

# GOOD HEALTH.



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## VINCENT PRIESSNITZ, THE FOUNDER OF WATER CURES.

[We quote the following from the *House and Home*, an English weekly paper, from which also the above engraving is copied. Although the writer possibly gives to Priessnitz rather more credit than is strictly his due, the facts given are certainly interesting.—Ed.]

The principle of scientific hydropathy—that is, the renewal of the body by water and food—the increase of growth secondary to the increase of molting—is no quackery. It is not an underhand mode of doing nothing, . . . but a *bona fide* use of a powerful agent.—DR. T. KING CHAMBERS, F. R. C. P., etc, in "*The Renewal of Life*."

"Any curative system capable of winning so high an encomium from so distinguished a physician as Dr. King Chambers, is worthy of something more than a place among the "isms" and "crotchets," and its founder is deserving of the kindly recognition of sanitarians and health reformers. The present century has not produced a more notable and remarkable man than Vincent Priessnitz, the founder of what is popularly known as the "Water Cure," and, as his system is so closely allied to several important branches of hygiene, which have been, without doubt, promoted by his operations, we feel that a



VINCENT PRIESSNITZ.

fairly-executed portrait of him, with a few particulars of his remarkable life, will be acceptable to our readers. Indeed, quite apart from his medical theories, he is entitled to a place in our pages as a sanitary reformer.

In all ages water has been held in more or less repute as a therapeutic agent. Two thousand years ago it was not inaptly described by a Grecian sage as being "the blood of nat-

ure." Hippocrates used water with friction and rubbing, and Galen assigned a high place to water in his list of remedies. In our own country, too, its virtues have not been altogether overlooked. Early in the eighteenth century Sir John Floyer published his celebrated "History of Cold Bathing" (first edition, 1702), and in subsequent editions Dr. Baynard contributed the results of his own experience as a water doctor. These two doughty champions of the pure element were remarkably successful in cases where ordinary treatment had failed. Nor did they stand alone in treating disease with water. One Jonathan King, of Bungay, in Suffolk, issued a book in which he described his method of treatment. King did not wholly rely upon the cold bath, but he resorted to a bath somewhat analogous to the Turkish bath for inducing perspiration. From an advertisement appended to his book it would seem that King had an establishment in which he received and treated patients. About the same time, too, Dr. Hancock, D. D., issued his "Febri-fugum Magnum; or, Common Water the Best Cure for Fevers, and probably for the Plague" (eighth edition, 1726), while in the same year appeared "Mobrifugum Magnum," which claims that cold water will cure every disease. Fifty years later, a Dr. Wright tried the water cure with success in cases of fever. And still later, Dr. Currie, of Liverpool, treated, with extraordinary success, a contagious fever in that city, by cold affusion. We could multiply instances of the partial application of those processes which were afterward formulated into a system by Priessnitz, as, for instance, the case recorded by Sir John Sinclair, in his "Code of Health," of a nobleman who lived to a great age, who was rubbed by his servant every morning with a wet sheet; but we have said enough to indicate the high esteem in which water was held by the profession in various ages before Priessnitz's day.

Vincent Priessnitz, son of a small land proprietor, was born at Gräfenberg, a small hamlet near Friewaldau, in Austrian Silesia, on the 4th of October, 1799. He attended the ordinary schools, which presented very few advantages. His want of education, however, was compensated for by a more

than ordinary share of natural shrewdness and sagacity. While quite a boy he noticed that a wire-worker, casually employed by his father, who had accidentally torn his hand, bathed it freely in cold water, and afterward applied a piece of wet calico to the wound. At thirteen he sprained his wrist, and, not forgetting the wire-worker's remedy, he resorted to water, and after bathing it applied a wet cloth, which gave him immediate relief, and which he renewed as soon as it became uncomfortable. Shortly afterward he crushed one of his thumbs, and he resorted to his old remedy with complete and speedy success. When sixteen years of age he met with an accident so serious that his life was despaired of. While engaged in a hay-field, a young horse he was driving became restive, and he endeavored to skid the wheel of the cart to prevent an accident. The horse, however, took fright and bolted, but Priessnitz clung to him until trampled down. A wheel of the cart passed over his body, and when he was picked up he was found to be insensible. Three of his ribs were broken and he was otherwise injured. The government surgeon at Friewaldau was called in, but he pronounced him incurable. When consciousness returned, Priessnitz determined upon resorting to his previously-tried remedy. He had the surgical bandages removed and replaced by wet ones; he forced his ribs into their place by pressing his abdomen against a table and expanding his chest by holding his breath,—a painful process in which he persevered until he had succeeded. Wet bandages were then applied, and with low diet and plentiful water-drinking he speedily recovered, although he felt the effects all through life.

This incident rendered him famous in Gräfenberg and the adjoining villages. He was consulted by neighbors, and, being successful, he gradually acquired an extensive practice, and to meet the requirements of his patients he set up the establishment in connection with which he achieved a world-wide fame.

His success attracted considerable attention, and patients flocked to him from all parts of Europe. Among those who resorted to Priessnitz were the high and low, the rich and poor. He was equally attentive to prince and peasant. Medical men were among his

visitors, and many who "came to scoff" remained to learn, and returned home to practice. It was in this way that the practice of hydropathy spread into England. Sir C. Scudamore, M. D., Dr. Wilson, Dr. Ellis, and Messrs. Claridge and Gibbs, were among the earliest of our fellow-countrymen who, by visiting Priessnitz, became indoctrinated with his ideas, and forthwith set about putting them into practice at home.

The profession viewed Priessnitz's success with jealous ill-favor. For a number of years he was systematically persecuted. Fearing for their craft, they cited him to appear before court after court, and in 1828 a very determined attempt was made to put him down. The case against him alleged that a number of persons had been injured by his treatment; and that the pretended cures had been effected by other, and regular, practitioners. His accusers, however, were utterly discomfited at the trial. One of the witnesses, a miller, who it was contended had been cured by one Gunter, a medical man and an instigator of the prosecution, when asked by the court, who had helped him, replied, "Both; Gunter helped me out of my money, and Priessnitz out of my gout." When asked what he paid Priessnitz, he replied, "Nothing; I still owe him thanks, which I now repay him."

But the opposition ceased after thirteen years' persistent antagonism; the occasion of its final collapse being the result of an inquiry set on foot by the Austrian government, and made by physicians not predisposed to favor hydropathy, but whose report so thoroughly vindicated Priessnitz, that the government fully sanctioned his proceedings, and even empowered him to sign the sick certificates of military and other officials who might elect to place themselves under his care. In 1845 the Crown Prince of Austria, Archduke Charles, paid Priessnitz a visit, and the following year the Emperor awarded him a gold medal of merit, which was publicly presented to him by the governor of Troppau, in the church from whose altar he had been denounced in the early part of his career.

For some years he had an average of 400 patients continually under treatment. The anx-

iety consequent on so responsible a position, together with the vexatious opposition with which he had been assailed, told upon him, and at the early age of fifty-two, he died from a third attack of paralysis. He had also been suffering for several years from liver disease (supposed to have dated from the time of his accident), and at last symptoms of dropsy presented themselves.

His own directions were followed out in each attack of paralysis. In the first he was rubbed in a slightly tepid shallow bath by eight men for a considerable time before consciousness returned; the second was a slight attack, and it readily yielded to the treatment. For a month before his death, he entertained but little hope of his recovery; but he saw his patients up to the last day, and strictly carried out the regimen laid down for himself. On the day before his death he took exercise in his room by sawing some wood; and on the day of his death, Friday, November 28, 1851, his symptoms indicated the approaching change. He became gradually worse as the day progressed, and, feeling very weak about five o'clock, he quietly and without assistance laid himself on his bed, and calmly expired a minute or so afterward.

So died the founder of modern hydropathy. His position in relation to the treating of disease by water was admirably stated by the late Sir Charles Scudamore, M. D., when he said of him:—

"I think that some writers on hydropathy have not expressed sufficient praise and acknowledgment to Priessnitz as the inventor of a treatment constituting a complete systematic plan. To follow in a path is always comparatively easy. It is quite true that parts of the whole plan, and the principles, have been known and practiced since the time of Hippocrates, and by none more ably and scientifically than the late Dr. Currie, of Liverpool. But all that can be quoted from history bears no comparison with the regular and systematic whole which Priessnitz has so happily constructed, and by which he has raised himself an imperishable fame."

The medical profession now very generally acknowledge the value of the system of hydropathy. parts of which—such as water

dressings, vapor, shower, and other baths—find a place in hospital practice. Our own baths and wash-house movement is doubtless an indirect outcome of Priessnitz's work; so that apart from the direct benefits conferred upon mankind by "the Silesian peasant," as he is called, Priessnitz may be appropriately ranked with such men as Father Mathew, Southwood Smith, and Edwin Chadwick, as a benefactor to our race.

Our engraving is copied from a portrait by Otto Meyer, taken at Grafenberg, in July, 1842, lithographed by F. Jentzen, and published by L. Zoliner, of Berlin. We are indebted for the use of it to Mr. Richard Metcalfe, to whom it was presented by Mrs. Duncan McLaren. It is considered to be the most successful portrait of Priessnitz ever taken.

## ANATOMY, PHYSIOLOGY, AND HYGIENE.

BY THE EDITOR.

### HYGIENE OF THE MUSCULAR SYSTEM.

THE muscles, perhaps more than any other organs of the body, depend for their health upon regular, systematic, adequate, and proper exercise. By exercise, the muscular fibers are made to contract, and in doing so, the old, stagnant, venous blood is squeezed out, and new, fresh, invigorating, vitalizing blood takes its place. By this means their vital activities are quickened and their growth increased. There is evidence for believing that muscular fibers do not increase in number in the voluntary muscles; but it is certain that they increase very materially in size and in firmness, and hence in strength. The strength of a muscle depends upon the individual strength of each of its fibers, as its strength is but the combined strength of its component parts. If each fiber becomes large, firm, and strong in consequence of use, the whole muscle becomes so; and that this is the case we have abundant evidence in the ponderous right arm of the blacksmith, which outgrows the other in consequence of constant exercise in swinging a heavy hammer. The lower extremities of a ballet dancer become developed in a proportionately large degree, from the trying exercises to which they are accustomed.

**EFFECT OF DISUSE OF MUSCLES.**—Nature never attempts to maintain a useless organ,

and almost as soon as an organ is not used she sets to work to demolish it; or at any rate she wastes no time in endeavoring to keep it in repair when it is not needed, or at least is not used. This is true all through the vital economy, and is nowhere more clearly seen than in the muscular system. A disused muscle soon becomes thin, pale, relaxed, weak; and after a time a change begins which is termed fatty degeneration. Nature does not think it worth while to keep so much valuable nitrogenous matter lying idle, and so she sets to work taking the muscle to pieces and carrying it away, little by little, for use elsewhere, depositing in place of the muscle substance little particles of fat, until the whole muscle is turned to fat. This change actually occurs in cases of paralysis; and when it has been completed, restoration of the function of the muscle is impossible.

The Hindoo devotee who in blind zeal for his religion holds out his arm until the muscles shrink and shrivel up, leaving the arm but a useless appendage of the body, more dead than alive, is violating the law of nature which demands exercise for health no more than the student who shuts himself up with his books until his limbs grow lank and thin and his fingers bony with physical idleness; and the latter acts no more wisely in sacrificing himself upon the shrine of learning, than the other in deforming himself to appease the wrath or win the favor of Buddha.

**HOW TO TAKE EXERCISE.**—It is not sufficient to simply take exercise indiscriminately and without reference to the object for which it is taken, the manner, time, etc. It must be taken regularly, systematically, at proper times, and in proper quantity. Perhaps we cannot do better in treating this subject practically than to ask and answer some of the most important questions relating to this matter.

1. *When is the best time to exercise?* There is a popular theory extant that exercise taken early in the morning has some specific virtue superior to that taken at any other time. After careful observation on the subject we have become convinced that this popular notion is a mistake when adopted as a rule for everybody. For many busy professional men, especially lawyers, editors, au-

thors, clergymen, teachers, and others whose vocations keep them mostly indoors, the morning may be the only time when exercise can be taken conveniently; and if not taken at this time it is likely to be neglected altogether. Such persons, unless they are laboring under some special derangement of the health, as dyspepsia or some other constitutional malady, had better by far take the morning walk or other form of exercise than to take none at all. However, we are pretty well convinced that for most persons the middle of the forenoon is a much better time to take any kind of active or vigorous exercise. In the morning the circulation is generally weakest, and the supply of nerve force is the least abundant. In the forenoon, when the breakfast has been eaten and digestion has become well advanced, the system is at its maximum of vigor; hence, if the individual is at liberty to choose his time for exercise, this should be his choice.

For poor sleepers, a half-hour's exercise taken in the evening not long before retiring will often act like a soporific, and without any of the unpleasant after-effects of drugs.

Vigorous exercise should never be taken immediately, nor within an hour, after a meal, and should not be taken immediately before eating. Disregard for this rule is a very common cause of dyspepsia.

2. *What kind of exercise shall be taken?*

The answer to this question must, of course, vary with the individual. Exercise must be modified to suit the strength, the age, the sex, and even the tastes of the individual. As a general rule, persons who take exercise for health are apt to overdo the matter, the result of which is damage rather than benefit. For most persons there is no more admirable and advantageous form of exercise than walking; but many find walking simply for exercise too tedious to persevere in it regularly. Such will find advantage in walking in companies, provided care is taken to avoid all such questionable diversions as walking matches or any kind of exercise in which there will be a strife which will be likely to excite to excess.

Horseback riding, for those who ride well and enjoy this form of exercise, may be of great benefit. It is not so well suited for la-

dies as for men, however, on account of the awkward and unnatural manner in which fashion compels them to ride. It is impossible for a lady to ride with the same degree of comfort, ease, and grace that her male companion may, on account of the one-sided way in which she sits in the saddle. In many countries ladies ride in the same fashion as men; with them, of course, this objection does not hold.

Horseback riding is an excellent aid to digestion, and often effectually relieves habitual constipation of the bowels.

Carriage riding is worth little as a form of exercise except for very feeble invalids, for whom the gentle swaying of the vehicle and the excitement of viewing objects seldom seen may be sufficient and appropriate exercise. Riding in a lumber wagon over a corduroy road is about the only kind of carriage riding which is worth speaking of as exercise for people in ordinary health.

Skating, rowing, racing, base-ball, foot-ball, dancing, and most other exercises of the sort, are more often harmful than otherwise, because carried to excess and associated with other evils of a pernicious character. Performance upon the trapeze, boxing, and pugilistic training, are open to the same objection. Calisthenics, for school-children and young students, is a most admirable form of exercise. It is also well adapted to invalids who are unable to walk more than a short distance at a time. Full directions for the use of calisthenics, or gymnastic exercises, are given in a chapter devoted to the subject. In our opinion, every family ought to be fitted out with all the conveniences for parlor gymnastics. They afford not only healthful exercise but a large amount of excellent amusement for the little folks.

The health-lift is a form of exercise too important to be over-looked. We have carefully tested this form of exercise, and believe it to be an exceedingly valuable measure for those whose employments are sedentary and whose time for exercise is limited. However, we can indorse but a small portion of what has been claimed for it by persons who have made its use and sale a specialty. Again, we have no sympathy with the course which has been taken by most manufacturers in charg-

ing an enormous price for a piece of apparatus which really costs but very little and could well be afforded for one-half the money charged. The chief benefits of the health-lift can be derived from a very simple form of apparatus.

For the majority of persons, no form of exercise is more highly beneficial, healthwise, than some kind of physical labor. For ladies, general housework is admirably adapted to bring into play all the different muscles of the body, while affording such a variety of different exercises and such frequent change that no part need be very greatly fatigued. There are thousands of young ladies pining under the care of their family physician in spite of all he can do by the most learned and complicated prescriptions, for whom a change of air or a year's residence in some foreign clime, or some similar expensive project, is proposed, when all in the world that is needed to make the delicate creatures well, is to require them to change places with their mothers for a few weeks or months. Let them cease thrumming the piano or guitar for a time, and learn to cook, bake, wash, mend, scrub, sweep, and perform the thousand and one little household duties that have made their mothers and grandmothers well and robust before them. We made such a prescription once for a young lady who had been given up to die of consumption by a grayheaded doctor, and whose friends were sadly watching her decline, and in six weeks the young miss was well and has been so ever since; but we entailed her everlasting dislike, and have no doubt that any physician or other person who should adopt the same course in a similar case would be similarly rewarded.

For young men there is no better or healthier exercise than sawing and chopping wood, doing chores about the house, working in the garden, caring for horses or cows, clearing walks, bringing water, or even helping their mothers in laundry work. Such exercise is light, varied, oft-changing, and answers all the requirements for health most admirably. We can heartily recommend it, and from personal experience, too. We advise all young men, who can possibly get a chance, to

adopt this form of exercise as being the most certain of bringing back the largest returns for a given expenditure of force of any which can be suggested. There is no gymnasium in the world which is better to secure excellent results from exercise than the kitchen, the washroom, the workshop, the woodyard, the barn, and the garden. These are nature's gymnasia. They require no outlay for special appliances, and are always fitted up for use.

**DEFICIENT EXERCISE BY STUDENTS.**—The common idea that study and brainwork are harmful has chiefly grown out of the fact that students usually confine themselves too closely to their books, keep late hours, and take as little as possible of active out-of-door exercise. There is no doubt but that the majority of students could do more work and better if they would devote at least two hours of each day to purely physical exercise. In ancient Greece, in the palmy days of that empire, physical training was considered as much a part of the necessary education of young men as their mental culture. Every inducement was offered to them to make themselves strong, vigorous, and athletic. Their schools were called gymnasia, on account of the attention given to gymnastics. The young women, too, were trained in physical exercises as well as the young men. Small waists and delicate forms, white, soft, helpless hands and tiny feet were not prized among the pioneers of civilization. The mothers of heroes and philosophers were not pampered and petted and spoiled by indulgence. They were inured to toil, to severe exercise. Their bodies were developed so as to fit them for the duties of maternity, and give them constitutions to bequeath to their children which would insure hardihood, courage, and stamina in the conflict with the world to obtain a subsistence, and with human foemen in the rage of battle. The women developed by this system of culture, were immortalized in marble, and the beauty of their forms has been the envy of the world from that day to this; yet no one seems to think of attempting to gain the same beauty in the same way. It might be done; there is no reason why it cannot be; but the only way is the one which the Grecian women adopted,—physical culture.

**OVERTRAINING.**—The careful observation of results in large numbers of cases shows very clearly that there is such a thing as overtraining, and that excessive development of the muscular system is not only not advantageous, but absolutely harmful. Trainers are not long-lived. Dr. Winship, who developed his muscles until he was able to lift over three thousand pounds, died when he should have been in his prime. The result of overtraining, or excessive development of the muscular system, is the weakening of other vital parts of the body. Symmetrical development is the best for health and long life. This is what we plead for, not for extremes in any direction. Let the nerves and the muscles be developed together and equably, and we shall have better results from both than would otherwise be possible. *Mens sana in corpore sano* was the motto of the ancient Greeks; and the experience of every day shows that the man with strong muscles and good digestion, with fair intellectual abilities, is the one who wins the goals to-day in the strifes for wealth and fame and all that men seek after. "A sound mind in a sound body" is as necessary for assured success in life in the nineteenth century as when the sentiment was first inscribed upon the gates of the temples in ancient Greece.

**NECESSITY FOR UNRESTRAINED ACTION.**—A muscle tied up is rendered as helpless as though it were paralyzed. It will be recollected that when a muscle acts, it does so by swelling out in thickness, while contracting in length. From this it will be evident that if a tight band is put around a muscle in such a manner as to prevent its expansion or increase in thickness, it cannot possibly act. Hence, a fundamental requisite of healthful muscular action is entire freedom from constraint. Unrestrained action is indispensable to complete action and perfect development. When a broken arm is done up in a splint for a few weeks, upon removing the bandage it is usually found that the arm has shrunk in size; the muscles have wasted, partly in consequence of pressure, and partly on account of the enforced inaction of the muscles. The very same thing happens wherever pressure is brought to bear upon the muscu-

lar tissues. A ring worn upon a finger causes atrophy, or wasting of the tissues beneath it. By placing an elastic band around soft tissues they may be absorbed altogether, in consequence of the pressure. This action has been taken advantage of for the removal of tumors in certain parts of the body.

#### THE TWO GLASSES.

THERE sat two glasses filled to the brim  
On a rich man's table, rim to rim—  
One was ruddy and red as blood,  
And one was clear as the crystal flood.  
Said the glass of wine to the paler brother,  
"Let us tell the tales of the past to each other.  
I can tell of banquet, revel, and mirth,  
And the proudest and grandest souls on earth  
Fell under my touch as though struck by blight,  
Where I was king, for I ruled in might.  
From the heads of kings I've torn the crown,  
From the heights of fame I've hurled men down,  
I've blasted many an honored name,  
I've taken virtue and given shame!  
I've tempted the youth with a sip and a taste  
That has made his future a barren waste!  
Far greater than any king am I,  
Or any army beneath the sky.  
I've made the arm of the driver fall,  
And sent the train from the iron rail!  
I've made good ships go down at sea,  
And the shrieks of the lost were sweet to me,  
For they said, 'Behold, how great you be!  
Fame, strength, wealth, genius, before you fall,  
For your might and power is over all!'  
Ha! ha! pale brother," laughed the wine,  
"Can you boast of deeds as great as mine?"  
Said the water glass, "I cannot boast  
Of a king dethroned or a murdered host!  
But I can tell of hearts once sad  
By my crystal drops made light and glad!  
I have leaped through the valley, dashed down the  
mountain,  
Flowed in the river and played in the fountain,  
Slept in the sunshine and dropped from the sky,  
And everywhere gladdened the landscape and eye!  
I have eased the hot forehead of fever and pain,  
And made the parched meadows grow fertile with  
grain!  
I can tell of the powerful wheel of the mill  
That ground out the flour and turned at my will.  
I can tell of manhood debased by you,  
That I have lifted and crowned anew!  
I cheer, I help, I strengthen and aid,  
I gladden the heart of man and maid,  
I set the wine-chained captive free,  
And all are better for knowing me."  
These are the tales they told each other, —  
The glass of wine and its paler brother, —  
As they sat together filled to the brim  
On the rich man's table, rim to rim.

**EXPEDIENTS IN HEATING AND VENTILATING BUILDINGS ALREADY CONSTRUCTED.**

ILLUSTRATED.

BY REV. D. C. JACOKES, D. D.

If a chimney is sufficiently large, a 7 or 8-inch stove pipe—or larger, if possible—may be let down inside of the chimney and turned into the room at the floor by an elbow; this will make an efficient ventilator. If there is not sufficient room, or if, for any other cause, as a crooked chimney, this cannot be done, ventilation may be effected as illustrated in Fig. 6. Take a pipe 1 inch smaller in diameter than the supply pipe which is to conduct the out-door air to the stove, and carry it into the chimney—if possible, below the entrance of the smoke pipe. This plan can be adopted more frequently and at less cost than any other, as chimneys are generally constructed.

In many houses the chimney is so constructed or situated

that the ventilation would not be equal to the work required. Such an instance would be when the chimney is short, the bottom being near the ceiling in the upper story, with a stove in each story connected with it. In such cases ventilation would be hardly possible. To remedy this, the following plan may be adopted: The

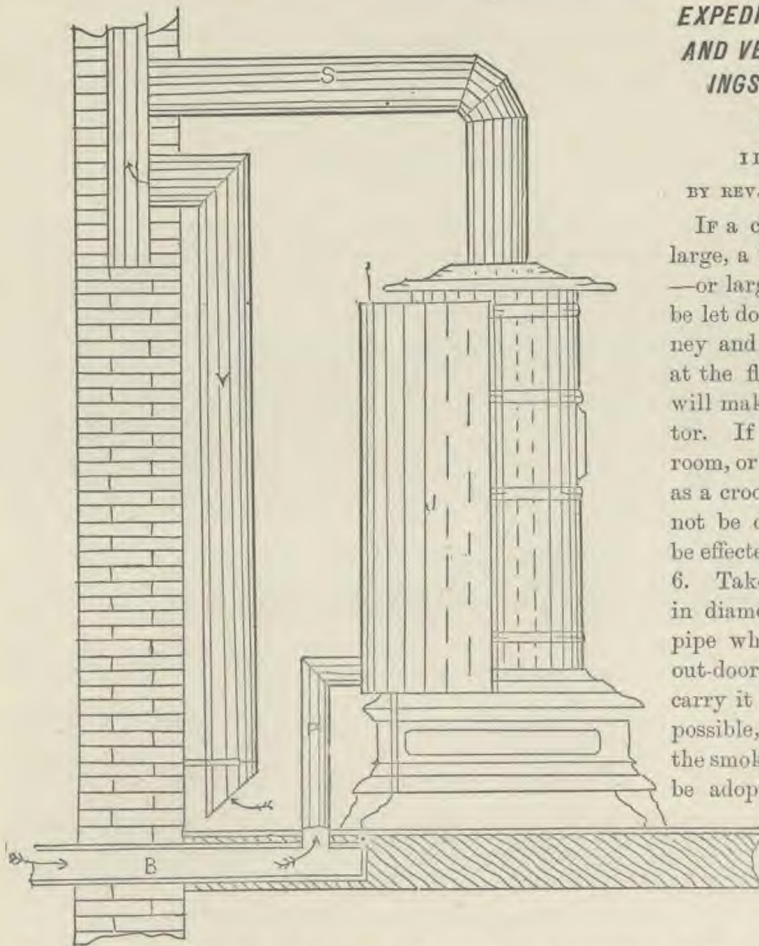


FIG. 6. A method of Ventilation where proper Flues have not been provided. S, Stove Pipe. V, Ventilator Pipe, 6 inches diameter, and open near floor. B, Supply of out-door air. P, Supply Pipe (oval in section). J, Jacket of Stove.

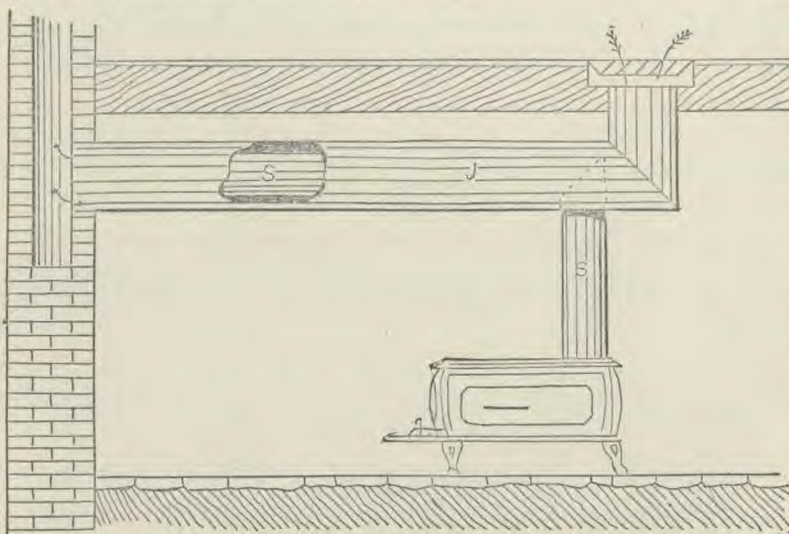


FIG. 8. A method of Ventilating Churches. The pipe of a stove in the basement is jacketed throughout its horizontal length, thus inducing a draft from the opening in the floor above connected with it. S, Stove Pipe. J, Jacket around Stove Pipe.



stove-pipe in the second story may be surrounded by a much larger pipe; a 6-inch pipe may be surrounded by a 10-inch pipe; a 7-inch by a 12-inch jacket pipe, and the ventilator may be connected with this surrounding jacket. The stove-pipe and the jacket are both to be carried into the chimney as one pipe; the stove-pipe within will so heat the surrounding air that a strong ventilation will be the result. The ventilator should enter the jacket at or near its bottom, as seen in Fig. 7.

This plan, as well as the others recom-

opening into each ventilating flue, always at the floor. One church has a chimney 16 by

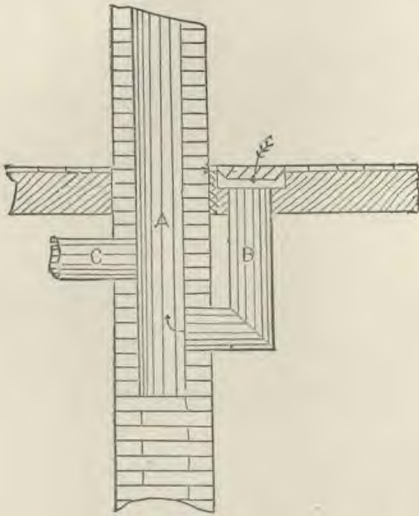


FIG. 9. Ventilating a church by connecting an opening in the floor with the main chimney flue, making the connection below the entrance of the Furnace Pipe. A. Chimney Flue. B, Ventilation Tube. C, Position of Furnace Pipe.

mended, will secure good heating and ventilation at a very moderate cost. I have known it to cost from 10 shillings in the simpler forms to \$10 by the more complicated forms; so that healthy and comfortable homes may be enjoyed by the poor as well as by the more favored of our fellow citizens.

The ventilation of churches, schools, and other public buildings, where large numbers of persons assemble, is of the highest importance. The general practice is to construct very small chimneys, which renders it difficult to secure efficient ventilation. In all these cases it would be better to reconstruct them, making them, say, 16 by 36 inches inside, dividing the space into two or more apartments, if there is one story to be warmed, or into three if two stories—one for the smoke, the others for ventilation—with an

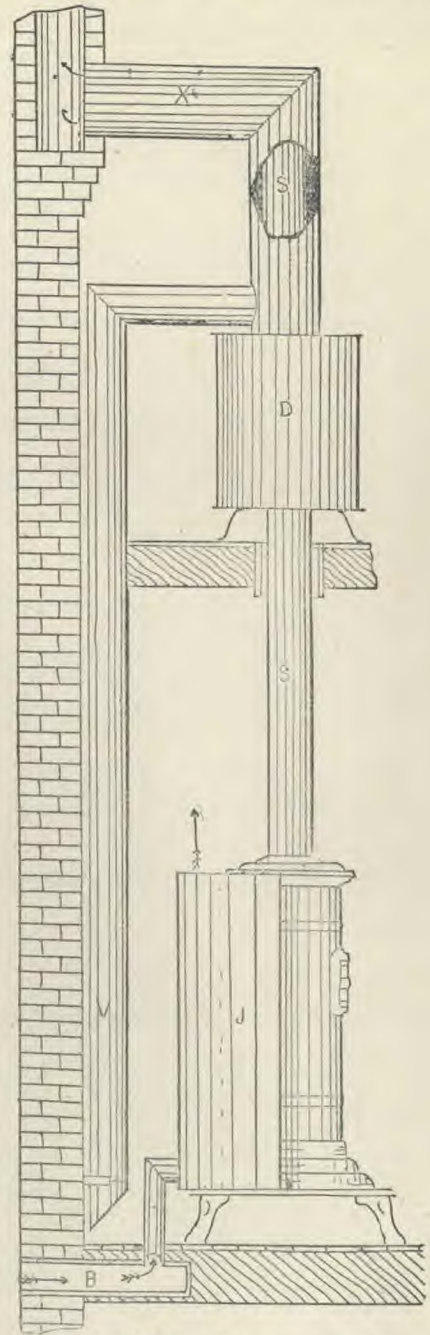


FIG. 7. Method of Ventilation where Flue Opening is in second story. B. Supply of outside air. V. Ventilating Pipe. S. Stove Pipe. J. Jacket to Stove. D. Drum, located in second story. X, Jacket to Stove Pipe, by which the air withdrawn from lower room is somewhat heated before entering Chimney Flue.

36 inches inside, divided by putting a 16-inch pipe of heavy sheet iron so as to make the

side flues of equal size; the pipe is fitted close to the brick wall to secure it to its place. This is the smoke pipe, and it warms the air almost instantly in the foul-air flues at its sides, making a very powerful ventilator. This church has a basement story, and needs two flues, one for each room. If this pipe should ever be destroyed, another can be slipped inside of it and thus renewed. In public buildings which are heated at intervals, this sheet-iron pipe is the best, as it heats the air on each side at once. In a building constantly heated, the best way would be to build the partitions in the chimney with brick. The flues should always be plastered smooth. When this cannot be done, the ventilation must be made in the same manner as for dwelling houses, the ventilating pipes being correspondingly large.

In another church, a jacket pipe 16 inches in diameter was put around a stove-pipe 7 inches in diameter, connected with a stove—all in the room below—and carried into the chimney. The end of the jacket opposite to the chimney was turned up through the floor by an elbow, to receive the foul air of the room above, and discharge it into the chimney. The 7-inch pipe enters the 16-inch pipe about 4 feet from the end farthest from the chimney and passes through it to the chimney. A fire in the stove below will warm the foul air in the large pipe, and thus carry it away into the chimney. This fire must be made as soon as that made in the furnace or other heating apparatus, and continued as long. This church is finely heated and ventilated. (See Fig. 8.)

Another church which is heated by a furnace, is ventilated in the following manner: It has a chimney 16 by 36 inches inside; to secure good ventilation, a hole is made through the floor near the chimney, 16 by 20 inches inside; a tube is fitted into this, and reaches down into the room below, near an opening made into the chimney; an elbow connects the tube with the chimney; the foul air from the room above passes through this tube into the chimney below, and this ventilates the church, giving it pure warm air. The opening into the chimney is made below the entrance of the smoke pipe from the furnace, so that the smoke does not enter the ventilating tube. (See Fig. 9.)

In all these illustrations the two rules given have been observed, and may be applied in many other forms: First, conduct the out-door air against a heated surface; second, conduct the foul air in the room from the floor into a heated flue, and good heating and ventilating will be secured.

(Concluded.)

### ALCOHOL AND HEALTH.

A DIALOGUE BETWEEN TWO GIRLS.

*Harriet*: Good evening, Agnes; we have not seen you at the temperance meetings lately.

*Agnes*: No; I am not coming any more; the fact is, I have been obliged to break my pledge.

*Harriet*: Indeed, I am sorry to hear you say so. But what obliged you to break it?

*Agnes*: Why, you know, I was a good deal out of sorts during the hot weather, and so I began to take a glass of beer at dinner, just to set me up.

*Harriet*: But you are better now, are you not?

*Agnes*: Oh, yes, I am quite well now, but I intend to go on taking it, for I feel that I need something strengthening.

*Harriet*: You have fallen into a very common mistake, Agnes, when you suppose that beer is strengthening. There is really little or no nourishment in it. It would do you far more good to take a glass of milk, or a cup of beef-tea, when you need some extra support.

*Agnes*: No nourishment in beer! But don't you know it is made of barley, and don't you call that nourishing?

*Harriet*: I know that beer is made partly from barley; but I know, too, that nearly all the nourishing part of the barley is given to pigs, and nothing is put into the beer but the water in which the barley has been soaked; you surely don't think there can be much nourishment in that.

*Agnes*: But just think how many people take it to help them through their day's work, and how much better they are for it.

*Harriet*: I know that many people suppose that they can work better with beer than

without it, but that is because they have never fairly tried going without. When men are training for a rowing match, or a walking match, or any other trial of strength, they almost always give up their beer, because they find they can endure fatigue better without it. Many working men, too, will tell you the same; the teetotalers are generally those who can do the hardest work for the greatest number of hours.

*Agnes*: If that is true, it is very suprising. But now just think of a poor woman who has been working hard all day at the wash-tub; surely you would not take away her glass of beer, which is all the comfort she has?

*Harriet*: I should certainly advise her to go without the beer, for I am sure she would get through her work more easily. She would miss it for a time, no doubt, but she would find herself stronger and better without it; and some solid food bought with the same money would do her far more real good.

*Agnes*: Well, you can't persuade me to give up my beer, for, if it is not nourishing, at any rate it is useful as a medicine.

*Harriet*: But what should you think of a man who took a glass of medicine every day with his dinner, whether he was ill or not? The medicine would soon lose its effect, and when he was really ill, and required it, it would do him no good. If you are ill, and have to take medicine, you leave it off as soon as you are well again; why, then, should you not do the same with beer?

*Agnes*: Why, really, I don't know, except that you get to like the beer, and miss it if you leave it off.

*Harriet*: There is another objection to taking wine or beer as medicine; and that is, that people take it so carelessly. Now, was it by the doctor's advice that you began to take it when you were unwell?

*Agnes*: No, I have not been to the doctor at all, but I felt as if some beer would do me good.

*Harriet*: You would not dare to take arsenic or opium if you were ill, would you?

*Agnes*: Why, no, of course not, they are deadly poisons; and, though they may sometimes be used as medicines, no one would think of taking them without the doctor's or-

ders, and knowing exactly how much it would be safe to take.

*Harriet*: Well, alcohol is a poison too; and though it hardly ever kills people suddenly, like opium or arsenic, yet it does often kill them in the end. I have known many people, and I am sure you have too, who have died from diseases brought on entirely by alcohol.

*Agnes*: I can't deny that, but still it may sometimes do you good when you are ill.

*Harriet*: It may possibly, just as other poisons may sometimes do you good in small quantities. But it may just as likely be the very thing to do you the most harm. Most doctors who have studied the subject think that on the whole it does more harm than good when taken as a medicine, and it certainly is very foolish to take it, whatever your complaint is, without consulting a doctor at all. You would not take any other medicine in the same careless way.

*Agnes*: Well, I never thought of it as a poison before, and I shall be more careful in future. But the doctor does sometimes order it, and I suppose you would allow that it must be quite necessary and safe to take it then.

*Harriet*: I shall not say that it *must* be necessary, for doctors often order it because they think it will please their patients, and if you asked them to give some other medicine instead, in many cases they would be able to do so. And I certainly shall not say that it *must* be safe to take it. Did not you say just now that when people take it as a medicine, they get to like it, and miss it if they leave it off?

*Agnes*: Yes; but what harm is there in that?

*Harriet*: A great deal of harm, for that is just the way in which many people have become drunkards. I know of a young lady who fell in this way. The doctor persuaded her to take a little wine for her health, though at first it was very much against her will, but in the course of a few months she became extremely fond of it, and now she is a confirmed drunkard.

*Agnes*: How shocking! but that must be a very rare case.

*Harriet*: No, it is a thing that has happened

many times, and will continue to happen as long as people are so ready to take wine or brandy in every kind of illness.

*Agnes*: Well, it really seems from what you say that alcohol is useless as a food, and dangerous as a medicine. But I think you can't deny that people who take a very moderate quantity every day do, on the whole, enjoy better health, and live longer than those who abstain altogether. Look at my grandfather, who is over eighty years old, and has never known what it is to be ill; he has taken a glass of beer for dinner every day ever since he was a little boy. And then, look at Mrs. Brown, in the village, who is such a strong teetotaler: she is nearly always ailing, and I am sure she would be better if she would but take something of that sort.

*Harriet*: Of course I do not mean to say that no one can possibly be strong who drinks wine or beer, nor that being a teetotaler will insure perfectly good health. But I do mean to say that, if you abstain entirely from alcohol, you have a better chance of good health and long life, than if you are accustomed to take even a moderate quantity every day, and this I can prove to you from facts.

*Agnes*: Indeed! I am quite curious to hear what they are.

*Harriet*: You know what is meant by a life insurance society, don't you?

*Agnes*: Yes, my brother belongs to one; but what has that to do with alcohol?

*Harriet*: I am going to tell you. There is an insurance society which divides its members into two classes,—teetotalers and moderate drinkers. A separate account is kept for each class, so that the right proportion of profit may be given to each; and after an experience of many years it is found that teetotalers have a far better chance of life than moderate drinkers. No drunkards are admitted, nor any but such as lead regular lives and drink very moderately, but yet these moderate drinkers have, on an average, several years less of life than the total abstainers.

*Agnes*: That is really very remarkable. If taking beer is going to shorten my life, instead of making me stronger, I shall certainly not take any more of it. I am glad I have heard all this, and I only wish I had known it before.

*Harriet*: Well, good night, Agnes, and be sure you come back to the temperance society next week.

*Agnes*: Yes, I will; good night.—*Temperance Record.*

### HISTORY OF THE ART OF BAKING.

[THE following sketch of the ancient art is from a French journal.]

Bread is pre-eminently man's nourishment. It is able, in fact, to replace all other alimentary substances, for the reason that it is made of that kind of vegetable growth which is most proper for the nourishment of man. Its name (*pain*) is derived from a latin word which itself comes from a Greek word meaning "all." The Hebrews called it "*lechem*," a term which has exactly the same signification in their language.

The making of bread from the flour of cereals goes back to the most remote antiquity, but the article differed considerably from that which we eat to-day, for the reason that for a long time, even after men had learned to sow wheat, and had invented the mill, they failed to discover that which gives our bread its quality, leaven.

It was from Asia that the art of making bread was introduced into Europe through Boeotia. From that State it passed into Greece, where it was perfected in a remarkable manner. It was introduced into Gaul (France) by the little colony of Phœnicians who founded Marseilles. The Egyptians attributed to Menes, their first king, the invention of bread, of corn mills, of the plow, and of all the implements of agriculture.

The baking industry did not exist among the most ancient peoples. Women, and chiefly the female slaves, were entrusted, not only with the making of the bread necessary for the wants of the family but also with the crushing and grinding of the grain. Even to-day, in the center of civilized Europe, there are still countries where the bread is made in each house, and this laborious occupation is left to the women. At Athens, which was at one time the most industrial and most civilized city of Greece, the making of bread evidently constituted a special industry, because mention is made in ancient au-

thors of women who sold it in the marketplace. These venders of bread appear, according to Aristophanes, to have been very handy in the art which lately distinguished our fish-women.

At Rome the first public bakery was established about the year 581 after the foundation of the city, or 173 years before Christ. But a century and a half later, under Augustus, there were already 200 establishments of this kind, and their number was increased in proportion as the population of the city augmented. The slaves who, before the use of public bakeries, were charged with the making of bread, were called *pistores*, and the place in the house set aside for this work was known as the *pistrina*. These two terms were derived from an old Latin word, *pinsere*, which signifies "to pound," and they recall the epoch anterior to the invention of mills when the grain was pounded in a mortar. The designations *pistor* and *pistrina*, were also applied to the workmen who exercised the calling of bakers, and to the public bakeries. The name of *pistor* was also extended to the pastry makers and confectioners, who were called *pistores dulciarii*, or *pistores candidarii*. In proportion as the advantages of the public bakery became felt, the government sought to encourage those who followed that profession. The bakers were organized into a corporation, and statutes and privileges were conferred upon them. They were exempt from all duties to the State that might interfere with their ordinary work, and provision was made that their number might always be proportioned to the amount of the population. The Roman bakers could marry only into each other's families, and the law inderdicted them from leaving their property to others than their children, or nephews who necessarily formed a part of the corporation.

#### INSECT MEDICINES.

ACCORDING to our medical exchanges, the latest sensation in the way of a materia medica is the *Blatta orientalis*, or, in less scientific language, the cockroach, which comes this time, as it did once before, from Russia. Bogomolow is the name of the person who has investigated it. The insect,

dried and powdered, is given in doses of four and a half grains in Bright's disease, chronic or acute. But it appears that this is not the only thing the insect is good for, since Unterherger and Kochler are said to have used it with great success in various forms of dypsy.

Kerby and Spence point out the fact that many insects emit very powerful odors, and some produce extraordinary effects upon the human frame, and for this reason, say they, it is an idea not altogether to be rejected that these animals may concentrate into a smaller compass the properties and virtues of the plants upon which they feed, and thus afford medicines more powerful in operation than the plants themselves.

Setting aside the preliminary observation in regard to "powerful odor," such a notion can scarcely have reference to the cockroach, the favorite food of which is the bed-bug, or, such pabulum failing, almost anything, from a minced-pie down to an old boot. What particular medicinal alkaloid the insect's digestive apparatus can eliminate from such a mixed diet, it would be difficult to determine. The homeopathic pharmacist, however, has long been accustomed to obtain the concentrated strength of some such active principle by triturating the *Blatta* down to its ultimate molecule with sugar of milk. By reference to a homeopathic work on symptomatology, we find that "provings" show that this insect, when administered to the healthy subject, causes laziness, which certainly is an extraordinary effect to be produced by so agile a creature. A high potency of the bed-bug is obtained by means of the same manipulation, although the resulting trituration is better known to the followers of the school just mentioned as *Cimex lectularius*. In this comminuted form, the bug is found beneficial in fevers of various sorts. But this same delectable insect has also found favor in another practice, used in *puris naturalibus*, five or six of the bugs being administered for a dose, as a cure for chills; and it has likewise enjoyed some notoriety as an emmenagogue. Another insect, not usually mentioned in polite society, also enters into the homeopathic list of remedies, and this is the head louse (*Pediculus capitis*).

"Provings" show that this insect has a remarkable cerebral tendency (as we might suppose), and hence its use is indicated in various forms of severe headache, accompanied by nausea and vertigo.

It is curious to look back at the list of materia medica of olden times, when, with vipers, toads, etc., insects held a prominent place, and were administered with as much confidence in their remedial effects as is now bestowed upon the vegetable and mineral medicines of the present practice. In those days powdered silk-worms were esteemed as invaluable remedies for vertigo and convulsions; earwigs were given to strengthen the nerves; and five gnats were equivalent, as a purge, to three grains of calomel. Bees dried and pulverized were believed to cure the falling out of the hair (*Alopecia*), and were also administered internally to promote urine; and for the latter purpose, the triturated insects are now used by the homeopaths. These insects, say they, are similar in their action to cantharides, and often succeed when the latter fail. "Still," says the editor of *Hull's Jahr*, "we have often seen them fail in our own and others' hands, when they seemed fully indicated." Again, in the olden time, powdered scorpions were regarded as an infallible panacea for stone and gravel; and fly-water was none the less esteemed as a collyrium in various affections of the eye. The tick was good for erysipelas; and the wasp, from its direct action on the mucous lining of the kidneys and on the neck of the bladder, was a most invaluable diuretic. The lady-bird (*Coccinella*) was esteemed as a sovereign remedy for colic and measles, and crushed upon an aching tooth was long regarded as a specific for toothache. The same insect (*Coccinella septempunctata*) is now officinal in the homeopathic pharmacopœia, and in the form of a trituration is supposed to be useful in swelling of the gums, and toothache accompanied by dull headache. Gerbi, a learned Italian professor, assures us that if a finger be once imbued with the juices of a little insect rejoicing in the sesquipedalian name of *Rhinobatus antidontalgicus*, it will thereafter retain its power of curing the toothache for a whole year.

In former days ants were celebrated as specifics against leprosy and deafness, as well as for their aphrodisiac virtues; distilled with spirits of wine they formed the *aqua magnanimitatis* of ancient medicine, a liquor which was believed to give vigor and animation to the whole bodily frame. The same extract of ants was also considered efficacious in strengthening the memory and increasing the power of loving, and it likewise prevented paralysis, and cured ringing in the ears, etc. The chrysalides of ants were said to be diuretic, and they have been used in dropsy. A preparation called "spirit of ants" (*Spts. Formicarum*), is officinal in the German pharmacopœia, and was formerly much used internally as a stimulant, just as ammonia is usually employed; but formic acid, which is the active agent in the preparation, is not now regarded with favor by the medical faculty, and is little used.

The cockchafer (*Melolontha*) of Europe was once highly esteemed as a remedy for the bite of a mad dog and the plague. Dioscorides is authority for the statement that a plaster of spiders applied to the temples will keep off ague; however this may be, it is certain that these insects are occasionally used as an internal remedy, in pill form, for a like purpose in some of the Southern States. Triturations and tinctures of one or two species of spiders (especially the *Epeira diadema*) are officinal in the homœopathic pharmacopœia. Speaking of spiders, reminds us that one species (*Tegenaria medicinalis*) has been largely employed in the United States instead of the Spanish fly.

The cochineal insect (*Coccus cacti*) was formerly regarded as a stimulant, antispasmodic, and diuretic, and still enters into an old-fashioned prescription for whooping-cough; but its remedial virtues are so doubtful that it has dropped from the rank of a medicine to that of a mere coloring agent for medicinal preparations. In this capacity, however, it regains something of its lost prestige, for the deeper the tint of the preparation colored with it, the stronger the medicine in the imagination of the average patron of the drug-store.—*Scientific American*.

### TWITCHELL, ON SUDDEN DEATHS AND TOBACCO.

A FEW years before the decease of this eminent physician he informed me that he had influenced a number of persons to abandon the use of tobacco, by explaining to them its influence, especially in the form of smoking, on the muscular power of breathing. He told them that the process of breathing was carried on when persons were awake, by two classes of muscles, voluntary and involuntary. But, when sleeping, only one class of muscles was used—the involuntary, the action of the voluntary being suspended. Consequently, persons in sleep had but half the muscular power to breathe that they had when awake. Now, as the use of tobacco diminishes muscular energy, when this weakening process reaches a certain degree, breathing stops, and the man dies because he has not muscular power left to breathe. Half the muscular power being suspended in sleep, the other half is so reduced that he can no longer carry on the process of breathing, and death is inevitable.

In my opinion, not a few facts might be adduced to confirm the truth of the above statement. I will give one which fell under my own observation. Capt. T—, one of my familiar neighbors, a great smoker, died on going to sleep. He retired in usual health, a few minutes before his wife. When she approached the bed she noticed that her husband was struggling for breath, which lasted but a moment, and his breathing ceased forever. I have not the least doubt that the use of tobacco robbed him of muscular power to breathe, and thus caused his death.

In many instances the heart is robbed of muscular power to perform its office, by the use of tobacco; its pulsations suddenly cease; the man dies a victim of the poisonous weed, though many may call it a case of heart disease. But in truth, it is nothing but weakness of heart produced by tobacco.

The use of tobacco, by diminishing vitality and muscular power, greatly diminishes the chances of recovery when persons are visited with disease, because it robs the system of the needed power to overcome it, with all the aid that medical skill can impart.

The true theory of overcoming disease is that it must be done by the vital energy of the constitution itself. The prescriptions of the physician are of use only as they aid the constitution in overcoming the disease. Everything that contributes to diminish constitutional power, goes to diminish the chances of recovery from sickness. As the free use of tobacco does this, it should be avoided by all who love life, and who would enjoy length of days and a green old age. The great danger, in fever and in scrofula, arises from their becoming seated on some organ that has been weakened by the use of tobacco or other cause. Let us avoid, then, the use of tobacco, as one of the most subtle and powerful agents of mischief.—*Temperance Anvil.*

*Effects of Tea on the Skin.*—If you place a few drops of strong tea upon a piece of iron, a knife blade for instance, the tannate of iron is formed, which is black. If you mix tea with iron filings, or pulverized iron, you can make a fair article of ink. If you mix it with fresh human blood, it forms with the iron of the blood, the tannate of iron. Take human skin and let it soak for a time in strong tea, and it will become leather. Now, when we remember that the liquids which enter the stomach are rapidly absorbed by the venous absorbents of the stomach, and enter into the system by the skin, lungs, and kidneys, it is probable that a drink so common as tea, and so abundantly used, will have some effect. Can it be possible that tannin, introduced with so much liquid-producing respiration, will have no effect upon the skin? Look at the tea-drinkers of Russia, the Chinese, and the old women of America, who have so long continued the habit of drinking strong tea. Are they not dark-colored and leather-skinned?

*Alcohol and Dyspepsia.*—I hold that those who abstain from alcohol have the best digestion, and that more instances of indigestion, of flatulency, of acidity, and of depression of mind and body, are produced by alcohol than by any other single cause. It is an agent as potent for evil as it is helpless for good. It begins by destroying, it ends by destitution, and it implants organic changes, which progress independently of its presence even in those who are not born.—*Dr. B. W. Richardson.*

## LITERARY MISCELLANY,

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

### TO LABOR IS TO PRAY.

PAUSE not to dream of the future before us;  
Pause not to weep the wild cares that come o'er us;  
Hark, how creation's deep, musical chorus,  
Unintermitting, goes up into Heaven!  
Never the ocean wave falters in flowing;  
Never the little seed stops in its growing;  
More and more richly the rose heart keeps glowing,  
Till from its nourishing stem it is riven.

"Labor is worship!" the robin is singing;  
"Labor is worship!" the wild bee is ringing.  
Listen! that eloquent whisper, upspringing,  
Speaks to thy soul from out nature's great heart.  
From the dark cloud flows the life-giving shower;  
From the rough sod blows the soft-breathing flower;  
From the small insect, the rich coral bower;  
Only man, in the plan, ever shrinks from his part.

Labor is life! 't is the still water falleth;  
Idleness ever despaireth, bewalleth;  
Keep the watch wound, or the dark rust assaileth;  
Flowers droop and die in the stillness of noon.  
Labor is glory! the flying cloud lightens.  
Only the waving wing changes and brightens,  
Idle hearts only the dark future frightens,  
Play the sweet keys, wouldst thou keep them in tune!

Labor is rest,—from the sorrows that greet us;  
Rest from all petty vexations that meet us;  
Rest from sin-promptings that ever entreat us;  
Rest from world-sirens that lure us to ill.  
Work,—and pure slumber shall wait on thy pillow;  
Work,—thou shalt ride over care's coming billow;  
Lie not down idly 'neath woe's weeping willow,  
Work with a stout heart and resolute will!

Labor is health! Lo, the husbandman reaping,  
How through his veins goes the life-current leaping!  
How his strong arm in its stalwart pride sweeping,  
True as a sunbeam the swift sickle guides.  
Labor is wealth,—in the sea the pearl groweth;  
Rich the queen's robe from the cocoon floweth;  
From the small acorn the strong forest bloweth;  
Temple and statue the marble block hides.

Droop not! though shame, sin, and anguish are round thee!  
Bravely fling off the cold chain that hath bound thee!  
Look to the pure Heaven smiling beyond thee!  
Rest not content in thy darkness—a clod!  
Work for some good, be it ever so slowly!  
Cherish some flower, be it ever so lowly!  
Labor, all labor is noble and holy;  
Let thy great deed be thy prayer to thy God.

—Frances S. Osgood.

### DID IT PAY?

THE Darlingtons were going to give a party. For a full year Mrs. Darlington had been thinking over and planning the affair in secret, almost afraid to broach her wishes to her husband, and now it had really been decided on, it seemed too good to be true. Mr.

Darlington had not entered into her wishes as enthusiastically as she could have desired, it was true, but he had consented, and that was really all she could hope for.

Men never view these things in their proper light, she said to herself, and George was peculiar anyway. The idea of his suggesting two small companies instead of a big party! It was ridiculous. That was all a man knew about such things. No, indeed; she was going to get the thing up as it should be, or not at all. With this resolution Mrs. Darlington energetically set about her preparations, and first, there was the matter of the invitations. Not that she had never before given this part of the subject any consideration; although never committed to paper, her list of guests had been made out over and over again for months past in her thoughts, and she could almost name the entire hundred in alphabetical order, from Mrs. Ames, down to Mrs. Yocum, so familiarized had her guests' names become from frequent repetitions.

"I will invite everybody to whom we are under social obligations, and a few of the new comers besides," she said, seating herself, pencil in hand, beside her husband. "We will begin on North Wood street. First, there are the Adams, the Jones, the two Spicer families and,—"

"Why! Lucy," interrupted Mr. Darlington, "the Joneses and the two Spicers are sworn enemies, they don't have anything to do with each other. I'm afraid it will not be pleasant for any of them, and in fact I don't believe they will come if each knows the other is invited."

"Well, that's their own lookout," said his wife, scribbling rapidly on, "I will invite them and provide a supper for them, and if they don't avail themselves of it, I shall have canceled my obligations all the same, you know."

"Then I'm to infer that you don't care



whether your guests enjoy themselves or not?" he remarked inquiringly.

"Nonsense, George; what a queer way you have of putting things! But I have n't time to argue the question," responded Mrs. Darlington a little sharply. "I have now eighty-five names, and when the list is completed it will be in the neighborhood of one hundred and ten. There will be some who cannot come; but I shall expect ninety at least."

"Ninety!" ejaculated Mr. Darlington in surprise. "Where on earth can you find room for ninety people in our little house? It will be so crowded that it won't be comfortable, Lucy."

"I can't help that," stoically responded Mrs. Darlington. "There are plenty of people who would rather be crowded to death—absolutely suffocated—than not to be invited, and if we invite only enough to comfortably fill our rooms, we will offend all the others; besides, we have as much room as Mrs. Benton, and I'm sure she always entertains eighty or a hundred at a time."

"Yes, and I am equally sure that you're the very woman who came home from one of Mrs. Benton's parties once, perfectly disgusted. You complained that the house was so packed that no one could stir, and as for dress, you might as well have worn your oldest clothes, for no one could see what any one wore on account of the crowd," said Mr. Darlington, rising, as though he wished to get away from the whole subject of party-giving.

"Now, George, you shan't desert me," said his wife, laughingly, pulling him back to his seat. "This is just as much your company as mine, and you must help me to see the thing through. I remember how vexed I was that night at Mrs. Benton's, but it has been as bad as that at every place we were entertained last winter. At the Davis's last party it was even worse, for it was in May, and it had rained during the day, and was too damp for people to be in the garden, and we nearly smothered in the house. Everybody looked tired to death, and I confess that I wished a dozen times I had staid at home. But it's the fashion now, in Garrettsville, to give large parties, and we must too, George, if we expect to keep up with other people."

Mr. Darlington shook his head as he walked away. For the sort of sociability implied in a large dress party, he had no taste. It seemed to him all a mockery,—a burlesque on the name of social pleasure,—for a crowd of people—half of whom did not know each other, and who cared nothing for each other, gotten up in elegant toilets, with scarcely a thought in common, except the elaborate supper provided by the hostess—to spend two or three hours in exceedingly small talk and vapid nothings. The little companies given by his Uncle Merton, composed of fifteen or twenty congenial persons who talked of books, of art, of the latest scientific discovery, or indulged in good-natured badinage while they leisurely sipped the dainty cups of fragrant souchong, served by Aunt Merton herself, came nearer to his ideal of social enjoyment. He remembered that these visits involved no special extra labor; the whole household was not thrown into disorder and commotion, and half a week spent in cooking and preparing a sumptuous repast. The guests came at the hour set by the hostess, and not an hour or two later, as was too often the case at the Garrettsville parties. There was no ostentatious effort to make the affair pleasant, but somehow the hour for refreshments, which is generally such an agreeable break in the monotony of fashionable gatherings, came all too soon. The supper was always simple, but delicately served, for Aunt Merton was too refined to admire the heavy and profuse overloading of a table, which assimilates to vulgarity. Ah! those were evenings of genuine sociability indeed, and Mr. Darlington gave a sigh to their happy memory.

He found on his return to dinner that his wife had not been idle during the morning. The whole interior of the house presented the appearance of having been torn to pieces. The two younger children had been scouring the village to engage cream for the approaching event. The second son had been diligent, by running to the groceries for eggs, butter, sugar, flavoring, etc., with which the dining table was completely covered. The parlor and sitting-room had been swept, dusted and locked up to keep the carpets from being tracked over; the best china was piled up on another table, waiting to be washed, while

Jane, the maid-of-all-work, was busily engaged rubbing the silver, consisting of an ancestral sugar-bowl, tea-pot, and spoon-holder, handed down from Mrs. Darlington's grandmother, and a dozen teaspoons of more modern style.

"Whew! what a stew you are all in!" said Mr. Darlington, hunting around for a place to put his hat, and vainly trying to spy an empty chair where he might seat himself. "Can I help you, Lucy, till dinner is ready?"

"Yes, George. Here, put this towel over your lap, and I will let you seed these raisins. As to dinner, I guess we won't get any to-day. We're so busy we'll just take a piece."

"Are these raisins to put in a cake?" he inquired. "You'll want two varieties, I suppose. Pound cake is good; make a pound cake, Lucy."

"Only two kinds of cake! Now, George, don't be so absurd, I beg of you. Why, I'm going to have six or seven kinds, perhaps more. Let me see! Three kinds of meats, ham, tongue and chicken, oils, pickles, rusks, cinnamon rolls, meringues, ice creams, and some kinds of fruit. But I'm so disappointed, George; I can't find any oranges in town, and I don't know what to do about it. You know I must have some fruit."

"Pineapple," he suggested.

"Well, yes, pineapple is nice; but then Mrs. Ayres had pineapple at her party last week, and she would be sure to think I was patterning after her," said Mrs. Darlington, with a rueful look on her face. "No, I can't think of it, I must substitute something else."

"I can't see that you need any thing else, after all you've enumerated. I can't understand how people could want more if you had it," remarked her husband.

"Oh! I do n't expect them to eat much of it, of course," answered Mrs. Darlington; "but it is customary to have a large variety, and I do n't want to be behind everybody else, you know."

The next two days were busy ones for Mrs. Darlington. The two little ones were sent to an aunt in the country, to be kept out of the way, with instructions to remain until the evening of the party. Beds were

taken down, and the children's room converted into a temporary dining room, where a part of the guests were to be served. All the doors on the lower floor were taken off their hinges to make more room; dingy pieces of furniture, good enough for every day, common use, but not presentable for company, were stored away in the garret and wood-house till after the grand event. Napkins, spoons, etc., were borrowed from numerous lady friends, while baskets of dishes, hired from a queen's-ware store, had been cleaned ready for use.

The family had but one regular meal—that of breakfast—each day during this season of hurry and bustle, and Mr. Darlington and the children were all glad when the last evening arrived, in anticipation of a speedy release from these domestic miseries. The busy day came to an end at last. Mrs. Darlington had been up since four o'clock in the morning, working like a plantation slave, up stairs and down, hardly sitting down once through the entire day, seeing to all the last things that were to be done; but now the last touch had been given to the table, which stood groaning under its load of toothsome viands; the last directions given to the faithful Jane; the last touches to her own toilet and that of the children, and the worn-out hostess descending the stairs for the twentieth time that afternoon, aching in every bone of her tired body, stood ready to receive her guests.

Of these latter, every one seemed to experience a terrible dread of being the first one there—for there were no arrivals for a full hour after; but this, instead of giving her opportunity for rest, only annoyed and added to Mrs. Darlington's fatigue and anxiety. At last the people began to pour in, and she soon had the questionable satisfaction of seeing her small rooms as densely packed as Mrs. Benton's ever had been. The ladies did honor to the occasion by dressing in their very best, and stood about twirling handsome fans in their delicately gloved hands. There was the usual amount of light talk and meaningless compliments—a little effort to promenade, which had to be abandoned, owing to the crowded state of the house; a song from a lady who was known to be a fine musician, but whose music was not enjoyed because it

could not be heard except by those nearest to the piano, and then, to the relief of all, supper was announced.

"These ices are delicious. She has an elegant supper, but poor Mrs. Darlington looks completely tired out," the hostess heard one lady say to another as she passed them. She bit her lips with vexation. She was dreadfully tired, it was true, but she was not aware that her haggard face had betrayed her. It was provoking!

Mustering up all her fast-ebbing animation, she managed to keep up until the last good-night had been said and the last echoing footstep had died away; then, with jaded feet, she betook herself to collecting the borrowed silver and locking it up for the night. It was nearly two o'clock when she laid her aching head on her pillow and tried to sleep. Nervous and tired, she rolled restlessly about till almost daybreak, when she fell into a troubled doze, asking herself the question, "After all, has it paid?"

It took another day's hard work to get things regulated about the house so that they might once more begin to live, but it was almost a week before they were completely righted. The borrowed articles were all to be returned; the napkins washed, ironed and sorted out, and sent to their respective owners; the beds put up; the furniture that had been buried out of sight in the depths of the garret was disinterred and brought again into its former homely uses, and by the time everything had come down to its ante-party regularity, Mrs. Darlington took to her bed.

"I'm not going to be sick, am I, doctor?" she anxiously inquired of the physician who was called in the next day by her husband.

"Well—no—I hope not; but you may prevent something more serious by keeping your bed for a week or two. You have overtaxed yourself and you must rest," replied Dr. Wilson.

A week or two in bed! How could she spare the time? There was so much to be done—sewing for the children and a host of duties that could not be relegated to another; but the doctor's orders were imperative, and Mrs. Darlington was obliged to yield.

A piece of information which her little daughter Katie brought to her sick room one

day, did not help her to bear her trouble more patiently. "What was the matter, Katie?" she asked, as the little girl came frowning toward her bed. "I thought I heard you scolding, or quarreling with some one down on the street."

"It was Minnie Jones, mamma. She is so hateful. She got mad at me at school yesterday, and she began saying ugly things about our party, and I told her she couldn't say anything against it, for everybody said our supper was splendid; and don't you think she said we couldn't afford to give a big party, for her mamma said so!"

"Never mind, Katie," was all that Mrs. Darlington could answer. Then she turned her face to the wall and shed some bitter tears. Mrs. Jones was right. It was true enough that they could not afford such a lavish entertainment; but how unkind for one of her guests to talk so after having been there and enjoyed it! Well, that was all the thanks she got for her pains. She had toiled and worried herself sick to have things nice for her guests, and was now being repaid by such miserable unkindness! She thought, "I will tell George I never want to give any more large parties; even if we could afford it, I never want another."

"I am heartily glad to have you express yourself so, Lucy," said Mr. Darlington when his wife had told him of her changed views. "I have always contended that the glitter of the modern full-dress parties and receptions is a poor substitute for the old-time social visit, and I believe if you could get people to admit the truth they would acknowledge I am right. And I believe, too, that if a half dozen of the leading ladies in every town would resolutely set their faces against late hours, late and expensive suppers, and elaborate toilets on every little occasion, they would inaugurate a reform which is as much needed as many that are loud in their claims for public attention. I tell you, Lucy, women make a great mistake in this matter. If they would feel that a company can be as well entertained on two varieties of of cake as on seven; that stuffing and gorging the stomach is not the highest and noblest object for which people should assemble together in social relations, and if they would

not aim to out-do each other by trying to get varieties and dainties which no one else has had, these parties might be made pleasurable affairs. We'll let our neighbors do as they please, Lucy, but in the future we'll adopt Aunt Merton's plan."—*Sel.*

### WANTED, MEN AND WOMEN.

WE take up the papers daily, and casting our glances down the long columns, we see many persons asked for after the word "Wanted." Cooks and chambermaids, coachmen and butlers, clerks and porters, are needed here, and there, and everywhere.

And yet the greatest want of this nineteenth century we do not see advertised, and if we did, I think all that could conscientiously apply would find room for employment, and still there would be acres—at least—of unoccupied space.

**Men wanted.** Men who are honest and pure. Men who are wholesome and truthful. Men who will not be bribed. Men are who are like fair, refreshing fruit, sound to the heart's core.

**Men wanted.** Men who are unwilling to eat the bread of idleness. Men who will scorn to wear what they have not honestly paid for. Men who know what ought to be done and will do it. Men who are not egotistic, but rather have the courage given by the spirit to do and to dare. Men who will give good counsel, who will set a good example for emulation, who will sympathize with the grieving, and succor the distressed. Men who will scorn to do a base thing even in their zeal for a friend, for, as Jeremy Taylor says, he that does "burns the golden thread that ties their hearts together." Men who know how to obey before they undertake to command. Men who *do* more than they *talk*. Men who do good to their friends to keep them, to their enemies to gain them. Men whose hearts compare favorably with full pocket-books—who believe in systematic giving, and advocate it. Men whose hearts are moved by the sadness of others, who are touched by a little hungry face, and cold, bare feet.

**Men wanted.** Men who are brave and tender, who are not ashamed to wipe tears away. Men whose acts will bring smiles to

wan faces. Men who hush lamentations and are rewarded with sweet songs of thanksgiving.

**Women wanted.** Women who know their own business better than their neighbors'. Women who are true and pure from center to circumference. Women who will not weary in well-doing, who will neither flag nor flinch. Women who will not take the rear from choice. Women who know their mission and do not pursue the will-o'-the-wisp. Women who will daily do loving services, gentle little kindnesses—and do them unostentatiously. Women who will see that bare pantries are supplied, and that the shelterless find homes.

**Women wanted.** Women who will not drift with the tide, but will courageously stem the current, trusting to the Omnipotent arm to support. Women who live to please God, not people. Women with noble, generous souls whose hearts will utter "God-speed," as workers grow faint and hands grow weary. Women who will not allow their noble impulses to be crushed by the hand of society. Women who will be the stepping-stones to lift people up—not stumbling-blocks to hinder and trip them down. Women who listen to the still, small voice, and heed its admonitions. Women with clear brains and ready hands and willing hearts, who know their "life work," and do it unswervingly.

**Women wanted.** Women who know how much power there is in a gentle, encouraging word, how much force there is in a hopeful prophecy. Women who will sow their loving acts broadcast, believing that kind words never die. Women who extend a helping hand all along life's pathway. Women with clear understanding, quick perception, and good judgment. Women of patience, who do not explode at the slightest friction. Women of forethought (yes, and afterthought), of discrimination, and great generosity. Women who will keep their eyes fixed upon the loving Master and will not listen to the murmuring crowd. Women who will brave the scorn of this world to be crowned of God.

**Men and women wanted.** Men and women who, for the sake of mankind and the glory

of the Father's name, will never forget to look up,—ever up,—as the Great Shepherd leads them onward, upward, toward the heavenly fold—the land of eternal day.—*Ernest Gilmore, in Christian Weekly.*

### WETTING LEAD PENCILS.

THE act of putting a lead pencil to the tongue to wet it, just before writing, which we notice in so many people, is one of the oddities of which it is hard to give any reason—unless it began in the days when lead pencils were poorer than now, and was continued by example into the next generation.

A lead pencil should never be wet. It hardens the lead and ruins the pencil. This fact is known to newspaper men and stenographers. But nearly every one does wet a lead pencil before using it. This fact was definitely settled by a newspaper clerk away down East.

Being of a mathematical turn of mind, he ascertained by actual count that of fifty persons who came into his office to write an advertisement or a church notice, forty-nine wet a pencil in their mouth before using it. Now this clerk always uses the best pencils, cherishing a good one with something of the pride a soldier feels in his gun or his sword, and it hurts his feelings to have his pencil spoiled. But politeness and business considerations require him to lend his pencil scores of times every day. And often after it has been wet till it is hard and brittle and refuses to mark, his feelings overpower him.

Finally he got some cheap pencils and sharpened them, and kept them to lend. The first person who took up the stock pencil was a drayman, whose breath smelt of onions and whisky. He held the point in his mouth and soaked it for several minutes, while he was torturing himself in the effort to write the advertisement for a missing bull-dog.

Then a sweet-looking young lady came into the office, with kid gloves that buttoned half the length of her arm. She picked up the pencil and pressed it to her dainty lips, preparatory to writing an advertisement for a lost bracelet. The clerk would have stayed her hand, even at the risk of a box of the

best pencils Faber catered, but he was too late.

And thus that pencil passed from mouth to mouth for a week. It was sucked by people of all ranks and stations, and all degrees of cleanliness and uncleanness. But we forbear. Surely no one who reads this will ever again wet a lead pencil.—*Sel.*

### A NOVEL MEDICINE.

WE were talking, one day,—a party of us on a pleasure trip,—about the amount of faith required on the part of the patient, to render the physician's medicine of avail. It was admitted, as a rule, that where the patient had no confidence in the attending physician, the administering of the prescribed drugs would not be likely to have full or proper effect. In short, faith alone oftentimes had power to work a cure in spite of medicine!

By-and-by, when there had come a little lull, one of the party—a white-haired old man, of more than threescore and ten—who had gained a wide-spread reputation for judgment and skill, both as surgeon and physician, said he would like to tell us a story. Said he:—

“I once knew a physician—one of the eclectic school—a sort of all-sorts—who furnished his own medicines. He always visited his patients in his own chaise, and carried with him two, and often three, good-sized trunks, containing the roots and herbs, and other substances, which he used as curative agents. One day he took it into his head that he would save certain medicines not entirely consumed by his patients, and put them all together in a single bottle, and label it ‘All-Sorts.’ He had a curiosity to see what he would get at the end of the year. And, to this end, when he saw that a patient was convalescing, or, on the other hand, approaching dissolution, he would caution the nurse to preserve such medicines as might be left on hand after they had ceased being administered. A large bottle was provided, labeled as I have said, and into it the medicines—the doses as returned to him by the nurses—were put; and in the course of a year he had filled the bottle.

“Within a week of the expiration of the

year, and the filling of the bottle, our physician had a case that puzzled him. It was a chronic complaint, a sort of all-goneness, the patient being a lawyer. The eclectic determined to try his 'All-Sorts.' Said he to the ailing man: 'Look you, my dear sir; I have a medicine which I am going to try in your case,—a medicine for which I have no name, and which I have never used; but I have faith to believe that it can perform wonders. I want you to give it a fair trial.'

"And he brought a vial of the hodge-podge, and gave it to the lawyer, bidding him take it regularly,—ten drops at a dose, three times a day,—and, at the same time, he gave particular directions respecting diet.

"And now, gentlemen, I am going to tell you what I know to be true. Within a month that patient was entirely cured. He pronounced the strange medicine to be the most wonderful stuff he had ever taken. And he recommended it to others, and from that time, when that physician found a case that puzzled him,—a case without a name,—he gave that wonderful medicine, and I can assure you that in nine cases out of ten it worked like a charm. The happy compounder of that novel medicine religiously believes that there is virtue in it, and his patients believe likewise."

"And what do you think, doctor?" asked one of his hearers.

"Why," he replied, "to me it is simple enough. The cases cured have been old, chronic ailments, requiring only rest and proper diet for a cure. The rest and diet he had been careful to prescribe, and the medicine had not prevented a recovery. And yet, very likely those same persons would not have recovered had not the medicine been given. Faith did much of the work, as it always must, and always will."—*New York Ledger*.

#### THE MODERN YOUNG LADY.

BEHOLD her at eleven. Her limbs unfettered by the long skirts of conventionality, she runs, she romps, she slides on the ice-ponds, she rolls, kicks, runs races, and is as fleet of foot as a boy. Her appetite is good, her cheeks rosy, and her movements unconsciously graceful.

Behold her again at twenty. No more does she run, jump, roll hoop, run races, or slide on the ice. It is not "proper" now nor ladylike, and she couldn't if she would, for she is fettered by long skirts, tight shoes and tighter stays. Her movement has no longer the freedom and unconscious grace of childhood, for now when she walks abroad she walks to be looked at, which in her estimation is the main object of walking. She is already in delicate health, and has a doctor who prescribes expensive advice and prescriptions for her, and ascribes her complaint to anything and everything but the real cause, which is simply the fettering of the body with fashionable clothes. Physically she is a prisoner. At eleven she was free. The doctor advises travel, but he does n't advise her to take off and keep off her fashionable fetters. She wouldn't do so if he did, and he wouldn't advise her if he knew it would bring relief; for she would no longer believe in a doctor who would make her dress like a guy, and being dressed like a "guy" is dressing different from the style prescribed by a Paris modiste. Diana never could hunt in a trailing skirt, narrow, tight, high-heeled gaiters, and a pinched, corseted waist; but Diana with a belted tunic and unfettered limbs, would be bounced off Broadway by the nearest policeman. Dressing for health and freedom of body and limb is one thing, and dressing for fashion quite another. A man could n't endure the pinching and incumbrances peculiar to feminine attire for an hour, and a pretty spectacle he'd make rushing about in such toggery in business houses. Yet the "weaker sex" wear double the incumbrances of the so-called stronger. To "dress" at all after the style, uses up a woman's time and two-thirds of her strength.—*New York Graphic*.

#### CODDLING CHILDREN.

A GREAT many city and country children are miscared for, in different ways, as the cold weather comes on. It is a sight to turn a young radical into an old foggy, to observe the amount of coddling bestowed on children by foolish parents who are able to indulge in it. We saw a little boy of six or

eight years, on the avenue the other day, whose appearance advertised his responsible parent to be a simpleton. He was dressed in velvet with a wide lace collar around his neck, and with thin embroidered stockings over his spindling legs, and morocco shoes on his pinched feet. His hair was cut squarely across the forehead, and hung in long curls on his shoulders. The poor little fellow was hopping along in a constrained and hopeless fashion, trying to appear happy. But his genuine and natural self, thus hampered, could not assert itself, and he presented simply a wretched parody on boyhood.

This was an extreme case, to be sure; but when girls of fifteen are sent a mile or two to school in a carriage, and lads from twelve to sixteen habitually take the street cars for the same purpose; when they go to school fresh and strong in the fall, and come out in the spring wilted and weak, pale and peaked—the boys joyless and dispirited, and the girls “so delicate, you know,” something is wrong. Very likely the cramming system in the schools, and the lack of good air in the rooms, are answerable for a share of these ill effects. But in “the good old days,” when boys and girls together went two miles over country roads to school—often breaking their own paths in winter—they managed to learn enough to make them intelligent citizens, and fit themselves for useful and honorable careers, without having “the tuck” all taken out of them by a four months’ schooling.

With only exceptions enough to prove the rule, we believe the boys or girls who are not able to walk to school are not able to go. No military drill or light gymnastics, excellent as they are in their place, will do the children such good as a brisk walk in the open air. It stirs the blood, expands the lungs, gives health to the nerves and strength to the muscles, as no mechanical “exercises” will do.

In the towns there is too much coddling and carrying of the children, as in the country there is too much work or monotonous idling, and not enough recreation and play. The stalwart, energetic, pushing, unconquerable men of to-day, in whatever field of effort, are not the lads of forty years ago who had all the pocket-money they wanted, and were carried from the cradle to the counting-room or college without effort of their own. The splendid matrons of to-day were not young ladies at twelve. Coddling comes with wealth, or is the result of false pride and mistaken kindness. Children are only young animals growing and learning to be men and women through processes of development.

Their parents’ first care should be to give them sound minds in sound bodies, and to teach them self-reliance with the other virtues.—*Golden Rule.*

## POPULAR SCIENCE.

*Human Trees of India.*—A writer in the *Scientific American* contributes an interesting account of the manner in which the Bheel robbers of India often elude their pursuers. So great is their skill in posturing, they are enabled by the aid of a few broken or burned branches, to so closely imitate the appearance of stumps or broken trees as to deceive experts.

“Quickly divesting themselves of their scanty clothing they scatter it with their plunder in small piles over the plain, covering them with their round shields so that they have the appearance of lumps of earth and attract no attention. This accomplished, they snatch up a few sticks, throw their body into a contorted position, and stand or crouch immovable until their unsuspecting enemies have galloped by.

“The Rev. J. D. Woods gives an interesting account of these marvelous mimics.

“Before the English had become used to these maneuvers, a very ludicrous incident occurred. An officer, with a party of horse, was chasing a small body of Bheel robbers, and was fast overtaking them. Suddenly the robbers ran behind a rock or some such obstacle, which hid them for a moment, and when the soldiers came up, the men had mysteriously disappeared. After an unavailing search, the officer ordered his men to dismount beside a clump of scorched and withered trees; and the day being very hot, he took off his helmet and hung it on a branch by which he was standing. The branch in question turned out to be the leg of a Bheel, who burst into a scream of laughter, and flung the astonished officer to the ground. The clump of scorched trees suddenly became metamorphosed into men, and the whole party dispersed in different directions before the Englishmen could recover from their surprise, carrying with them the officer’s helmet by way of trophy.”

*Useful Hornets.*—Most persons may not be aware of the fact that there is an old-standing feud between the hornet and fly families. A farmer who was acquainted with this fact recently hung up in his parlor a hornet’s nest which he found in the woods, and in a short time the house was thoroughly cleared of flies.

# GOOD HEALTH.

BATTLE CREEK, MICH., FEBRUARY, 1881.

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

TERMS, \$1.00 A YEAR.

## NEW PROCESS FLOUR.

A CORRESPONDENT wishes to know the advantages to be gained by the use of the "new process" flour.

There are two points of superiority possessed by flour made by the new process of milling, which render it more desirable as food than the superfine flour made by the old process.

1. The new process flour contains a much larger proportion of gluten than that made in the old way. Patent flour contains from 12½ per cent to 15 per cent of gluten, while the old style wheat flour contained but 10 to 11 per cent. Some white flour contains no more than 5 to 6 per cent of gluten.
2. The patent flour is better milled, that is, it is better cleansed, and is ground in a manner which renders it less liable to become heated in the process of grinding. New process flour is a great improvement over the old style of white flour, but is in some respects inferior to graham flour, and especially to the "whole-wheat" flour, which contains a still larger proportion of the nerve-muscle- and bone-forming elements of the grain.

*Suggestive to Young Smokers.*—The following incident should be seriously suggestive to young smokers and boys who contemplate the acquisition of the filthy habit:—

"A lad of about sixteen entered a store with a cigar in his mouth. He said to the proprietor,

"I would like to get a situation in your shop to learn a trade, sir."

"I might give you a place, but you carry a very bad recommendation in your mouth," said the gentleman.

"I didn't think it any harm to smoke, sir; nearly everybody smokes now."

"I'm sorry to say, my young friend, that I can't employ you. If you have money

enough to smoke cigars, you will be above working as an apprentice; and if you have not money, your love for cigars might make you steal it. No boys who smoke cigars can get employment in my shop."

We are glad to believe that the number of men of the same opinion as the merchant referred to, is rapidly increasing.

## THE BREAD QUESTION.

The *Cincinnati Trade List* makes the following very sensible remarks on this important question, which we heartily indorse:—

"It is well known that the whiter and finer wheat flour is, the less nutriment it contains, for, in rejecting the second shell of the grain, the miller throws away the chief flesh and bone formers. The absence of these elements in bread leads to a much larger consumption of meat and alcoholic stimulant to supply their place, as people who eat bread made from very fine flour, naturally crave the component parts which have been so stupidly eliminated. What is known as whole-meal bread is now consumed by many people who follow the dictates of common sense rather than fashion, but it is far from being a popular article with ordinary bakers. It would be well to break down this old prejudice as soon as possible, and if the millers and bakers can be persuaded to supply the public with good wheat-meal, there are many who will be glad to patronize the brown loaf."

*A Sensible Law.*—One of the most sensible laws ever enacted is that recently put in force by the government of Waleck, Germany, where "a decree has been issued that no license to marry will hereafter be granted to any individual who is addicted to drunkenness; or, having been so, he must exhibit full



proofs that he is no longer a slave to this vice. The same government has also directed that in every report made by the ecclesiastical, municipal, and police authorities upon petition for license to marry, the report shall distinctly state whether either of the parties desirous of entering into the matrimonial connection is addicted to intemperance or otherwise."

**Typhoid Fever from Milk.**—A recent number of the *British Medical Journal* calls attention to several epidemics of typhoid fever originating from milk. This is by no means an uncommon source of the infection. Typhoid fever is well recognized as a "germ" disease, and many recognize it to be a "filth" disease. In one of the epidemics referred to by the journal named, the source was the use of water from a well in a barn-yard. In another case, the water in the well was contaminated by a privy vault near at hand. The impure water was used in "watering" the milk.

#### A PATRIARCH.

AN English journal recently published the following account of a man by the name of Jonathan Effingham, who died in the year 1757, at the age of 144 years, the account having been written by a neighbor:—

"This surprising man was born in Penrhyn, in the reign of King James I., of very poor parents, and was bred as a laborer. In the revolution against James II. he was pressed, and served for several years under Lord Feversham, then commander-in-chief of the forces. On King William's coming to England, he served under General Schomberg, and was present at the battle of the Boyne, where he behaved with such courage that he was made a corporal, having received four wounds in the battle. He continued a soldier under Queen Anne, and fought under the Duke of Marlborough at the famous battle of Blenheim. He was discharged at the beginning of King George I.'s reign. He returned to Penrhyn and worked as a laborer. For the last thirty years he was kept by charitable contributions of neighboring gentry. It is very remarkable that he was never ill for the last forty years. The reasons he gave for living so long were, that as a young man he never drank spirituous liquors, and when old

he rose every morning, summer and winter, went to the next field, cut a turf, and smelled of mother earth for some time. He used constant exercise, and *seldom ate meat*. He was to the last a cheerful companion, and walked ten miles the week before he died."

The secret of the long life of this remarkable man was, undoubtedly, the great simplicity of his habits. We do not imagine that he derived any special advantage from smelling of the soil, but at the same time he was inhaling the pure, invigorating, morning air. His unstimulating diet and temperate habits were all conducive to longevity. How many there are who sacrifice half their lifetime by indulgence in harmful and useless practices.

#### BABY TOBACCO SOTS.

A MISSIONARY among English hop-pickers relates the following incident:—

"'He chaws,' said a little boy (a bundle of animated rags and dirt, shirtless and shoeless), pointing to another individual who appeared to be not more than six years old. 'So does he; he's got some in his mouth now,' replied the other. 'What have you got to chew?' asked the missionary. 'Baccy,' 'Do you like it?' 'Yes; so does mother; she smokes too, and Jess, and Joe, and Ben, and Mary Ann, and all. Baby chaws.' Going up to the mother, the missionary remonstrated with her, who made reply, 'It comforts their stomachs.' She also added that she spent from sixpence to eightpence a day in tobacco. Other pickers told the missionary that morning after morning these children were little furies, swearing and fighting till the mother gave them a 'quid,' when they would quietly settle down to picking hops."

The above incident illustrates well the terribly depraving influence of the vile weed, as well as its poisonous influence. What sort of men can be expected from such beginnings? Such boys will soon become the inmates of jails, prisons, houses of correction and reform schools.

**A Thorough Vegetarian.**—The following story is told of Baldwin, archbishop of Canterbury, who lived in the year 1184, A. D.:—

"Baldwin, monk and abbot, and afterward archbishop, ate no flesh. One day an

old woman asked him whether he ate flesh, and he answered that he did not. She replied, 'But that is not true, my lord, for you have eaten my flesh to the bone, and drunk my heart's blood. See how thin I am! Some of your chief officers have taken away my cow, the only one I had, the support of myself and my children.' The archbishop answered her, 'I will have the cow restored to you and will take care to guard myself against flesh-eating of this sort.'

**A New Cereal.**—The new grain cultivated in Kansas, known as rice-corn, promises to be an excellent addition to the list of cereal foods. Analysis shows that it ranks with rye, wheat, and oatmeal, as an article of food, and experiments made with it in several counties of Kansas, during the last two or three years, demonstrate that it can be raised more easily than most other grains, not being affected seriously by drouths. The grain was imported some ten years ago from Egypt, where it is known as pampas rice. The flour made from it resembles corn flour in appearance and is much superior to it in flavor.

**Fat Babies.**—Too many mothers are in the habit of measuring the health of an infant by its fatness, little imagining, what is really the case, that an excessively fat baby is as certainly in a diseased condition as is a very obese animal. The following extract from a letter written to a Boston paper by an eminent physician, very clearly calls attention to this important point:—

"Most infants do become thus diseased before they are three months old. This stops the growth, and leaves the poor deceived parents nothing but increase in weight to boast of; and when the poor little victim to his own greed and his parents' folly, gets to the end of his tether, he melts away like butter in a hot oven, and then it is seen how poor (in flesh) he has been all the time. Few comprehend the broad difference between flesh and fat. The first is lean meat—muscle—the result of growth; while fat—I don't care how hard and solid it may be—is the product or accumulation of unexcretial excess. This is why no one bets a dollar on a fat horse or

a fat man—they are 'soft' and 'can't stay.' It is every whit as true of a fat baby. The only wonder is that any infant lives sixty days from birth. Fed before birth but three times a day, it is after birth subjected to ten or twenty meals in the twenty-four hours. Before birth it grows at the rate of about ten pounds per year, after birth it is permitted to fatten at the rate of fifty pounds per year, until chronic dyspepsia or some acute disease interferes. Feel of a kitten, calf, colt, or a young robin—they are and remain while growing but little more than skin and bones and fur and feathers, because unable to get enough to fatten them, and they never die—rarely have any sort of disease. Children are never fairly 'out of the woods' until they reach the lean age and have pipe-stem legs and arms, with no rolls of fatty tissue anywhere about them. Could they be kept so from birth, and not permitted to over-indulge, so that their appetites would always be reliable for plain food, they would have no infantile diseases to enrich our pockets."

#### CORSET CHOKING.

CHOKING is keeping air out of the lungs; at least, that is a practical definition of the word. It makes no difference to the lungs and no difference to the blood, whether the life-giving oxygen is kept out by confining the respiratory apparatus at its lower or its upper part. The result is precisely the same in either case. A man who ties a rope around his neck and kills himself by choking, is called a suicide. A young lady who does essentially the same thing by lacing her waist, only taking a little longer time for it, is considered extremely fashionable. Pure air is the first and the last desideratum of human life. Independent life begins with the first breath, and ends with the last act of respiration. A human being lives in proportion as he breathes. Frogs and lizards are sluggish because they breathe little. Birds are more vigorous in their movements because of the wondrous capacity and activity of their lungs. So with human beings. Need we suggest that those feeble-minded creatures who emulate each other in compression of the waist—thus curtailing the breathing power—are like frogs and lizards

in their capacity for appreciating the "joy of living" ? or that their organs of cerebation may be as diminutive as their waists ?

The evils of corset-wearing have already been dwelt upon quite fully, and we will not recapitulate here ; but we wish to call special attention to three ways in which the use of corsets, whether worn extremely tight or not, acts injuriously upon the lungs and respiration.

1. By compression, the muscles of respiration lose their power to act, and waste away, so that strong, deep respirations become impossible. This is the reason why ladies feel, when deprived of their corsets, as though they would "fall all in pieces."

2. By confinement in a stiff, unyielding case, the elastic cartilages which unite the ends of the ribs to the breast-bone so as to give freedom of action, become rigid, and thus prevent full expansion of the chest, and filling of the lungs.

3. By compression of the lower part of the lung, the upper part is crowded up against the inner border of the first rib, against which it is continually pressed, so that the constant motion and friction finally excite irritation which undoubtedly becomes the starting-point of many cases of consumption.

### A SANITARY CONVENTION.

THE first of the two sanitary conventions planned for this year by the Michigan State Board of Health, was held at Flint, Jan. 25 and 26. We had the pleasure of attending the meeting, and were glad to meet a number of old friends and compeers in the work of sanitary reform, and formed many new and pleasant acquaintances. The following is made up from the reports published in the Detroit daily papers, quite full reports being published in the *Free Press* and the *Post and Tribune* :—

Prof. R. C. Kedzie, M. D. of Lansing, president of the State Board of Health, stated the purpose for holding the convention as follows :—

#### OBJECTS OF THE CONVENTION.

The project of holding sanitary conventions in different parts of the State was dis-

cussed for some time by the State Board of Health before we reached a final decision. Last winter two such conventions were held in this State, and to-day we meet to hold the third of this series.

Perhaps you ask why you should be called to turn aside from your ordinary avocations to attend such a meeting. The question is eminently proper, and demands a candid answer. The right to life is the first of all human rights. The right to health stands second only to the right of life. Now we find conditions existing and causes at work by which both of these primary rights are needlessly threatened, or even destroyed, without adequate cause. Upon this needless waste of life and unnecessary impairment of health, we make solemn declaration of unrelenting war. We assert without fear of successful contradiction, that a large part of the sickness in this State is unnecessary, and a startling proportion of the deaths is preventable ; that preventable sickness is a crime against society, and preventable death is a sin against God.

Some of these causes of avoidable sickness and death are within the control of the individual, and can be prevented or removed by his personal efforts ; others require the combined action of the community for their suppression, and the unaided efforts of an individual are almost futile. It is to the consideration of the latter class of causes of sickness and death, that we wish to direct your attention, and invite you to meet and discuss these questions that lay hold on the issues of life. These are subjects worthy of your most serious thought and candid consideration at all times. But it is to the causes that destroy human life in its infancy, that I wish to direct your special attention at this time. It is still the opprobrium of our civilization, that nearly one half of the human family die under five years of age.

"The air is full of farewells to the dying,  
And wailings for the dead ;  
The heart of Rachel for her children, crying,  
Will not be comforted."

When we look around to see what bloody Herod has filled our State with Rachels weeping for their children because they are not, we are shocked to find it is no omnipotent de-

stroyer before whose relentless sword we must bow in dumb submission, but paltry; sneaking assassins that the town constable ought to arrest and jail without the formula of a justice's warrant or commitment. Yet we wring our hands in fatalistic submission, and fear when we ought to fight!

Who are these Herodian destroyers of prattling infancy? I name only four—measles, whooping-cough, scarlet fever, and diphtheria—yet they every year cut down hundreds upon hundreds of the children of our State. From 1870 to 1874, scarlet fever alone is reported to our state department to have killed 3,122 persons in Michigan, and probably one-half as many more were cut off by the same disease, that were never reported at all. If we had the statistics of mortality in this State for the last five years, we should undoubtedly find that diphtheria had killed twice as many as her scarlet sister did in 1870-74.

When the yellow fever struck the Gulf States, and a wave of desolation swept up the valley of the Mississippi, the heart of the people was moved as the forest is stirred by the breath of the storm.

Yet these four diseases of childhood kill more persons year by year than does yellow fever at the height of its power, and we pass this by as something unworthy of special attention. Here, there, everywhere, are the stricken ones folding the clothes and putting away the toys of those who once were so precious and whose memory is still dear; but the sorrow is solitary and the mourners are isolated, and the people do not arouse themselves and, as one man, demand the abatement of this slaughter of the innocents. The most of us look upon this frightful waste of life simply as something dreadful,—to be bemoaned, but to be patiently submitted to,—and not as a dreadful slaughter that must be stayed at all hazards or fenced in like a destroying prairie fire.

But I hear some one object, "These are the diseases of childhood and are to be expected anyway, and there is no use in attempting to guard children from their distinctive diseases." If these are the diseases of childhood, in Heaven's name, why not throw especial protection around children at this critical

period—carry them by this time of danger, and in adult life permit them to safely defy these diseases, or with the vigor and strength of adult life withstand their assaults?

With respect to measles and whooping-cough, most people are satisfied that they are communicable from person to person, and that if they would protect their children from these diseases, they must keep them away from children having these diseases. This is all well enough, except that they put the cart before the horse; isolate the sick and the convalescent until danger of communication is past, and let the well go free. In the case of scarlet fever, we are beginning to recognize that it is a communicable disease and to act accordingly, only we do not sufficiently recognize the persistence of this poison. But in the case of diphtheria, the public have not awakened to the fact that it is a disease which may be imparted from one to another in many ways. The very means used to stay the disease may be the means of spreading it like a forest fire. The newspapers inform us of the fearful spread of this disease in Russia—2,000 dying in one province, and large villages without a child under five years of age. But another paragraph gives the explanation: A consecrated wafer is placed in the mouth of a child having diphtheria and then transferred to the mouth of a well child to prevent his taking the disease, and thus it spreads from mouth to mouth, till not a child is left to receive the fatal morsel.

Fortunately, superstition has no such hold on the American mind, and yet our practice is not much better. If some darling dies of this disease, a public funeral is held in the house reeking with diphtheritic poison; all the children of the neighborhood gather to see the last rites of their playmate; the coffin is opened that they may see the darling once more—perhaps to kiss its cold lips—and thus the poison spreads, and the darling ones are stricken down by the score, till the whole village is clothed in mourning.

By these sanitary conventions we hope to do two things for the advancement of the public health: 1. To call public attention to existing evils. 2. To enlist the state press in discussing these sanitary questions and in demanding the employment of every safe-

guard which can be thrown around defenseless childhood. In such ways we may promote the public health, which is the governing thought of your State Board of Health.

The address of Hon. Wm. Durand, was a vigorous and very interesting appeal for practical sanitation.

The following Committees were then appointed:—

Ventilation—Henry B. Baker, M. D., and J. S. Caulkins, M. D.

Disinfectants—R. C. Kedzie, M. D., and J. H. Kellogg, M. D.

Sanitary Publication—Bishop Gillespie and the Rev. D. C. Jacokes.

Resolutions—Dr. Thompson and T. R. Buckham, M. D.

The first paper read was entitled "Domestic Sanitation," by Dr. J. H. Kellogg, of Battle Creek, a member of the Michigan State Board of Health.

The doctor called attention to the fact that "domestic sanitation" and individual hygiene are greatly neglected, though really of greater practical importance than public hygiene. He claimed that public hygiene alone would really tend to the deterioration of the race by the reversion of the process described by Mr. Darwin as 'the survival of the fittest,' by keeping alive the weak and feeble, and so securing the survival of the unfittest, as a result of which the race would be deteriorated by heredity, and intermarriage of the strong with the weak. In former times, only the strong were able to survive the great epidemics which so frequently swept over every part of the habitable globe; but such scourges are now prevented by modern improvements in public hygiene. It was pointed out that this apparently unfavorable tendency of attention to public hygiene may be entirely remedied by proper attention to domestic hygiene, by which the weak and feeble may be made strong.

Attention was called to the fact that one of the most important measures for the preservation of health is proper ventilation, yet the grossest neglect of air-cleanliness exists everywhere. People who are the most fastidious about the food they eat and the fluids they drink, who would as soon think of star-

vation as of eating what had before been in a human stomach, will sit with the utmost complacency for hours in a public assembly or nice private parlor, breathing over and over again the vile products of respiration, sent out from their own and others lungs, to say nothing of the emanations from dyspeptic stomachs and the fumes of *nicotiana tobacum*. The chief poison of respired air is known as *organic poison*, which gives to the air of a close room a close odor. Attention was also called to contamination of the air with poisonous gasses from cellars, cesspools, drains, vaults, arsenical papers, germs from moldy walls, etc. It was suggested that "leprosy of the house," described by Moses, was a species of mold. The green spots on the wall, the musty odor, and the damp, germ-laden air to be found in many a palatial residence, as well as in the spare bedroom and dark parlors of the less pretentious cottages of the poor, are symptoms of house-leprosy, which in ancient times would have consigned such dwellings to demolition. Are we thirty centuries behind Moses?

The paper also called attention to the danger from eating the flesh of diseased animals, which are often slaughtered and sold for food. It was stated that in some large cities one-fifth of all the meat sold is diseased. The danger of contracting consumption from eating the flesh of animals affected with the disease, was pointed out.

Attention was also called to the extensive adulteration of sugar with glucose, or corn-sugar, the adulteration of baking-powders and of many other articles of food.

The paper was followed by remarks by Rev. Mr. Tyndall, Prof. Vaughan and others, indorsing the views advanced, and adding ideas of interest.

Tuesday evening a large audience gathered in Fenton Hall and listened to an address from the Rev. Mr. Stocking, of Detroit, which was a most vigorous protest against some of the fashionable follies of the day. The following is a very brief and imperfect sketch of a few of the points touched upon:—

The address by Rev. C. H. W. Stocking, D. D., was an able presentation of the "Relations of Sanitation to Christianity." Sanitation was from the first religion put into practice. The

Saviour's miracles were nearly all for the relief of some form of mental or physical suffering. Christianity has ever made sanitation one of the first duties of discipleship. Out of this inherent instinct of religion the hospital was born, and to Christianity alone the world owes that particular form of organized benevolence.

The church looks upon marriage not merely as a civil contract, but as a divine ordinance, and to be logical, she is bound to teach that the physical and spiritual welfare of the individual and of society is laid in Christian wedlock. Marriages that are likely to perpetuate a feeble, diseased, and vicious stock, are sins against the individual body, the State, and Christianity itself; for the laws of nature are the laws of God also.

Care should be given to the physical education of our children. Many children are sacrificed to rich food, unseasonable hours, fashionable dress, and evening parties. The nursery and the open air, simple food, unfettered limbs in unembroidered garments, romp and play, sleep at the bird's own hour, will prevent many children from drifting into the great ocean of eternity.

When American wives and mothers, sisters and daughters, shall reach the standard of womanhood as given by Solomon in the thirty-first chapter of Proverbs, there will be more intelligent culinary supervision, mutual helpfulness, cheerful economy, and material thrift. There is no part of the great field of humanity and philanthropy where religion is not bound to go with her gentle ministries, and whoever neglects or wars against the body is her enemy. She has a rod to smite every oppressor—the landlord whose tenement house is a death-trap, the rum-seller who steals the frugal gains of the laborer, the ship-master who packs his hold with living freight, and tosses to them starvation fare, the manufacturer who holds in bondage the children who ought to be playing at their mother's knee, or the adulterator of food and drink, whose lying labels cover so many commercial deceits. She condemns him who drugs his senses with alcohol or tobacco, or prostitutes his body to lust, or who shortens his life by inordinate pleasure, needless exposure or overwork, and mad haste for

wealth; and may she soon be fearless enough to lift up her voice from all her pulpits against the great host of murderers who in every rank and station of life, in the church and out of it, are engaged in a cowardly slaughter of the unborn innocents. All readers of current religious events know what she is doing in her great missionary and reformatory enterprises. Where the old brewery and the Five Points once stood, now stand union schools, virtuous women, and palatial warehouses.

Hospital societies, lying-in societies, maternity societies, working-women's homes, are scattered all over the land. Medical missions in China and Japan are the work of Christianity alone, and they have opened in a few months a door at which the preachers of the gospel have been knocking almost in vain for many years. Faith and good works are thus united in perpetual wedlock, and what God hath joined together let not man put asunder.

On Wednesday, excellent papers were read by Dr. J. H. Jerome of Saginaw City, on "Importance of Domestic Sanitation," by Prof. Vaughan of Ann Arbor, on "The Force Value of Foods," Dr. Lyster, Dr. Caulkins, and others. Dr. Vaughan called especial attention to the evils arising from the use of animal food, tea, coffee, and other stimulants, especially for breakfast. He expressed the opinion that overstimulation from the use of animal food is one of the most frequent causes of nervous irritability, as manifested by sleeplessness, nervousness, etc.

Wednesday evening Dr. Jacokes, a member of the State Board of Health, spoke on the subject of ventilation. His address, like his papers on this subject, was eminently practical, and based upon such simple, common-sense principles, that no one could fail to comprehend the views presented and the facts stated, so clearly as to be able to put them into practice.

The next convention is to be held in March, at Battle Creek, Mich.

—Some years ago four hundred miners were killed by an explosion of fire-damp caused by a smoker who opened his safety lamp to light his pipe.

## LITERARY NOTICES.

TRIFET'S MONTHLY. Boston, Mass.

This is an eight-page newspaper, published monthly and devoted to interesting and entertaining information upon all subjects of general interest. Its articles are not dull nor prosy, and the great variety of its selections make it an agreeable companion for the home circle.

THE NATIONAL TEMPERANCE ADVOCATE. 58 Reade St., N. Y.

This is the organ of the National Temperance Society, and one of the best temperance papers published. It is devoted to every phase of this important question. The circulation of such a journal as this cannot fail to do a great and good work. It ought to be a monthly visitor to every household in the land.

THE "POPULAR SCIENCE MONTHLY," is always welcome, but the February issue is especially attractive. Politicians abound with us, but if we have any thinkers on political science, they will be deeply interested in the first article of this number, by Herbert Spencer, on "Political Differentiation." The second article, on "Diet," by Dr. Felix L. Oswald, in his series on "Physical Education," deals with stimulants and all kinds of irritants which are come to be so extensively employed with proper foods. The article is full of valuable suggestions pointedly presented, and the writer gives no quarter to what he denominates the poison-habit. Mr. William A. Eddy devotes a brief article to "The Value of Accomplishments," in which he forcibly illustrates the important social principle, that, taking a vast general average, higher tastes lessen the action of the lower, and he explains how the interest in accomplishments becomes tributary to solid improvement. Many other articles of equal interest serve to make this issue of this popular magazine an exceedingly excellent and valuable number. New York: D. Appleton & Co. Fifty cents per number, \$5 per year.

The January number of GOOD COMPANY does not belie its name, and is indeed a most excellent issue of this interesting journal. Published at Springfield, Mass.

THE PROTECTIVE SYSTEM: WHAT IT COSTS THE AMERICAN FARMER. Published by the New York Free Trade Club.

The object of this little work is to show that the protective system is paid for chiefly by the

farmer, and that the farmer gets nothing for his money. For the argument, we refer our readers to the pamphlet, which can be obtained of G. P. Putnam's Sons, 182 Fifth Avenue, N. Y.

HOUSE AND HOME. 3. Bolt. Court; Fleet St., London, E. C.

This is an English paper especially devoted to information on sanitary subjects. Each number contains a fine portrait and a biographical sketch, together with interesting articles upon various other topics. Subscription price 6s. 6d. per year.

THE WOMAN AT WORK. Louisville, Ky.

We count this journal one of the most welcome that monthly comes to our table. It always has something important to say, and says it in a very pleasing and agreeable manner. A Gentlemen's Department is to be added during the year 1881, which will undoubtedly add greatly to the interest of the paper.

MARYLAND MEDICAL JOURNAL. T. A. Ashby, M. D., editor: Baltimore, Md.

A lively medical journal issued semi-monthly. Each number contains several original papers from the pen of able writers, together with much useful and interesting matter upon medical and allied subjects.

THE NORTH AMERICAN REVIEW for February is the literary phenomenon of the month. First, we have an earnest and patriotic article by General Grant, advocating the Nicaragua Canal project. The genial Autocrat of the Breakfast Table, Oliver Wendell Holmes, follows with an essay, entitled "The Pulpit and the Pew," written in the best spirit of the Christian philosopher, in which he endeavors to show the need that he believes to exist for a revision of the prevalent theological creeds. Under the quaint title of "Aaron's Rod in Politics," Judge A. W. Tourgee emphasizes the obligation imposed upon the Republican party by the Chicago platform, of making provision for educating illiterate voters. James Freeman Clarke makes a valuable contribution to the discussion of the authorship of Shakespeare's plays. The grave evils that may result from the partisan character of the United States Supreme Court are pointed out by Senator John T. Morgan. The sixth of Mr. Charnay's papers on the "Ruins of Central America," is devoted to a description of the Pyramids of Comalcalco, which must rank among the most stupendous monuments ever erected by man. Finally, Walt Whitman writes of "The Poetry of the Future." The Review will be furnished with GOOD HEALTH at the regular subscription price of the Review, which is \$5.00 a year.

## Publishers' Page.

An Eastern gentleman writes that he has found GOOD HEALTH of such value in his own family that he wishes to have it sent to a half dozen of his friends, and pays for the journal for them for 1881, in the hope that they will become permanent subscribers. Those who do this can have the journal at agents' rates, or 60 cts. a year.

New subscriptions are coming in with very unusual rapidity, and we are receiving from all sources the most flattering reports of the favorable reception given the journal wherever it is being introduced. We hope to be able to report before the end of 1881 the largest subscription list we have ever had. In order that we may do this we must have the co-operation of all the friends of the journal everywhere. GOOD HEALTH fills a sphere in the work of sanitary reform not filled by any other journal; and the publishers are determined that it shall maintain the position it has long held, at the head of all journals devoted to Domestic Hygiene.

Another edition of "Diphtheria" is being printed, and will be ready in a few days. This edition will be greatly improved by the addition of three colored plates, showing the throat in health, a throat affected by diphtheria, the animalcules in impure water, atmospheric germs, and the parasites believed by some to be the cause of this formidable and often fatal disease. We recently visited the State Institution for the Deaf and Dumb at Flint, Mich., where an epidemic of the disease prevailed which affected nearly one-half of the inmates of the institution, one hundred and sixteen cases having occurred. We were gratified to find that the matron had a copy of our little work on the treatment of the disease, and that so far as possible the same methods recommended were carried out. Not a single death occurred.

The portrait of Priessnitz, the founder of the Graefenberg water-cure, with the accompanying sketch of his life, which appears on the first page of this number, will be of special interest to many of our readers.

The reader's special attention is invited to the article on ventilation in this number, which is the conclusion of the able paper on this subject by the Rev. D. C. Jacobs, the first of which was published in the January number. The directions given are so very simple that any one can understand the plans suggested, and they are so easily applied that no house need be without them. We heard the author remark in a recent address that the total expense of apparatus for ventilating his own dwelling-house was about 75 cents. It is this kind of practical knowledge that the people are anxious to get, and we are endeavoring to supply this in GOOD HEALTH.

The Sanitarium crackers and other bakery goods are now becoming very popular. A line of health foods is now being prepared which will excel anything now in the market.

The "Home Hand-Book" is out at last, and orders are being filled as rapidly as possible. Those whose orders have been waiting for some time must still be patient for a time, as all cannot be supplied at once, and a few weeks will be required to complete and ship the several thousand copies of the book already ordered.

The complete book makes a volume of over 1600 pages, including the colored plates, of which there are twenty-two, together with nearly 550 cuts. The index includes about three thousand subjects. The work describes and prescribes simple measures of treatment for more than six hundred diseases and morbid conditions. It is, in fact, a perfect encyclopedia of what everybody should know about,—how to get well and keep well.

Those who wish the best paper published for their children, should subscribe for the *Youth's Instructor*, a weekly paper, the price of which is only 75 cts. a year. We know of no youth's paper which affords so much interesting and instructive matter for the price, as this. Published in this city.

We had the pleasure of a visit a few days since from our friend Prof. Abbott, president of the State Agricultural College, accompanied by Prof. Johnson, the new professor of agriculture. A farmers' institute was in session at the time, and was, we understand, very successful.

We recently rejected a barrel of syrup purchased for the Sanitarium, finding by examination that it contained a large percentage of corn-sugar, or glucose. The sirup was returned to Chicago, but the dealers insisted upon its purity, claiming that it was pronounced to be pure cane syrup by a trade expert. In order to confirm our analysis, we sent a specimen to our friend, Prof. Frank Kedzie of the State Agricultural College, who gave the syrup a careful analysis with the most approved tests, and reports that the specimen was fully one-third glucose. Nevertheless, we have little doubt but that the syrup in question is "pure cane sugar" in comparison with a large share of the stuff sold as such.

Messrs. Segner & Condit, who have been vigorously pushing the circulation of "Plain Facts for Old and Young" during the last year, are meeting with almost unparalleled success in this work. They are now selling several thousand copies of the work per month. Those who wish to engage in the sale of the book should address them at Burlington, Iowa.