yes," said Hattie, dolefully. "I must confess it."

"Then again, were not the rich embroideries you put into baby's clothes more of a task than all the care of the little fellow since?"

"To be sure," answered Hattie, "but that was a labor of love. I wanted to make everything perfect for his little majesty."

"I see, I understand," said Mrs. Cavendish, shaking her head, "but it does make my heart ache sometimes to know of mothers, after their cares are over for the day and the rest of the family in bed, sitting up far into the night stitching away, not on anything needful, mind you! If they were patching or darning there would be a sanctification of motherly love about it, but they are only spending their strength on tucks and embroideries."

There was little more said, but it may safely be concluded that quite an amount of thought was excited by the discussion. There is reason to believe, also, that during the week there were quiet talks between one and another on the same subject.

(Concluded next month.)

The Spirit of Religion.—Happily, our age is coming to a broader and better understanding of what religion is, and of its place and work in the world,—that it is separation from nothing but sin; and a broad participation in all that is true and good—all that belongs to a noble existence. This high conception of the sphere of religion will not be complete till it takes in more of the laws of health, and purity, and temperance, and labor, and economy, and government, and literature, and science, and all that relates to the welfare of man.—*Alliance.*

THE MAN WHO HAD DYSPEPSIA.

THERE came to the dinner-table at the Lawrence House, the other day, two strangers, one a lean and hungry-looking customer, the other a decent-appearing young fellow. As they reached the table the older man clutched frantically at the bill of fare, and remarked as follows:—

“Let’s see what the’ve got. You know I can’t eat anything. Been nearly dead for ten weeks with the dyspepsia. Ah! ‘oyster soup’—guess that won’t hurt me.” To waiter: “Bring me some oyster soup, and, let’s see, boiled white fish; yes, I’ll have some o’ that.”

The soup and fish were rapidly eaten.

“Now, let’s see what else they’ve got; you know I can’t eat everything. ‘Roast turkey’—that ought not to hurt me. I’ll have some o’ that. ‘Roast beef’—yes, I’ll have some o’ that. ‘Chicken pot-pie’—yes, that’s easily digested; I’ll have some. Let’s see, I can’t eat everything, I’ll take a bit of the boiled ham, some macaroni, and—ah! some chicken livers and vegetables.”

The waiter had taken the order, and the man with a weak stomach reached this way for crackers, that way for butter, here took a piece of bread, there a pickle and a stalk of celery, and, frequently remarking that he could n’t eat everything, stayed his stomach until his dinner was brought. He looked it over, sent the waiter back for some roast veal and another onion, remarking that his stomach was weak, he had been suffering terribly from dyspepsia, and could n’t eat everything, but at last got to work and cleared the dishes.

The matter of dessert troubled him some because his stomach was so weak, but he finally called for some mince pie, plum pudding, and ice-cream, with a cup of coffee. They were brought and devoured, and then he called the waiter and made her a confidential communication to the effect that he had been sick with the dyspepsia, that his stomach was weak, he could n’t eat everything, and would she bring him a bowl of milk?

The milk was brought, he crumbled some bread therein, and, as his younger companion had departed, the man with the weak stom-

ach remarked to the gentleman across the table from him that it was darned rough to have to come down to bread and milk, but he had been sick, he could n’t eat everything, and he had to be careful.

And now the landlord is anxious for that man to come around when he is well. He need n’t come but once.—*Adrian (Mich.) Times.*

KILLING THEMSELVES WITH WORK.

MANY a husband has said, “Do n’t ask my wife to do anything for the church, or the missionary society, or the temperance cause, she has enough to do at home—she is killing herself with work as it is,” and he tells the truth.

But if the husband would look a little closer into matters he would find that his wife was killing herself over work that was ruining his children, cursing the world, and blighting the church; that she was sacrificing her all to fashion and show.

Month after month, and year after year, the worldly women of the church toil on for the personal adornment of themselves and their children till heart and flesh fail, and an untimely grave covers them out of our sight. “Martyrs to fashion,” would be the most truthful and fitting epitaph that could be put upon their tombstones.

Many a professedly Christian mother has wrapped her enfeebled infant in embroidered muslin and flannels, into which her child’s life-blood has been stitched.

In many a professedly Christian home the first lesson a child learns is how to dress in the prevailing style. It leaves its cradle admiring its fine clothes, and suffers hours of torture with curling-papers and crimping-pins before it has learned to say, “Now I lay me down to sleep.”

It is not surprising that the tender twig bent worldward from the very first, should turn from the church, to the opera, the theater, and the ball-room.

When we look about we are grieved to find that so few of the young men and women reared in the church are loving, working Christians.

But it is not surprising. If from infancy they are made to feel that the world and its

favours are better than the church and its privileges—more to be desired than spiritual riches, we ought not to expect anything else than a lack of interest and confidence on their part. If you want your child to be a Christian, make the beauty and power of your Christianity felt at home in the daily life. Work for Christ and souls, and live. Those who are killing themselves in their scramble after the world and its follies are indeed killing themselves for time and eternity.—*Christian Woman.*

The Great Army.—"Tramp, tramp, tramp, the boys are marching," how many of them? Sixty thousand. Sixty full regiments, every man of which, before twelve months shall have completed their course, will lie down in the grave of the drunkard! Every year during the past decade witnessed the same sacrifice; and sixty regiments stand behind this army ready to take its place. "Tramp, tramp, tramp"—the sounds come to us in the echoes of the footsteps of the army just expired; "tramp, tramp, tramp," comes to us from the camp of the recruits.

A great tide of life flows resistlessly to its death. What in God's name are they fighting for? The privilege of pleasing an appetite, of conforming to a social usage, of filling sixty thousand homes with shame and sorrow, of loading the public with the burden of pauperism, of crowding our prison-houses with felons, of detracting from the productive industry of the country, of ruining fortunes and breaking hope, of breeding disease and wretchedness,—of destroying both body and soul. There is no question before the American people to-day that begins to match in importance the temperance question.

The question of American slavery was never anything but a baby by the side of this; and we prophesy that within ten years, if not within five, the whole country is awakened to it, and divided upon it. Temperance laws are being passed by the various legislatures, which they must sustain or go over, soul and body, to the liquor interest and influence. Steps are being taken on behalf of the public health, morals, and prosperity, which they must approve by voice or act, or they must consent to be left behind and left out. There can be no concession and no compromise on

the part of temperance men, and no quarter to the foe. The great curse of our country and of our race must be destroyed.—*J. G. Holland.*

A Hairy Water-Tortoise.—The following interesting bit of natural history is from the pen of Mr. Frank Buckland, in *Land and Water*: "Through the kindness of Mr. White, son of the late lord-mayor, I am enabled to give a representation of a most interesting little creature which he himself brought from China. It is a terrapin, or water-tortoise, which apparently has hairs growing out from its back. When it first arrived it seemed very unwell, and I do not wonder, for the poor little thing had not had anything to eat for some months. Knowing it was very intolerant of cold, I placed it in warm water, and kept it in a warm place, and the little thing shortly, to my delight, began to feed from my hand. It will snap at and devour little bits of meat, fish, shrimps, etc. As the little animal swims, the fiber of the vegetable growth hangs away from him so as to give him the appearance of an animated bunch of weeds. His face is very intelligent.

"Among the collection of Chinese and Japanese bronzes, drawings, pottery, etc., I have observed representations of various monsters, and among them those of tortoises with long tails. It now is certain from this specimen, so kindly given me by Mr. White, that the Chinese really have in their aquaria terrapins covered with this remarkable growth. If the hairy terrapins of the Chinese artists be founded on actual living specimens, may it not be possible that other of these well-known monstrosities—such as dragons—may have their origin from traditions, or may be late survivals of such creatures as the plesiosaurus, etc. ? I have read somewhere that the Chinese are the direct descendants of Noah, and that when Shem, Ham, and Japheth, went respectively north, south, and west, Noah himself went east, and founded the great Chinese nation. Certain it is that they have traditions of birds and animals totally unknown to the present inhabitants of the earth. I do not know whether the growth upon this terrapin's back has been produced artificially or naturally. It is sim-

ply a water-grass, something like the weedy material growing on decaying wood-work and lock-gates of rivers. It is possible that the ingenious Chinese may have some way of doctoring up the living specimens of terrapins, of which I understand considerable numbers exist in the ditches and marshes of China. These Chinese, as we are all aware, are stated to have the art of making the large freshwater pearl-bearing mussels secrete pearls, and cover over metal images placed within the shells for that purpose. If they can do this with the pearl shell, I do not see that it is impossible for them to make this vegetable material grow upon the back of a tortoise. — *Pop. Sci. Monthly.*

Economy.—Economy is one of the words least understood in our language. It is not economy to starve the mind to stuff the stomach. It is not economy to “scrimp” and pinch and slave to keep up a style of dress or living to deceive other people’s eyes. It is not economy to put half the cost of women’s or children’s garments into “style” and trimming, at the sacrifice of good, lasting material. It is not economy to buy poor things because they are “cheap.” It is not economy to go without flannels to wear laces, nor to give up comfort, and possibly health, for the sake of fashion. It is not economy to save money on necessities to spend on “tom-foolery,” always remembering that necessities, to a soul that lives over six feet above the earth in its aspirations, mean a good many things besides what we shall eat, drink, and wear.—*Golden Rule.*

Oh, for a Man!—The great want of this age is men—men who are not for sale; men who are honest, sound from center to circumference, true to the heart’s core; men who will condemn in friend or foe, in themselves as well as others; men whose consciences are as steady as the needle to the pole; men who will stand for the right if the heavens totter and the earth reels; men who can tell the truth and look the world and the devil in the eye; men that neither brag nor run; men that neither flag nor flinch; men who can have courage without shouting to it; men in whom the courage of everlasting life runs deep and strong; men too large for sectarian

ponds; men who do not cry nor cause their voices to be heard in the street, but who will not fail nor be discouraged till judgment be set in the earth; men who know their message and tell it; men who know their places and fill them; men who mind their own business; men who are not too lazy to work nor too proud to be poor; men who are willing to eat what they have earned, and wear what they have paid for.—*Louisville Commercial.*

How to Make Mischief.—Keep your eye on your neighbors. Take care of them. Do not let them stir without watching. They may do something wrong if you do. To be sure, you never knew them to do anything very bad, but it may be on your account they have not. Perhaps if it had not been for your kind care, they might have disgraced themselves a long time ago. Therefore do not relax any effort to keep them where they ought to be. Never mind your own business—that will take care of itself. There is a man passing along—he is looking over the fence—be suspicious of him; perhaps he contemplates stealing, some of these dark nights; there is no knowing what queer fancies may have got into his head.

If you find any symptoms of any one passing out of the path of duty, tell every one else what you see, and be particular to see a great many. It is a good way to circulate such things, though it may not benefit yourself or any one else particularly. Do keep something going—silence is a dreadful thing; though it is said that there was silence in Heaven for the space of half an hour, do not let any such thing occur on earth,—it would be too much for this mundane sphere.

If, after all your watchful care, you cannot see anything out of the way in any one, you may be sure it is not because they have not done anything bad; perhaps in an unguarded moment you lost sight of them—throw out hints that they are no better than they should be, that you should not wonder if people found out what they were after a little while, then they may not hold their heads so high. Keep it going, and some one else may take the hint, and begin to help you along after awhile; then there will be music, and everything will work with a charm.—*Sel.*

Work and Worry.—There are scores of excellent people in this world who have never yet learned the difference between *work* and *worry*. If they have anything to do they seem to think that the only way of accomplishing it thoroughly is by means of unnecessary worry—worry about the time, the method, the necessity of their task, until they have driven easy-going and more tranquil souls nearly frantic.

PHILOSOPHY fails of its noblest object, if it does not lead us to God; and, whatever may be its pretensions, that is unworthy of the name of science which professes to trace the sequences of nature, and yet fails to discover, as if marked by a sunbeam, the mighty hand which arranged them all; which fails to bow in humble adoration before the wisdom and power, the harmony and beauty, which pervade all the works of Him who is eternal.—*Abercrombie*.

—The average woman is composed of two hundred and forty-three bones, one hundred and sixty-nine muscles, twenty-two old newspapers, and two hundred and ten hairpins.

—The less a man thinks or knows about his virtues, the better we like him.—*Emerson*.

POPULAR SCIENCE.

—An immense forest of petrified oaks has been discovered in Germany.

—A curiosity of some interest was recently found in Nevada. The specimen consisted of a petrified hand. Of what race is unknown.

—A new elastic gum closely resembling, but greatly superior to, gutta percha has been recently discovered on the banks of the Amazon.

—The arts and sciences are not unknown in China. They know the art of printing, and have an ancient literature of their own. They have the mariner's compass, and are familiar with the use of gun-powder. They are skillful carpenters, builders, masons, painters, and agriculturists.

—The oldest known pieces of wrought iron in the world are the sickles found by Belzoni under the pedestal of the Sphynx, the blades which Wyse found imbedded in the wall of the Great Pyramid, and the piece of a saw which Layard dug up at Nimrod. They are treasured in the British Museum.

Scales for Weighing a Sunbeam.—Mr. Crookes, the inventor of many pieces of curious apparatus, has recently constructed an instrument by means of which he professes to be able to weigh a ray of light. Experiments and calculation made with respect to the sun's light show that it is equal to thirty-two grains on the square foot, fifty-seven tons on the square mile, or three billion tons on the whole earth.—*Exchange*.

Wyandot Cave.—A recent number of the *Scientific American Supplement* contains an interesting account of Wyandot Cave, a subterranean cavern situated in Crawford Co., Ind., which rivals the famous Mammoth Cave in extent, and in the great number of curiosities which it contains. Among these none is more remarkable than a set of musical stalactites on which chords can be struck and tunes played.

Echees.—“In the sepulcher of Metalla, the wife of Sulla, in the Roman Campagna, there is an echo which repeats five times, in five different keys, and will also give back with distinctness an hexameter line which requires two and a half seconds to utter it. On the banks of the Naha, between Bingen and Coblenz, an echo repeats seventeen times.

“At the castle of Simonetta, a nobleman's seat about two miles from Milan, a surprising echo is produced between two wings of the building. The report of a pistol is repeated by this echo sixty times; and Addison, who visited the place on a somewhat foggy day, when the air was unfavorable to the experiment, counted fifty-six repetitions.”

“**The Beautiful Beyond.**”—First scientific party (of the name of Richard A. Proctor, with his telescope)—There is a steeple five miles off; I can see a fly walking on it. Second scientific gentleman (called Professor Hughes, with his microphone)—I can't see

him, but I can hear him walk. Third scientific person (named Edison, with his carbon thermophile)—I can measure the amount of heat produced by the friction of his movement. And (producing a phonograph from his pocket) by attaching this machine to your microphone, I can preserve and reproduce the noise of his walking, so that people can hear him walk a thousand years hence.—UNKNOWN ENTHUSIAST.

The Candle-Fish.—One of the curiosities of the animal kingdom, which is found in the Pacific Ocean in the vicinity of British Columbia, is known by the Indians of that section as the candle-fish. This fish is a small creature not much over a foot in length, somewhat resembling a smelt. Its chief peculiarity is its fatness. It is the fattest of all known fishes, and indeed seems to be almost nothing else but fat. It is this fact which gives it its name, since the Indians by thoroughly drying it are enabled to use it as a candle for illuminating purposes. When the tail of a dried fish is touched with fire, it lights as readily as a candle, and burns with a brilliant flame. Sometimes a narrow stick is thrust through the body lengthwise to act as a wick.

The candle-fish is also eaten after being smoked and dried.

The Sense of Smell in Cats.—This sense in cats is said to be developed only in a very small degree. "This want is, however, partly compensated for by an extremely delicate sense of touch, which is possessed to a remarkable extent by the whiskers, or vibrissae, as well as by the general surface of the skin. These bristles are possessed, to a greater or less extent, by all cats, and are simply great developed hairs, having enormously swollen roots, covered with a layer of muscular fibers, with which delicate nerves are connected. By means of these latter the slightest touch on the extremity of the whiskers is instantly transmitted to the brain. These organs are of the greatest possible value to the cat in its nocturnal campaigns. When it is deprived of the guidance afforded by light it makes its way by the sense of touch, the fine whiskers touching against every object the cat passes, and thus acting in the same manner as a blind

man's stick. Imagine a couple of dozen, of exquisite fineness, and these not held in his hand, but imbedded in his skin, so that his nerves come in contact with them, instead of having a layer of skin between, and some notion may be formed of the way in which a cat uses its whiskers. So puss is not so badly off, after all."

Mysteries of a Lump of Coal.—A scientific journal enumerates the following as a few of the numerous useful substances extracted from coal:—

1. An excellent oil to supply light-houses, equal to the best sperm oil, at lower cost.
2. Benzole—a light sort of ethereal fluid, which evaporates easily, and, combined with vapor or moist air, is used for the purpose of portable gas lamps, so-called.
3. Naphtha—a heavy fluid, useful to dissolve gutta percha, India rubber, etc.
4. An excellent oil for lubricating purposes.
5. Asphaltum, which is a black, solid substance, used in making varnishes, covering roofs, and covering over vaults.
6. Paraffine—a white, crystalline substance, resembling white wax, which can be made into beautiful candles; it melts at a temperature of 110 degrees, and affords an excellent light.

The Cow Tree.—Nearly fifty years ago M. Boussingault, the eminent French chemist, made some interesting observations on the juice of the *Galactodendron*, commonly known as the "cow-tree." Some specimens of the plant on exhibition in the Champ-le-Mars, Paris, have enabled him to prosecute his study of this vegetable milk. The cow-tree grows to a height of fifteen to twenty-eight meters; its leaves are oblong and alternate, and terminate in coriaceous points. The Indians "milk" the tree by making long incisions in the trunk. The nutritive qualities of the tree are undoubted. M. Boussingault took it several months with coffee or chocolate. It is much more consistent than cow's milk, and has a weakly acid reaction.

In air it soon coagulates into a kind of cheese. This contains a complex, fatty matter, melting at fifty degrees, very similar to bees-wax, and of which the author made very excellent candles.—*Sel.*



GOOD HEALTH.

BATTLE CREEK, MICH., MARCH, 1879.

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

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THE FRIGHTFUL PERIHELION,

PERIHELION is a strange word to many people, and the mystery gives it the air of something frightful. The reading public are so often startled now-a-days with accounts of such dreadful creatures, represented by names of fearful import, as the *dinotherium*, the *plesiosaurus*, the *pterodactyl*, and the *iguano-don*, and with such portentous terms as the *dissipation of potential energy* resulting in *cosmical cataclysms*, that whenever a new scientific term appears it is suspected of representing some awful reptile or other wonder of prehistoric or antediluvian times, or of referring to some fearful catastrophe which will burst upon this ill-fated globe and its doomed denizens with all the suddenness and infinitely magnified awfulness of a thunder clap.

This seems to be something of the way in which many honest people are disposed just now regarding the term *perihelion pestilence*, a phrase which originated some six or seven years ago with a certain Dr. Knapp, of Mexico. The late Dr. Trall at first ridiculed and then adopted the theory represented by this awful term, and set it agoing in the newspapers. Since that time, about as often as the moon has arrived at its perihelion with the earth, its malign influence upon mundane affairs and especially upon the mental attitude of certain paroxysmal "quill drivers" has been such as to occasion explosions of newspaper eloquence upon the terrible consequences certain to result from the arrival at *perihelion* of Jupiter and a few others of the earth's companion planets. Two or three months ago we exposed the flimsy basis of this theory; but as there is still considerable agitation of the subject in the newspapers by persons who have never taken the trouble to investigate the matter and see whether there is really any

truth in it, we venture to quote a paragraph or two of the article referred to. The facts stated, are, it seems to us, sufficient to show the utter weakness of the theory in question. We quote, as follows, from page 374 of last volume:—

"If the perihelion of Jupiter so affects our globe as to occasion plagues and pestilences, then there should be a manifestation of this sort whenever the perihelion of this great planet occurs. This is very far from the truth. The first recorded pestilence of note occurred B. C. 767. Since that time there have been, including this, forty visitations of the same sort in different parts of the world, which historians have considered of sufficient importance to be worthy of record. But the perihelion of Jupiter has occurred 220 times within the same period; and only six times has the perihelion of Jupiter and the pestilence or plague occurred at the same time. It must be evident to every one that the doctrine of chances is quite sufficient to account for the six simultaneous occurrences of the perihelion of Jupiter with pestilence; and the occurrence is simply a coincidence, there being no relation of cause and effect.

"The same argument applies with equal force in relation to the perihelion of the other planets, but it is scarcely necessary to offer further evidence when the proof is complete."

Any one who will take the trouble to look up the history of plagues and pestilences will find entire confirmation of the facts presented, and will find a complete exposure of the falsity and absurdity of the perihelion scare. The reasoning is of the same character as that which led a man to conclude that being shaved in a barber's chair was a dangerous operation

because a man died of heart disease under those circumstances. A simple coincidence is no evidence whatever of the relation of cause and effect.

We are heartily in favor of the employment of any and every legitimate means for the improvement of mankind physically, mentally, and morally; but, as we have remarked before, "it appears to us to be more philosophical and sensible, and better policy in the long run, to convince people, by logical arguments based on reasonable facts, of the importance of observing the laws of God and Nature, than to attempt to frighten them into obedience by baseless and chimerical theories."

MICHIGAN STATE BOARD OF HEALTH.

[THROUGH the kindness of the Secretary, Dr. H. B. BAKER, of Lansing, Mich., we are able to present in advance of the regular report, the following interesting abstract of the proceedings of the Michigan State Board of Health at its last meeting; we are continually more and more pleased with the eminently practical character of the work of our Board, and are glad to note that the value of their labors is being more and more appreciated both at home and abroad. The people of Michigan are not half awake to the importance of sanitary work, however, and will doubtless place upon the arduous labors of our State Board for the benefit of the public health a far higher estimate in the near future than now.]

The regular quarterly meeting of the State Board of Health was held in Lansing on Tuesday, Jan. 14, this being its first meeting in its rooms in the new capitol building.

ADULTERATION OF SUGARS, SYRUPS, AND HONEY.

As committee on Food, Drinks, and Water-Supply, Dr. Kedzie made a verbal report on table sweets, showing the methods of adulteration now practiced. One of these is by the use of glucose, which is an inferior article of sugar formed by the action of sulphuric acid on starch. In sugars thus adulterated, there is usually found sulphuric acid and copperas. Another method lately practiced has been for the lessening of duties, and consists in coloring sugar so as to make it appear of lower

grade. The danger comes from the poisonous chemicals used in bleaching. Dr. Kedzie also mentioned the fact that where bees are fed on glucose, this substance will be deposited in the cells without change. In connection with the adulteration of sugar, the doctor also said that one bushel of corn would make about 40 pounds of grape sugar or glucose. Where the sugar is of a blue tinge, it is an evidence that blueing has been added to the sugar to relieve the yellow appearance due to the adulteration. The experiments and reports heretofore made by Dr. Kedzie had been made the basis of a memorial to Congress asking legislation upon the subject.

VENTILATION OF BUILDINGS ALREADY CONSTRUCTED.

As committee on the subject of Ventilation and Heating of Buildings, Rev. Mr. JACOBS read a paper on the heating and ventilation of buildings already constructed. He first showed the importance of good ventilation, and then pointed out many ways in which buildings already constructed, faulty in this particular, could be improved. One method was the leading of fresh air from outdoors to a jacket inclosing a space around a stove, and withdrawing the foul air from the floor level by means of pipes which lead from near the floor to the chimney above. He showed many diagrams illustrating the methods of improving the ventilation in buildings already constructed. He gave one illustration of a church which had been insufficiently warmed by three stoves, but which was afterward thoroughly warmed and ventilated by one of these stoves, properly jacketed, and the cold and foul air withdrawn from the floor level. The ventilation of two churches by a similar method costs but \$10, and ventilating apparatus for dwellings costs from \$1.25 to \$10.

ILLUMINATING OILS.

As committee on Special Sources of Danger to Life and Health, Dr. Kedzie made a verbal report on illuminating oils. In this report he brought before the Board a sample of "mineral seal" oil, a new brand, which stands a flash test of 260 degrees, by the Michigan method, and will also stand the Michigan chill test. He exhibited a lamp filled with this oil, which gave a brilliant light equal to

twenty-six railroad candles. This oil is manufactured for the Standard Oil Co., in Cleveland. It sells for 40 cents a gallon. It is made by freezing the paraffine out of heavy paraffine oil. He recommended the use of this oil on railroad cars, under very stringent provisions. He showed the safety of the oil by heating it to 254 degrees and plunging lighted pine sticks into it, when they were immediately extinguished.

He also brought up for discussion the question as to what action the board shall take with reference to illuminating oil for ordinary purposes. As showing the ways in which certain parties seek to evade our laws, he exhibited a specimen of oil and the dealers' circular in connection with it, claiming a new and safe illuminator called "potalene." It was on exhibition at the State fair, pleading for a premium. He put fifteen drops in a heavy glass bottle and touched a lighted match to the mouth of the bottle, when the flames and smoke shot several feet high. He said this oil was simply naphtha in which potatoes had been soaked.

It was voted that the interests of life in this State will be subserved by maintaining the present tests for illuminating oils. Dr. Kedzie was requested to make a thorough investigation of the whole subject, and to act for the Board in endeavoring to maintain the present tests.

REGULATION OF MEDICAL PRACTICE.

Leroy Parker, committee on Legislation in the Interests of public Health, read a report on the subject of the Illinois law regulating medical practice, and on the proposal to regulate the practice in Michigan. The Illinois law compels an examination by a State Board, and the effect is to drive quack doctors out of the State, and some have come to Michigan. He recommended the enactment of a law by the Michigan Legislature, requiring practitioners to undergo examination.

Dr. Hitchcock presented the form of a memorial to the Legislature on the same subject, expressing the opinion that great injury is being done to the health of many persons in this State, and that many deaths occur because of treatment by ignorant and unscrupulous pretenders, bearing the name of doctor, with perhaps the title of "M. D." He recom-

mended an examination of practitioners in anatomy, physiology, and pathology of the human body, and in chemistry and botany. The memorial was adopted.

SANITARY TOPOGRAPHY.

Leroy Parker made a verbal report on a memorial to the Legislature on the subject of topographical survey of the whole State for sanitary purposes. Dr. Baker was added to the committee, and it was recommended that the survey should not only be topographical, but should embrace all sanitary subjects, especially those relating to water, such as, for instance, drainage, pollution of streams, water-supply, etc.

SANITARY CONVENTIONS.

Dr. Baker, who was a committee to prepare for a sanitary convention, at Coldwater, reported that owing to the death of Dr. J. H. Beech, of that city, the local support to the movement was withdrawn, and it was impossible to hold the convention. Much work had been done in preparing for this meeting, and he had endeavored to secure such a meeting at some other place. A communication was received from Dr. J. H. Kellogg, of Battle Creek, inviting the Board to hold a meeting at that place, pledging the support of the citizens of that city to make the meeting a success. The subject was postponed to the April meeting.

A committee was appointed to draft resolutions relative to the death of Dr. Beech, and its chairman, Dr. Hitchcock, presented the following preamble and resolution which was adopted by the Board.

"Whereas, we have heard with deep regret of the death of Dr. J. H. Beech, of Coldwater, therefore,

"Resolved, that in the death of Dr. Beech, this Board has lost one of its most interested and efficient correspondents, and the people of the State have lost one of their most intelligent, earnest, and practical sanitarians."

DEATH IN THE DINNER-POT.

THE following important facts we quote from a reliable authority. Their character is such as to make it a matter of great consequence that immediate attention should be given to the subject by users of enameled

cooking utensils, by dealers, and by sanitary authorities:—

“The introduction of cast-iron cooking-vessels, coated on the inside with a white porcelain or enamel, has become very extensive of late, and these are generally supposed to be as safe as they are convenient and cleanly. It has been assumed that vegetable acids, which act more or less energetically upon metallic surfaces, do not affect the porcelain lining, and that vessels protected by it may therefore be employed for all purposes, without discrimination. It seems, however, from a paper read before the Society of Public Analysts, Glasgow, that some kinds at least of this porcelain lining are very readily acted upon by certain acids, common salt, and other substances used for food, and that thus large quantities of lead and even arsenic are dissolved out during culinary operations. Analysis of three enamels taken from cast-iron pots, made by as many different manufacturers, showed that all contained arsenic, and two of them lead.

“The peculiar character of the chemical combination in which these poisons exist is such as to render them peculiarly susceptible to the action of even feebly acid solutions. Thus, in the various enamels analyzed, the percentage of bases was found to be 38.58, 53.73, and 55.28, respectively. A one per cent. solution of citric acid boiled in the third—55.28—roughened and destroyed the enamel at once, dissolving out enough lead to give a dense black precipitate with hydrosulphuric acid; and an enamel that will not bear so moderate a test as one per cent. solution of citric acid must be considered unsafe.”

NOVEL SURGERY.

A CURIOUS surgical operation was recently performed in Glasgow. For some time it has been known that portions of tissue from other animals could be made to grow upon the tissues of the human body, and to be assimilated so as to become a part of the body itself. This fact was utilized, not long since, by the transplantation of a dog's cornea to the eye of a man whose cornea had been destroyed by disease, with the excellent result of restoring the sight, which had otherwise been irrecoverably lost.

A similar experiment has lately been tried in bone grafting. A surgeon who had a case of fracture of the arm, in which the bones refused to unite, cut out the diseased portions in connection with the ends, and inserted a section of bone which he sawed from the corresponding bone of a living dog which was anesthetized for the purpose. The experiment was a success in causing union of the bone, so that the patient recovered the use of his arm, although the greater portion of the canine bone was discharged after a few months.

PLASTER-OF-PARIS FLOUR.

ATTENTION has been called to the fact that several mills in the East are reported to be engaged in the nefarious business of grinding up rocks into powders of various degrees of fineness for the adulteration of flour and sugar. From the following facts which we gather from *Social Notes* and the London *Lancet*, it seems that a similar, perhaps worse, adulteration with mineral matters is being practiced in Europe by dealers in flour:—Elated with their success in more honest occupations, the good people of Flanders have now entered the field against us as adulterators; and, if audacity be an element of success, are likely to put to shame the most roguish London tradesman that ever went scot-free in his own city, and in Constantinople would have been nailed by the ear to his shop-door. Dr. Saunders, the active Officer of Health for the City, was desired by the Bank of Belgium to analyze certain samples of a cargo of flour newly imported from that country—the bank having advanced money on the bills of lading. The analysis revealed a mixture consisting of 79 parts plaster of Paris and 21 of genuine flour; and the doctor promptly seized upon the whole of the abominable composition, and applied to the Lord Mayor for an order to destroy it.

The flour contained so large a proportion of plaster of Paris that it was possible to cast metal in a mold made of it. Whetham acted with less public spirit than might have been expected of him in refusing to condemn it. His lordship laid too much stress on the legal requirement that sale of the article should be proved. It is easy to understand the diffi-

culty, because, for anything that was shown in court, the mixture may not have been intended for food. No evidence of its sale or use for making bread was submitted, and it would clearly be embarrassing to jump to a conclusion on a mere statement to the effect that it was so employed. It is necessary to recognize this important omission. At the same time it must be manifest that had there been the slightest disposition on the part of the chief magistrate of the city of London to help the cause of public health and prevent mischief, the same course might have been pursued which a well-constituted executive authority is always ready to adopt with a view to aid the interests of peace and prosperity. An officer might have been sent to inquire into the matter, and the flour would then doubtless have been condemned. It is an important circumstance that this course did not suggest itself to the Lord Mayor or his advisers. The attempt to throw the onus of prosecution on a medical officer of health was absurd, and can only be regarded as proof of ignorance or obstinacy. The matter is to be brought again under the notice of the chief magistrate, and we may hope he will then be better advised. In the interim, however, it is beyond doubt that bread made of this deleterious compound has been sold, and even fatal consequences may yet ensue. Dr. Sedgwick Saunders has no responsibility in the matter, but a grave reflection must fall upon the authority by whom timely assistance was refused.

DIET AND TEMPERATURE.

A LESSON taught by the experiences of a visitor to the Paris Exhibition, as related in the *English Mechanic*, though not especially *apropos* at this season of the year, is so deserving of wider notice that we wish to aid in giving it publicity, so that by the time it is needed, a larger number of people will be informed on the subject than would otherwise be the case.

After telling how he dressed during the excessive heat of summer, when the heat was 127° F. in the sun, and yet strolled leisurely along the streets in perfect comfort notwithstanding the torrid heat, the gentleman adds that during the hot weather he "lived almost

wholly on vegetables and fruits—peas, beans, melons, etc.—using no meat, and, above all, no fat."

It need not have taken so long to discover this fact, since it is daily illustrated in the dietary of the natives of tropical countries; and not only of the native human inhabitants but of the native animals also which approach most nearly to man in their physical organization, as the different varieties of the ape.

There is little room to doubt that the greatest cause of suffering from excessive heat, in apoplexy, and in the various bowel and febrile diseases which abound during the hottest months, is unwholesome diet. The system is over-heated and clogged with heating, stimulating food, and disorder is the result.

DUTCH ELOQUENCE.

THE finest specimen of genuine German eloquence we ever saw has been recently produced by the editor of the *Germantown Telegraph*, who has exhausted his powers of eulogistic description in behalf of the hog, the *sus scrofa* of ancient times, and the scavenger beast of all ages. Here is a specimen of his rhapsodical style:—

"Go on, ye pork-eaters, among whom we number ourselves, with a craving stomach; boil or broil your hams, pickle your sides, cabbage or crout your chines, souse your pigs' feet, and enjoy yourselves upon swine's meat to your hearts' and pockets' content. Fling not dirt at the grave, patient, thankful grunter, who anticipates his fate with a pleasure which he cannot express in words, but which he squeals to meet with the best possible grace."

And thus he raves on in his adoration for the unclean scavenger. Hear him again:—

"We shall stand by the hog. He is the patron of man. If he is generously treated it is because he is expected to return the compliment fourfold. If he is lazy it is because we give him nothing to do but eat, grunt, and sleep. Pork unwholesome! Nobody, except a lean, cadaverous, sedentary biped, who is obliged to live, probably on account of early dissipation, on graham bread and weak tea, would be guilty of such a slander."

Certainly such ideas could never have found

birth anywhere but in *Germantown*, and in the brain of a pork-fed editor.

Let the slandering microscopists stand back in awe at the glowing eloquence of this champion of the noble scavenger, whose reputation has been assailed and endangered by that mythological creature, the trichina spiralis. Without doubt the parasites were all either "in the eye" of the thousands of persons who have observed them, or like the insect in the telescope of the astronomer who telegraphed the discovery of a comet when a fire-fly happened to travel across the object glass of his instrument! Let science shroud herself in mummy clothes for making such a blunder as to condemn an innocent, inoffensive (except to the olfactory) animal. Such abuse ought to excite the deepest indignation of that noble friend of the "poor brute," Mr. Bergh.

But enough of this. Our *Germantown* knight of the quill is jubilant now; but wait until he makes the intimate acquaintance of those exquisitely lively little parasites, and is made to fully comprehend the fact that a few hundred billions of the delicate little creatures are playing "hide and seek" among his muscular fibers. Unless his editorial experience has developed in him a keen delight in being "bored," we are inclined to believe that he will readily coincide in the conviction which is growing in many minds that the ancient order respecting the incarceration of evil spirits has been reversed; and that nowadays men are "bedeviled" with pork demons. If our pork-praising editor has thus far escaped, which we have serious reason to doubt, we sincerely hope he may never be "possessed."

DAMP BEDS AND COLD BEDROOMS.

This is the season of the year when thousands of persons lay the foundation for fatal constitutional disease; and one of the modes of doing this which accomplishes it most certainly and effectually is sleeping in damp beds, and cold bedrooms. Beds in cold bedrooms are almost certain to be damp. If dry one day, they are damp the next. Many a wretched night have we spent in a cold, damp bed, utterly unable to get either rest or sleep, and anxiously longing for the slow coming morn to deliver us from what seemed, with-

out much figure in the meaning, to be the very jaws of death. The experience of the writer quite a number of years ago when we taught a district school and boarded around, sleeping in the "spare bed," will be remembered to our latest day as a period of time in which we suffered more and received more lasting injury than during any other period of our life.

Beware of spare beds and cold bedrooms. A person had a great deal better sit up by the kitchen fire and doze in his chair than to commit himself to the horrible embrace of cold, clammy sheets, and run the risk of sowing the seeds of an incurable consumption.

Perversions of Dress.—Notwithstanding the general enlightenment on the subject, and the vigorous efforts of dress reforms, the majority of ladies still continue the same wicked course of suicidal dressing, and fashion-following which has contributed more than any other influence to the general decline in the health of American women. A recent writer on the subject does not present it in terms in any degree too strong when he says that "the whole style of modern fashionable dress is a most ingenious and successful contrivance to produce the most distressing disease and deformity. The internal organs, when closely folded and packed, must be strongly sustained both in front and below to keep them in the natural form. This sustaining power is exerted by what are called the abdominal muscles, which run upward, downward, and crosswise in front; their attachments being to the breast-bone, hips, pelvic bones, and spine. There are also muscles at the extreme base, within the pelvic cavity, that have a similar function.

The combined influences of bad air, bad food, excess in eating, want of suitable exercise, and excessive stimulus of the brain and nerves, produce a general delicacy and debility of the whole organism, in which the abdominal muscles especially suffer. They lose their vigor and elasticity, become flabby and easily stretched, without power to recover their natural functions. In this state of debility, the present style of dress does everything that can be done to deprive them of what little functional power would otherwise

have remained. Every woman who has a waist to correspond with the fashion plates, usually has her interior organs in such a shocking and disgusting situation as is here portrayed, or is fast approximating toward it."

Mineral Baths.—Much importance has been attached by some persons to the use of mineral water in the form of baths, and many mineral springs have become famous for the reputed virtues of their waters, when applied externally, as well as when taken internally. We have long been of the opinion that at least the greater part of the good done when these waters are used, is effected by the water itself, and not by any peculiar chemical properties which it contains. The following paragraph from a reliable source confirms this opinion:—

"At a recent lecture in Vienna, before a large audience, Dr. E. Dewey proved that the human skin is completely impenetrable to the chemical contact of mineral waters, and that therefore the explanation of the effects of baths in these waters at the numerous bathing-places has to be sought exclusively in the domain of physics, and not in that of chemistry. This important discovery annuls all common views regarding the bathing cures effected by the various mineral springs, and explains in the simplest manner that, from a chemical point of view, the action of the most opposite waters must be one and the same."

Another Fraud.—What a newspaper writer is pleased to call "the latest piece of cuteness," but what, if true, we should call the latest outrage upon the public, is a process by which eggs are counterfeited. According to the account, this is the process:—

"The albumen is imitated by a mixture of sulphur, carbon, and fatty matter obtained from the slaughter-houses and rendered sticky with mucilage. The yolk is made of blood, phosphate of lime, magnesia, muriate of ammonia, oleic and margaric acids, and colored with chrome yellow. The shells are shaped from a mass of gypsum, plaster of Paris, carbonate of lime, and oxide of iron. After the shells are blown the albumen is forced in through a hole in the small end, and

sticks to the sides; then the yolk is added, and after being covered with more of the albumen mixture the hole is covered with cement, the complete egg is rubbed pretty smooth and laid aside for packing."

This nefarious business is said to be carried on in San Francisco, whence, it is stated, large quantities have been shipped East. None but a Yankee could ever have conceived the idea of such an ingenious, though immeasurably infamous fraud as this. It is very probable that the Connecticut man who invented wooden nutmegs has gone West.

Energy and Health.—The author of the following little paragraph says a very good thing, and says it so well that we cannot refrain from quoting it:—

"There are many men and women who are ill from want of brains. They suffer a voluntary decline because they do not possess the brain power that can offer the blood any inducement to circulate. The blood does not want to be rushed about when there is nothing going on in the man or woman that owns the blood. Why should the heart and lungs be toiling all day and all night when the person who owns those machines has no use for any new stock of tissues or blood. Pluck is a wonderful agent in throwing off disease. A walk of five miles will cure many an occupant of the lounge. Will-power will surpass pill-power in nine cases out of ten, if not in every one. To hold a bottle of smelling salts in the hand on account of a headache may be just the thing at times, but to fling a pound of fruit cake out into the alley, and then walk a furlong as reward for not eating the compound, is nearly always a much better thing."

Importance of a Clean Skin.—An exchange says that most invalids are such, and millions of more healthy people will become invalids, for the want of paying the most ordinary attention to the requirements of the skin. The membrane is too often regarded as a covering only, instead of a complicated piece of machinery, scarcely second in its texture and sensitiveness to the ear and eye. Many treat it with as little reference to its proper functions as if it were nothing better than a

bag for their bones. It is this inconsideration for the skin that is the cause of a very large proportion of the diseases of the world. If, as claimed by some scientists, four-fifths, in the bulk of all we eat and drink, must either pass off through the skin or be turned back upon the system as a poison, and if life depends as much upon these exhalations through the skin as upon inhaling pure air through the lungs, it must be of the most vital importance to keep the channel free.

Healthy Homes.—Prof. R. C. Kedzie has recently published a paper on this subject, from which we quote the following excellent paragraph:—

“I make this plea for healthy homes especially for the sake of woman. Man’s life is in the field; his days are spent in the broader, grander, and more diversified life significantly termed out-doors. Far otherwise with woman; the house is her field, and her life is there. If the house is the scene of discomfort, the occasion of ill health and dragging disease, there is no escape for her except in the grave, to which she goes all too soon. Farmer, when you come hearty and bluff from the field, and find your wife nervous, worried, and sick in her unhealthy home, think tenderly, pityingly, and helpfully of the help-meet God has given you.”

Cold Water Enemata in Chronic Diarrhea.—The following interesting paragraphs on the use of cold water in one of the most obstinate of chronic diseases we quote from the *American Journal of Medical Science*:—

“Dr. Messemmer has made trial with favorable results of enemata of cold water in cases of chronic diarrhea. He was led to adopt this method of treatment by the advantages which he found it to possess in cases of dysentery. Dr. Messemmer finds that cold water has astringent properties, for its anodyne properties have been long known in relation to dysentery, and that it acts as a protectant to the mucous membrane of the rectum. When slowly injected so as not to excite peristaltic action, cold water will keep the rectum distended and its walls apart, thereby preventing them from mutually irritating each other, as it makes it impossible for them

to come in contact until the fluid thus injected is absorbed.

In cases of chronic diarrhea there is no objection to internal treatment being added to the cold water injections, but the diet of the patient is, in aggravated cases, of the utmost importance for obvious reasons, and should be regulated with the greatest care. The author finds that injections of warm water have not the same beneficial effect as cold, for the stools became watery after the injections of warm water had been continued for a day or two. Hence the cold water does not act by simply removing from the bowel the irritating mucus and feces, since the warm water does this the more effectually. Dr. Messemmer injects about a quart of ice-cold water in divided portions after each passage; the exit of the water is brought about by pressure made upon the abdomen. After expulsion of the water the patient is told to inject a small quantity (about half a teacupful) of cold water, so slowly as not to excite peristaltic action.”

A Fact for Moderate Drinkers.—It is a rule strictly enforced upon steamers sailing to tropical ports, that bananas shall not be brought on board. The reason for this seemingly absurd regulation is the fact that persons who drink wines or alcoholic liquors are sure to die if they eat the fruit, as the liquor taken into the stomach acts as a preservative of the fruit and prevents its digestion.

If liquor will prevent the digestion of bananas, will it not hinder the digestion of other foods as well? Experience has shown that it does. Whatever will delay septic action will interfere with digestion, since this, too, is a catalytic change. Alcohol also acts injuriously by precipitating the gastric juice.

Trichinosis in Switzerland.—We quote the following from an English medical journal:—

“The Swiss ‘Local Government Board’ has addressed to all the cantonal authorities a circular admonishing them that, according to official reports, there have just been detected in Thionville (Alsace-Lorraine) large numbers of the trichina spiralis in the ham imported from America. The importation into Switz-

erland and the consumption of ham imperfectly cured, or almost fresh, have lately reached such proportions as to arouse the attention of the 'Local Government Board,' which has appointed a commission to decide upon the precautionary measures to be taken. Meanwhile it invites the cantonal authorities to warn the population against the consumption of American ham, especially in the semi-rural state, and to arm the police with discretionary power over the sale of the article."

Be in Fashion.—It is well understood that Paris makes the fashions for the world. Nevertheless it is not mentioned nor considered that the French never wear long dresses in the street. Dresses with trains are in France worn only in the parlor or drawing-room. In America, the parlor fashions are carried out upon the street; and made to operate as street cleaners. If the ladies would only stick a little more closely to the fashion, wearing their long trains only in the parlor and short dresses upon the streets as the mistress of fashion dictates, they would render themselves far less obnoxious to the laws of health and good taste.

Eating-Habits of Birds.—A Southern naturalist, Mr. Otto Luggar, has been studying the habits of birds, and he states, among other interesting facts, that most birds take but two meals a day, early in the morning and about dark. Birds of prey eat but once a day. This is contrary to the opinion of many persons who suppose that animals spend most of their time in eating, and base upon this error an argument in favor of frequent meals for human beings. The birds seem to follow the same practice in vogue among the ancient Grecians respecting the number of their meals.

Blood on Fire.—An English physician asserts that he has known an instance in which the blood of a man was so saturated with alcohol that it burst into a flame when a match was held near to a wound in his head.

—A man recently died in France from poisoning by a phosphorous match. In lighting it a small portion of burning phosphorous was

detached and penetrated beneath the nail of his thumb. The poison was absorbed so rapidly and with such deadly effects that even amputation of the arm was unavailing to save his life.

—The *London Globe* urges that greater efforts should be made to give instruction to girls in the art of swimming, since, as is claimed, they are by nature better adapted for keeping afloat in the water than men, having relatively smaller bones and more adipose tissue.

—The largest medical fee of which we ever heard was paid to Dr. Willard Parker, of New York, for removing a huge wen from the face and neck of a young man, a millionaire, who paid him \$150,000 for the performance.

—The president of the Board of Health of New York asserts that 10,000 deaths which might be prevented occur annually in that State, in addition to 280,000 cases of preventable illness. A fearful waste! Who is responsible?

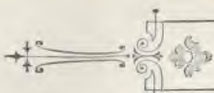
—An English physician suggests that one of the causes of incontinence of urine, so common in children, is the use of flesh food. He recommends, as a remedy, the abstinence from meat and a diet composed chiefly of milk.

—Dr. Loring of New York affirms that Americans are becoming a near-sighted people. He attributes the increase of this defect in vision to confinement in the school-room and imperfect and illy-adjusted light.

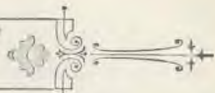
—The investigations of the U. S. Government respecting the specific virtues of the Eucalyptus have resulted in the conclusion that it is not an antidote for malaria, as formerly supposed.

—The State Board of Health of Massachusetts report that one-half the wells in that State are in a dangerously unsanitary condition.

—In Burmah the natives eat the flesh of mad dogs under the belief that thereby they become proof against the poison of the bite.



FARM AND HOUSEHOLD.



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

Cement for Metals.—A cement which is highly recommended for metals of all kinds is made by mixing glycerine and pure, pulverized litharge, making the mixture of the consistency of thick cream.

To Render Fabrics Incombustible.—Dissolve in twenty parts of water, by weight, one part of phosphate of ammonia. Steep the fabric in the solution for half an hour, then allow it to dry. A fabric thus treated may be charred when exposed to a violent heat, but will not inflame.

To Save Stair Carpets.—A strip of paper placed under the carpet, at and over the edge of every stair, will greatly prevent the edges from wearing. The strips should be within an inch or two of as long as the carpet is wide, and about four or five inches in breadth.

Washing Stockings.—A good plan in washing stockings now that colors are so largely used, is to roll them, after being rinsed, into a piece of white linen and squeeze it to remove all the moisture possible, then dry, and the stocking will look new again. A small spoonful of spirits of salts in the water will be very efficient in keeping the color.

Why Some People Are Poor.—Silver spoons are used to scrape kettles.

Brooms are never hung up, and are soon spoiled.

Nice-handled knives are thrown into hot water.

Clothes are left on the line to whip to pieces in the wind.

Tubs and barrels are left in the sun to dry and fall apart.

Dried fruits are not taken care of in season, and become wormy.

Tools are left out to be missing when wanted, and perhaps stolen.

Rags, strings, and paper are thrown into the fire.—*Sel.*

Weight of a Bushel as Established by Law in the United States:—

Wheat,	60 lbs.	Dried Peaches,	33 lbs.
Corn, shelled,	56 "	Dried Apples,	26 "
Corn, ear,	70 "	Onions,	57 "
Rye,	56 "	Stone Coal,	80 "
Oats,	32 "	Malt,	38 "
Irish Potatoes,	50 "	Bran,	20 "
Sweet Potatoes,	55 "	Plastering Hair,	8 "
White Beans,	60 "	Turnips,	55 "
Castor Beans,	46 "	Unslacked Lime,	30 "
Clover Seed,	60 "	Corn Meal,	48 "
Timothy,	45 "	Salt, fine,	55 "
Flax Seed,	56 "	Ground Beans,	24 "
Hemp,	44 "	Barley,	47 "
Peas,	60 "	Millet,	50 "
Blue Grass Seed,	14 "	Hominy,	60 "
Hungarian "	50 "	Onion Sets,	35 "
Buckwheat,	52 "	Salt, coarse,	50 "

Facts Worth Remembering.—An exchange enumerates the following facts which are well worth remembering:—

“One thousand shingles laid four inches to the weather, will cover 100 square feet of surface, and five pounds of shingle nails will fasten them.

“One thousand laths will cover seventy yards of surface, and eleven pounds of lath nails will nail them on.

“Eight bushels of good lime, sixteen bushels of sand, and one bushel of hair, make enough mortar to plaster 100 square yards.

“A cord of stone, three bushels of lime and a cubic yard of sand will lay 100 cubic feet of wall.

“A box, twenty-eight inches by sixteen inches square and twenty-eight inches deep, will contain a barrel.

“A box, twenty-eight inches by fifteen and one-fifth inches square, and eight inches deep, will contain a bushel.

“A box, twelve inches by eleven and one-half inches square, and nine inches deep, will contain a half bushel.

“A box, eight inches by eight inches square, and eight inches deep, contains a peck.”

NEWS AND MISCELLANY.

—Baxter wrote and published sixty volumes in fourteen years.

—Prussia boasts 8,228 doctors, 143 surgeons, and 251 dentists.

—Thurlow Weed celebrated his eighty-first birth-day the 15th of November.

—More than 80,000 Canadians emigrated to the United States during the last year.

—Stanley, the African explorer, is soon to start on another African expedition.

—A lady recently died in Brooklyn at the advanced age of one hundred and ten years.

—It is reported from Bombay that a great religious reformation is going on in India.

—In times of peace the Japanese army numbers 31,680, and in time of war is increased to 76,350.

—A Cincinnati engineer has contracted to build a narrow-gauge railroad from Jaffa to Jerusalem.

—A woven book has been manufactured at Lyons, every letter having been executed in silken thread.

—The New Orleans mint is in operation. On February 1, for the first time in nineteen years, a gold dollar was issued.

—An American locomotive has been imported into Switzerland to show how anthracite coal can be profitably used on railroads.

—The population of the world, estimated according to the most recent censuses taken in different countries, is 1,439,000,000.

—According to the last census taken in Austria there are 183 men and 229 women above the age of 106 years in that country.

—The latest advices from Rio Janeiro are to the effect that the yellow fever is on the increase, from five to ten victims dying daily.

—Four deaths of Congressmen have occurred during the present session of Congress. The last one being Mr. Schleicher of Texas.

—St. George's Church in Philadelphia was established 109 years ago. It is the oldest Methodist church in that city, and the oldest but one in America.

—Herr Krupp has recently completed a 40-centimeter, or 16-inch gun, the largest in the world. It can discharge a steel projectile weighing 1,606 lbs.

—The Maine Legislature, by a decided vote, has defeated the Druggists' Bill, which was believed to be a wily effort to reopen the liquor trade in that State.

—The city of Ceara, Brazil, is suffering from a terrible epidemic of small-pox. The deaths are from 500 to 600 daily. So great the number

that it is impossible to make coffins to supply the demand, and the unshrouded bodies are thrown, several at a time, into ditches and buried.

—The deepest artesian well in the world is now being bored at Pesth, Hungary, with a view of obtaining an unlimited supply of warm water for public baths.

—Chestnut trees are known to have attained the age of 900 years. In France lime trees have lived 600 years, and birches are supposed to be equally durable.

—A severe shock of earthquake was felt at Jacksonville, Florida, on the evening of Jan. 13. It lasted about thirty seconds and appeared to move from S. E. to N. W.

—Russia has ordered the villages infested with the plague to be burned and the inhabitants removed. A rigid quarantine enforced by the military, has been ordered.

—Pres. Mc Mahon has resigned, and M. Francois Paul Jules Grevy was elected to the presidency for a term of seven years, by the Chambers in joint session, Jan. 30.

—Over six hundred thousand letters pass through the New York post-office daily. 1429 mail bags are filled per day, and 1176 men are employed in the city postal service.

—Sometime ago oil indications were discovered in Southern Russia near the Caspian Sea; on boring wells in that vicinity, petroleum has been found in abundant quantities. One well yields 10,000 barrels a day.

—According to the latest official estimates there are five cities which contain more than a million population—viz., London, 3,533,404; Paris, 1,851,792; Peking, 1,500,000; Canton, 1,300,000; and New York, 1,069,262.

—Peter Cooper the venerable philanthropist of New York City, passed his eighty-eighth birthday recently. During an interview, when his useful life was referred to, he replied, "I started out with the determination to give to the world an equivalent of what I should receive from it."

—Mr. Edison was employed by the proprietors of the elevated railroad in New York to invent some mode of deadening the terrific noise made by the trains in running. He left on a vacation, and while he was gone, a woman discovered the remedy in a simple plan of boxing the rails with sand and cotton, and covering with asphalt. She received \$1000 for it.

—A German naturalist has made a calculation of the space occupied by the material results of civilization, all the large cities of the globe, all the ships, steamers, etc., all the railroads and factories, and all the people, the latter being packed away in all the leaves and straw of the world. He found that all together would only half fill a cubic geographical mile. A geographical mile is six times the length of a common mile.

LITERARY NOTICES.

THE PEOPLE'S PAPER. Montreal, Canada.

We find, among our recent exchanges, a copy of this journal. It is devoted to the amusement and instruction of all classes, and contains much reading matter of general interest.

THE TEACHER. Philadelphia: Eldredge & Bro.

This is a new educational journal, just started in the interests of educators and educational subjects. Its first appearance is neat and pleasing, and its columns are well filled with valuable matter.

HOME ARTS. Chicago: Alfred L. Sewell.

This is a neat monthly of eight pages, devoted to the simple arts by means of which home may be made cheerful and pleasant without the expenditure of large sums of money in the purchase of costly ornaments.

THE TEMPERANCE ANVIL. Washington, D. C.

A good temperance paper which ought to find its way into many thousands of American homes. It is a staunch advocate of prohibition, and seems to believe in thoroughly radical measures on all points relating to temperance reform.

THE NEW YORK UNDERWRITER. New York.

A monthly magazine devoted to the interests of assurers and assured. Although evidently published chiefly as an advertising medium, this journal possesses a great amount of literary merit. It is full of excellent hints and short pithy articles on a variety of subjects. It is well worth the subscription price of \$5.00 a year.

MEDICAL DIRECTORY OF THE PACIFIC COAST.

San Francisco: A. L. Bancroft & Co.

A catalogue of the regular physicians and surgeons who have received certificates from the State examining board authorizing them to practice medicine in the States of California, Washington, Oregon, and Nevada. The book is evidently the result of an effort on the part of California physicians to suppress quackery in that part of the country, an enterprise which we heartily commend and which ought to be encouraged everywhere.

THE NEW WEST. Rev. E. P. Tenny, Cambridge: Riverside press.

This pamphlet, beside being an interesting and instructive description of the "New West," the name by which the author designates the state of Colorado and its neighboring States, is a spirited appeal for the endowment of a college in the West which shall be conducted in the interests of Chris-

tian education. The book is finely printed, contains several excellent maps and a number of unusually fine wood engravings of Western scenery.

REPORTS AND RESOLUTIONS RELATING TO SANITARY LEGISLATION. Cambridge: Riverside Press.

This beautifully printed pamphlet is a compilation of the reports and resolutions relating to yellow fever, quarantine, and various other topics relating to public health, and especially sanitary legislation, which were presented at the last annual meeting of the American Public Health Association.

The subjects considered in these reports and resolutions are matters of the greatest moment. They concern the most vital interests of the American people, and should receive general and careful consideration. This publication has been issued for the purpose of bringing these matters to public attention before the complete report of the proceedings of the Association could be got through the press.

THE HOME JOURNAL. New York: Morris Phillips & Co.

The leading departments of the *Home Journal* comprise Editorials on Topics of fresh interests; Brilliant Romances and Portraits of American Life; Editorial Reviews of new events in the world of Belles-Lettres, Painting, Sculpture, Science, Music, and the Drama; Original Essays; Ample Excerpts from the best European Writers; Spicy Letters from Correspondents in all the great Capitals of the World; The First Look at New Books; and racy accounts of sayings, happenings, and doings in the *Beau Monde*; embracing the very freshest matters of interest in this country and in Europe—the whole completely mirroring the wit and wisdom, the humor and pathos, the news and sparkling gossip of the times.

THE YOUTH'S INSTRUCTOR. Battle Creek, Mich.

The publishers of this sprightly sheet, with an eye to the wants of its patrons, have commenced the issue of a weekly edition. It has an elegant engraved heading and each number is handsomely illustrated, and contains two sets of Sabbath-School lessons, adapted to the capacity of children and youth. The same corps of able editors and writers contribute to its columns that have so long made the monthly edition attractive, and the new venture cannot fail to become an established success. It is furnished at 75 cents a year for single copies, in clubs of five to one address at 60 cents, and ten at 50 cents each. Address Youth's Instructor, Battle Creek, Mich., or Pacific Press, Oakland, Cal.

Several other publications have been received, notice of which is necessarily deferred to our next issue.

Publishers' Page.

TO OUR OLD AGENTS.—Those who have in the past been qualified as agents of the *Health Reformer*, and who desire to continue as agents of **GOOD HEALTH**, may have such portions of their outfit renewed as have been rendered useless by the change in name, *free of cost*, by sending us their addresses. This will comprise a new receipt book, circulars, sample copies, and special terms to agents. All who mean business are invited to send for this outfit. To new agents, an entire outfit will be sent for one dollar.

OUR CANVASSERS.—The change in the name of our journal has somewhat delayed the work of canvassing, but the returns indicate good work on the part of many of our agents. We would like to see five hundred more workers in the field, and there is no reason why even more than that number may not find pleasant and profitable employment in extending the influence and circulation of **GOOD HEALTH**. Many of our agents have procured their canvassing outfits from tract societies, and we are therefore unable to communicate directly with them, not having their addresses. The attention of such is invited to the offer headed, "To our Old Agents."

AN "EXPERIENCE MEETING."—The patients at the Sanitarium occasionally gather in the parlor to hear from each other or from some visitor the results of personal experience in temperance life, etc. These meetings are occasions of much pleasure, and always attract a good audience, generally embracing many of the residents of Battle Creek. On Saturday evening, Feb. 22, the spacious parlor was filled to repletion with patients and invited guests, who were promised an experience meeting, enlivened with music from the orchestra. The crowd was treated to an "experience" of an unexpected character, although not a novelty in its way, it being as old as the race. After several selections had been rendered by the Sanitarium orchestra, Dr. Kellogg appeared, hat and gloves in hand, and announced his purpose of taking a brief vacation, being about to embark on the train eastward for that purpose. He retired, and the audience listened to some more music, after which the folding doors of the reception room were thrown open to admit a bridal party, and the proceedings that followed are chronicled in the following paragraph:—

MARRIED, at the Sanitarium, Battle Creek, by Eld. L. McCoy, of Iowa, J. H. Kellogg, M. D., of Battle Creek, and Ella E. Eaton, A. M., of Alfred Center, N. Y.

After receiving the congratulations and good wishes of their friends, the pair stepped aboard the train and were soon speeding toward Boston on their bridal tour.

W. C. G.

THE PROTECTION OF THE PUBLIC.—We have often had occasion to commend the action of the Michigan State Board of Health in relation to matters of vital public interest, and we gladly give place to the following from an esteemed New England correspondent, showing how their efforts are regarded elsewhere:—

"Editor **GOOD HEALTH**:

"I have noticed, from time to time in your columns, allusions to the action of your State Board of Health in dealing with matters of great practical importance, and am gratified that at least one State is blessed with a Board which regards itself as a conservator of the public welfare instead of an organization whose sole end is the emoluments of office. Its action in relation to kerosene oil is especially commendable, as tending to greatly enhance the public safety in the use of this cheap and useful illuminator. The frequency of kerosene explosions in this section of the country indicates the want of such wise precautions as have driven the dangerous compounds from your borders. Perhaps we are suffering the consequences, such as our sister States complain of the result of our (New Hampshire) tramp law, as we are free from the nuisance because public sentiment against the evil crystallized into a vigorous law, while our neighbors are still afflicted with the annoyance.

"But perhaps I have said enough, and I will close by hoping you may long be blessed by the wisdom of action of your State Board of Health, and that other States may take measures to secure similar blessings.

DIPHTHERIA.—The ravages of this disease, reports of which come from all sections, justify us in again calling attention to the new work entitled "Diphtheria: its Nature, Causes, Prevention, and Treatment." It is designed for a popular treatise on the subject, and while, as the author says, it "is not intended to supersede the necessity for a physician in the treatment of the disease considered," it is adapted to the needs of those who would "so effectually second the efforts of a wise physician as to greatly increase the chances of a favorable issue." No intelligent family can afford to be without the work, as it frequently occurs that prompt and judicious action in the early stages of the disease will prove to be the "stitch in time" that will not only save much future labor and pain but even the life of the patient. Nothing renders so effectual the well-directed efforts of the judicious physician as intelligence on the part of the family and nurses who are called upon to carry out his directions, and where health and even life itself is involved, it is the duty of all to become intelligent.

The work is neatly printed, and bound in board covers, and will be sent post-paid for 25 cents.