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THE PARADISE OF DOCTORS.

A FABLE.*

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It happened, once, that a general awakening took place among the physicians, druggists, and citizens of the quiet old State of Massachusetts; during which it was discovered that a great and culpable neglect had long been prevalent throughout the community, in regard to the important duty of taking physic. A conviction fell upon all, that it was now imperatively necessary that every man, woman, and child should proceed at once and habitually, in sickness and in health, to take three times as much medicine as they had taken before. This new revelation, explained and enforced by competent authorities, quickened into sudden activity every department of industry connected with the preparing, prescribing, and dispensing of drugs. The repose of cities was disturbed in a manner not before known, by the rattling of doctors' carriages, and the braying of apothecaries' mortars. Messengers were seen rapidly traversing streets and roads in all directions, bearing prescriptions and compositions. Nurses' wages were doubled, and cooks were transformed into nurses. All things gave evidence that a great and portentous reform had come over the land.

In all places of business and amusement, in the street and in the drawing-room, physic was the paramount subject of conversation.

Newspapers neglected to announce the arrival of steamers and the brawls of Congress, that they might find place for the last astonishing cures, and the most newly-discovered specifics. Sympathetic intercommunications and experiences were imparted, and listened to with untiring avidity. Many luxuries unknown before found their way into society, dinners were regularly medicated, wines scientifically sophisticated, and desserts were made up of conserves, electuaries, and dinner pills. The atmosphere was redolent with the incense of aloes and myrrh.

Clergymen and moralists forgot that men were sinful; it was quite enough that they were bilious. Bile was regarded as the innate and original sin, which was to be extirpated with fire and physic, even from the new-born child. Nobody was aware that bile is necessary to life; no two persons were agreed as to what the term *bilious* meant; it was something insidious, mysterious, and awful. Some held that it consisted in having too much bile; others in having too little. According to some, the bile was held back in the blood; according to others, it was absorbed ready formed into the blood. Fierce schisms and sects were generated on the question, who, and whether any, were exempt from its contaminating presence. The *bon vivant*, after his night's carouse, furnished abundant demonstrations of its existence on the following morning. A healthy laborer, who had had the temerity to boast of his freedom from bilious taint or suspicion, was convicted and brought to his

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senses by the ordeal of a dozen grains of tar-tar-emetic.

On the exchange, brokers postponed their stocks and bonds, that they might publish daily lists of the prices of drugs. Fortunes were made and lost in drug speculations. A man grew rich by a patent for manufacturing Peruvian bark out of pine saw-dust. Gilded pills, of various weight and potency, passed as a circulating medium, and were freely taken at the shops in payment for better goods. Finally, the physicians did not attempt to eat or sleep, but barely found time to enter their daily professional charges. They were worshipped and run after, by both sick and well, as the legitimate vehicles of medicine, and were ignominiously deserted if in any case they ventured to pronounce medicine unnecessary.

The fame of these doings went abroad, and Massachusetts acquired the enviable celebrity of being the Paradise of medical men. The doctors in New Hampshire, and the druggists in New York, hearing of the success of their professional brethren in this quarter, began to abandon their establishments and remove into Massachusetts. The example was followed in other States; new recruits were drawn from the counter and the plow; and in a short time the country and city were inundated by swarms of medical practitioners of all denominations. Agreeably to the acknowledged law of commerce and political economy, that demand and supply necessarily regulate each other, the business of many persons, which had undergone an undue exaggeration, was at length found rapidly to decline under increasing competition, and the aggregate receipts of the year were found, to the cost of not a few disciples of Esculapius, to be less than they had been before. Medicines became drugs, and the Paradise of Doctors became an excellent place for doctors to starve in. Nevertheless, although the market was as much glutted as the people, still a large surplus, both of zeal and physic, remained to be worked off in some way.

Meanwhile, the revival went on, and its effects began to tell upon the faces and movements of the people. There was a deficiency in the will to undertake, and the power to execute, even common enterprises. Men

went languidly to their respective places of business, or stayed at home if it was their day to take a purgative or an emetic. Purses were found to be lightened, and the contour of persons grew sensibly less. In one thing only the economy of living was promoted: owing to the decline of appetite, the consumption of food was much diminished. Under this order of things, it was noticed that labor and exercise were little in vogue, and people betook themselves in preference to the occupation of doing nothing. A small number, it is true, made a desperate effort to effect a change by doubling their doses of physic; but the result did not encourage a repetition of the experiment. At last the cholera came; and, although a forty-drug power was promptly brought to bear upon it, the mortality was greater than it had ever been known to be before.

Nevertheless, weak-minded men and strong-minded women failed not to harangue audiences in the streets, on the astonishing powers of medicine. Spirit-rappers were summoned to evoke from their rest the heroic shades of Rush and Bouillaud, Sangrado, Morrison, and Brandreth. These distinguished worthies exhorted their followers not to shrink or falter under the trials to which they were subjected, but rather to redouble their perseverance, until the truth of the faith which they held should be established by the testimony of their martyrdom in its cause.

At length, a meeting accidentally took place between two old shipmasters, one of whom had lost overboard his barrel of beef, and the other his medicine-chest, in a gale of wind, at the commencement of their passage. On examination and comparison of their respective crews, the contrast was so marked between the ruddy faces of the latter, and the lantern jaws of the former, that a general mutiny sprang up in both crews against the further tolerance of the physic-taking part of their duty. The contagious insurrection spread from Fort Hill to Copp's Hill; and, on the following night, several medicine-chests were thrown overboard by men in the disguise of South-sea Islanders.

The spark which had struck the magazine caused the whole population to explode. A

universal mass-meeting was called upon Boston Common, and protracted through several days and nights. Agitators, reformers, and stump-orators delivered their harangues, and defined their positions. Many speakers advocated an immediate application to the Legislature, calling on them to prohibit, by an especial act, all further traffic in drugs. One, more violent than the rest, demanded that the meeting should resolve itself into a committee of vigilance, for the purpose of making a descent upon the apothecaries' shops, and emptying the contents of their bottles into the streets. He was willing to allow to offenders themselves the option to quit within twenty-four hours, or swallow their own medicines. A more moderate citizen said he rose in support of the general sentiment; but would offer an amendment, that, in the contemplated destruction, an exception should be made in favor of Bourbon whisky. A few of the advocates of the policy lately prevalent attempted to make themselves heard; but their voices were so attenuated, by the long use of jalap and salts, that they failed to produce any considerable impression.

An old lady, whose shrill voice drew immediate attention, protested against violent measures of all kinds, and moved, as a middle course, that resort should be had to homeopathy. It never did any harm, and was very comforting, especially when well recommended by the physician. It cured her child of measles in six weeks, and herself of a broken leg in six months, during which time she had two hundred and ninety-five visits, and took more than fifteen hundred globules. She had walked to the meeting on her crutches, to exhibit to the assembly the astonishing powers of the Hahnemannian system. Here she was interrupted by a bluff marketer, who somewhat rudely pronounced homeopathy to be a great humbug, since, but a short time before, his child had eaten part of a raw pumpkin, and was seized with convulsions; and the physician who was sent for, instead of taking measures to dislodge the offending cause, took out a little book, and, remarking to the bystanders that "like cures like," proceeded to prescribe the hundred millionth part of another pumpkin.

The next person who rose was a manufacturer, who had calculated that the homeopathic profit on the cost of the raw material was altogether unreasonable. He had himself expended seventy-five dollars in a quarter of a grain of belladonna, so divided as to keep off scarlet fever; but found, after all, that he had not bought enough, for his children had the disease a little worse than any of their neighbors.

At last an old gentleman, moderately endowed with common sense, got up, and inquired if there was no such thing in the world as *rational medicine*, and whether nothing could be made acceptable to the public but extremes of absurdity. He asked if it was necessary that every theologian should be a Papist or an atheist, or every voter at the polls an abolitionist or a fire-eater. He had had the good fortune to know several very sensible, straightforward physicians, who gave medicine where it was necessary, and omitted to give it where it was unnecessary or detrimental. He deprecated the routine practice, which, without understanding the nature of a disease or the necessities of the existing case, inflicted a daily or hourly dose of medicine, sometimes actual, and sometimes nominal, but always at the cost of the patient. Medicine, in its place, was a good thing, but proved a bad thing when we got too much of it. He had himself had the misfortune to be several times sick; and, during the continuance of his disease, felt much more gratified on those days in which it was announced that he was to take no medicine, then when tartar-emetica was replaced by calomel, and calomel by colchicum, aconite, and the last new remedy. If patients and their friends were ignorant and unreasonable, it might sometimes be necessary to deal with a fool according to his folly; but he believed that sensible men and women were gratified by being regarded and treated as reasonable beings. It was a mistake in medical men to suppose that their influence or social position could be improved by the mystery which they observed, and the activity with which they harassed their patients. In Great Britain, an island where the people subsist largely on blue pills and black draughts, the doctors were never known to at-

tain the high aristocratic rank which was occasionally accorded to successful bankers, jurists, and generals. On the contrary, the country was overflowed with starved apothecaries and physicians advertising for situations as traveling servants. He thought one of the greatest misapplications of human industry was in the production of superfluous drugs and drug dispensers. He did not believe in the transmutation of metals, but was a great believer in their transportation. In the form of calumel, the city of New Orleans alone had swallowed up some hundred tons of the quicksilver of Spain and South America. Palaces were being built in various cities alike from poisonous arsenic and harmless sarsaparilla. A century hence, the mines of gold will be sought for, not in California, but in the cemeteries of the old cities, where it has been geologically deposited under the industry of dentists.

He believed that the experienced and intelligent part of the medical profession had long since arrived at the conclusion that many diseases were self-limited, and that time and nature had quite as much to do as art in the process of their cure. Skillful physicians were always wanted to inform the sick of the character of their diseases, and of the best mode of getting through them; and their skill consisted not in the abundance of their nominal remedies, but in the judgment with which a few remedies were administered or withheld, and in the general safe conduct of the patient. Some diseases are curable by art, and others are not; yet, in the treatment of all diseases, there is a right method and a wrong, and too much activity is quite as injurious as too little. A good shipmaster or pilot could often navigate his vessel in safety, though he could not cure the storm by which its safety was endangered. He believed that medicine would have fulfilled its true mission when doctors should have enlightened the public on the important fact that there are certain things which medicine can do, and certain other things which it cannot do, instead of assuming for it the power to do impossibilities. Among the good effects which must ensue from this diffusion of light would be the disappearance of quackery from the world; for quackery con-

sists almost wholly in medication. And the more physicians lend themselves to formal, superfluous, and mysterious drugging, the more nearly do they approach to being quacks themselves. He considered physicians as an important and necessary class, to whose charge the sick always had been, and always would be, committed. He would gladly cleanse the profession from the fanaticism of heroic doctors on the one hand, and of moon-struck doctors on the other; and would replace these forms of delusion by a discriminating, sincere, intelligent, and rational course of treating diseases.

The old gentleman sat down, and his speech seemed good in the eyes of his audience. Resolutions were moved and adopted, to the effect that it was unbecoming a free and enlightened people to be drug-ridden or globule-ridden, and recommending recourse to temperance, exercise, regularity, and rational medicine, whenever it happened that medical treatment was necessary.

The meeting quietly dissolved, and its members returned to their respective homes, most of them satisfied that the revival was past, and that medicine was not altogether the one thing needful. In a short time the price of drugs fell in the market, while that of provisions advanced. The New Hampshire doctors and the New York druggists, finding their occupations gone, returned to the places from which they respectively came. The surplus of indigenous medical men went off to California, or retired to cultivate the earth in the interior counties. Faces assumed a more vigorous and healthy aspect; and the country once more resounded with the music of the ax and the hammer, and the cheerful rattling of knives and forks. Steam-engines, which had been erected for the pulverization of drugs, were attached to saw-mills and spinning jennies. Last of all, a noble and useful art, which had long been depressed under the effects of its own exaggeration, was enabled once more to raise its respectable head, and to regain the confidence of society, under the name of RATIONAL MEDICINE.

—The New Orleans *Picayune* says that sentimentalism is governed by the liver.

DANGERS FROM DISEASED MEAT.

[The following article from the *National Live-Stock Journal* presents facts of great interest in connection with the use of flesh as food. It is a well-known fact that in many countries it is customary to allow the flesh of animals to undergo a considerable degree of decomposition before using it as food. In the large cities of this country, large quantities of meat are sold in a state of advancing decay, as is sufficiently evident from the putrid odor which fills the air in the vicinity of most large meat-markets in the cities. It is also a well-known fact that many farmers are in the habit of killing off and selling for food such of their animals as show symptoms of disease, especially when epidemics are raging. Thousands of cattle which were ill with pleuropneumonia, have been thus killed and eaten. The effects of eating flesh of this sort are not always immediate; but oftentimes the most serious effects follow. Dr. Livingstone, the great African explorer, said that the use of the flesh of animals that had died with pleuropneumonia in that country gives rise to the terrible disease known as carbuncle.

We are surprised to note that the writer from whom we quote does not mention consumption, or tuberculosis, which, as has been proven repeatedly by eminent experimenters in this country and Europe, is very often communicated not only by the flesh, but through the medium of milk.—ED.]

Putrid Poison.—It may be stated in general terms, that when flesh is passing into a state of decomposition, a putrid poison is developed that is often most injurious to those who partake of it. In the same terms it may be asserted, that whenever the animal system has been the seat of fever prior to death, the flesh passes into decay with unusual rapidity, the height of the body temperature in life bearing a fair relation to the rate of putrefaction after death. It follows that all febrile diseases render the flesh somewhat suspicious; and that suspicion will increase in ratio with the height and duration of the fever, and the period that has elapsed between the death and the operation of cooking or curing. In illustration of this, the following may suffice: Dr. Christison (now Sir Robert) relates that four

adults and ten children ate of a stew made with meat taken from a dead calf found on the sea-shore. Symptoms of irritant poisoning came on after three hours, and one patient died. Dr. Alfred Taylor, author of the excellent work on poisons, writes:—

“I have met with several cases of poisoning which appeared to be attributable to the use of diseased or decomposed meat, more frequently the latter. I can at present recall only two *fatal* cases, one from diseased mutton and one from German sausages. Animal food has been frequently sent to me with a view to the detection of poison, the persons sending it having the impression that, from the vomiting and purging produced, poison must have been mixed with it. No poison has, however, been found to justify this suspicion.”

Dr. Letheby, medical officer of health, instances the case of a diseased cow carcass bought in Newgate Market, London, and made into sausages, having poisoned sixty-four persons, one of them fatally. They sickened, were purged, became giddy, and sunk into a state of collapse, in which they lay helpless for hours. On analysis no poison could be found. Such putrid poisons are modified, but not destroyed, by cooking, and will usually affect people according to the weakness of their digestive powers.

Infecting Poison of the Diseased Carcass.—It is familiar to all who have frequented dissecting rooms, that fatal results often follow the infliction of dissection wounds. The danger of such wounds is usually greater in an inverse proportion to the time that has elapsed since death. After the carcass has passed into a state of putrefaction, it may still injure, by introducing putrid matter into a wound, and producing septic poisoning of the blood; but the danger from this infection is much less than that from certain diseased bodies in which the putrefaction has as yet made no great progress. Those in the habit of attending on diseased animals, and especially those who have much to do in assisting in cases of difficult and protracted parturition, frequently receive most unpleasant evidence in their own persons of the development of an infecting poison in the diseased tissues. If an infecting poison is thus formed in the animal sys-

tem during life, it will reside therein after dissolution, and until putrefaction sets in; meanwhile endangering all who handle the meat in its raw condition.

Specific Disease Poisons.—In several diseases of the domestic animals a specific poison is developed which proves most dangerous, or even fatal, when engrafted on the human being. Among these may be specially named, glanders, malignant anthrax, canine madness, and milk sickness.

Glanders is well known to be communicable by the blood and flesh, as well as by the discharges from the open sores. Suppose the poison is destroyed by thorough cooking, it does not follow that the use of the flesh of glandered animals can be resorted to with safety. Perils of the gravest kind attend the butcher who slaughters and cuts up the animal, and the cook who handles the raw meat; but they do not end here. The block used in its preparation may contaminate other meat; the knife used to cut it may, without due cleansing, be employed to cut bread or vegetables; the water used in connection with the raw meat, a few spilt drops of blood, or a bone thrown to dog or cat, may become the means of an indirect but deadly infection. Finally, the heat in the center of a piece of meat supposed to be cooked, is often insufficient to coagulate its albuminoid constituents, and unequal to the destruction of the poison. Roasts especially, and sausages, are liable to this objection; and as the latter is a very common mode of working up suspicious meat, the danger from all kinds of communicable disease is thereby greatly enhanced.

Malignant anthrax, which conveys to man the deadly *malignant pustule* and the still more fatal *intestinal mycosis*, is subject to all the charges just made against glanders; and to this, further, that its poison (a vegetable germ), *bacillus*, requires a considerably higher temperature for its destruction, and thus often escapes and fatally infects the eater, though the cooking was sincerely believed to have been sufficiently thorough. As one of many illustrative instances, the following, from Mr. Keith, Senior Surgeon to the Royal Infirmary, Aberdeen, may be quoted:—

“In the first week in November, 1840, on the farm of Mr. G—, of K—, in Aber-

deenshire, a two-year-old quey was observed to be unwell, supposed to be threatening the *quarter-ill*. She was in consequence slaughtered by the plowman, aided by a neighboring blacksmith. On skinning the animal, the flesh generally presented a healthy aspect, except that here and there round, black, ecchymosed spots, quite circumscribed, were visible over the carcass. When these patches were cut out the meat seemed so healthy to look at that the owner resolved to salt it down as his winter meat, a portion of the animal being reserved for present use. A boil of this beef was cooked in a pot of broth to dine the whole family, consisting of eleven individuals. * * * Of the eleven, two, the father and the servant, did not partake of either the beef or the broth, and these both remained well, while the other nine, who partook more or less largely of both, were soon after seized with such alarming symptoms of poisoning, that a medical man was at once called in.”

Seven of the victims recovered, but the mother of the family, and one daughter died respectively on the fifth and fourth days. The plowman and blacksmith both suffered from contact with the carcass, and narrowly escaped the loss of an arm each; and, finally, two well-grown swine that ate of the offal perished. Mr. Keith adds:—

“I learn that the meat cooked was quite fresh and healthy to look at, and that the fatal dinner was cooked on the very day the animal was killed, so that putrescency had nothing to do with the matter.”

This case is especially important because of the circumstantiality of the record; for as *broth* is usually boiled from one hour and a half to two hours and upwards, most people would conclude that the cooking was thorough enough for safety.

Canine madness and milk sickness are further instances of diseases the poison of which is destroyed by cooking, but that must prove most dangerous to all who prepare or handle the raw meat, or who come in contact with a knife or other object that has directly or indirectly communicated with it. The poison of milk sickness indeed seems to be as tenacious of life as that of *anthrax*, if we may credit the reports that a little of the milk

placed in hot coffee will fatally infect the human being.

Not to mention other specific diseases of animals which are communicable, but less fatal to man, it may be well to add one word on the more redoubtable of the parasites conveyed into the human system by the eating of diseased meat. The common *measles* of the pig conveys to man a tape-worm, which is always subversive to health and frequently deadly. The *measles* of the calf conveys another to the human being, which is about equally injurious. The little *bags* of water (hydatids) found in the livers and other organs of domestic animals are the larval form of the echinococcus tape-worm, which, inhabiting the intestines of the house dog, spreads its eggs in myriads, which are liable to be taken in fruit, vegetables, water, etc., with fatal effect to the human being. While this last is not a direct transmission, it must be manifest that just so far as animals suffering in this way are used as food, so will the dogs be liable to obtain this tape-worm, and man to obtain from the dog the deadly parasite. Finally, the microscopic worm of the muscles of the pig and other animals (the terrible *trichina*) is especially to be dreaded because even the experienced eye cannot detect it without the aid of the microscope; so that it is cooked and eaten without suspicion, and may be carried unwittingly on knives, saws, axes, and other objects, and transmitted to man when least expected. It may further be preserved indefinitely in water, and can easily escape destruction in the center of a roast, in a large piece of boiling beef, in sausages, etc. Nor must we forget the too common practice of eating raw ham at tables, and the vicious habit some have of picking from raw, fresh meat and swallowing it, both of which, in the case of the diseases named, may be considered equivalent to partaking of poison. If in the drug stores poisonous agents must be labeled with a *death's head and cross bones*, no less should the flesh of such diseased animals, if allowed to pass into consumption either at home or through the butcher's stall. Such raw meat is indeed far more dangerous than is arsenic or prussic acid; for a certain amount of these are essential to poisoning, and short of this they have no bad effect;

whereas the smallest atom of the specific disease-poison furnishes the seed that reproduces itself in the system, multiplying quickly into myriads of fatal organisms.

THE STAFF OF LIFE.

AN English writer has recently called attention in a popular journal to the fact that in these days of general degeneration the "staff of life" is but a broken reed to lean upon as a staple article of food. When grain was ground by wind and water power, it was ground slowly and in small quantities; now it is ground wholesale, and the grinding is rapidly finished. We suffer a small evil from the fact of too much wheat being ground in the autumn and too little in the spring. Flour, like ground coffee, loses flavor, and tasteless bread begets a craving for condiments and stimulants. Has it been noticed that in the countries where the peasants bruise their own corn and bake their own flour, bread is the staple food, even though fruit, vegetables, fish and meat be abundant? The reason is that good bread supplies in itself the nourishing properties of many kinds of food. It contains albumen, fibrine, gluten; it makes bone, muscle, blood, and tissue.

The wandering Arab lives almost entirely upon bread, with a few dates as a relish; and this is not because meat is scarce in his part of the world, but he feels no need for it. He would soon have to alter his diet, though, if an enterprising wholesale flour-producing company were to set up its mills in the desert. Now-a-days the axiom that bread is not enough of itself to feed a young Christian has penetrated into the most poverty-stricken quarters; so that we see the unsightly mess of treacle, the quarter-inch of dripping, or the deadlier yellow grease, in the making of which no cow ever had a share, maternally doled out for the gratification of little urchins who could bite at plain bread heartily enough if it were good.

All this heaps wasteful expense on the households of the poor, where bread, instead of being the chief article of diet, is being eaten less and less. This is being noticed in France, which till now has been a great bread-eating country. Workmen and servants

have come to want meat twice a day; soldiers grumble at getting nothing but plain roast and boiled; a Staffordshire miner knocks down his wife for having served him roast veal three Sundays running, notwithstanding his statement that he was sick of that meat; and thus a cry being raised for variety in food, we have schools of cookery trying to teach our women how to sophisticate honest joints with unwholesome sauces.

Our people overfeed themselves and drink too much as a consequence, without deriving from their mixed diet a tithe of the sinew which their fathers drew from sound bread. Would it surprise our modern discontented workingman to hear that the yeomen of Elizabeth's reign, who drew their bow-strings to their ears, and sent a cloth-yard shaft whistling through a barn door at eighty yards, ate meat about once a week, and lived the rest of the week on bread and cheese? And as for servants, what would a Belgravian footman think of the Jeames of the last century—the Jeames who often had to do battle for his master with highwaymen, and who was a tough fellow, though his nourishment was beef on Sundays only and a thin mutton soup on other days, with bread—but good bread. A bread diet is not advocated, only the purification of bread, that it may be restored to its proper function as the staff of life to those who can ill afford fancy props. Let those who please buy dear meat and bad butter; but let those who would desire to live largely on bread be enabled to do so. It might be done if half the attention which is paid to checking the adulteration of beer were bestowed on stopping the poisoning of the loaf.

The well-to-do, who patronize fancy bread at fancy prices, are treated to as much adulteration in their flour as the poor; their breakfast rolls are whitened with alum, which is an astringent, hindering the digestion, and which also, be it noted, acts as a corrosive on the teeth, causing the enamel to decay prematurely. The rich, however, have only themselves to blame if their bread is not pure wheaten, for pure wheat yields a grayish loaf, and, if whiteness and sponginess be insisted upon, they can only be obtained at the expense of quality. Those who seek to escape from adulterated bread by eating brown bread

are very often cheated by admixtures of rye and pea flour. In England it is the millers who are mainly responsible for adulterations. In this country the difficulty arises from the use of stale flour, flour made from inferior qualities of grain, and the arts of the bakers, who take more pains for the appearance of their loaves than for their quality.

People who occasionally go into the country, where they get bread made from freshly-ground flour by housewives who understand their business, are wonderstruck at the difference between the farmer's bread and the baker's. But it must be admitted that the art of bread-making, even in the country, is in many places a lost art, and the traveler who should undertake to subsist on bread alone would have a rough time of it. It is also too true that the arts of the town have found their way into the country. All the deleterious substances that are employed for raising bread and promoting whiteness are for sale in country stores, and find thousands of customers. It is almost too much to expect that as a people we shall ever be permitted to eat good bread again.

THE BLACK DEATH.

THE black death, which has again appeared in some parts of Russia, has proved very destructive, and caused the greatest alarm. This is the same disease which in the fourteenth century desolated the globe, and it gets its name from the black spots, symptomatic of a putrid decomposition, that show themselves at one of its stages on the skin of the sufferer. It is thought to have had its origin in China in 1333, some fifteen years before its outbreak in Europe, and it raged for twenty-five years, while droughts, famines, floods, earthquakes that swallowed towns and mountains, and swarms of locusts spread devastation everywhere. During the same period, Europe had as many abnormal conditions as the East. The order of Nature appeared to be reversed. The seasons were at various times inverted; thunder-storms were frequent in mid-winter, and volcanoes, long considered extinct, burst forth afresh.

The theory is that the extraordinary activity of the earth, accompanied by decomposi-

tion of vast organic masses—myriads of locusts, brutes, and bodies of human beings—produced some change in the atmosphere inimical to life. Some writers say that the impure air was actually visible as it approached with its burden of death. The plague owed its extension almost wholly to infection and contagion. Three years passed from the date of its appearance in Constantinople before it crept by a huge circle to the Russian territories. Statistics were not obtainable then, but it is estimated that in China alone 13,000,000 people died, and in the remainder of the East 24,000,000, while in Europe 25,000,000 souls perished, making a grand and terrible total of 62,000,000. Although there is little danger of the spread of the pest to Western Europe—for many generations it has been confined to the East—it is not strange that the Russians should be startled by the ravages the black-death has already made. Persons attacked with it are said to die like flies, and the ignorant and superstitious peasantry are so terrified by it that many are thought to have perished of pure fright. Fortunately, the laws of health and the peculiarities of disease are much better understood now than in centuries gone by.—*Ex.*

POISONOUS PACKAGE WRAPPERS.

[The following article we quote from the *Magazine of Pharmacy*. The importance of the subject warrants us in calling especial attention to it. Undoubtedly much harm has been done in the manner pointed out.—*Ed.*]

On the present occasion we propose to deal with a custom prevalent amongst some manufacturing and other chemists, grocers, confectioners, etc., which, however excusable from an artistic point of view, is yet to be deprecated on account of the serious or even fatal consequences which may at any moment ensue so long as the practice is continued. We refer to the very general habit of putting up various articles of an alimentary or culinary description in vessels or packages rendered highly attractive to the eye by means of brightly colored foils, paints, and papers, in which the pigments, being compounds of arsenic, antimony, mercury, copper, or lead, are

necessarily deleterious, and often absolutely unsafe.

A few instances will place our meaning more clearly before the reader, premising that we shall cite no example which has not come under our personal observation. Let us take the first case of chocolate, in sticks. These "sticks" or "cakes" are sold at various prices and of several qualities and descriptions, but many of them are wrapped round with, or encased in, tin-foil—or the thin sheets of pliable metal, known commercially under that designation. But what is "tin-foil"? If it were really and solely what its name implies, but little objection need be made to its use, seeing that tin is a metal comparatively unalterable under ordinary atmospheric conditions; its oxide is not readily soluble in weak acids, and its salts are not of a powerful toxic character. Pure tin-foil, however, is never employed as an envelope, being more than double the price of the compound foil which goes by the same name. The composition of the latter varies considerably, but it may be taken as consisting chiefly of lead with a small admixture of tin; this forms the bulk of the foil, upon one side of which is laid a thin film of nearly pure tin. In use this "tin" side of the foil is generally placed externally, the plumbic surface being in contact with the (chocolate or other) article, therefore if the article in question be at all damp or sticky, not only may a portion of the lead be left adherent thereto, but the surface of the poisonous metal is liable to impregnate the confectionery. One instance of this we can narrate from personal experience:—

A little girl of about five, was seized with colic, pain in the abdomen, vomiting, etc., and other symptoms of lead poisoning, which yielded to the appropriate treatment with some difficulty. It transpired subsequently that a number of sticks of chocolate wrapped in tin-foil had been given to the child, who had been regaling herself with the same in a rather lavish manner. An examination of some of these tablets showed them to be "old shop-keepers," the inner surface of the foil being much corroded, and leaving a whitish film upon the chocolate, each stick of which, when stripped, was found to contain upon

the average no less than .31—or nearly a third of a grain of the oxide of lead.

Our next example shall be one of greater import and wider application, being none other than a reference to the highly poisonous papers in which a number of food preparations are packed.

In this instance, the serious illness of two children directed our attention to the fact that they had been fed with a kind of food (in itself an excellent preparation) contained in a tin canister, over which was closely packed a bright green paper bearing printed "directions for use." To open the tin, or release the lid of the canister, it was necessary to cut or scratch through this green paper near the top, and (the canister being very full) this was done, and the first spoonfuls of "food" taken out, over a piece of newspaper, to avoid waste by spilling. The result may readily be imagined; the requisite proportion of the "food"—together with the scrapings of the tin and green paper being duly cooked, necessarily contained enough of the coloring in question to occasion serious gastric disorder, although—in the instance observed by us—insufficient to kill.

The paper covering of these tins has been analytically examined (by Mr. Wentworth L. Scott, F. R. M. S., etc.), and a piece measuring 3 inches by $2\frac{1}{2}$ yielded 3,157 grains of arsenite of copper, or about 421 grains per square inch. Surely this mode of quietly reducing our surplus population might be avoided without much difficulty.

Again, gelatine in packets is frequently surrounded by a glazed arsenical paper containing some 293 grains of Scheele's Green per square inch. (W. L. S.) Even in the most careful hands it is not easy to open or empty the tightly fastened paper without slightly impregnating the contents with deleterious matter.

Nor is green the only colored paper which endangers some of our food-products; a well-known and highly respectable firm of biscuit manufacturers habitually wrap some fancy cakes round with an ornamental band heavily "laid" with sulphuret.

—To-morrow is the day on which lazy folks work and fools reform.

The Benefit of Laughing.—Dr. Greene, in his "Problem of Health," says there is not the remotest corner or little inlet of the minute blood-vessels of the human body that does not feel some wavelet from the convulsion occasioned by good, hearty laughter. The life principle, or the central man, if shaken to its innermost depths, sends new tides of life and strength to the surface, thus materially tending to insure good health to the persons who indulge therein. The blood moves more rapidly, and conveys a different impression to all the organs of the body, as it visits them on that particular mystic journey when the man is laughing, from what it does at other times. For this reason every good, hearty laugh in which a person indulges tends to lengthen his life, conveying, as it does, new and distinct stimulus to the vital forces. Doubtless the time will come when physicians, conceding more importance than they now do to influence of the mind upon the vital forces of the body, will make their prescriptions more with reference to the mind and less to drugs for the body; and will, in so doing, find the best and most effective method of producing the required effects upon the patient.—*Sel.*

Necessity for Sunlight.—One of the best omens of the time for hygiene is the fact that architects and builders are beginning to give some attention to the subject. The following paragraphs from the *Manufacturer and Builder* are sound hygienic advice:—

"Instead of excluding the sunlight from our houses, lest it fade carpets, draw flies, and bring freckles, we should open every door and window and bid it enter. It brings life, and health, and joy; there is healing in its beams; it drives away disease and dampness, mold, migrains. Instead of doing this, however, many careful housewives close the blinds, draw down the shades, shut out the glorifying rays, and rejoice in the dim and musty coolness and twilight of their unhealthy apartments. It is pleasant, and not unwholesome, during the glare of the noontide, to subdue the light and exclude the air quivering with heat; but in the morning and in the evening, we may freely indulge in the sun bath and let it flood all our rooms; and if at its very

fiercest and brightest it has full entrance to our sleeping-rooms, so much the better for us.

Wire netting in doors and windows excludes not flies and mosquitoes only, but all other insects, and those who have once used it will continue to do so. With this as a protection from intrusive winged creatures, one may almost dispense with shades and shutters and enjoy all the benefits of an open house without any annoyances so frequent in warm weather. But better the annoyances with sunshine than freedom from them without it. Statistics of epidemics have shown that if they rage in any part of a city they will prevail in houses which are exposed to the least sunshine, while those most exposed to it will not be at all, or but slightly, affected. Even in the same house, persons occupying rooms exposed to sunlight will be healthier and repulse epidemical influences better than those occupying rooms where no sunlight enters."

Danger of "Boxing the Ears."—We have often called attention to the danger of the common practice of cuffing the ears of children. We quote the following striking illustration of the injury which may be inflicted in this way, from the London *Lancet*:—

An inquiry into circumstances leading to the death of a boy about eight years of age, has just been concluded at Willingham, Cambridgeshire. The deceased was attending the board school at Willingham, and on the afternoon of November 27th he went to school quite well, but returned home between four and five, looking quite ill, and holding his head toward his left shoulder. He had been struck over the right ear by the monitor of his class at school. Next morning the boy was too ill to go to school. He gradually got worse, and died on December 7th, the last words he said being that the monitor "hit me in school." This is another illustration of the extreme danger attending the practice of inflicting punishment by boxing the ears, and, we may add, of any part of the head generally, since it is a favorite practice with some masters to rap their pupils' heads with the bent knuckles of the index and middle fingers. In sound, healthy lads, a box on the ears may not perhaps lead to fatal conse-

quences, though there is always a risk of inducing deafness by rupturing the *membrana tympani*. In delicate boys, of strumous or tubercular tendency, fatal results may be easily induced, and a master, by giving way to a moment's irritation and an error of judgment, may forfeit a position gained by years of honorable toil, be imprisoned for manslaughter, and thus ruined for life.

Plain Cooking.—What is plain cooking? As the average Milesian help regards it, it is the composition of sour bread, leathery omelets, and cindery gravy. It means weak tea, and discouraged coffee. It includes fried beefsteaks, burnt-up roasts, and soggy puddings. From the standpoint of the competent housekeeper it is, however, a larger, nobler, and better thing. It is chemistry, it is philosophy, it is common sense, it is health and a good appetite, and it is a safeguard against many lurking temptations and wicked devices. The children who are properly fed are fairly started in life. The business man who is properly fed is likely to be more successful, and certain to be more amiable, than his friend who never enjoys the privilege of eating a good dinner. The science of cooking is beneath no lady's honest attention. It is an accomplishment of which any young girl may well be proud. It should be taught by mothers to their daughters, and practiced till it can be done with ease and dexterity.—*Margaret Sangster*.

A Handy Thing.—A handy thing to have in the house is a jar or bottle of lime water. Pour water over unslaked lime (the quantity is not important, as only a certain amount will be slaked,) and cork up for use. A spoonful of the clear liquid stirred into milk, cream, or bread sponge in danger of souring, will prevent that catastrophe. It also cleanses bottles, etc., that have an unpleasant odor. A person who needs milk, but whose digestion is so weak as not to manage it, will find no inconvenience if into a glass of lacteal fluid is stirred a wine-glass of lime water. The difference in taste is not perceptible.—*Sel*.

—Keep aloof from sadness, for sadness is the sickness of the soul.

LITERARY MISCELLANY.

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

AN ENCHANTED ISLAND.

A WONDERFUL stream is the river Time,
As it runs through the realms of tears,
With a faultless rhythm and a musical rhyme,
And a broader sweep and a surge sublime,
And blends with the ocean of years.

There's a musical isle up the river Time,
Where the softest of airs are playing;
There's a cloudless sky and a tropical clime,
And a song as sweet as a vesper chime,
And the Junes with the roses are staying.

And the name of this isle is the Long Ago,
And we bury our treasures there:
There are brows of beauty and bosoms of snow;
There are heaps of dust, but we love them so;
There are trinkets and tresses of hair.

There are fragments of song that nobody sings,
And a part of an infant's prayer;
There's a lute unswept and a harp without strings,
There are broken vows and pieces of rings,
And the garments *she* used to wear.

There are hands that are waved when the fairy shore
By the mirage is lifted in air,
And we sometimes hear, through the turbulent roar,
Sweet voices we heard in the days gone before,
When the wind down the river is fair.

Oh, remembered for aye be the blessed isle
All the day of life till night!
And when evening comes with its beautiful smile,
And our eyes are closing to slumber awhile,
May that "Greenwood" of soul be in sight.
—Benjamin F. Taylor.

THE LITTLETON REFORMERS.

(Concluded.)

WHEN Hattie Peterson came to the next sewing circle with her face aglow and manner animated by a new idea, everybody seemed ready for its reception.

"Do you know," she said laughing, as she opened her bundle of work, "Harry says we're becoming political economists, and if the Littleton women go on in this way, bringing the millennium on with such gigantic strides, they'll get so superior that the men will be obliged to emigrate."

"I do n't believe we're very near the millennium yet," said Miss Truefit, in her most skeptical tone. "And in these days it's no special mark of superiority to theorize about it."

"Well, but I really have something to propose," said Hattie. "I've thought about our talk last week in sober earnest, and begin to believe we could do something to make life pleasanter and less hurried. That is, I mean of course, hurried and tired over unnecessary cares, so that we can have brain and muscle and nerve ready for the demands of really important things."

"George Herbert used to be enough in fashion for people to quote what he said about sweeping a room, and believe it, too," put in Miss Truefit.

Mrs. Cavendish spoke decisively. "Whatever of manual labor we need to do, Prudence, to earn our bread from the earth, or minister to other people, let no one dare look down on. But when it comes to working over a hot stove all day to bake and frost and stew all sorts of rich, indigestible things for supper, or spending a week to trim a dress skirt, I can't believe that even George Herbert would have seen any holiness there."

There was a pause, and then Prudence said a little more tolerantly, "Well, Hattie, what were your plans?"

"They're not very clearly defined yet," said Hattie, "but you're welcome to the substance of them. You'll all agree with me that Littleton is comparatively a small place!" Everybody smiled assent. "And without any false modesty I suppose we dare assert that we form the best society here? Well, then, we need not fear Mrs. Grundy, since we represent that lady in our own persons, and so why should n't we institute a few changes in our part of the community for ourselves?"

"Capital!" said Mrs. Maynard, who was fond of new theories and eager to experiment with them, one week trying to bring down

her flesh according to Banting, and the next building by muscle with oatmeal. "Let's hear all you've thought and pass judgment on it."

"First, as to dress," went on Hattie, "we will give up superfluities, every extravagant mode of trimming and useless article, remembering to lose no bit of taste, neatness or care in its arrangement."

"Ah," sighed Kate, "that sounds well, and is all very desirable for you Madonna-looking women who could wear a nun's dress and find it becoming, but what is to become of my gaunt figure when it is draped in those same plain folds?"

"Oh, I don't mean that we're to be extreme or *outré*," answered Hattie, "or to sew up two breadths of cloth, cut a hole in it for the head and tie a string round the waist! My idea is to dress plainly with a decent regard for the fashions of the day, but dispensing with huge bunches of loopings, fine pleating and what not."

"And I think there's something else you want to consider," said Mrs. Cavendish. "Under garments are becoming marvels of workmanship, or workwomanship rather, and taking into account the fact that their most desirable quality is freshness and cleanness, could n't they be less elaborate, and still be pretty and dainty?"

"Yes'm," said Hattie eagerly. "Just what I wanted you to say. And there's another item. Even in our comfortable town, where, as the County paper says, there are no poor, I know of a good many women who imperatively need all the sewing they can get. Now if we give up superfluities an important difference is made in the amount of work to be done, and they ought not to be the ones to suffer from it. And as we all hire them more or less, of course they would feel it in a small way, as hand laborers feel the introduction of machinery. Now for every extra left off which they would make for us, let us calculate its equivalent as to the time spent in plain sewing, give them that, and as Miss Truefit said last week, pay them just as much for it."

To her surprise everybody seemed delighted with the notion and ready to adopt it.

"Hattie," said Mrs. Cavendish, "I do so admire your common sense, that if I were n't

an old lady and this a strictly proper assembly, I should no doubt call for three cheers for you!"

"I've something in mind, too," said Mrs. Gardner, a hearty, country-looking woman. "And I'll begin at once, to cover the former speaker's blushes. Don't you think we might make a great difference in the amount of needless work, and indigestion too, if we lived more sensibly as to food?"

"I can agree heartily there," put in Miss Truefit. "It does seem so nonsensical to go to extremes in that direction as well as any other. Last winter when everybody had a tea-party we began with tarts, two kinds of preserve, and three kinds of cake; and as no one was willing to be outdone, we all made a similar display. They were delightful little parties—I enjoyed them, but I should have been quite as comfortable in every respect if I had not had such a variety of dishes from which to choose my supper."

"Well, what shall we do?" said Mrs. Maynard. "Have a regulation bill of fare?"

"Of course not," answered Mrs. Cavendish. Let every woman decide on her own table, as we are all capable of doing, only let it be understood that if we go out to tea or dinner, we don't expect our hostess to turn her household arrangements upside down for our benefit. Besides the point of not being ashamed to offer visitors our every-day fare, let us not be ashamed to have our food plain and healthful. You'd all object to seeing your children eating fruit cake and all sorts of heavy dainties, and I've always found that children never quite see the difference between the laws regulating their stomachs and those of their elders. So why not set the example which we wish them to follow? And if we have company let us take it for granted they come to see us, not to enjoy our table, and give them more of the best that is in ourselves and less of our skill as pastry cooks."

"But don't you think it is sometimes rather hard on company to be made literally at home?" asked Kate. "It seems to me the best we have ought to be set before them."

"The best, surely," said Mrs. Cavendish. "And if one is truly hospitable there will be a certain holiday air about the house when a visitor is there, not to be found on ordinary

days. But the real spirit of hospitality is the giving yourself to the guest and his pleasure. I do not mean that one should by any means neglect his bodily comfort, but if you are careful about *too* many things he may have more of your pie, but less of you."

"And all the people said, Amen." It is astonishing to find how sensible people really are if you once get them started in that road, and how ready to do their part in life. Perhaps the novelty of theorizing influenced these women as much as the value of the ideas themselves; but at any rate they were all in earnest, and really did bring about results which are not to be despised. Of course there was no great immediate change—the lion did not drop asleep in any path as soon as they had decided to travel that way. But they were waked up to a glimmering consciousness of what the true good in life is, and set about doing away with as many non-essentials as possible in order to make room for things of value. There was, for one thing, an important difference in their leisure—Hattie Peterson said she felt almost conscience stricken sometimes, when she found herself of an afternoon placidly reading a novel. But then she consoled herself by thinking that before, when there was breathing space, she had occupied it in making patch-work quilts and braided rugs, which Harry always declared were monstrosities. And now she felt justified in buying better and prettier articles to answer the same purposes with the money she had once put into "extras." Soon a botany class was organized, and the most skeptical person in the world would not have despised the muscular power or healthful nervous poise gained by the long tramps these reformers took. Then they began to make little bouquets to send to the city morning after morning by one or two of the husbands, who were indulgent enough to agree to distribute them promiscuously among the ragamuffins they met on their way to places of business, and so a breath of country sweetness was carried into the city squalor.

An idea dawned upon Kate, who was still waiting, Micawber-like, and she made rustic baskets, and filled them with all curious and lovely growing things to be found in the Littleton woods. They sold at once, so that she began to carry on quite an extensive business;

and considering, in addition to the money, the insight she acquired into growing Nature, and the delight she learned to feel in the life of the woods, her labors among fern and moss were a most profitable investment. That these ladies, and they certainly did represent good society in Littleton, were willing to dress plainly, was the best thing possible for the classes below them—those inferior to them in culture and less fortunate than they as to money. Servant girls were not quite as miserable as before if they had not a gaudy silk, and two or three sets of jewelry; that their mistresses could wear clean cambric dresses or plain woolen ones made it easy for them.

But even if the practical advantages gained had been small, it was much that every one caught and was influenced by the moving idea—that life is not simply a dressing, eating, and adorning business, but that food and clothes are only means to an end. And the suggestion that such a high end and aim exists, led imperceptibly to the speculation as to what it ought to be in individual cases, and a more thoughtful, earnest spirit seemed to animate the community. So the ball set rolling at Littleton sewing circle has gathered and gathered, until one may safely prophesy that it will smooth down many rough places of ignorance and sin, and no one can say that it will ever stop.—*Sunday Afternoon.*

HUNGER AND THIRST.

SOME interesting experiments have recently been made by the medical faculty of Michigan University, in order to determine the seat of hunger and thirst in the animal system. A dog was chloroformed, after having been fed a hearty meal, and while the musculo-membranous reservoir for food was largely distended, an incision was made through the abdomen, over the large curvature of the stomach, into that organ; then a silver tube, a quarter of an inch in diameter and an inch and a half long, was inserted in the cut, the other end of which was then corked up. The tube has half-inch flanges at both ends, the inner flange serving to keep the tube in its place, while the outer flange closely shuts the exterior.

The dog still lives with stomach perma-

nently on top; in fact, the operation in no way affects the health of the mastiff, although in undergoing the severe ordeal to which he is now at times subjected in the interest of science, hunger compels him to eat about six times as much as formerly. The result of the experiment proves that the seat of hunger is not in the stomach, neither is the seat of thirst in the throat, but that they both reside in the system at large. The dog was permitted to eat a hearty meal, which was immediately taken from him, *via* tube. In a few minutes after recovering from his fright, he would eat an equally large quantity of food, and so on to any extent.

Again, he has been prevented from eating anything for about twenty-four hours. Food would then be injected into his stomach through the tube. Notwithstanding his stomach was already full, the animal would at once gulp down more food; but if sufficient time was given for the injected food to enter the system, he would then refuse all that was set before him. The conclusions arrived at from these experiments find confirmation in the fact, which has often been observed, that persons suffering from thirst, although the parched sensation is apparently limited to the throat, find immediate relief upon entering a bath or even from immersing the feet in water.

OLD TIMES IN ENGLAND.

THE history of domestic architecture in our own country, says a recent English newspaper, strikingly illustrates the rise of civilization and the extinction of barbarism. We have not to travel back more than a few hundred years to find domestic comfort a thing entirely unknown, and the abode of princes entirely destitute of conveniences which are now considered necessary in the house of every peasant. Our Saxon forefathers lived in the rudest possible style. The homes even of kings and lords consisted simply of one large apartment or "hall," in which all the details of domestic life were carried on by themselves and their immediate attendants. Privacy was a thing entirely unknown. After the pursuits of the day—the chase or the fight—they assembled around one common board, taking place according to their rank in the

household; and in the self-same apartment all members of the household afterward disposed themselves for sleep. It was only occasionally that one end of the common hall was separated from the rest by a screen, affording a rude retiring chamber for the lord and lady of the house, with privileged attendants.

Almost the only out offices attached to the hall were the shed or pens for the cattle and the swine. The dogs, more cherished, were allowed a place in the corner of the hall itself; and another corner was frequently occupied by the store of provisions. Sometimes, however, the latter would be placed in receptacles or cellars dug under the hall. Its flooring was of earth, its walls of wood and clay, and its roof of thatch. For the admission of light, openings were left in the sides, and closed by wickerwork when night came on; for warmth, a log fire was lighted in the center of the apartment, and the smoke escaped by holes in the roof.

FASHIONABLE POISONING.

BUT few people realize to what extent fashionable poisoning is carried on at the present day in the use of various stimulants for which the wretched suicides have acquired a fondness. Liquor in its various forms was for a long time the great bane of society. But that is fast being supplemented by potions, if not so stimulating and exciting, far more deadly in their effects. Opium eating and laudanum drinking is greatly on the increase, and more than half of the deaths that are attributed to heart disease are compassed by these habits. Morphine is but another form of the drug, and this is also being used to excess by thousands of people in this country. Chloral is fast growing into favor, and is luring its victims down to death by hundreds and thousands. It is time this matter was taken hold of in earnest by some of the zealous reformers of the day, for there is hardly a day passes but counts its victim to one or the other of these pernicious drugs. It is the gifted of the land, too, who are most easily led to destruction by means of these narcotic poisons. The habit is formed by taking small doses to rest the overtaxed mind and brain, and the dose increases from day to day, until mind

and brain are stilled and at rest in the quiet sleep of death. The news reached us a few days ago of another victim to the use of chloral, in the person of Chauncey K. Williams, of Rutland, Vermont, who was one of the first scholars of his native State, and a man of unusual moral excellence, except in this one respect. He took chloral to induce sleep and rest. The sleep came to his eyelids speedily, but it was the sleep from which there is no awakening. Where is the Francis Murphy who will organize a crusade against the growing habit of fashionable poisoning? —*Ex.*

NAMES OF VEHICLES.

AMONG the medley of names at present or recently given to pleasure carriages some are unintelligible, while others defy all etymological scrutiny. The landau is named from a town in Germany; it is a coach that may be used open or closed at pleasure. The landaulet, as its name implies, is a lighter and smaller landau. The barouche, a favorite open carriage in summer, is of French origin, as is the barouchet. The britzschka was introduced from Russia about half a century ago. Why the phaeton is so named we cannot pretend to say; but the vehicle so called belongs to the barouche and britzschka group. The cabriolet is French, and so is the vis-a-vis. Droitzschka came from Russia or from Poland—an odd kind of affair, modified in England into a vehicle fitted for invalids, aged persons, and children, with its formidable name shortened into drosky. The curriole is one of the few kinds of two-wheelers with two horses abreast; while the tandem is a straggling affair with two wheels and two horses, but one of the horses behind the other. The cab (short for cabriolet) is a handy bachelor's vehicle; the gig is about the lightest of all, being little more than an open railed chair, supported on the shafts by two side springs; the dog-cart is a gig, with a space underneath to contain either dogs or luggage; while the tilbury, named after the coachmaker who invented it, is a modified cab. The stanhope, named after a noble lord, is another of the family of single horse two-wheelers; and so is the sulky, for one person only; and so the buggy, and the jaunting car, and the

whiskey. The dennet, we are told, has three springs peculiarly arranged, and "was so called because the three springs were named after the three Miss Dennets, whose elegant stage dancing was much in vogue about the time this vehicle came into use." The French misanthrope, for one person, was probably the origin of our sulky. The fly is a roomy carriage let out to hire; why it is so called is not quite clear. The French fiacre neither denotes a particular person nor a special origin; there happened to be a figure of St. Fiacre in the front of the building where the first lender of these vehicles kept them. When we consider how readily the name hansom has come into use among us, as the designation for a vehicle, we need not marvel at the French having adopted fiacre. Victoria, clarence, brougham, are so many proofs of the ease with which the names of persons are given to new forms of carriages.—*All the Year Round.*

ANTI-TEMPERANCE DIET.

TEMPERANCE workers may find their paths easier when science steps in to their assistance. The theory of Liebig, that liquor-drinking is incompatible with farinaceous diet, is corroborated by experiments on twenty-seven drinking men, by an English investigator. A remarkable instance was a man of 60, who for thirty-five years had indulged in a weekly spree, and had become so wrecked as to obtain life insurance with great difficulty. His appetite for liquor was entirely overcome by farinaceous diet of seven months' duration, and although he lost flesh at first, he soon regained it. Among other articles specially antagonistic to alcohol are lentils, dried beans, haricot beans, and macaroni, all well boiled and plentifully seasoned with butter or olive oil. The carbonaceous starch in these renders unnecessary and repulsive the carbon in alcohol. It has been often noticed that excessive meat-eaters are among the hardest drinkers. Ordinary garden vegetables will aid in overcoming the passion, but are not considered as useful as the farinaceous foods. So comfortable a remedy ought to win friends from its very simplicity, and no harm can possibly result from a trial of it.

—Our acts make or mar us; we are the children of our own deeds.

Economy of Labor.—There is an old saying that “a penny saved is two-pence earned;” equally true is it in labor, that a saving of strength is worth double the amount expended. Many housekeepers toil ceaselessly from morning till night to accomplish that which by a little forethought and management might have been effected much easier and quicker. With a high seat made to turn easily like an office chair, and with a kerosene heater for the irons, placed within easy reach, a large ironing may be done without rising, and without the usual ache of tired feet and back.

A Hottentot Youth.—From the following description of the manners of a Hottentot youth, we are inclined to the opinion that some American lads whom we have met at various times had better emigrate to South Africa, where their manners will be in accord with the established usages of society:—

“The eldest son has encouragement to exercise a kind of tyranny over his brothers and sisters. The male Hottentot is deemed of age at eighteen, when he is admitted into society, at which time a feast is given, but the youth himself is not permitted to partake thereof, until all who are present have been served. It is then expected that he should behave ill to women in general, and to his mother in particular, in order to evince his contempt for everything that is feminine. Indeed, it is usual for a youth when admitted into male society to go home and cudgel his mother; nor does she disapprove thereof, but congratulates herself for having had the happiness to bring so spirited a youth into the world; so much does custom reconcile us even to things which are in themselves unnatural.”

A Cathedral Made from Old Rags.—According to an English periodical there is a church actually existing near Bergen, which contains nearly one thousand persons. It is circular within, octagonal without. The reliefs outside, and the statues within, the roof, the ceiling, the Corinthian capitals, are all of papier-mache, rendered water-proof by saturation in vitriol, lime-water, whey, and white of egg. We have not yet reached this audacity in our use of paper, but it should

hardly surprise us, inasmuch as we employ the same material in private houses, in steam-boats, and in some public buildings, instead of carved decorations and plaster cornices.

When Frederick the Second of Prussia set up a limited papier-mache manufactory at Berlin, in 1765, he little thought that paper cathedrals might, within a century, spring out of his snuff-boxes by the sleight-of-hand of advancing art. At present, we old-fashioned English, who haunt cathedrals and build churches, like stone better. But there is no saying what we may come to. It is not very long since it would have seemed as impossible to cover eighteen acres of ground with glass, as to erect a pagoda of soap-bubbles; yet the thing is done. When we think of a psalm sung by one thousand voices pealing through an edifice made of old rags, it would be presumptuous to say what can and what cannot be achieved by science and art under the training of steady old Time.

The Time to Think.—Says Ruskin, the great English essayist:—

“I have no patience with people who talk about the thoughtlessness of youth indulgently; I had rather hear of thoughtless old age, and the indulgence due to that. When a man has done his work, let him forget his toil, and jest with his fate if he will; but what excuse can you find for willfulness of thought at the very time when every crisis of fortune hangs on your decisions? A youth thoughtless, when all the happiness of his home forever depends on the chances or the passions of an hour? A youth thoughtless, when the career of all his days depends on the opportunity of a moment? A youth thoughtless, when his every action is a foundation stone of future conduct, and every imagination a foundation of life or death? Be thoughtless in any after years, rather than now;—though, indeed, there is only one place where a man may be nobly thoughtless,—his death-bed.”

—It is a most important lesson, too little thought of, that we learn how to enjoy ordinary life, and to be able to relish our being, without the transport of some passion, or the gratification of some appetite.—*Steele.*

POPULAR SCIENCE.

ANCIENT LAKE DWELLINGS OF SWITZERLAND.

WE copy from an exchange the following respecting these interesting relics of a by-gone age:—

“The first discovery of those ancient remains dates back to the winter of 1853, when wooden piles that had served as the foundation of huts, with weapons of stone and bronze, earthen vessels, bones of animals, and other evidences of an extinct race, were found in the Lake of Zurich, near Obermeilen. Similar traces of old lacustrine habitations were afterward discovered in and near the lakes of Bienne and Neuchatel. On the shores of the former lake an ancient village was dug out of the morass more than a thousand feet from the present shore. In 1861 more than eight hundred stone axes, chisels, and other tools were dredged from Lake Neuchatel not far from Concise. These and other ‘finds’ of the same sort have afforded an attractive study for the archæologist and ethnologist.

“A fresh interest has been awakened in this subject within a few months by new and important discoveries made in the progress of the engineering works near Neuchatel, by which the shallow portions of the lake have been drained, and a large area laid bare, disclosing several extensive settlements of this early race of men. It was probably to defend themselves from the attacks of men and beasts that they built their houses on platforms supported by wooden piles driven into the bottom of the lake, and grouped in villages, sometimes a quarter of a mile from the shore and connected with it by a single bridge. Their huts were probably of circular form, thatched with interwoven osiers, and having trap-doors for access to the lake beneath. The platforms were large enough to furnish accommodation for their cattle, with supplies of fodder and other needful stores.

“All that now remains of these ancient structures is the wooden piles left standing in the lake, or, in some cases, where the lake formerly was. The groups and rows of these,

sometimes thousands in number, show the great extent of the villages and the large population that they sheltered. The wood of the piles is so well preserved that at first one can hardly believe it has been submerged for thousands of years; but the excavations in the mud at their bases bring to light weapons, utensils, and other evidences of the remote antiquity of their erection. Some of these articles are rudely made of chipped flint, but others are of better quality and of polished stone. Among them are axes, knives, daggers, arrow-heads and other weapons, with household implements, such as hand-mills for grinding corn, flat stones for baking bread, and various other things of known or unknown use. The germs of art, which are found in the rudest races, are also seen here in curious ornaments of shell and bone, often wrought with great labor and ingenuity, and showing some rudimentary appreciation of beauty. Even the ashes of the primitive hearths are preserved, with the charred bones of the animals and fish on which these prehistoric men lived, mingled with the litter from their barnyards and the general refuse of their habitations.

“Many of these lacustrine villages appear to have been destroyed by fire, either accidentally or in times of war. Though well defended from ordinary attack by their natural moats, they were of course not absolutely impregnable, and may often have been stormed and sacked by a persistent foe; perhaps they were sometimes set on fire by brands thrown from the shore.”

Telegraphing without Wires.—It has long been known that it is possible to send a telegraphic dispatch without a wire over short distances, by means of a stream of water. Prof. Loomis is now in the mountains of West Virginia engaged in making a practical demonstration of his theory, that a current of electricity is constantly passing through the air at a certain altitude, and that telegraphic dispatches may be sent by means of it. By employing kites which were raised to the same height, using copper wire instead of a string, he was able to send a message a distance of eleven miles. He has erected towers on two mountains twenty

miles apart, from which iron rods are run up into the region of the electric current. His experiments will undoubtedly produce very interesting results.

Why People Scratch the Head when Puzzled.—A recent number of the *Contemporary Review* contains an article by Dr. Brunton, which explains some curious phenomena which, though exceedingly common, have not before received attention. The anatomist is familiar with the fact that there are two large nerves of sensation known as the "fifth pair," which are distributed to the skin of the head and face, and to the mucous membrane of the mouth, nose, and eyes. These nerves are closely connected with the nerves which control the action of the heart and of the blood-vessels. By their stimulation, the heart's action may be increased. This explains the fact that the application of cool water or cold air to the face is one of the best means of reviving a person who has fallen in syncope.

The Doctor remarks that "it is a curious fact that people of all nations are accustomed, when in any difficulty, to stimulate one or another branch of the fifth nerve, and quicken their mental processes. Thus, some persons, when puzzled, scratch their heads; others rub their foreheads; and others stroke or pull their beards, thus stimulating the occipital, frontal, or mental branches of these nerves. Many Germans, when thinking, have a habit of striking their fingers against their noses, and thus stimulating the nasal cutaneous branches, while in other countries some people stimulate the branches distributed to the mucous membrane of the nose by taking snuff.

"The late Lord Derby, when translating Homer, was accustomed to eat brandied cherries. One man will eat figs while composing a leading article; another will suck chocolate creams; others will smoke cigarettes; and others sip brandy and water. By these means they stimulate the lingual and buccal branches of the fifth nerve, and thus reflexly excite their brains. Alcohol appears to excite the circulation through the brain reflexly from the mouth, and to stimulate the heart reflexly from the stomach, even before it is ab-

sorbed into the blood. Shortly after it has been swallowed, however, it is absorbed from the stomach, and passes with the blood to the heart, to the brain, and to the other parts of the nervous system, upon which it then begins to act directly." Then commence the paralyzing effects of alcohol. Previous to its reception into the blood, its effects are those of a stimulant; now they are those of a paralyzing agent.

Origin of Petroleum.—Common as is this product of the earth, scientists have never yet been able to settle themselves upon any theory respecting its origin. One of the oldest theories, which was suggested by the fishy odor of some of the earliest discovered specimens of the oil, was that it was derived from the prodigious numbers of marine monsters of various forms, some resembling huge wood-lice while others were not unlike gigantic lobsters, that have been buried with other fossil remains of former ages.

This theory being abandoned, it was suggested that the oil was produced by slow distillation from the immense deposits of coal; but this theory has failed, since the oil is often found in an entirely different geological formation.

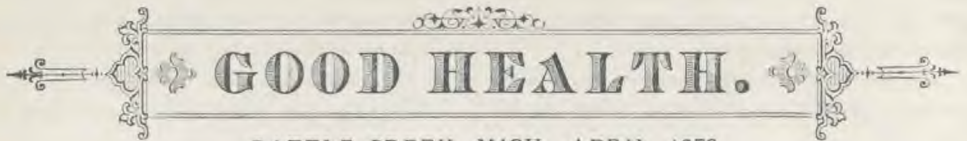
An American geologist of some note supposes it to have originated in the decomposition of certain low forms of life which he considers as intermediate, between the animal and the vegetable kingdoms.

A famous German chemist believes it to be the result of chemical reactions. Perhaps some future discoverer will wholly unravel the mystery.

—The Bell telephone company have more than 17,000 instruments in operation. Their profits are enormous, since the cost of an instrument is less than a dollar, while they receive two or three dollars a month rent for its use.

—The German government is laying subterranean telegraph wires on an extensive scale. It has expended more than \$3,000,000 in this work within the last two years.

—Science, Nature, and Religion, "these three agree in one."



GOOD HEALTH.

BATTLE CREEK, MICH., APRIL, 1879.

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

TERMS, \$1.00 A YEAR.

BOSTON LAW AGAINST SMOKING.

OF all the large cities we have ever visited, we have never found so little annoyance from the vile habit of smoking as in Boston. While speculating on the cause of this very agreeable peculiarity of "The Hub," it occurred to us that it might be the result of the old law enacted against the practice some time in the early history of the city, when legislators regarded personal cleanliness and purity of the air as matters of consequence. Whether this is the real cause or not, we are gratified at the fact. There is, indeed, a little confirmatory evidence of the truth of the supposition in the fact that the old law still remains upon the statute-books, and is occasionally enforced. An old gentleman informs us that less than a dozen years ago he saw a man arrested by a policeman for smoking. The offender was taken before the court, and was fined \$2.50. The judge professed unwillingness to impose the fine, but stated that the law was upon the statute-books, and there was no way of avoiding it. The object of the policeman was not to reform tobacco-users, but to gratify a personal spite against the man whom he arrested.

THE AMERICAN HEALTH AND TEMPERANCE ASSOCIATION.

MANY of the readers of GOOD HEALTH have already learned from other sources of the organization in this city, recently, of a new reform movement under the name of The American Health and Temperance Association. The objects of this Association are to promote the interests of health and temperance reform in the fullest sense. Three pledges are presented to applicants for membership, one of which excludes all alcoholic beverages, one,

alcohol and tobacco, and the other, alcohol, tobacco, tea, coffee, opium, and all other narcotics and stimulants.

At the first meeting of the Association, held Jan. 1, 1879, 155 persons signed the pledge, thus becoming members of the Association. Nearly all signed the teetotal pledge, which excludes coffee, tea, and all other stimulants and narcotics.

At the second meeting, held Feb. 13, the Secretary's report showed a membership of over 250.

Meetings are held once a month, the time being devoted to the discussion of interesting questions pertaining to health and temperance, listening to addresses, and transacting necessary business relating to the workings of the Association. Active measures are being taken for the extension of the organization into all parts of the United States and into foreign countries. Several hundred special agents have been appointed for this purpose, and it is gratifying to see a commendable degree of enthusiasm in the work. An organization of this sort has long been needed, and there is little room to doubt that success will attend the effort.

Preliminary steps are being taken in most of the Northern and Western States for the organization of local associations, which will be effected as soon as a sufficient membership is secured in the various localities. We are glad to present the following report of the organization of a local association at Allen's Corner, near Portland, Me. The energy and zeal shown by the friends of reform in that section in organizing the first local society, is very commendable. We sincerely hope that the society will be the means of much good in that State, which has always been foremost in the temperance cause, having maintained its "prohibition laws" for

many years, demonstrating their utility, in spite of the most vigorous opposition on the part of whisky drinkers, rum sellers, and office-seeking politicians.

The report, which was received too late for previous publication, we give entire as follows:—

“A preliminary meeting for the purpose of effecting the organization of a Health and Temperance Society was held at Allen’s Corner, Me., Saturday evening, Feb. 22, 1879.

“On motion, Eld. J. B. Goodrich was appointed chairman *pro tem*, and Eliza H. Morton, Secretary.

“The meeting was opened with prayer by J. L. Prescott.

“Eld. J. B. Goodrich then stated the object of the meeting, after which the Secretary read the Constitution and By-laws of the American Health and Temperance Association.

“A few interesting remarks were offered by J. L. Prescott in regard to the importance of temperance, and the wide field of usefulness opened to temperance societies.

“Eld. Osborn next spoke of reform, and its influence upon society.

“Wm. Morton then made a few remarks respecting the injurious effects of tobacco upon the human system, and the necessity of striking at the root of the evil of intemperance; after which Eld. J. B. Goodrich spoke of the close connection existing between the use of tobacco and intoxicating drinks.

“J. L. Prescott followed with some stirring remarks in regard to the importance of individual efforts in the work of reform.

“Several gentlemen made appropriate remarks upon the temperance question, and a number of ladies expressed their interest in the cause under consideration.

“Some discussion in regard to local organizations then took place, and pledges were circulated.

“On motion, Wm. Morton was elected President of the Society, and Eliza H. Morton, Secretary.

“The meeting then adjourned to the call of the Chair.

“ELIZA H. MORTON, *Sec. pro tem.*”

All who wish to obtain further information concerning the Association, may address

the President, Dr. J. H. Kellogg. On receipt of a stamp, a copy of the Constitution and By-laws, together with a blank pledge, will be forwarded to any address.

WOMAN ON THE RACE-COURSE.

NOTHING could be much more inhuman than the exhibitions made in satisfying the mania for female pedestrianism which has recently arisen. Not long since, in walking down one of the principal streets of Boston, we passed, in going a distance of thirty rods, three illuminated placards announcing to the public that in as many different public halls four female pedestrians were exhibiting their walking talents for the gratification of the crowds of bawdy loafers and jockeys who congregated to criticize their several “points” and bet on their walking capacity, as though they were horses on a race-course or hounds on a fox hunt.

Two of these misguided women were attempting the feat of walking respectively 2700 and 3000 quarter miles in an equal number of successive quarter hours. This would require almost incessant exertion for nearly 28 days in one case, and for more than 31 days in the other, without at any time a period of unbroken rest longer than ten minutes.

Such a procedure, in the light of physiology, is a greater inhumanity than the most merciless Boston teamster would inflict upon his dumb brutes. Why does not Mr. Bergh exercise his function in such cases? We did not wonder that the poor women looked pale and suffering, and trudged along with a limping gait.

In consequence of anatomical differences in structure, woman is generally less graceful and naturally less skillful in the use of the extremities than men, and hence less fitted for athletic sports and feats requiring great strength and dexterity. A girl throws a stone awkwardly, less from want of practice than from a natural peculiarity of physical structure. A woman walks less gracefully than a man, owing to the greater relative breadth of her hips, requiring a motion of the body together with that of the limbs. In consequence of this peculiarity, a woman is less fitted for walking long distances.

At another hall, we found two women engaged in a "walking match." The hall was so crowded with spectators—with very few exceptions, of the male sex—that it was with difficulty that the narrow track could be kept clear.

The sixty hours for which the walk was to be continued had nearly expired, and the excitement grew more intense each moment. One of the walkers, who was a few miles in advance, strode on at a pace almost marvelous, constantly stimulated to greater efforts by the coarse shouts of the masculine audience, who evidently took the same sort of interest in the proceeding that they would in a dog race or a cock fight. The other was pale and spiritless, and it seemed with difficulty that she dragged herself along to keep upon the track until the last. At times she seemed to be almost fainting as the result of the long-continued excitement and fatigue; but she managed to keep going until nine minutes before the slow-moving clock had measured off the sixty hours, when she became too ill to be longer able to stand, and was carried off the track.

The cheers for the winner were as vigorous as though a rebel fort had been captured, a million people emancipated from slavery, or some great and noble deed of honor or daring done; but no one thought of the injury which had been done the contestant. We turned away in disgust.

The ancient Greeks and Romans amused themselves by witnessing the gladiatorial contests of their male slaves; but it was left for civilized America to introduce woman into the "ring," and make her show her paces on the race-course. An ungraceful figure she cuts, and a repulsive spectacle she presents; and worst of all is the havoc which she makes with her health.

At the very same time that these four female pedestrians were making their disgraceful exhibition, in another part of the same city, lay a helpless invalid who was once as noted a "walkist" as any of them, made hopelessly ill by the same disregard of the plainest laws of nature.

—The credit that is got by a lie lasts only till the truth comes out.

THE PLAGUE IN CHINA.

FOR some time a disease has been raging in certain parts of China, the real nature of which does not seem to have been discovered until since its recent rapid dissemination and increase, owing to the civil war in that country. In the following brief description of the disease which is quoted by the *Louisville Medical News*, we notice the significant fact that the stricken celestials instinctively discard the flesh of the scavenger beast when they find their lives endangered, which more than intimates the existence of an instinctive consciousness that the scrofulous animal is unfit for food. If Americans would show an amount of good sense proportionate to their superior enlightenment and knowledge respecting the unwholesome character of the brute, we doubt not it would be vastly to the advantage of their health.

"There is a fact that inclines one to think that the epidemic is owing to exhalations from the soil, and it is this: those animals that live in the ground, in drains or in holes, are the first to be attacked. This is particularly noticeable with the rats. As soon as these animals are ill, they leave their holes in troops, and, after staggering about and falling over each other, drop down dead. The same phenomenon occurs in the case of other animals, such as buffaloes, oxen, sheep, deer, pigs, and dogs. All are attacked, but the dog less severely than the others.

"When these phenomena appear, it is not long before the disease spreads to man; and, knowing this, the people take every precaution to guard themselves from the plague. They begin to purify their houses by lighting fires in every room, and in certain towns they abstain from pork. In man the disease commences with a slight fever, which rapidly increases, and in a few hours becomes very violent. The patient clamors for drink, and his thirst is insatiable. By-and-by a dark red swelling shows itself in the armpits, groins, or neck, and the fever continuing to augment, the patient becomes rapidly unconscious. The bubo increases till the second day, after which it remains stationary, and when it has attained its full size it is about as large as a hen's or goose's egg. At this stage consciousness returns, but there is still

great danger; for if the swelling, which up to this point is very hard, becomes soft, and if the fever still continues, the case is considered hopeless. On the contrary, if the tumor opens externally, which is a very rare occurrence, there is a chance of recovery. Some Chinese physicians have attempted to cut these tumors; but either they have delayed the operation till too late, or else they have performed it imperfectly, for few have survived this treatment. Many of the practitioners whom I have seen at work do not hesitate to declare themselves powerless; and refrain from giving a quantity of medicine, as is their practice in ordinary cases."

This strange disease undoubtedly arises from unsanitary conditions, and it is entirely probable that it might be extinguished by proper attention to well-known sanitary laws.

VEGETARIANISM.

FOR many years there has existed in England a society devoted to the practice and promulgation of vegetarianism. This association has included among its members some of the most distinguished literary men of England. At the present time the principles held by the members of the society are receiving a large share of attention, and are exciting much controversy in English periodicals. The leading advocate of vegetarianism is Mr. Gibson Ward, a lecturer and writer of some note. Others holding similar views join in the discussion. Through the kindness of an esteemed English correspondent we have received several copies of an English periodical which contain able and interesting articles on the subject. Although not at all argumentative in character, perhaps our readers will be interested in the following letter from Mr. Isaac Pitman, the inventor of the system of short-hand now in use in this country under the guise of a variety of systems, Graham's, Munson's, Benn Pitman's, etc., which we copy from the *Christian World*, in which most of the discussion has appeared; the peculiar orthography employed indicates that Mr. Pitman is an advocate of "spelling reform:"—

"Ser,—A frend sjeusts tu me that ei aut to reit a leter tu the *Teimz*, plaising mei leif-ekspeeriens in kontrast with the editoarial suming-up on Mr. W. Gibson Ward's vejetairian let-

er in the *Teimz* ov last Thursday. The konkluzhon areivd at iz: 'So long az no speshal kaul iz tu be maid on the strength, a peurli vejetable deiet mai sufiez.' Az mei leif haz been wun ov somewot eksepshonal aktiviti, the fact that it haz been maintaind on a vejetable deiet aut to be noan, nou a diskushon on deiet haz been admited into the *Teimz*.

"Mei deietitik ekspeeriens iz breefli this: About forti yeerz ago dispepsia was kariing mei tu the grav. Medikal advizerz rekomended animal food three teimz a dai insted of wuns, and a glas ov wein. On this rejimen ei woz nothing betered but raather wurs. Ei avoided the meet & the wein, gradeuali rekupered mei dijestiv pouer, & hav never sins noan, bei eni pain, that ei hav a stumak.

"Theez forti yeerz hav been spent in kontineuus laibor in konekshon with the invenshon and propagaishon ov mei sistem ov fonetik short-hand and fonetik speling, korespondenz, and the editoarial deutiz ov mei weekli jurnal. Tho siksti-feiy yeerz ov aij, ei kontinu the kustom ei hav foload aul throo this peeriod, of being at mei ofis at siks in the morning, summer and winter. Til ei woz fifti yeerz ov aij, ei never took a holiday, or felt that ei wanted wun; and for about twenti yeerz in the ferst part ov this peeriod ei wos at mei desk foarten ourz a dai, from siks in the morning till ten at neit, with too ourz out for meelz. Twenti yeerz ago ei began tu leev of at siks in the eevning.

"Ei atribut mei helth and pouer ov endeurans tu abstinens from flesh meet and alkoholik drinks. Ei kan kum tu no uther konkluzhon when ei see the efekt of such ekstended ourz of laibor on uther men hoo eet meet and drink wein or beer.

"Ei hav riten mei leter fonetikali, az iz mei kustom, & shall feel obleijd if it be aloud thus to apeer in the *Teimz*.

"EIZAK PITMAN.

"*Fonetik Insititout, Bath.*"

Sensible Advice.—Chancellor Howard Crosby, in an address of counsel before the late graduating class of the University Medical College of New York, among many other timely and sensible things remarked that "A man whose clothes are saturated with stale tobacco smoke is not an agreeable visitor

in a sick-room. Nor is it reviving to a delicate organization to have stimulants applied through the physician's breath."

We cannot well imagine anything more repulsive to a sensitive, nervous patient than a medical adviser with a breath redolent with the fumes of whisky and tobacco. Yet a large share of medical men use both of these poisons. We hope a few of the newly fledged M. D.'s will take the eminent chancellor's advice and abandon the two vices mentioned, with others to which too many medical students become addicted.

WHY WOMEN DO NOT BREATHE LIKE MEN.

PHYSIOLOGISTS tell us that a man naturally breathes with the lower part of his chest, while a woman naturally breathes almost exclusively with the upper part of the thorax; which means that man breathes deeply, while woman breathes superficially. A man takes a full, deep breath, sending the air down into the remotest air-cells of his lungs, while a woman gasps in only just enough air to fill the upper part of the lungs, not expanding at all, or appreciably, the lower portion of the chest, or in other words, not employing what is termed abdominal respiration.

It is undoubtedly true that most women do breathe almost exclusively with the upper part of the chest; but whether this is a natural peculiarity, or for the most part an acquired, unnatural, and depraved one, is a question which we are decidedly inclined to answer in harmony with the latter supposition, basing our conclusion on the following undeniable facts:—

1. In childhood, and until about the age of puberty, respiration in the boy and the girl is exactly the same.

2. Although there is a change in the mode of respiration in most females usually soon after the period of puberty, marked by diminished abdominal or deep respiration, this change can be accounted for on other than physiological grounds.

3. We believe the cause of this modification of respiration is the change in dress which is usually made about the time mentioned. The young girl is now becoming a woman, and must acquire the art of lacing,

must wear a corset, "stays," and sundry other contrivances by means of which to produce a "fine form" by distorting and destroying all natural grace and beauty in the "form divine."

4. We have met a number of ladies whose good fortune and good sense had delivered them from the distorting influence of corset wearing and tight lacing, and we have observed that they are as capable of deep respiration as men, and practice it as naturally.

We are thoroughly convinced that this so-called physiological difference between men and women is purely a pathological rather than a natural difference, and is due to the evils of fashionable dress. In short, we believe that the only reason why women do not under ordinary circumstances breathe as do men, is simply *because they cannot*. The consequences of deficient lung action are patent to everybody in the enormous frequency of pulmonary disease among fashionable ladies.

COLD FEET, AND HOW TO WARM THEM.

IN a letter to the *Philadelphia Medical Times*, Dr. Fothergill, a noted English physician, calls attention to the fact that one of the most common causes of sleeplessness is cold feet. This he attributes to the fact that by the contraction of the small arteries in the feet, depriving them of their proper quantity of blood, the brain is surcharged with blood, thus producing wakefulness, since the condition required for sleep is a diminution of the blood in the brain, or anæmia. Thus the writer continues:—

"If, then, the extremities be cold, sleep cannot be successfully wooed. An old theological writer, when weary with long writing, kept sleep at bay by immersing his feet in cold water; by so driving the blood to the head, he could continue his labors. Whether they were worth much after such expedients may be open to question. With many women cold feet are their bane; they are miserable when awake, and can scarcely get to sleep. If they can get their feet warm, then they can sleep, but not otherwise. But how to get their feet warm is the question with them. Hot bottles to their feet are but partially effective, and often are a complete failure.

Now, Dr. George Johnson has pointed out that, with the dry imperspirable skin of certain persons with chronic Bright's disease, perspiration cannot be induced by warm baths. But if the person be first wrapped in a cold pack, so as to drive the cutaneous arterioles into spasmodic contraction, subsequent paralysis readily follows upon the patient being placed in a warm bath; the vessels become thoroughly dilated, and then perspiration follows. The spasmodic contraction is essential and necessary to the consequential dilatation; and the same holds good of the cold feet of women. Tight boots prevent the free flow of arterial blood through the feet during the day, and the subsequent dilatation which follows with some persons does not occur with others. Indeed, it would seem that the anæmia caused by the pressure remains, and the feet are stone cold. Putting them to the fire gives temporary warmth, and so does the hot bottle in bed, so long as it remains itself hot; but as it cools, the feet again become cold, and sleep cannot be wooed successfully. What should be done is to dip the feet momentarily into cold water, and then have them well rubbed with hair gloves or a rough towel until they glow. This seems a very unattractive plan to many minds; but it is just the story of the snow-baller's hands. At first the contact of the snow makes the fingers very cold; but perseverance is rewarded by a glow which may become almost a burning heat; the primary contraction of the vessels is followed by a secondary dilatation. This is what we will accomplish by the immersion, for a brief period only, of the feet in cold water, followed by friction. By such means the cold feet become warm, and after this a hot bottle to the feet will keep them warm effectually.

"With my patients at the hospital the complaint of bad nights evokes the question, 'Are your feet cold?' And the answer very commonly is, 'Oh, dreadful!' And it will be found that all narcotics, draughts, pills, or lozenges are futile to procure sleep as long as the condition of the feet is not attended to.

"Macnish said of sleep, 'Sleep which shuns the light embraces darkness, and they lie down together most lovingly under the scepter of midnight.' Very true; but cold feet will upset the whole arrangement very thoroughly."

A plan still more effective than the one proposed by Dr. Fothergill is the alternate hot and cold foot bath. Dip the feet into cold water for a few seconds, then transfer them at once to a vessel containing water as warm as can be borne. Keep them there two minutes, then put them in the cold bath again for a quarter minute. Alternate thus for half a dozen times. Finally, dip them into the cold water for about five seconds, then wipe dry at once and rub with a flannel cloth or a coarse towel. Slap the bottoms until they glow, and they will keep warm all night. It is important to wipe them perfectly dry. Even a small degree of moisture, as a little between the toes, will defeat success.

If this does not suffice, then add an inunction to the feet in connection with the rubbing, using olive oil, vaseline, or any other good unguent.

— A friend calls our attention to a remark made by Dr. Cox, President of the State Medical Association, in an address made by him on retiring from the presidency of the Calhoun County Medical Association, and published in our issue for February. Our friend seems a little hurt at the derogatory implication of the remark, and chides us somewhat for allowing its assertion. We have only this to say:—

1. We have never made ourselves responsible for all the ideas, opinions, or sentiments expressed by writers whose articles have appeared in this journal. Indeed, we have on several occasions published articles from the pen of our correspondent which contained sentiments with which we could not fully coincide. The author is alone responsible.

2. The sentiment expressed by the Doctor has been expressed on more than one occasion before by those who were chiefly instrumental in founding the institution. Even those who are accused of being "irrational," are now as ready to admit it as the Doctor to make the charge, and as our friend to defend them from it. Everything progresses which does not retrograde, and it is not surprising that in twelve years quite a considerable degree of progress may have been made at the Sanitarium as well as elsewhere. Neither is it in any great degree derogatory to the progress

of the pioneers that they made some mistakes. The world grows more by mistakes than by brilliant and immediate successes; and the way to attain the highest degree of success in the shortest space of time is to take care to profit by other people's experience, and to learn by other people's mistakes and successes. This we may do while giving willing credit to our predecessors for "doing the best they knew," and no one is responsible for more.

Treatment of Typhoid Fever.—We have often been thought peculiar and heterodox on account of our persistence in giving to the hygienic management of fevers paramount importance. Indeed, when we reported at a meeting of medical gentlemen, something more than a year ago, the successful treatment of sixty successive cases of typhoid fever in harmony with the views expressed by Dr. Alonzo Clark, in the paragraph which we quote below, we were looked upon with suspicion, as though we were guilty of the grossest exaggeration. Said Dr. Clark, in a lecture reported in the *N. Y. Medical Record*,—"I may safely say to you that a case of typhoid fever of average severity needs no medicine except for the relief of certain symptoms, such as sleeplessness, perhaps a little urgency in the diarrhea, sensation of burning on the surface of the body, etc. There are a great many cases of typhoid fever which need no treatment whatever by way of drugs, but everything by way of management of the case."

Again, "Restlessness is one of the prominent features of the disease, and that will very frequently be entirely quieted by sponging the surface of the body with warm or cold water. If the temperature is high, cold water is better than warm; and in some cases a Dover's powder will be required."

The doctor recommends the inhalation of the vapor of warm water to relieve the bronchial irritation and cough which are always present in typhoid fever.

To reduce the temperature, he recommended, as the most efficient remedy, the graduated cool bath, which, he stated, would reduce the temperature 1° to 5° in twenty minutes, and keep it down for several hours. He cited the case of the son of one of the professors in the College of Physicians and

Surgeons in New York City, as an illustration of the efficacy of this mode of treatment. This we consider by all means the most "rational" of all methods of treating this disease, and we are glad to see the testimony in its favor constantly accumulating.

Needed Legislation for Public Protection.—The *Chemical Review* states that "energetic steps are being taken in Switzerland against the use of poisonous colors. The Governing Council of Zurich has prohibited the use of all coloring matters prepared from the compounds of the metals lead, arsenic, copper, chrome, zinc, antimony, bismuth, and mercury, for decorating articles of consumption or of clothing, or their materials; also paper for wrapping up chocolate, coffee, tea, chicory, tobacco, and eatables in general; toys, covers and cushions of children's carriages, carpets, curtains and window-blinds, lamp screens, wafers, and table services. Poisonous organic matters, such as gamboge, picric acid, the aniline colors, especially magenta, are not to be used for coloring articles of food or drink, such as confectionery, jams, sirups, wines, etc. The same rule applies to the phenol colors. Imported articles containing such poisons may not be sold."

It is to be hoped that our own law-makers will soon become awakened to the importance of legislation on this subject. So great a danger to the public health as we have repeatedly shown the various sources of poisoning mentioned to be, should receive prompt attention.

Trichinæ in American Pork.—The *Journal of Microscopy* calls attention to an article recently published in a German medical weekly, from the pen of Prof. Heschel, of Vienna, warning the people of Germany against the use of American hams. He states that an official examination of the hams imported into that country from America disclosed the fact that one in every five to one in ten is affected by trichine. He also suggests that several severe epidemics which have recently occurred there may have been due to poisoning by this parasite.

The editor of the journal referred to, remarks as follows:—

"We feel certain that both in this country and in Europe trichinæ are much more commonly present in the human subject than most persons have any idea of. It would not surprise us to find that ten per cent of the inhabitants of New York harbor this parasite in their persons."

We have often raised the query whether the irregular wandering muscular pains, from which many persons suffer for years without finding any permanent relief, might not be the result of trichinæ infection. It is now well understood that only a small proportion of the cases of trichinosis occurring in the human subject are detected.

When a medical student in New York, we were informed by the Demonstrator of Anatomy, who was also a curator of the hospital, that about six per cent of the subjects dissected under his supervision were found to contain trichinæ. In German dissecting rooms a percentage of two and three has been observed. It is well known that this disease is more common in this country than in any other, and it is evidently very rapidly increasing; since, as shown by Drs. Atwood and Belfield, in their recent investigations in Chicago, the percentage of infected hogs there is now eight, in contrast with two per cent eight years ago.

A New Style of Tobacco-Smuggling.—

The following account of an attempt to smuggle the filthy weed reminds us of the declaration of a tobacco-loving poet,—

"For thy sake, tobacco, I
Would do anything but die":—

"The tricks of the smuggler are certainly curious. A wagoner stopped, a short time ago, before the custom-house of Neuville-aux-Jontes, a town in the north of France, and asked for a permit to enter the town. When the wagon was inspected, the bodies of two dead horses, far advanced in putrefaction and emitting a horrible odor, were found in it. The very strangeness of the load excited suspicion, and a closer examination revealed the fact that the intestines of the animals had been removed and replaced by tobacco. The quantity seized weighed 385 pounds. The smokers of that town have reason to congratulate themselves on their escape."

We hardly see the force of the last remark, since we do not understand how so filthy a thing as tobacco could be made more vile by any imaginable association.

New Mode of Treating Hip-Disease.—Dr.

Hutchinson, of Brooklyn, suggests a new way of treating hip-disease, which is so simple it ought to be generally employed if experience proves its utility. It seems to meet the indications for treatment admirably, and we can see no reason why it should not be successful when intelligently used. The disease is usually treated by means of braces and other appliances which often inconvenience the patient very greatly, and not infrequently fail in accomplishing what is expected of them. The Doctor thus describes his mode:—

"To the shoe of the sound limb a steel plate corresponding to the sole of the shoe is attached by two or three upright rods, two and a half or three inches in length, so as to raise the foot from the ground. It is the shoe ordinarily used for shortened leg. This elevated shoe and a pair of crutches constitute the apparatus. As the patient stands on his crutches, the diseased limb is suspended. The shoe should be high enough to prevent the toes of the affected limb from touching the ground, and the sole should be covered with leather to avoid noise when walking."

This method Dr. H. claims to have found remarkably successful, having employed it for the last year and a half.

Frozen Vegetables.—A German chemist who has been investigating the effects of freezing upon vegetables concludes that the principal change is the conversion of starch into sugar. If used soon after thawing, they are not less wholesome than before being frozen; but they decay very quickly if not kept in a cold place.

Women and Wine.—The women of olden time drank neither wine nor any other intoxicating drink. "It was a law among the Thesalians that women should not drink wine, but that, of whatever age they might be, they should have water only. Theophrastus affirms

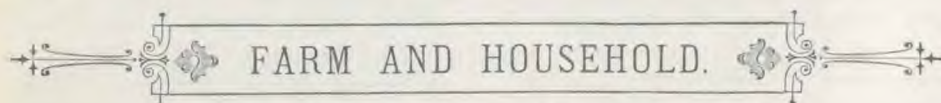
that a similar law prevails among the Milesians. In the early ages of Rome it is certain that the use of it is altogether interdicted to the female sex. When any of them infringed this rule, their husbands or nearest relatives were authorized to chastise them; and in the time of Romulus there was even a law that subjected them to capital punishment if found in a state of intoxication."

—A writer from the South thinks that they have had cold enough in that section this winter to kill out three years' growth of germs. The low temperature has been almost unprecedented. Ice has been stored as far south as Atlanta, Ga.

—Prof. Henry Draper, who some time since announced the discovery of oxygen in the sun, states that this discovery must modify our views regarding the solar spectrum, since the dark lines may, many of them, be simply the spaces between the bright ones.

—According to the official report of the Health Department of New York City, the number of deaths in that city during 1878 was 27,005, while the births were 25,729, or nearly 1300 less.

—In a recent lecture Dr. Alfred Stille, of the University of Pennsylvania, asserted his belief that yellow fever is not a contagious disease, though highly infectious.



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

HOUSE-CLEANING.

THESE warm, sunny days which herald the return of spring suggest to every tidy housewife that

The annual cleaning days are come,
The busiest of the year.

The bright rays of sunlight that come peeping in at the window, playing hide and seek in every nook and corner, reveal too clearly each hidden particle of dust, and exhibit with merciless distinctness the dingy walls and soiled paint which harbor myriads of disease-producing germs.

Nature's freshness out of doors makes everything within look old and worn, and gives a dullness to carpets and furniture which in the cloudy days and more somber light of winter were unnoticed. This suggests the appropriateness of a renovating process, which involves an indefinite amount of hard work in the line of house-cleaning.

Everybody knows what house-cleaning means, from the baby just cutting teeth up to his paternal ancestor. It means noise, bustle, usually confusion, disorder, irregular meals, and general discomfort. Everybody dreads house-cleaning, and often it is put off as long as possible,—sometimes, we are sorry to say, altogether.

It is useless to lay down any definite programme for a domestic operation of this sort, for every housekeeper has her own way, and every domicile requires a plan of operations adapted to itself. However, a few hints will perhaps not be amiss, so we venture to suggest:—

1. Get plenty of help. Hire a good, strong Irish or German woman to do all the heavy work. A fashion many women have of attempting to do all this extra work themselves, in addition to the ordinary cares of the family, which are quite enough for them, is the poorest kind of economy; and overwork is especially hazardous at this season of the year when the system is naturally relaxed, and the strength somewhat below the average standard.

2. Don't try to do it all in one day. Take one room at a time, and go at the work systematically. This saves turning the whole house upside down, and making everybody miserable.

3. Be thorough. Don't stop until every nook and corner of the whole house has been visited, inspected, relieved of its dirt, disinfected, if necessary, and made wholesome. Do not forget the closets, store-rooms, stairways, garrets, cupboards, and other out-of-the-

way corners. These are just the places where dirt is apt to accumulate. Remember the cellar, also, and give it a good coat of white-wash after turning out of it the last vestige of decaying vegetables, rubbish, and everything which may become a nuisance in a sanitary sense.

4. It is well to recollect the woodshed also, and the cistern, together with the back yard and the cess-pool. Make a thorough job of renovating the house and all that pertains to it, and you will run only a tenth part of the risk of summer illness incurred by your less sanitary neighbors.

A Carpet Stretcher.—As the time of the year has nearly come when the annual process of house-cleaning will be begun in all well-ordered households, the following suggestions about the construction of a really convenient and useful article, which we clip from an agricultural journal, will be considered timely:—

“A very simple and useful carpet-stretcher is made by fastening a narrow piece of wood to a broom-handle, or the handle of a hay-rake or fork. A hole is bored in the piece of wood—which is shaped like the head of a hay-rake—rather smaller than the handle. The end of the handle is whittled down to fit the hole, so that it cannot be forced through, and it is then wedged tightly in its place. A few pieces of wire, or shingle nails, filed or ground to a sharp point, are then inserted in the head of the stretcher, projecting so far from the edge that they may take hold of the carpet, but no more. These should be filed or ground smooth, as any sharp or rough corners will cut or break the carpet threads. The front of the head from which the points project should be beveled down to an edge; then very short points only will be needed.”

Papering.—In papering rooms, be sure to tear off all the old paper before putting on the new. Another hint: A large share of the wall-papers offered for sale contain arsenic. It would be as safe to live over a powder magazine as to live in a room the walls of which were covered with poison-colored paper. Some manufacturers are now making papers with aniline colors, so that there is no real

excuse for the use of arsenical wall-papers, and it would be far better to have bare walls than poison-covered ones.

Don't Be in a Hurry.—Do not be in too great haste to lay off under-garments and don thin spring or summer clothing. One needs almost as much clothing in spring as in winter. The air is damp and chilly, and the system does not make as much heat as during the winter. Thousands of persons lay the foundation of a fatal consumption by carelessness in this regard. Children need especial care in this respect.

Washing Flannels.—It is a common, though mistaken idea, that flannels should be washed in hot water. The Italians, who are famous for their nicely washed flannels, wash them in the clear running water of some stream, and dry them on the grassy bank or the clean gravel. The proper way is to wash flannels in cold or lukewarm water, and stretch the threads in both directions before drying. Soap may be used, but it should afterward be thoroughly rinsed out of the goods.

A Cement.—A good cement for attaching coal-oil lamp burners, is made by boiling three parts rosin and one part caustic soda in five parts of water; when boiled, mix with half its weight of plaster of Paris. It is then ready for use.

To Clean Windows.—Wash with a good suds, or water to which a little borax and sal ammonia have been added, and rub dry with an old newspaper.

—The damp days of spring are of all seasons of the year the most favorable for taking cold. Do not try to get along without a fire in the sitting-room because it is not cold enough to freeze. Better be too warm than to be chilly.

—This is the season of the year to begin to think about disinfectants. If you have not already done so, get a copy of the **FAMILY HEALTH ANNUAL** and read up on the subject. Its timely hints may save you many times its cost.

NEWS AND MISCELLANY.

—The Chinese bill was defeated by the President's veto.

—Morocco is threatened with famine caused by last year's drought.

—Shere Ali, the Ameer of Afghanistan, died at Taskourgan, Feb. 21.

—Laborers in Spain are abundant at fifteen to twenty-five cents a day.

—Nineteen very destructive earthquakes have already occurred in Japan this century.

—Rev. T. DeWitt Talmage is to be tried on a charge of lying, according to the *Boston Herald*.

—It is proposed to light the reading room of the British Museum with the electric light, as an experiment.

—The forty-fifth Congress expired at noon, March 4. Two important appropriation bills failed to pass.

—Nine-tenths of the 99 criminals in the Ohio Penitentiary for life, owe their imprisonment to whisky.

—The Spanish steamer *Guillermo*, bound from Baltimore to Liverpool, was run into by the *Istrian*, and sunk, Mar. 2.

—It is estimated that the United States cotton crop for 1878-79 was 5,137,699 bales, which is the largest ever grown.

—Rubinstein, the great musician, now in Dresden, is under treatment by an oculist, being threatened with total blindness.

—Wednesday, Feb. 12, was the anniversary of the birthdays of both Abraham Lincoln, and Peter Cooper of New York.

—Italy has recently suffered from a violent storm which lasted two or three days, and caused much loss of life and property.

—Fifty new species of fishes were discovered in our Atlantic waters by the United States Fish Commission during the year 1878.

—There are now nearly three hundred Penny Savings-Banks in England, of which seventy-four are established in and near Liverpool.

—Investigation shows that the cattle disease in this country is entirely confined to the seaboard, and is not found west of the Alleghanies.

—Monday, March 10, was the twenty-fifth anniversary of the formation of the first company to lay a telegraphic cable across the Atlantic Ocean.

—The earliest forms of metal money were ingots of various shapes, stamped with the seal of the ruler as a certificate of the quality and weight of the piece.

—No results have yet been reached by the negotiations between the Vatican and the German government, though both parties desire to come to an understanding.

—The largest library in the world is the National Library of Paris. The largest in the United States is the Library of Congress at Washington, which in

1874 contained 261,000 volumes. The Boston Public Library is next in size, containing 260,500 volumes.

—The Northern Pacific Railroad has been running its trains over the Missouri River at Bismark on rails laid on the ice, a bridge for which they cannot secure a patent.

—The door of the Wittenberg church, famous for being the one upon which Martin Luther nailed his thesis, is now in use at St. Bartholomew's Church in Berlin.

—It is said that between October 1877 and October 1878, no less than 1,060 travelers were cared for at the Hospice of St. Gothard, of whom 107 were sick or half frozen.

—The opening of the International Exhibition in Sydney, Australia, has been postponed to the first week in September. The United States is to have 400,000 square feet of its space.

—A terrible famine is reported in Cashmere. The people are dying very rapidly, and at the present rate of mortality the province will be nearly depopulated by the end of the year.

—A whole city was recently inundated in Hungary. The inhabitants fortunately escaped, but an immense loss of property occurred. The cause was the overflowing of the banks of the River Theiss.

—The Emperor of Brazil, Dom Pedro, has sent to this country a massive block of stone designed for the Washington Monument, weighing 18,000 pounds. It is magnificently carved, and bears an appropriate inscription.

—Dr. Maesta, of Germany, a government geologist, has discovered a subterranean forest of oaks in a valley watered by the river Fulda. The trees are said to be of enormous size, and to date back in their origin to a remote period.

—Senator Bruce occupied the speaker's chair in the Senate, Feb 14, during a portion of the debate upon the Chinese bill. He is said to be the first colored man who ever sat in the seat of the Vice-President of the United States.

—The postal service now extends to the uttermost bounds of civilization, embracing almost the whole globe. In Europe over 3,000,000,000 letters and postal cards are carried yearly, and in America the number exceeds 700,000,000.

—The immense tabernacle erected by the S. D. A. denomination of this city, and now nearly completed, will be formally dedicated Sunday, April 20. It is the largest church edifice in the State, and will accommodate over 3,000 people.

—There is being constructed at Aston, England, the largest and most perfect aquarium ever designed. The sea water to be used will be made on the spot by a method devised by Mr. W. A. Lloyd, and its purity will be maintained by chemical means. The aquarium will hold 760,000 gallons.

—The Duke of Westminster is president of the South Kensington School of Cookery. The instruction in this school is divided into three courses: the first is especially adapted to the requirements of those who would fit themselves for professional cooks; the second covers as far as possible the science of the preparation of food; the third is intended to meet the wants of the working classes.

LITERARY NOTICES.

THE MEDICAL BRIEF. St. Louis: J. J. Lawrence, M. D.

This spicy medical periodical is a model of its kind. It is full of short interesting bits of medical information. Is never prosy, always instructive. The editor keeps a standing notice that no article more than 500 words in length will be received for publication. It must become very popular in the West, if it is not already.

THE PHYSICIAN AND SURGEON. Ann Arbor. Keating & Bryant.

The second number of this new medical journal now before us presents a rich variety of instructive and interesting articles from the pens of a number of able contributors, besides valuable selections from current medical literature. Under the charge of its able editor, Dr. Vaughan, who has recently been appointed to the chair of physiology in the Medical Department of the University of Michigan, the journal is assured of a successful career.

OHIO EDUCATIONAL MONTHLY AND NATIONAL TEACHER. Salem, Ohio: W. D. Henkle.

The copy of this popular educational journal before us presents an interesting table of contents. Among the most entertaining and instructive articles is a letter from Dr. T. C. Mendenhall, who has recently gone to Japan as a professor in the University of that country, in which is given a lively sketch of some of the native customs, and of the active interest which is taken by many of the natives in educational improvement.

THE NATIONAL LIVE-STOCK JOURNAL. Chicago: Stock Journal Co.

We have no hesitation in pronouncing this by far the ablest journal of the kind we have ever seen. The editor, Mr. J. H. Sanders, is a man of large experience in the line of work in which he is engaged, as is evidenced by the ability with which the editorial work of the journal is performed. The journal includes among its associate editors some of the most able men in their several departments, and deserves the great popularity which it has attained.

We are glad to find in it a department of "hygiene." We see no reason why hygiene is not as important for the preservation of the health of animals as of human beings. Indeed, it often occurs that the health of both is involved in the health of one. Not infrequently has it happened that scores of lives have been lost by the use of the flesh of diseased animals; and there can be no doubt that much more disease originates in this way than is generally known. Last month we had the pleasure of quoting quite a lengthy article on this subject from this

journal, which was one of the most thorough we have ever seen on the subject. We wish the journal continued success, and feel assured that under its present editorial management it will continue to increase in popularity.

DIPHTHERIA: CAUSES, PREVENTION, AND PROPER TREATMENT. By J. H. Kellogg, M. D. Good Health Publishing Co., Battle Creek, Mich.

"This is an excellent monograph of sixty-four pages, the object of which is to present some knowledge of this disease to people outside of the profession. It cannot be denied that popular works on medical subjects are often of great value. It is true that the unscrupulous quack often makes use of this avenue to reach the pockets of the credulous many. So much the more is the need of good, unsensational works as the one before us. The time has passed when the true medical man will endeavor to keep the people ignorant of the laws of health and the nature of disease. 'This monograph is not intended to supersede the necessity for a physician in the treatment of the disease considered, but rather to render those who may peruse its pages so intelligent on the subject that they may be able to so efficiently second the efforts of a wise physician as to greatly increase the chances of a favorable issue.' This quotation, taken from the preface, sets forth the object of the author, and we have no doubt that the perusal of the pages of this little work by the intelligent farmer, mechanic, or merchant will accomplish the above-mentioned object.—*Physician and Surgeon.*

THE PACIFIC PRESS. Oakland, Cal.

A spicy advertising monthly, full of humor and wit, and a fine specimen of typography. It has a circulation of 10,000 in Oakland and San Francisco, and is well deserving of the liberal patronage it receives.

The *Pacific Press* is a good illustration of the astonishing rapidity of California growth. Although but a few years have elapsed since the organization of this establishment, it has already grown to be by far the most complete publishing house on the Pacific Coast, and is equalled in the completeness of its outfit, and the excellence of its work, by very few in the United States. Besides being a complete printing establishment, it comprises a first-class bindery, an electrotype and stereotype foundry, and has recently added a type foundry, which is already turning out work which compares favorably with that produced by Eastern foundries.

The enterprising efforts of this rapidly growing house well merits the abundant prosperity which seems to attend it.

We have seen a copy of a business calendar for 1879, also issued by the Pacific Press, which is a model of neatness and a fine specimen of the printing art. We judge, too, by the number of business cards attached that it is equally a success as a financial enterprise.

Publishers' Page.

☞ We are pleased to receive from numerous old friends and patrons flattering commendations of the new name and new dress of the journal, and we hope to make as appreciable an improvement in the character of the contents as has been made in the mechanical execution of the outside.

☞ The editor is improving his "vacation" by rewriting and revising several important works that have been some time out of print. He writes us that the atmosphere of Boston is favorable for literary work, and we shall expect to keep our printers busy on his return.

☞ The work on *Dyspepsia* is not yet completed, but will, we trust, be quickly put through the press on the return of Dr. Kellogg. In the meantime, those who have ordered will please exercise due patience, and their orders will be filled first.

☞ The editor is now engaged in rewriting "Proper Diet for Man," and revising "Plain Facts" and other works which have been out of print for some time on account of a great press of urgent work which has prevented the author from giving them his attention. Orders can be filled soon.

☞ The following persons have been appointed foreign agents for the American Health and Temperance Association:—

Eld. J. N. Andrews, Switzerland.
 Eld. J. Ertzenberger, Germany.
 Dr. H. P. Ribton, Italy and Egypt.
 Eld. J. N. Loughborough, England.
 Eld. J. G. Matteson, Denmark, Norway and Sweden.
 Mr. Jacob Kingsbury, Australia.

☞ With pleasure we note the continually increasing prosperity of the Sanitarium. Never before, in the existence of the Institution, have the records shown such a full list of patients at this early season of the year. Already the large Main Building is filled to its utmost capacity, together with many additional rooms outside, in the cottages. New patients are constantly arriving, and while facilities for accommodating more are being arranged, it is feared that it will be impossible to supply sufficient accommodations to meet the demand which seems likely to be experienced the coming season.

OUR CLUB LIST.—Many of our subscribers are availing themselves of the liberal clubbing rates offered in connection with *GOOD HEALTH*, and we would say to all who have not renewed their subscriptions that the offer is still open, and a club-list circular will be sent on application. We cannot send sample

copies of other periodicals than our own. Application for such should be made directly to the publisher of the paper desired.

CANVASSERS' OUTFITS.—We have sent out a large number of the outfits offered last month to our old agents, but there is still a large territory that can be well occupied by canvassers, and we hope to hear from many more.

BINDING COVERS.—Those who have not already done so should send at once for a binding cover for *GOOD HEALTH*. These covers are so ingeniously constructed that they serve the purpose of a file most admirably during the year, and at the conclusion of the volume the year's numbers are all neatly and securely bound. Sent free by mail to all subscribers, for 50 cents.

THE BINDER AS A PREMIUM.—In compliance with several requests, we have decided to allow our agents to offer the binder cover as a premium to new subscribers on the same terms as the "Household Manual," so that for \$1.25 they can have the magazine for one year, with a ready and convenient file in which to keep it, and at the end of the year the volume is neatly and substantially bound.

"THE SANITARIUM" is the title of a neat little four-page quarterly, designed as a medium of communication between the friends of the Institution, and to perpetuate the acquaintance of the Sanitarium family. It is a chatty, readable sheet, and will especially interest all the former patients. A stamp will secure a sample copy.

OUR EXCHANGES.—The growing interest in the topics to which our journal is especially devoted, is significantly indicated in the freedom with which our exchanges give their readers some of the best thoughts from our pages. We are glad to see a more widespread interest in these subjects, and are under special obligations to such of our cotemporaries as have spoken good words concerning our journal, and given it credit for the selections made from its pages.

SEND FOR IT.—Those who have not been able to visit the Sanitarium since the great improvements projected within the last two years were completed, should send for the new descriptive pamphlet, which is now ready. It is a complete description of the Institution, written in a very readable style. All persons interested in the Institution ought to have a few copies to give their friends. Sent to any address on receipt of a one-cent stamp. Those who wish a number of copies can obtain them by sending an equal number of one-cent stamps.

We have also now ready a fine circular of the Institution, briefly setting forth its advantages, with a complete guide book appended for those coming here. Free to any address.