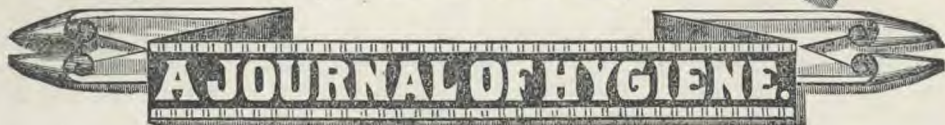


GOOD HEALTH.



MENS SANA IN CORPORE SANO.

VOL. 16.

BATTLE CREEK, MICH., MARCH, 1881.

NO. 3.

HYGIENE OF THE MUSCLES.

BY J. H. KELLOGG, M. D.

ILLUSTRATED.

THE wearing of clothing drawn tight about the waist, either with a corset or without, is attended with most serious evil consequences. Without dwelling upon the evils which result from the forc-



FIG. 1. A waist of natural shape.

ble displacement of important internal organs and the injury to the nervous system, the digestion, and sundry other evil consequences, we wish to call attention to the fact that continuous pressure upon these parts may cause such a degree of degeneration of the muscles of the chest as to seriously impair the breathing capacity. Unused muscles waste away, and when pressure is applied in addition, the wasting and degeneration become still

more marked. This is exactly what happens with those who wear their clothing tight about the waist. This is the reason why ladies who have been accustomed to wear corsets, declare so emphatically that they "could not live without them," that they feel when their corset is off as though they "should fall down into a heap."

The evidence of injury is complete; and



FIG. 2. A waist compressed by tight lacing.

is so universal that few women will venture to deny that the practice is harmful, but they try to shield themselves by declaring that they are sure *their* corset does them no harm, that it is very loose, etc., etc. We scarcely ever met a lady who would admit that *her* corset was tight, and we have had occasion to speak with hundreds of ladies on this point in making medical examinations. We read the other day in a newspaper of a young woman

who actually broke a rib in the attempt to gain another half-inch on her corset string. She well deserved the accident, no doubt; but the chances are ten to one that she would assert in the most positive terms, if expostulated with about the matter, that her corset was "quite loose," and to demonstrate the matter, would show you how much more she could pinch up if she tried, or something of the sort. The fact is, ladies do not really know when their clothing is tight about the waist and when it is loose. The tissues have been so long under pressure that they have lost a good share of their sensibility, and clothing really seems loose to them which to a man would be so uncomfortably tight as to make him utterly wretched.

Pantaloons made tight at the top are as harmful as tight dresses, as was well shown in the Russian army some years ago, when the evil of wearing pantaloons held up by a belt about the waist became so serious among the soldiers as to require interference on the part of the government. The men had become unable to endure marches of any distance; but upon being compelled to wear suspenders for the pantaloons, they speedily recovered.

ELASTICS.—The elastic bands worn upon the leg to keep the stocking in place, and sometimes used upon the arms to hold the sleeves up, are more harmful than is usually imagined. The long stockings worn by females bring the elastic just above the knee, where the large blood-vessels of the limb come near the surface and are in position to be compressed against the thigh bone in such a way as to impede the circulation. It is not to be wondered at that under these circumstances, in addition to the evil of thin stockings, and thin, tight, shoes, there should seem to be a necessity for artificial calves, which we are informed on credible authority have actually been employed. The stockings, as well as the other articles of clothing, should be suspended from the shoulders either by means of separate suspenders or by attachment to a waist with broad shoulder-bearings.

PULL-BACKS, LOW SHOULDERS, ETC.—The

following on this subject we quote from "Evils of Fashionable Dress":—

"Although the corset is the chief offender in constraining the healthy activity of the vital organs of the body, there are other modes of dress which deserve attention on account of their interference with some of the bodily functions. When the leaders of fashion decreed that the previously indispensable crinoline must be dis-

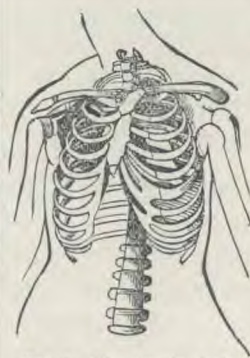


FIG. 3. The ribs in their natural position.

carded, the sensible part of the world rejoiced, thinking that Dame Fashion was really about to reform her ways. But such hopes were dashed to the ground when the present fashionable style of dress appeared. Formerly, fashionable ladies sailed along the streets like anima-

ted balloons, monopolizing the whole walk with their wide-spreading skirts. Now they have reached the opposite extreme, and we see them wriggling along like competitors in a sack-race. Indeed, it is a marvel how locomotion is a possibility, so greatly hampered are the limbs by numerous heavy skirts drawn tightly back and fastened at the sides. Anything like graceful walking is impossible. A Chinese wriggle is the result of the best attempt.



FIG. 4. Shows the distortion of the ribs produced by corset-wearing.

"The motions of the arms are curtailed to an almost equal extent by the fashion of the garments about the shoulders. They are so made that it is next to impossible for the wearer to extend the hand an inch above the head. The arms are actually pinioned. Why not have the shoulders of ladies' garments made like those of men, which allow perfect freedom of motion to

the arms? Some of the more recent fashions are adopting this style."

TIGHT SHOES.—We have already said so much on this subject that we scarcely need add anything here, except to say that the muscles of the feet suffer equally with the bones, perhaps more seriously, being more soft and yielding. We cannot find words to express our views of this foolish and absurd custom. There seems not the slightest excuse for it, except that Fashion dictates that woman must have a small foot; and if Nature has made such a terrible blunder as to give her one of decent size she must be tortured for the mistake for which she is not responsible, during the period of her natural—or rather her artificial—life. Fashion dictates a similar mandate in China, and the amount of suffering which the fashionable young women of that country are obliged to endure is even greater than in this country.

BAD POSITIONS.—Certain parts of the muscular system suffer seriously from the results of bad positions assumed in the different attitudes which may be taken in lying, sitting, standing, and walking; to these we wish to call especial attention.

Bad Positions in Sleeping.—As we spend one-third of our time in bed,—at least most



FIG. 5. Improper position in sleeping.

persons should do so,—it is of great importance that the right position should be assumed, so that no injury may be received through prolonged constraint in an injurious position. Another fact of importance which is worthy of consideration here, is that the process of repair goes on much more rapidly during sleep than at other times, and since the greater share of deposit of new material takes place at this time, it is obvious that any evil arising from an incorrect attitude will be rendered

more or less permanent, the individual growing out of shape during sleep.

We regard the old-fashioned bolster, not yet out of fashion we are sorry to say, as a most injurious article. When surmounted by a pillow, as it invariably is, the position designed for the head is elevated so high that the sleeper cannot possibly put himself into a physiological position if he attempts to use them. If he lies upon his back, he is sitting half upright, and his spine is curved posteriorly. Fig. 5. If he lies upon either side the spine will be



FIG. 6. Improper position in sleeping.

bent at a dangerous angle. Fig. 6. We have no doubt that thousands of cases of lateral curvature of the spine have been produced by sleeping with the head too much elevated.

A correct attitude in sleep is with the head and spine as nearly as possible parallel with the central line of the body. If the individual lies upon the back, no pillow at all, or a very thin one at most, should be employed. If he lies upon his side, a somewhat thicker pillow may be used, but only of sufficient thickness to raise the head to the axis of the body. Under no circumstances should bolsters be employed. The side seems to be the most natural position in which to lie in sleeping, and the right side should be chosen by preference, especially by those who eat late before retiring, as this position favors the passage of the food from the stomach through the pylorus.

IMPROPER ATTITUDES IN SITTING.—The distortions of the spine produced by improper positions in sitting are only in part due to the changes produced in the cartilages of the spinal column, which have been pointed out. At the same time that changes in the cartilage discs are being made, changes are also taking place in the

numerous muscles of the spine. When the body is bent out of its proper shape, while certain muscles are contracted, others are stretched beyond their natural length. If



FIG. 7. Improper attitude in sitting.

the tension is maintained but a short period, the natural elasticity of the muscle restores it to its natural length again, and so brings the body into proper position; but if it be prolonged, the tonicity of the muscular fibers is in some degree lost. They give up their elasticity

and become abnormally lengthened without power to return fully to their natural position. At the same time, the muscles which are contracted while the curved po-



FIG. 8. Improper attitude in sitting.

sition is maintained become by the exercise stronger than their antagonizing muscles, which are at the same time being weakened by want of use and abnormal stretching. Thus the evil results are doubled, and the curvature, which was at first a mere temporary evil, becomes permanently fixed in the body by unequal muscular contraction.—*Home Hand-Book.*

SWILL MILK.

NEAR the city of New York, there have been located for years immense distilleries, and in connection with them milch cows have been kept to consume the "swill" or residue left in the process of making beer, whisky, and other liquors. The milk of

these cows is sold to consumers in New York and adjacent cities, producing an amount of disease quite beyond estimation. The New York *Herald* has shown great enterprise in ferreting out these factories of disease, and has unsparingly exposed them. The following article on the subject was the cause of a recent suit for libel against the *Herald*, which was, however, decided against the plaintiff:—

"The *Herald* has described many swill milk establishments, but they all sink into insignificance before the last one visited. Crossing over the Greenpoint ferry and taking the road toward Queens County, one soon comes to the small hamlet of Blissville. It is mainly composed of cock-fighting hotels and shanties. It is situated upon Newtown Creek. Bordering on the creek, directly across and a little to the south of the bridge, there is a large distillery. The distillery proper is a mass of irregular buildings, with the usual large and high chimneys. To the west of the distillery, and divided from it by the Long Island Railroad, are three low sheds, with numerous small hovels and bins here and there along the sides.

"PEST DENS.

"The sheds are nearly two hundred feet long and fifty or sixty feet wide. One has a flat roof, and the roofs of the other two are peaked, with an abrupt slope. The interior of these sheds is divided into sections, and each section runs crosswise and has a door at each side of the building. Each section accommodates, by close packing, two rows of cattle, called by the owners milch cows. The space between the floor and the ceiling is about five or six feet. The ceiling is festooned with cobwebs, and the floor of the place is exceedingly filthy, being thoroughly charged with the discharge of the animals. The atmosphere, being thoroughly charged with ammoniacal gases, is almost stifling as one enters the villainous den.

"Dividing each so-called stall, there is a narrow passage-way that runs from one side of the shed to the other for the accommodation of the bipeds while they supply the swill. On each side of the

passage-way, there is a large trough, in which the feed is placed. The troughs are all slimy, and some appeared to be very rotten. Facing the trough, there is a row of cows on each side, thus making it easy to feed them. On the outer side of the sheds, there are a number of low hovels, some of which are filled with manure and some with milk cans. All the milk cans seen in these low hovels, were exceedingly dirty. Some milk cans were standing in front of the door; while some men were pushing out the manure some fell in the cans; the men picked the cans up and put them in their place, but neglected to wash them out.

"EIGHT HUNDRED COWS.

"Within the pest dens briefly described above, there are eight hundred cows in all stages of disease, but not one absolutely healthy. The animals are in a most frightful condition, and their looks would elicit the compassion of any one except an interested official or a swill milkman. They are all emaciated, with rough coats, and the manure was actually caked on their sides. No bedding is ever furnished them. When they wish to lie down, they are compelled to lie on the rotten and filthy floor in about half a foot of their own discharges. Not one large or fine, healthy looking animal could be seen among the 800. Stump tail cows could be found in abundance. The writer counted 400, and saw many more without noting it. These men, or brutes, chop off the festering tail of an animal and leave the bleeding stump to get well as best it may. While the tail is festering they force the lacteal secretion from her just the same. They have been known to run the colostrum, or the first milk from the cow after she has calved, with the other milk. Nearly as many cows were found without teeth as were found without tails, the hot swill they are compelled to live on soon destroying their one row—cows only have teeth in one jaw. Some cows had only one horn; perhaps the other had rotted off or had been knocked off. The hind hoofs of some appeared ready to drop off. They resembled the festered hoofs of a horse after he has

picked up a nail. It is wonderful that all the cows do not have the 'hoof rot' after standing on the floor for any length of time. It was an exception from the rule to find any without sores on their bodies. Many had great ulcers on their udders. Some had running sores on their sides or shins. There is only about two feet of space between the rumps of the two rows. Often their rumps touch. In fly-time the poor brutes without tails suffer all the miseries of the tormented in the next world. They have no tail to brush away the flies, and their bleeding sides are consequently black with them.

"The manure is all liquid, and it has the peculiar appearance and color which is characteristic of chronic enteritis. The manure is placed in large tubs and sold to the Long Island gardeners; not a particle of bedding could be found among it.

"SWILL.

"Between the distillery and the cow dens there is an open space bounded by some small shanties. In the center of the space, there are situated several large vats. The vats are built on heavy posts and are about twenty feet from the ground. The vats are for the purpose of receiving the boiling swill as it runs from the distillery. Three large pipes conduct the boiling swill from the distillery to the vats. A pipe connects with the bottom of each vat and opens into a large trough made out of two boards nailed together to form a right angled triangle. The large troughs connect with others situated on the outside of the sheds, along which they run for their entire length. The latter troughs empty into the troughs situated inside the sheds and out of which the animals feed. Feeding was going on at the time of the writer's visit, and he had a fine opportunity to inspect the swill. When the swill leaves the distillery, it is boiling hot. When it enters the feeding trough, it is 100 degrees Fahrenheit, having cooled somewhat by passing through the pipes, vats, and troughs outside. This swill is the very worst known, being the 'distillery waste' spoken of in the sanitary code. It is composed of the residue of whatever they are distilling,

and a liberal quantity of hot, dirty water added. The swill does not contain much solid matter, and, to use a nautical expression, one could see bottom in twenty fathoms if the water used to mix it had been clean. It is of about the color of dish-water. Beastly and filthy men, dressed in clothes filthier than their faces, if such a thing were possible, were in each passage-way directing the feeding of swill. Every few minutes they would shout at the famished animals, if they showed too much haste in endeavoring to get their boiling meal. If the shout was not sufficient, they showed no hesitation in belaboring the poor beast with heavy clubs, which amusement the two-legged hogs appeared to enjoy.

"The poor animals could not lap up the swill, so hot was it. They would dip in their tongue, draw it out rapidly, and then shake their heads to signify that it was too hot. They were packed so tight that when one shook her head, her horns would strike the neck of the one standing next. Some of the animals did not have the inclination—if they had the strength, which is doubtful—to get up from the filthy and disgusting floor to eat the repulsive food. If they did get up, it was perfectly sickening to see the liquid filth run from their sides.

"DEATH IN THE CAN.

"Upon the large vats, three men were standing, alternately stirring up the vile trash and turning on the taps as a wolf-like yelp came from the hovels to notify them that one trough was full of the milk-poisoning mess. The sour odor of the slop as it poured through the troughs almost made one sick. Several wagons, drawn by apologies for horses, and a swill cart lashed crosswise on them, drove under the vats and loaded up with the poison to cart away to some cows in the neighborhood. Boys would come with goat wagons, on which there would be two or three milk cans, the cans would be filled, and the boys would depart with poison for other cows. These people put milk in the same cans and sell it to mothers! The hot poison was not only put into the cans on the goat wagons, but

some cans about the place were rinsed out with the fearful mixture. All seemed to revel in the swill and filth.

"If some of the city practitioners would go to this place, they would no longer be in doubt as to the cause of the death of children in many cases. How could the brutes expect the cows to be healthy when they only fed them upon the filthy, boiling mess? The cows confined in the Blissville distillery never smell of any food except the poisonous swill. The hot mess produces all manner of diseases of the alimentary canal. It destroys the mucous membrane of their stomachs, and when that is once destroyed, how can digestion go on? It is impossible for a cow to give healthy milk if her tissues are poisoned with such unwholesome food."

BREAD-MAKING.

BY MRS. M. H. FRANCE.

WEBSTER defines bread to be "a mass of dough, made by moistening and kneading, and usually fermenting, the flour or meal of some species of grain, and baked in an oven or pan." Its preparation, as an article of food, dates from the time when Adam and Eve constituted the first household. Then Adam, for his transgression of the law of the Most High, was condemned to "eat bread in the sweat of his face, till he should return unto the ground again," and was compelled to cultivate the grains for this purpose. Bread became not only a luxury to antediluvians, but a necessity of their natures.

The second time that bread is mentioned in the Holy Scriptures, is in Gen. 14: 18, when Abraham pursued after those who had despoiled and taken prisoner his nephew Lot. After rescuing Lot, and while returning toward his own country with triumph and rejoicing, Melchizedek, the King of Salem and priest of the Most High God, went out to meet Abraham, and set bread and wine before him and blessed him. Again, we find in Gen. 18: 5, that Abraham was sitting in his tent door, during the heat of the day, on the plains of Mamre, and three angels stood before him. With that unbounded hospitality which,

as with the Arabs, immediately on greeting a guest, first provides water to wash the feet and then prepares food, Abraham, offering water, said: "Wash your feet, and I will fetch a morsel of bread, and comfort ye your hearts." Then, probably, with a start, recollecting that he ate the last piece of the family loaf for his dinner, Abraham hastened into the tent unto Sarah and said, "Make ready quickly three measures of fine meal, knead it, and make cakes upon the hearth," and she obeyed.

Bread figures again conspicuously in one of the grandest events mentioned by scriptural history, in the maintenance of the wife's authority and supremacy in her own household. When Sarah became weary of having Abraham so intimate with Hagar, the hired girl, she resolved that it should cease. She commanded Abraham to send her away; and although it was very grievous to the old patriarch not to see the pleasant countenance of Hagar in his family, he acceded to Sarah's stern demands, and Hagar with her son Ishmael were driven forth from the homestead, and some bread and a bottle of water were given to her for their journey.

After this, bread is frequently mentioned in the Old Testament, and was evidently highly esteemed by the ancients. Twelve loaves of shew-bread was one of the sacred offerings, and was placed in the outer court of the Jewish sanctuary, to remain there untouched one day, and the next to be eaten by the priests only. When the people were disobedient and stiff-necked, the Lord threatened to break the staff of this bread, or destroy the grain from which their bread was made, showing the importance of this food in the estimation of the Jews.

Of all the preparations of food mentioned in use among the ancients, none were so indispensable, though ever so rudely manufactured, as that of bread; and to this day among those people who are unable to procure our choicely-cultivated cereals, substitutes which we would pronounce unpalatable and indigestible, are used to satisfy hunger.

In sacred history, we learn that the corn,

or grain, employed in bread-making, was of various kinds; the best bread was made of wheat, which, after being ground, produced the flour or meal, and when sifted, the "fine flour" usually employed in the sacred offerings and in the meals of the wealthy.

Barley was used only by the very poor, or in times of scarcity. "Spelt," a species of grain, the *triticum spelta*, much cultivated among some nations, was also used both in Egypt and in Palestine.

Lentils, of which there were three or four varieties, were highly esteemed, and bread made from them is still eaten by the poor in Egypt. The carob fruit, by the monks is called St. John's bread, they alleging that this was the "locust" that formed a part of the Baptist's food.

Descending to more modern times, we learn that the North American aborigines, although deeming the cultivation of the soil a degrading occupation for the men of the tribes, required it performed, as far as practicable, by the old squaws and the children. Their staple crop was maize, or Indian corn, from which, among the many palatable and nutritious dishes manufactured, was corn pounded in a mortar, then sifted through a basket and made into ash-cakes called "sup-pann."

Our Puritan mothers' bill of fare was frugal as well as wholesome, with bread generally made from corn, barley, or rye meal, and if the diet was rather farinaceous than animal, there was less demand for medicine, and a larger, long-lived growth of men and women than in these degenerate days of luxury and "Dennis-Kearney progress." The sun-flower was cultivated for its seeds, from which bread was made.

Earth-bread is made from a white earth in Upper Lusatia, formerly a part of Germany, but now under the rule of Prussia, and the poor of that region use this bread in times of scarcity. The earth is dug from a hill where saltpetre was once manufactured. When laid in the sun until heated, it cracks, and globules like meal exude from it. These are mixed with a little flour and soon ferment, and is then baked. It is supposed that the saltpetre

or soda in this earth gives it lightness. Something similar to it is found in Catalonia, and is also used for bread. It is affirmed that in cases of extreme need, many have lived on this bread for weeks without experiencing any injury.

Soft stones were ground and made into bread in the late famine in India, to prolong, if possible, the lives of that stricken people.

Fish-bread is still used in Iceland, Lapland, Crim-Tartary, and other places far north. The fish is first dried, then beaten to fine powder; and sometimes the inner bark of some of the trees of that region is mixed with it, and then wet and made into bread and cakes.

Moss-bread is manufactured in Iceland, from the reindeer moss or *lichen rangiferinus*, which, toward the month of September, becomes soft, tender, and damp, with a taste like wheat bran. This moss contains a large quantity of starch, and the Icelanders gather it in the latter part of the summer season, thoroughly dry it, then grind into meal; and bread, gruels, and pottages are made with it. The want of better grain frequently compels the poor Icelanders to bake a kind of bread from the seeds of the sand-reed, *elymus arenarius*, which on their shores are merely eaten by the birds of passage.—*Millstone*.

FIGS.

FIGS have been used in the East as an article of food from time immemorial. The flowers of the fig, unlike those of most fruit-trees, make no outward appearance, but are concealed within the fruit. Under favorable circumstances, a fig or two is formed along the shoots at the base of almost every leaf, and the quantity that sometimes attains maturity is enormous. The drying is easily effected in warm climates by exposure to the sun's rays, in the same way as grapes are dried, which are called from the circumstance raisins of the sun. Like the grape, the substance of the fig abounds in what is termed grape-sugar. In drying, some of this exudes, and forms that soft and white powder which we see on the imported figs. They are thus preserved

in their own sugar, and are rendered fit for storing up as an article of food. In warm climates, two crops of fruit are produced from the fig-tree, each crop being produced on distinct sets of shoots. The second crop grows from the eyes or buds of the shoots made in early summer, and if the season be sufficiently warm and long, the fruit will ripen. In such a climate it is the second crop that is the most prolific and valuable, and that is used for drying for exportation. In climates where the winters are severe, the trees are so trained that the branches can be tied in bundles and laid along the ground, when they are covered with litter and earth.

PHYSICAL EDUCATION.

BY FELIX L. OSWALD, M. D.

UNDER all circumstances, make a firm stand against the POISON HABIT. It is best to call things by their right names. The effect upon the animal economy of every stimulant is strictly that of a poison, and every poison may become a stimulant. There is no bane in the South American swamps, no virulent compound in the North American drug-stores—chemistry knows no deadliest poison—whose gradual and persistent obtrusion on the human organism will not create an unnatural craving after a repetition of the lethal dose, a morbid appetency in every way analogous to the hankering of the toper after his favorite tippie. Swallow a table-spoonful of laudanum or a few grains of arsenious acid every night: at first your physical conscience protests by every means in its power; nausea, gripes, gastric spasms, and nervous headaches warn you again and again; the struggle of the digestive organs against the fell intruder convulses your whole system. But you continue the dose, and Nature, true to her highest law to preserve life at any price, finally adapts herself to an abnormal condition,—adapts your system to the poison at whatever cost of health, strength, and happiness. Your body becomes an opium-machine, an arsenic-mill, a physiological engine moved by poison, and performing

its vital functions only under the spur of the unnatural stimulus. But by-and-by the jaded system fails to respond to the spur, your strength gives way, and, alarmed at the symptoms of rapid *deliquium*, you resolve to remedy the evil by removing the cause. You try to renounce stimulation, and rely once more on the unaided strength of the *vis vitæ*. But that strength is almost exhausted. The oil that should have fed the flame of life, has been wasted on a health-consuming fire.

Before you can regain strength and happiness, your system must *re-adapt* itself to the normal condition, and the difficulty of that re-arrangement will be proportioned to the degree of the present disarrangement; the further you have strayed from Nature, the longer it will take you to retrace your steps. Still, it is always the best plan to make your way back somehow or other, for, if you resign yourself to your fate, it will soon confront you with another and greater difficulty. Before long, the poison-fiend will demand a larger fee; you have to increase the dose. The "delightful and exhilarating stimulant" has palled, the *quantum* has now to be doubled to pay the blue-devils off; and to the majority of their distracted victims, that seems the best, because the shortest, road to peace. Restimulation really seems to alleviate the effects of the poison-habit for a time. The anguish always returns, and always with increased strength, as a fire, smothered for a moment with *fuel*, will soon break forth again with a fiercer flame.

By these symptoms, the disease of the poison-habit may be identified in all its disguises; for the self-deception of the poor lady who seeks relief in a cup of the same strong tea that has caused her sick-headache, is absolutely analogous to that of the pot-house sot who hopes to drown his care in the source of all his misery, or of the frenzied opium-eater who tries to exorcise a legion of fiends with the aid of Beelzebub. There are few accessible poisons which are not somewhere abused for the purpose of intoxication: the Guatemalan Indians fuddle with hemlock-sap, the Pe-

ruvians with *coca*, the Tartars with fermented mare's milk, the Algerians with hasheesh; but, wherever men have dealings with the "fiend that steals away their brains," there are always Ancient Iagos who mistake him for a "good familiar creature," till he steals their health and wealth as well as their wits. Their woes are not the penalty of their persistent blindness, but of their first open-eyed transgression.

There is a Spanish proverb to the effect that it is easier to keep the devil out than to turn him out, and many dupes of the Good Familiar would actually think it an ingratitude to turn him off; but they should have known better than to admit him when he presented himself with horns and claws. To a normal taste, every poison is abhorrent, and with the rarest exceptions the degree of the repulsiveness is proportioned to that of the virulence. In the mouth of a healthy child, rum is a liquid fire; beer, an emetic; tea and coffee, bitter decoctions; tobacco-fumes revolt the stomach of the non-*habitué*. Only blind deference to the example of his elders, will induce a boy to accustom himself to such abominations; if he were left to the guidance of his natural instincts, intoxication would be anything but an insidious vice.

With all its ramifications, the poison-habit is a upas-tree which has polluted the well-springs and tainted the very atmosphere of our social life. The woe which the human race owes to alcohol alone, is so far beyond description that I will here only record my belief that its total interdiction will form the first commandment in the decalogue of the future. The power of prejudice has its limits. No man, possessed of a vestige of common sense, can read the scientific literature that has accumulated upon the subject, and doubt that even the moderate use of distilled liquors as a beverage amply justifies the belief in the existence of unqualified evils. The effects of tea and coffee drinking are also well understood, but I must call attention to an often overlooked though most important feature of the habit—its progressiveness. The original moderate *quan-*

tum soon palls, and it is this craving of the system for the same degree of stimulation which leads us to Johnsonian excesses or to the adoption of a stronger stimulant. Men generally prefer the latter alternative. Coffee, tea, and tobacco pave the way to opium in the East and to Alcohol in the West. The same holds true of pungent spices. Pepper and mustard form the vanguard of the poison-fiend. They inflame the liver, produce a morbid irritability of the stomach, cause numerous functional derangements by impeding the process of assimilation, and thus become auxiliary in expediting the development of the poison-habit. Whatever irritates the digestive organs or unusually exhausts the vital forces tends to the same effect. Besides, they blunt the susceptibility of the gustatory nerves, and thus diminish our enjoyment of the simple viands that should form our daily food. In trying to heighten that enjoyment, the surfeited gastronome defeats his own purpose: all sweetmeats pall; the most appetizing dishes he values only as a foil to his caustic condiments, like the Austrian peddler who trudges through the flower-leas of the Alpenland in a cloud of nicotine, and to whom the divine afflatus of the morning wind is only so much draught for his tobacco-pipe.

With a single and not quite explained exception, man is the only animal that resorts to stimulation: a few ruminant mammals—cows, sheep, and deer—pay an occasional visit to the next salt-lick. The carnivora digest their meat without salt; our next relatives, the frugivorous four-handers, detest it. No tone of the countless tonics, cordials, stimulants, pickles, and spices, which have become household necessities of modern civilization, is ever touched by animals in a state of nature. A famished wolf would shrink from a "deviled gizzard." To children and frugivorous animals our pickles and pepper-sauces are, on the whole, more offensive than meat, and therefore, probably more injurious. To savages, too.

In the summer of 1875 I stood one evening near the quartermaster's office at Fort Wingate, New Mexico, when two

Kiowa Indians applied for permission to water their famished horses at the Government cistern, offering to accept that boon in part payment of a load of brush-wood which they proposed to haul from the neighboring *chaparral*. The fellows looked thirsty and hungry themselves, and, while the quartermaster ratified the wood-bargain, one of the officers sent to his company quarters for a lunch of such comestibles as the cooks might have on hand at that time of the day. A trayful of "Government grub" was deposited on the adjacent cord-wood platform, and the Indios pitched in with the peculiar appetite of carnivorous nomads. A yard of commissary sausage was accepted as a tough variety of jerked beef; yeasted and branless bread disappeared in quantities that would have confirmed Dr. Graham's belief in natural depravity; they sipped the cold coffee and eyed it with a gleam of suspicion, but were reconciled by the discovery of the saccharine sediment, and the cook was just going to replenish their cups when the senior Kiowa helped himself to a vinegar pickle, which he probably mistook for some sort of an off-color sugar-plum. He tasted it, rose to his feet, and dashed the plate down with a muttered execration, and then clutched the prop of the platform to master his rising fury. Explanations followed, and a pound of brown sugar was accepted as a peace-offering, but the children of Nature left the post under the impression that they had been the victims of a heartless practical joke. "Out on their breechless souls, they don't know what's good for them!" was the cook's comment, which I should indorse if his guests had been in need of a blister. A slice of a peppered and allspiced vinegar pickle will blister your skin as quick as a plaster of Spanish flies. The lady-friends of Dio Lewis have promised us an "Art of Cookery for Total Abstainers," and, if the book should correspond to the title, I would suggest a motto: "No spice but hunger; no stimulant but exercise."

By avoiding pungent condiments we also obviate the *principal cause of gluttony*. It

is well known that the admirers of lager-beer do not drink it for the sake of its nutritive properties, but as a medium of stimulation, and I hold that nine out of ten gluttons swallow their peppered *ragoûts* for the same purpose. Only natural appetites have natural limits. Two quarts of water will satisfy the normal thirst of a giant, two pounds of dates his hunger after a two days' fast. But the beer-drinker swills till he runs over, and the glutton stuffs himself till the oppression of his chest threatens him with suffocation. Their unnatural appetite has no limits but those of their abdominal capacity. *Poison-hunger* would be a better word than appetite. What they really want is alcohol and hot spices, and, being unable to swallow them "straight," the one takes a bucketful of swill, the other a potful of grease into the bargain.

But gluttony has one other cause—involuntary cramming. Fond mothers often surfeit their babies till they sputter and spew, and it is not less wrong to force a child to eat any particular kind of food against his grain, in disregard of a natural antipathy. Such aversions are allied to the feeling of repletion by which Nature warns the eater to desist, and, if this warning is persistently disregarded, the monitory instinct finally suspends its function; overeating becomes a morbid habit, our system has adapted itself to the abnormal condition, and every deviation from the new routine produces the same feeling of distress which shackles the rum-drinker to his unnatural practice. Avoid pungent spices, do not cram your children against their will, and never fear that natural aliments will tempt them to excess. But I should add here that of absolutely innocuous food—ripe food and simple farinaceous preparations—a larger quantity than is commonly imagined can be habitually taken with perfect freedom from injurious consequences. On the Upper Rhine they have *Trauben-Curen*—sanitaria where people are fed almost exclusively on ripe grapes in order to purify their blood. The grapes generally used for this purpose are of the variety known as Muskateller, with

big, honey-sweet berries of a most enticing flavor. "Doesn't such physic tempt your patients?" I asked the manager of a famous Trauben-Cure; "don't they dose themselves to a damaging extent?" His answer surprised me. "Damaging? Yes, sir," said he, "they damage my pocket, some of them do, though I charge them three florins a day, lodgers five. They cannot damage *themselves* by eating Muskateller."

Never stint the supply of fresh drinking-water. The danger of water-drinking in warm weather has been grossly exaggerated. Cold water and cold air are the two scapegoats that have to bear the burden of our besetting sins. There is, indeed, something preposterous in the idea that Nature would punish us for indulging a natural appetite to its full extent. Sheep that have been fed on dry corn-husks all winter sometimes break into a clover-field and eat till they burst; but who ever heard of a dyspeptic bear, or of an elk prostrated by a fit of gastric spasms? And yet we need not doubt that wild animals eat while their appetite lasts. If we lock them up and deprive them of their wonted exercise, their appetite, too, diminishes. In short, as long as we confine ourselves to our proper diet, our stomachs never call for more than we can digest. There are things that have to be eaten in homeopathic doses to prevent surfeit, but respecting such stuff (Limburger, caviare, etc., I would say, as of spices and alcohol), abstinence is better than temperance. In convivial neighborhoods sporadic cases of surfeit are almost as unavoidable as Christmas dinners and school picnics; but their effects are as transient as their causes. For children, a nearly infallible peptic corrective is a *fast day passed in cheerful out-door exercise*. By a curious law of periodicity, the mind will stray to the dining-room when the wonted meal-time comes around, even if genuine appetite does not return with that hour; but fishing, hunting, and ball-playing divert our thoughts from such channels, and, returning late in the evening from a good day's sport, the periodicity of bedroom-thoughts, aided by fatigue,

overcomes the latent craving for food without the least effort. Try the experiment.

Want of appetite is not always a morbid symptom, nor even a sign of imperfect digestion. Nature may have found it necessary to muster all the energies of our system for some special purpose, momentarily of paramount importance. Organic changes and repairs, teething, pleuritic eruptions, and the external elimination of bad humors (boils, etc.), are often attended with a temporary suspension of the alimentary process. The instinct of domestic animals thus generally counteracts the influence of abnormal circumstances. As a rule, it is always the safest plan to give Nature her own way, and was thus proved even in the extreme cases of more than one *bona fide* fasting girl, whose system, for recordite reasons of its own, preferred to subsist on air for weeks and months together.

In regard to the quality of food, too, there are intuitive dislikes which should not be disregarded, because they cannot always be accounted for. I do not say *likes and dislikes*; a child's whimsical desire to treat innutritious or injurious substances as comestibles should certainly not be encouraged as long as its hunger can be appeased with less suspicious aliments. For it is a curious fact that *all* unnatural practices—the eating of indigestible matter as well as of poisons—are apt to excite a morbid appetency akin to the stimulant habit. The human stomach can be accustomed to the most preposterous things. The Otomaes, of South America, whose forefathers in times of scarcity may have filled their bellies with loam, are now afflicted with a national *penchant* for swallowing inorganic substances. In New Caledonia, *habitués* often eat as much as two pounds of ferruginous clay a day, and a similar stuff is sold in the markets of Bolivia, and finds eager purchasers, even when better comestibles are cheaper. Professor Ehrenberg procured a sample of this clay which was supposed to contain organic admixtures or some kind of fat; but his analysis proved that it consists of talc, mica, and a little oxide of iron. According to Malte-Brun, the Lisbon lazzaroni

chew all day long the insipid, leathery kernels of the carob-bean (*Mimosa silica*), and the most popular "chewing-gum" is said to be composed chiefly (not entirely, I hope), of resin, paraffine, and triturated caoutchouc! Still, Ehrenberg's analysis makes stranger things credible. I do not doubt that a man might contract a habit of swallowing a couple of slate-pencils or a dime's worth of shoe-strings every morning.

But an innate *repugnance* to a special dish, or even to a special class of aliments, may be indulged very cheaply, and certainly very safely, as long as there are other available substances of the same nutritive value. Abnormal antipathies may indicate constitutional abnormalities, and among the curious cases on record there are some which clearly preclude the idea of imaginative influences. I knew a Belgian soldier on whom common salt, in any combination, and in any dose exceeding ten pennyweights, acted as a drastic poison, and thousands of Hindoos cannot taste animal food without vomiting. Similar effects have obliged individuals to abstain from onions, sage, parsnips, and even from Irish potatoes. Dr. Pereira mentions the case of an English boy who had an incurable aversion to mutton: "He could not eat mutton in any form. The peculiarity was supposed to be owing to caprice, but the mutton was repeatedly disguised and given to him unknown; but uniformly with the same result of producing violent vomiting and diarrhea. And from the severity of the effects, which were in fact those of a virulent poison, there can be little doubt that, if the use of mutton had been persisted in, it would soon have destroyed the life of the individual."*

It may be considered as a suggestive circumstance that the great plurality of such instinctive aversions relate either to stimulants or to some kind of animal food. To one person whose stomach cannot bear bread or apples, we shall find a thousand with an invincible repugnance to pork, coffee, and pungent condiments. It is also

*Pereira, "Treatise on Food and Diet," p. 242.

certain that, by voluntary abstinence from all such things, the vigor of the alimentary organs can be considerably increased. The Danish sailors whom the Dey of Algiers had fed on barley and dates for a couple of months, found that after that they "could digest almost anything." †

By adopting an absolutely non-stimulating, chiefly vegetable diet, combined with active exercise in open air, the most dyspeptic glutton can cure himself in the course of a single season, and by the same means every boarding-school might become a dietetic sanitarium.—*Popular Science Monthly.*

PURE WATER.

GOD never gave us the intoxicants. None of them are of his making. He mingles the pure gases together and produces pure water. Then he pours it into the rock basins of the sea while he purifies it. Then he divides it into pieces of vapor so small as to defy the vision, and lifts them with the gentle arm of the winds into the firmament. When every particle is examined through the clear glass of sunlight, purifying them with its glory, he puts them into the pools of the clouds, where he rounds them into drops and pours them down upon the earth in showers for the drinking of its flora. Some of these particles he folds around with the cold, forming them into beautiful snow crystals, and laying them down upon the tops of the mountains, where he sends the sun to kiss them into a wakening of warmth and life. Then they go down that mountain side in the sportiveness of gladdened childhood; they leap into cascades; they rush over the rocks, foaming with laughter; they hide among the bushes; they disappear in the streamlets; they murmur in the fern fringes of their margins; they find the hidden paths of nature and go secretly down to the mountain's foot, where they bubble their joy in springs, or seclude themselves in the cool, damp cellars of the earth, which he has masoned into reservoirs, till the wells go down to them and bring them up for the cooling and the sustenance of life.

For luxuries he puts to the mouths of roots this pure elixir, and pours it through the sap

veins into the fruit of the grape, and the berry, and the peach, and all the myriad forms of life. For our sense of beauty he causes it to diamond the dew-drop, and sapphire the rain-fall, and flash in the streamlet, and sparkle in the cascade, and whiten in the waterfall, and color in the rivers, and emerald in the ocean—shimmering everywhere in the blushes of silvery gladness over the sun-smiles of our blessed Creator.

Beyond us the one deep curse of the lost world is that there is "not a drop of water." In the first Eden there was a stream in its center which parted into four heads, so that in every direction the eye rested on water. In the Eden which is to come, the river of the water of life is its greatest attraction. For the angels, who are at home in the other world, there flows from beneath the throne a pure river of water, clear as crystal, for the refreshing of their glory.

Everywhere water; never once a rotten fermentation.—*A. E. Ballard.*

ODE TO COLD WATER.

BY ELD. D. A. ROBINSON.

WHAT is it God has made for man,
To give him strength, to cool his brain,
To quench his thirst, his life sustain?
Cold water.

What was it in the wilderness,
When God his people deigned to bless,
He sent to keep them from distress?
Cold water.

When Moses by the rock did stand
With rod uplifted in his hand,
Outgushed the streams at God's command,
Of cold water.

What was it in the days of yore
The prophet said would prove a cure
To Naaman, of the plague he bore?
Cold water.

For what did Daniel make request,
When he with others stood the test,
And at the last were called the best?
Cold water.

What is it to a thirsty soul
That's like good news from either pole,
Revives his spirit, makes him whole?
Cold water.

What would you substitute for tea?
Ah, that's the point so hard to see:
Pray tell the name of it to me.
Why, just cold water.

And as for coffee, that's the same,
It tends the system to inflame;
So here, my friend, just sign your name
Forevermore, cold water.

† Wodderstadt, "On Yellow Fever," p. 72.

LITERARY MISCELLANY,

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

SLIPPING AWAY.

They are slipping away,—these sweet, swift years,
Like a leaf on the current cast;
With never a break in their rapid flow,
We watch them as one by one they go
Into the beautiful past.

As silent and swift as a weaver's thread,
Or an arrow's flying gleam;
As soft as the languorous breezes hid,
That lift the willow's long, golden lid,
And ripple the glassy stream.

As light as the breath of the thistle-down,
As fond as a lover's dream;
As pure as the flush in the sea-shell's throat,
As sweet as the wood-bird's wooing note,
So tender and sweet they seem.

One after another we see them pass,
Down the dim-lighted stair;
We hear the sound of their steady tread
In the steps of the centuries long since dead,
As beautiful and as fair.

There are only a few years left to love.
Shall we waste them in idle strife?
Shall we trample under our ruthless feet
These beautiful blossoms, rare and sweet,
By the dusty way of life?

There are only a few swift years—ah, let
No envious taunts be heard;
Make life's fair pattern of rare design,
And fill up the measure with love's sweet wine,
But never an angry word!

—*National Repository.*

THE WIFE'S WAGES.

"WELL, Nettie, what do you want?" said Mr. Jarvis to his wife, who stood looking rather anxiously at him after he had paid the factory hands their week's wages.

"Why, Donald," said she, "I thought as I had worked for you all the week, I would come for my wages too. You pay Jane two dollars a week, surely I can earn that, and I would like very much to have it as my own."

"Pshaw, Nettie, how ridiculously you talk! You know that all I have belongs to you and the children—and don't I furnish

the house and everything? What under the sun would you do with the money if you had it?"

"I know, Donald, that you buy the necessaries for us all, and I am willing that you should do so still, but I should like a little money for my very own. We have been married for fifteen years, and in all that time I do not seem to have earned a dollar. As far as money is concerned, I might as well be a slave. I cannot buy a quart of berries nor a book, without asking you for the money, and I should like to be a little more independent."

Mr. Jarvis, proprietor of Jarvis Mills, worth hundreds of thousands of dollars, laughed derisively.

"You're a fine one to talk of independence," he said. "If you should start out to make your own living, you'd fetch up in the poor-house soon enough, for what could you do to earn a living? The girls in the factory know how to do their work, and they earn their wages. When I have paid them, my duty is done; but I have to board and clothe you, and to take care of you when you are sick. And if I had to do that for the girls, they would have precious little money left, I can tell you."

"Donald, I gave up a good trade when I married you. For five years I had supported myself by it, and many a time since have I envied myself the purse of those days. As for my not earning anything, now I leave it to you to say whether it would be possible to hire another to take my place; and how much would it cost you to do without me a year? I know the girls have little left after paying their expenses, but they enjoy that little very much. Allie Watson supports herself and mother with her wages, and they both dress better than I do. Jennie Hart is helping her father pay off the mortgage on his farm, and she is so happy that she can do so. Even Jane, the kitchen girl, has more freedom than

I, for out of her own money she is laying by presents for her relatives, and will send them Christmas, as much to her own pleasure as theirs. Yesterday an Indian woman was at the house with such handsome bead-work to sell, and, although I wanted some money very much, I had not a dollar. I felt like crying when Jane brought in her week's wages and bought half a dozen articles that I really wanted. You often say that all you have is mine, but five dollars would have given me more pleasure yesterday than your hundreds of thousands of dollars' worth of property did."

"No doubt of that, Mrs. Jarvis. You have no idea of the value of money, and would have enjoyed buying a lot of bead trash that wouldn't be worth a cent to anybody. Jane needs a guardian if she fools away her money like that. She will be in the county-house yet if she don't look out. It's lucky that men do hold the money, for there's not one woman in a hundred who knows how to use it."

"For shame, Donald Jarvis! You know better! Look at Jerry and Milly Craig will you, and say that he makes the best use of his money. She is at home with her parents every night, making her wages go as far as possible toward making them comfortable, while he is carousing in the village, wasting his time and money, and making a brute of himself besides. And why does Mrs. Satron come to receive her husband's wages herself? Simply because he cannot get by the saloon with money in his pocket, and if she did not get the money they would all go hungry to bed the day after his wages are paid. And I believe that every woman who earns money here spends it as wisely as the average of men, and I have yet to hear of one of them being in debt."

Mr. Jarvis knew that he could not gainsay a word his wife had said, for they were all true. Luckily he thought of Jane.

"Well, how much do you suppose Jane will have left when New Year's comes? If she should get sick, how long could she pay for such help as you have?"

"It is not likely that she will lay up many dollars out of a hundred a year; but she is laying up something better, I think. Last

winter she sent her mother a warm shawl and a pair of shoes, and to her brother and sister money to buy new school books; and the warm, loving letters they send to her do her more good than twice the amount of money in the bank would. This year she is laying by a number of useful and pretty things for them, and if any misfortune should happen to Jane they would only be too glad to help her."

"Well, who do you suppose would help you if you needed help?" said Mr. Jarvis, for want of a better question. Mrs. Jarvis' eyes sparkled angrily as she answered,—

"Nobody. If you should lose your property to-day I should be a beggar, without a claim on any one for help. You have always held your purse-strings so tightly that it has been hard enough to ask for my own necessities, leaving others out altogether. Many a time a dollar or two would have enabled me to do some poor man or woman untold good; but although you have always said that all your property was mine, I never could and cannot now command a dollar of it."

"Lucky you couldn't; if you wanted to spend it on beggars."

"Donald, you know that I would spend money as wisely as you do. Who was it that only last week gave a poor, lame beggar five dollars to pay his fare to Burton, and then saw him throw his crutches aside and make for the nearest saloon! Your wife could do no worse if trusted with a few dollars. You say that the money is all mine, yet you spend it as you please, while I cannot spend a dollar without asking you for it and telling you what I want it for. Any beggar can get it in the same way. Christmas you bought presents for us, and expected us to be very grateful for them. A shawl for me, of the very color that I cannot wear, a set of furs for Lucy that she did not need, a drum for Robin that has been a nuisance ever since, and a lot of worthless toys that were all broken up within a week. There were forty or fifty dollars of my money just the same as thrown away; yet when I ask you to trust me with two or three dollars a week, you cannot imagine what use I have for it, and fear it will be wasted."

"Well," snapped the proprietor, "I guess

it is my own money, and I can spend it as I please. I guess you'll know it, too, when you get another present."

"Oh, it's your money, then? I understood you to say it was all mine, and intended to protest against your spending it so foolishly. If it is your own, of course you have a right to spend it as you please; but it seems to me that a woman who left parents, brothers and sisters, and all her friends, to make a home for you among strangers, a woman who has given her whole life to you for fifteen years, might be looked upon with as much favor as you give to beggars, who are very likely to be impostors. I know that you seldom turn them off without help. Perhaps I might be more successful if I appealed to you as a beggar. I might say, Kind sir, please allow me out of your means a small pittance for my comfort. It is true I have enough to eat, and do not suffer for clothing; but although I work for my master from morning till night, and, if his children happen to be sick, from night until morning again, yet he does not pay me as much as he does his cook, and I am often greatly distressed for want of a trifling sum which he would not mind giving to a perfect stranger. The other day while he was from home, I had to go to the next station to see a dear friend who was ill, and not having a dollar of my own, I was obliged to borrow the money from his cook. I was so mortified! And not long since the berry woman came with such nice berries to sell, and my little girl, who was not well, wanted some very badly, but I had not even five cents to pay for a handful for her. Yesterday a friend came to me to assist in a work of charity. It was a worthy object, and I longed so much to give her a little money for so good a purpose, but though the wife of a rich man, I had no money. Of course, I might ask my husband for money, and if I told him all about what I wanted with it, and he approved of my purpose, and was in good humor, he would give it to me; but, sir, it is terribly slavish to have to do so, even if I could run to him every time I wanted anything. People say I am a fortunate woman because my husband is rich; but I often envy the factory girls their ability to earn and spend their own

money. And sometimes I get so wild thinking about my helplessness, that if it was not for my children, I think I should drop into the river and end it all."

"Nettie! Nettie Jarvis! What are you saying?" cried the startled husband at last, for the far-away look in her eyes as if she did not see him, but was looking to some higher power to help her, touched his pride if it did not his heart, for he had a good deal of pride in a selfish sort of way. He was proud to be able to support his family as well as he did. He was proud to think he did it himself. He was proud that when his children needed new shoes he could tell his wife to take them to Crispin's and get what they needed. He did it with a flourish. He was not one of the stingy kind—he liked to spend money; and when Nettie, who was once the most spirited young lady of his acquaintance, came meekly to him for a dress or cloak, he was sometimes tempted to refuse her money just to show her how helpless she was without him. Yes, he was proud of his family, and wanted them to feel how much they depended upon him. He would have felt aggravated if any one had left his wife a legacy, thus allowing her to be independent of his purse. The idea of her earning money as the other work-folks did, never entered his mind. He "supported her," that was his idea of their relations. He never had happened to think that it was very good of her to take his money and spend it for the good of himself and his children. He never had thought that any other woman would have wanted big pay for doing it. He had even thought himself very generous for allowing her money to get things to make the family comfortable. Things began to look differently to him just now. Could it be that he was not generous—not even just—to his wife! Had he paid her so poorly for her fifteen years of faithful labor for him that if she had been obliged to begin the world for herself that day, it would have been as a penniless woman, notwithstanding the houses, the lands and mills that he had so often told her were all hers; for he knew, as every one else did, that not one dollar of all he had would the law allow her to call her own.

How fast he thought, standing there at

the office window, looking down at the little houses where the mill hands lived. Could it be possible that his wife envied them anything? Could it be that he was not as good a man as he thought? He had felt deeply the wrongs of the slaves, whose labors had been appropriated by their masters; and when a negro who had worked twenty years for his master before the emancipation had freed him, came to Jarvis's mill friendless and penniless, the heart of the proprietor swelled with indignation at such injustice. He was eloquent on the subject, at home and abroad, and wondered how any one could be so cruel and selfish as to commit such an outrage against justice. He had called him a robber many a time, but now Donald Jarvis looked to himself very much like the old slave-holders. Massa Brown had taken the proceeds of Cuffee's labor for his own without even a "thank you" for it. True, when Cuffee ate, he had given him food; when he was sick, he had given him medicine; and he had clothed him too, just as he himself had thought best. Mr. Jarvis had married a loving, conscientious woman, and for fifteen years had appropriated her labors. Her recompense had been food and clothes, such as he thought best for her,—a little better than Cuffee's perhaps, but the similarity of the cases did not please him. He had expected his wife to be very grateful for what he had done for her, but now he wondered that she had not rebelled long ago. Had his life been a mistake? Had his wife no more money or liberty than Cuffee had in bondage? Was Donald Jarvis no better than Massa Brown?

His brain seemed to be in a muddle, and he looked so strange that his wife, anxious to break the spell, took his arm, saying, "Let us go home, dear. The tea must be waiting for us." He put on his hat in a dreamy way, and they walked home in silence. The children ran joyously to meet them. The yard was so fresh and green, and the flowers so many and bright, that he wondered he had never thanked Nettie for them all. Hitherto he had looked upon them as his; but now he felt that his interest in them was only a few dollars that would not have amounted to anything without his wife's care. His children were tidy and sweet, and everything around and in the house had that

cheery look that rested him so after the hard, dull day at the mill. They sat again at the table which had been a source of comfort to him so many years, and he wondered how he could have enjoyed it so long without even thanking the woman who had provided it. True, she had used his money in bringing it all about, but how else could his money be of use to him? Who else could have turned it into just what he needed day after day for years? And he began to have an undefined feeling that it took more than money to make a home. He glanced at his wife's face as he buttered his last slice of bread. It was not that of a fair, rosy bride whom he had brought to the mill years before; but at that moment he realized that it was far dearer to him, for he knew that she had given the bloom and freshness of her youth to make his home what it was.

And a new thought came to him. "Who was comforting her now, when she had so much care?" Was not that what he had promised to do when he brought her from her old home? He sighed as he thought how far he had drifted from her while holding her in a bondage equal to Cuffee's. Nay, he felt that her chains were far more binding than any which had held the negro, and that his obligations to her were so much the greater.

Something called the children out doors, and Mr. Jarvis took his easy chair. His wife came and stood beside him. "I fear you are not well, Donald, or you are displeased with me?"

He drew her into his arms and told her how her words had shown him what manner of man he was, and there were words spoken that need not be written; but from that day forth a different man was the proprietor of the Jarvis Mills, and there was a brighter light in Mrs. Jarvis's eyes, for at last she had something of her own, nor has she regretted that she "applied for wages."

SOLID SENSE.

At a meeting in New York City, where diplomas were being distributed to a graduating class, the Rev. Robert Collyer was called on to make a few remarks, and, among other things, he gave the young men just starting out in life this advice:—

Any kind of an honest job is better than no job at all.

Take a dollar a day for your work if you can get no more.

A man's best friends are his ten fingers.

When evil days come, as evil days will, no man deserves the title of a gentleman if he does not take honest work to do, regardless of social influences.

A good farmer is better than a poor doctor, and a good horse-shoer is better than a bishop who preaches sermons that nobody wants to hear.

A good day's work of what you can best do is the hard pan to which all must come.

Society says one thing, and nature says another.

Have a reserve force that will come out when you need it.

MENTAL DYSPEPTICS.

It is doubtless true that very many people read too much. Not that they devote too many hours to the perusal of books and newspapers, but that they endeavor to cover too much space in a given time. While they read, they do not "mark, learn, and inwardly digest," but bolt their mental food much as the glutton devours the material provision set before him. They rapidly skim over the matter in hand, gathering, as they think, the salient points thereof, though, in reality, they miss and reject many sweet morsels that lie between the more sensational portions. They are great—indeed omnivorous—readers, and are always ready to resort to a book or newspaper for recreation, or to "pass away the time," and rarely, or never, for securing information, except upon the current events of the day. They have "heard of" almost everything; but ask them to impart some definite knowledge concerning some subject, and it will be found that they have only heard of it.

Of real solid ideas they have but few; of glimmerings of ideas, many. They hold in their minds a brief and unsatisfactory epitome of the most important events in the world's history, and some of the arts and sciences; but they would be utterly unfit to teach even a child the story of our own na-

tional struggles for freedom and existence, or to tell why the days are long in summer or short in winter. The natural consequence of this irrational mode of reading—or, rather, cramming—is mental dyspepsia. The facts and arguments and illustrations that should be stored and retained in the memory, to furnish mental brawn, muscle, and blood, are forced through the brain, and leave but little trace behind, save remembrance of an interminable string of words, the power and meaning of which has been lost.

This process continued, the mind becomes more and more diseased, and the result is mental marasmus, which, in extreme cases, may end in extinction of the reason.

As dyspepsia is one of the most prevalent of the disorders to which the human frame is subject, so is this mental disorder the most frequent that attacks the human brain. It prevails in all classes of the reading community, though most frequently found among that semi-literary class whose education raises them a little above the ordinary level, while it does not fit them to be leaders among the world's workers and thinkers. They have learned enough to give them a great craving for more, and fancy they are adding to their stock of knowledge by taking into their brain, through the eye, the mere forms of words on the printed page.

As in the physical ailment, so in the mental, the best remedy is temperance, or abstinence, and robust exercise. If one finds himself afflicted with the complaint, he should at once begin a course of severe discipline. Let him eschew those things which have been most tempting—read the daily newspapers in moderation only, and begin to study whatever he reads. With eye upon the printed page, let him master every word he sees there, and not trust to the context to "give the sense of it." Aside from that which may be his special object of study, let him choose only the best authors, who will give him well-cooked food, instead of the fantasies of disordered imaginations. A few months' steady regimen of this sort will afford great relief, and go far toward effecting a permanent cure.

—Sel.

EVERY man has a right to make the best of himself.

HOW OUR CHILDREN ARE EDUCATED.

THE foundations of a useful life are a good character, industry and intelligence, with good health. Our elaborate and expensive system of education gives us none of these. By the present mode, our young people's education lasts from five to twenty years. During that time they are immured in buildings more or less over-crowded and generally ill ventilated; and then they must also study at home to keep up with their classes, necessitating still more indoor life. So the child grows up, and its physique is formed to a sedentary life in crowded class rooms, with heavy nerve pressure. As a result, we have increased nervous tension, decreased health to support it, and, as a general outcome, a marked tendency on the part of Americans toward sedentary pursuits and city life, no matter how poorly paid. As an illustration of this, Gen. Armstrong, of the Hampton College, in Virginia, says that he could not find a single American born blacksmith in the State of Connecticut, although the wages of the trade were at the time exceptionally high. Another illustration occurred in Baltimore. The commercial house where I was employed advertised for a boy, salary \$250 per annum, and received three hundred and sixty-nine replies, some of them from persons of evident culture. One is all the time hearing of the arrest of some vagrant or criminal, who knows Latin and Greek, or Hebrew, and other University subjects; but one rarely hears of a carpenter, or bricklayer, or a shoemaker as being arrested. The criminals are almost all without a trade.

Indirectly, our children at school learn to avoid manual labor. Directly, they learn an extraordinary variety of things by rote out of a great number of books, changed from time to time, according to the lobbying skill of various publishing houses. The value of rote teaching was cleverly shown in a recent magazine article. Suppose you take a boy and teach him Latin for five years, out of a book, as per present school system. Let him learn skating during his spare time, for, say six months, practically. The Latin, as much as he learns of it, comes to him through much tribulation and hard indoor work. The skating, however, after a tumble or two, will come easy and be his pleasure. Ten years after-

ward, the boy, that was, will skate nearly as well as ever. But his Latin—where will that be? A few words and sentences, at best, but the body of it is gone completely. Reverse the process, and suppose the boy be living in a family where he could only obtain his wants by speaking Latin. In five years he would speak and understand the language perfectly, and never forget it. The skating, on the other hand, he will be taught by school methods, with explanations of the theory of balancing and progression, with diagrams of the "Dutch Roll," "Pigeon Wing," etc. The result is, he will know nothing about skating. As a summary of what is accomplished by our present school system, we may say that the children who are its victims come out young men or women with diminished vitality and impaired constitutions. This is especially true of the girls who follow severe courses of study in the critical years after twelve and fourteen.

No one can be a useful and happy citizen, with poor health as a foundation for life. They come out with a disinclination to manual and farm labor, created by too much indoor life and too much mental strain. They come out with a rote education and know practically nothing of the subjects which they have studied. I remember a friend of mine whom I met twelve years after our school life, and he had even forgotten some of the letters of the Greek alphabet, a thing hammered into him for at least ten years, but he had not forgotten how to play ball. The first had been learned by rote, and the second practically. When these young people come out of our schools to go into the battle of life they come out innocent of any knowledge which will either make them happy, useful, or even enable them to earn their daily bread. The young man knows nothing of the principles of the government of which he is to be an elector. He knows nothing of the principles of a successful life. His real education has all to be commenced; most of his habits, tastes, and ideas of life must be *unlearned*, and he recommences at the A B C when he has finished (!) his education.

So, too, the young woman comes out of her seminary with no idea of practical life, no knowledge of the laws of health, no just idea

of the responsibilities that await her. The pains, the penalties and duties of womanhood are in a book still to be opened. When she is married, the curtain rises on real life. She finds that it is not the romance that she has dreamed. She, too, must recommence her education, and that under the most adverse circumstances. Delicate, from the hot-bed of an artificial schooling, unpractical in her ideas, ignorant of the care of children or domestic economy or any other thing of use, she is, alas! too apt to become unhappy and worn down by work which is necessary, but beyond her poor strength, and harder from her lack of interest in it, and still harder because she knows not how to do it right.—*Abbott Kinney.*

Rome's First Newspaper.—The first Roman journal, issued over 2,000 years ago, appeared but once a year. The editor of this paper was the Pontifex Maximus, whose duty it was to chronicle all the important events of the year. The news was written on white wooden tablets, and attached to the houses of the citizens.

But the thirst after knowledge, and the curiosity of the people, grew rapidly and in such measure that the government, the only issuer of the journal, found itself obliged to issue a daily, which appeared either on tablets hung out in public places, or was written in red chalk on the walls of the houses.

Make the Best of Things.—We excuse a man for an occasional depression, just as we endure a rainy day. But who could endure three hundred and six-five days of cold drizzle? Yet there are men who are, without cessation, somber and charged with prognostication. We may be born with a melancholy temperament, but that is no reason why we should yield to it. There is a way of shuffling the burden. In the lottery of life there are more prizes drawn than blanks, and to one misfortune there are fifty advantages. Despondency is the most unprofitable feeling a man can have. One good laugh is a bomb-shell exploding in the right place, while spleen and discontent is a gun that kicks over the man that shoots it off. Let us stand off from despondencies. Listen for sweet notes

rather than discords. In a world where God has put an exquisite tinge upon the shell washed in the surf, and planted a paradise of bloom in a child's cheek, let us leave it to the owl to hoot, and the toad to croak, and the fault-finder to complain. Take out-door exercise, and avoid late suppers, if you would have a cheerful disposition. The habit of complaint finally drops into peevishness, and people become waspish and unapproachable.—*Baptist Weekly.*

The Way to Rest.—To understand this is of more importance than to know how to work. The latter can be learned easily; the former it takes years to learn, and some people never learn the art of resting. It is simply a change of scenes and activities. Loafing may not be resting. Sleeping is not always resting. Sitting down for days with nothing to do, is not restful. A change is needed to bring into play a different set of faculties and to turn the life into a new channel. The man who works hard finds his best rest in playing hard. The man who is burdened with care finds relief in something that is active, yet free from responsibility. Above all, keep good natured and don't abuse your best friend, the stomach.—*Sez.*

—Our thoughts are the parents of our words, and our words are soon crystalized into deeds. Therefore our deeds are as our thoughts, as certainly as the sapling produces the tree, "each after its kind." He who talks vice will become vicious, so far as his courage will permit. He who loves impure thoughts will naturally illustrate these thoughts in daily life, while he whose heart is free from the impress of unholy thoughts and vicious desires, will naturally be kept from the out-cropping of sins.

—A man's true wealth is in the good he does in the world. Men may ask what he leaves behind, but God will ask what he sends before.

—The man who goes into business with the devil soon finds that his partner is soul proprietor.

POPULAR SCIENCE.

Human Footprints in Kentucky Sandstone.—Through the courtesy of Mr. M. Robinson, of Shawneetown, Ill., we are able to lay before the readers of the *Scientific American* a picture of what is probably the earliest human "footprints in the sands of time," that has come to the light of day.



The track from which the photograph was taken is one of three occurring in a block of sandstone in Union County, Kentucky, about a mile and a quarter from the Ohio River. The stone is very hard, and the stratum containing the tracks (or, rather, which originally contained the tracks, for they have lately been cut out) is said to be from fifteen to twenty feet thick, and to lie at an angle of 21°. The buried portion underlies shale. The exposed portion would seem to have formed at one time the bank of the river, and the tracks were within a few feet of the edge of the rock. The age of the rock is uncertain. Mr. Robinson says it "is thought by those best posted here to have been below the coal measures."

The track represented in the engraving is now in the possession of Mr. Robinson. It measures ten inches in length, and five inches across the spread of the toes. The foot appears to have slipped forward in making the track, thus elongating the heel mark and spreading the toes. Of the other two tracks, Mr. Robinson says that one, eleven inches long, was sent to a museum in Danville, Kentucky. It was badly defaced, but enough was left "to tell nearly all about the foot." The third track was too much defaced to be of any value, but whether in the act of cutting out, or by being weather-worn, Mr. Robinson does not say.

The tracks have been known almost from the first settlement of the county, but the former owner of the land would not let them be touched. The present owner gave Mr. Robinson permission to remove them only recently.

The geological value of these fossil foot-

prints it is obviously impossible to estimate at this distance. It is to be hoped that the matter will be carefully investigated by some geologist so well known as to give his report assured scientific value. The lines crossing the track are cracks in the rock, which have been filled, it is inferred, by infiltration.

The Comet of 1712.—In 1712, Mr. Whiston, an eccentric millenarian divine and astronomer, who served as deputy to Sir Isaac Newton when professor of mathematics at Cambridge, predicted that a comet would appear at noon on Wednesday, Oct. 14, and that the world would be destroyed by fire on the following Friday. The comet came, and had an extraordinary effect. More than a hundred clergymen were reported to have waited on the Primate on the Wednesday afternoon to request that proper prayers might be prepared. Many people embarked on the water, thinking that they would be safer when the fire came, and Sir Gilbert Heathcote, chief director of the Bank of England, issued instructions to the fire officers to keep a sharp lookout on the Bank of England, on which there was a prodigious run, presumably by those who thought that, albeit they brought nothing into the world, they might be able to take something out. The captain of a Dutch ship in the Thames threw all his powder into the river. Whiston is only remembered now by his translation of Josephus.

What Women Invent.—Some one who has taken the trouble to count the patents issued to women, finds that the number for the year ending July, 1880, was 70, and 10 more than the average. Most of the inventions of women have to do with household appliances. Among the past year's are a jar lifter, a bag holder, a pillow-sham holder, a dress-protector, two dust-pans, a washing machine, a fluting iron, a dress chart, a fish boner, a sleeve adjuster, a lap table, a sewing machine treadle, a wash basin, an iron heater, sad-irons, a garment stiffener, a folding chair, a wardrobe bed, a weather strip, a churn, an invalid's bed, a strainer, a milk cooler, a sofa bed, a dipper, a paper dish, and a plaiting device.

Cheapness of the Edison Electric Light.—Recent experiments with the electric light invented by Edison and now being perfected at Menlo Park, demonstrated that the light could be produced at an expense, for coal, of less than one-third of a cent per hour, which will certainly enable it to compete with gas as a means of illumination.



GOOD HEALTH.

BATTLE CREEK, MICH., MARCH, 1881.

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

TERMS, \$1.00 A YEAR.

A SENSIBLE LAW.

OUR respected friend, Hon. B. K. Elliott, a member of the supreme bench of Indiana, recently called our attention to a bill lately introduced to the Senate of that State, providing for a law, the object of which is to secure the confinement for life in an insane asylum of persons who escape the usual punishment for murder on the plea of insanity. Another move in the right direction is the introduction of a bill to the Senate of that State, providing for a law "to prevent the marriage of persons where either is a habitual drunkard, or criminal, or is weak-minded, or has the taint of hereditary insanity."

It is astonishing that the popular blindness to the fact that the laws of heredity hold good respecting human beings as well as in the case of lower animals, should have been so great as to have made no demand for an action of this kind sooner. Human beings are almost wholly made up of the mental, moral, and physical peculiarities inherited from their ancestors. One author has well said that to be born well is one of the greatest of human felicities, but one which is granted to but few. The expression, "he takes after his father" is one of the most common remarks respecting boys. If a man is a drunkard, the chances are ten to one that his son will be a drunkard also. If he is a thief, it may be reasonably expected that his son will be a member of the light-fingered fraternity. The hereditary character of insanity in many instances, and the inveterate character of the disease in these cases, is a well-known medical fact. It is most astonishing that this principle should have been overlooked so long. Any law which will help to prevent the downward tendency of the race, will be most earnestly welcomed by

all observing and reflecting persons. As a recent writer says, "The stock of fools, lunatics, and criminals is increasing every year. Statistics show this most alarmingly." Any effort at reform to be really successful must begin a generation back.

DO WE EAT TOO MUCH?

To this question many modern physicians answer, No, although nearly all ancient and most modern writers upon health have insisted that the contrary is the case. Those who advocate liberal feeding claim that nature has made provision for the disposal of any surplus of nutriment, and, hence, that no harm can come from over-indulgence in gustatory pleasures, at least as regards quantity. These theorists, in their anxiety to afford encouragement to the glutton and the epicure, seem to forget that vital energy is of any value. They seem to quite lose sight of the fact that the vitality consumed in digesting the excess of food taken into the stomach might possibly be put to some better use. They also appear to be oblivious to the fact that the elimination of the crude products of imperfect digestion from the blood is a task which requires the expenditure of a still larger amount of vital energy upon the part of the kidneys, liver, and other eliminative organs, thus not only overworking them, but diverting them from their proper work, and so working serious mischief in the vital economy. We are thoroughly convinced from personal experience and observation that the majority of people eat too much. Overeating is one of the most frequent causes of the almost universal dyspepsia in this country.

The following interesting paragraphs from the London *Standard* we heartily endorse:—

Under the query, "Do we eat too much?"

the writer gives many interesting facts. He says, for instance, that the amount of nourishment which a person needs greatly depends on his constitution, state of health, habits, and work. A sedentary man requires less than one whose duties demand the exercise of his muscles, and a brain-worker needs more than an idler. But unquestionably the majority of us take more than we need. Indeed, food and work are distributed most unequally. The man of leisure is also the man of means, and accordingly fares sumptuously every day; while the laborer toils for eight hours and finds it difficult to get enough to repair the waste of his tissues. Yet a Chinaman or a Bengalee will toil under a tropical sun and find a few pice worth of rice or jowrah sufficient to sustain his strength. A Frenchman will not eat half what an Englishman engaged in the same work will demand, and a Spanish laborer, content in ordinary times with a water-melon and a bit of black bread, will toil in the vineyards and grow fat on a dietary of onion porridge and grapes.

The British-Columbian and Californian gold-diggers, than whom a more magnificent set of athletes does not exist, live in the remote mountains of the far West mainly on beans flavored with the flesh of some animal. But they also obtain the best of water and the purest of air, and their out-door life and active exercise enable them to digest every ounce of their frugal fare. The English soldiers, though better fed than those of any army except the American, do not get one-half the solid nutriment which the idlest of club-loungers considers indispensable for his sustenance. An athlete in training is allowed even less food; yet he prospers on the limited fare, and prolongs his life by the regimen to which he has been subjected.

King Victor Emanuel was a monarch of the most robust physique; yet he only ate one meal per day, and it is manifestly absurd for any man to require three more or less weighty meals, and an afternoon cup of tea, to support the exertion of walking to the club, riding an hour in the park, writing a note or two and dancing a couple of miles around a ball room. The ancients had their "amethystoi," or "sober-stones" by which they regulated their indulgences at table.

The moderns have not even this. But they have their gout and their livers to warn them, when it is too late, that nature has been overtasked.

QUINCY—TONSILLITIS.

SYMPTOMS.—Chilliness; marked fever; redness and swelling of the tonsils and soft palate; pain and some difficulty in swallowing; entrance of liquids into the nasal cavity on attempting to swallow; pain behind the angle of the lower jaw and in front of the ear in advanced stage of suppuration.

Tonsillitis, or inflammation of the tonsils, is usually accompanied with acute inflammation of the pharynx or soft palate, and hence is accompanied with nearly all the symptoms mentioned as characteristic of the latter affection. On account of the more extensive swelling of the tonsils, there is much greater pain than accompanies pharyngeal catarrh, and the ear is much more liable to be affected by the extension of the disease through the Eustachian tubes. There is usually headache and a very full pulse. The chilliness and febrile action frequently precedes the swelling of the tonsils several hours or even a day. The tongue is heavily coated, the patient has very little appetite, and if disposed to eat, would be nearly unable on account of the pain in swallowing. Unless speedily arrested in its early stages, the disease goes on to suppuration, and, if the discharge is not hastened by lancing, usually breaks and discharges in the mouth while the patient is asleep, or during a fit of coughing. The pus of the discharge is usually swallowed when the discharge occurs during sleep, and the patient awakes from his troubled sleep very greatly relieved. The causes of the disease are the same as those which provoke acute pharyngitis.

TREATMENT.—The treatment is practically the same as that elsewhere described for acute catarrh of the pharynx, but should be much more energetic. During the first stage of the disease, the patient should hold pieces of ice in the throat, and pack the throat with pounded ice wrapped in a towel. At intervals of from two to three hours, alternate hot and cold applications should be made to the

throat. The burning and dryness characteristic of the first stage of the disease, may be relieved by mucilaginous gargles and drinks. Packs, tepid sponging, and the use of large compresses about the trunk, are measures which may be advantageously employed to subdue general fever. If suppuration threatens in spite of efforts to abort it, it should be encouraged by inhalations of steam, and hot fomentations applied to the throat instead of the ice pack. When the case is taken in time, the measures described will be found almost universally successful in aborting the disease. When suppuration has evidently taken place, and the swelling in the throat has become soft, showing the presence of matter, much time may be saved by lancing the tonsil to evacuate the pus. In most cases, rapid recovery will take place, the tonsil returning to its natural size. Now and then a tonsil remains permanently enlarged. One attack of this disease predisposes to another, so that persons sometimes become so susceptible as to suffer an attack of tonsillitis from the slightest exposure.

ENLARGED TONSILS.

As just remarked, enlarged tonsils frequently result from acute inflammation of the tonsils. The symptoms are, sensation of a lump in the throat on one or both sides; difficulty in swallowing in extreme cases; voice changed, patient often being unable to pronounce certain words; great susceptibility to "cold in the throat;" constant irritation in throat; in many cases, impairment of hearing. The enlargement is sometimes confined to one side, but frequently both tonsils are affected. In some cases the enlargement is so great that the passage through the throat is almost entirely obstructed. We have frequently had cases in which the two tonsils came in contact, so great was the enlargement. Sometimes the enlargement is produced gradually. This is especially the case in scrofulous children. The results of enlarged tonsils are more serious than are generally supposed. They not only occasion permanent injury to the voice, giving it a nasal character on account of the partial paralysis of the soft palate, preventing complete closure of the passage to the nasal cavity, but not infrequently occasion serious injury to

the middle ear from inflammation of the Eustachian tubes.

TREATMENT.—In cases of moderate enlargement, alternate hot and cold applications, used daily, may be employed with success. Where the enlargement is very great, there is no remedy but removal. The operation is a trivial one, and should be resorted to promptly when its necessity becomes apparent.

POISONOUS FOODS.

At the last meeting of the State Board of Health, the president, Dr. Kedzie, professor of chemistry in the State Agricultural College, "reported that he had received a sample of apple jelly from the secretary, said to have caused sickness of seven persons in Genesee County. He had analyzed it, and found about three grains of oxide of zinc to each ounce of jelly. It was probably in the form of malate of zinc, formed by the action of the acid of the fruit on the vessel. He said that galvanized iron pans, which are coated with zinc, are coming into use for such purposes. If the poisoning occurred in this way, it is an indication of the danger arising from the use of such ware.

"Dr. Kedzie also reported an examination of peaches affected by the yellows, including their appearance and keeping qualities. They were of fine appearance, rather red, especially about the pit. They were watery, and rapidly decomposed. Chemical analysis showed a great excess of water and a deficiency of sugar and jelly-forming material. He read letters giving statements as to their effect on health. Some letters said that large quantities were used every year, without apparent effect on health, and other letters described acute sickness which had several times afflicted the same individuals after eating peaches affected with yellows. [Dr. Kedzie has since informed us that at a recent farmer's institute which he attended, he found that the testimony of those who have had experience with peaches affected by the "yellows," is almost universally against their use.]

"Dr. Baker made a report of his special investigation into hog cholera. In addition to what appeared in the *Republican* of Nov. 18, he read a letter from Dr. Jerome, of Sag-

inaw, giving facts as observed by him at the slaughter-houses in Chicago, where animals affected by this disease are not separated from the others, but are slaughtered if able to ascend the inclined plane to the slaughter-pen; and those not able to do so are not made into soap, but are converted into lard. He also read a letter from Dr. Marshall of this city, detailing the sickness of five persons, attributed to lard in food eaten by them. Dr. Marshall said that microscopic examinations showed minute organisms in the lard. He then read a letter from Dr. Detmers, veterinary surgeon of Chicago, giving the result of his examination of the lard, accompanied with careful drawings of the microscopical appearance of the lard, and also drawings of the microscopical organisms which he has found to be the contagious principle in hog cholera, sometimes called 'swine plague.' Dr. Detmers says the organisms in the lard are identical with those in hog cholera. In addition to these, he found in the lard, blood corpuscles and epithelial cells."

ANTI-RUM AND TOBACCO PLEDGE IN AMHERST COLLEGE.

A GENTLEMAN recently contributed to the *Christian Woman*, one of our most valued exchanges, the following interesting account of "Temperance in Amherst College":—

"In the year 1830, Mr. John Tappan, of Boston, a zealous advocate of the cause of temperance, and hostile to the use of both distilled and fermented liquors as a beverage, and equally opposed to the use of narcotics, especially tobacco and opium, proposed to the faculty and students of Amherst College that if they would form a society pledged against the use of these articles, he would present to them \$500, to be expended as they might deem expedient. The money was rejected, but the association was formed. Mr. Tappan, however, donated \$500 to the College library. The society was called the "*Anti-venean Society*," or *the society against poison* (*anti*, against; *venum*, poison). The Rev. Dr. Humphrey, president of the College, was its first president, and Prof. Edward Hitchcock its first secretary. The pledge was as follows:—

"*Whereas*, The undersigned officers and students in Amherst College are convinced that it is best for us to dispense with ardent spirits, wine, opium, and tobacco, as articles of luxury or diet; therefore,

"*Resolved*, That relying on divine aid, we hereby pledge to one another our mutual promise that while connected with this institution we will abstain entirely from these articles, except as medicines, and the use of wine at the Lord's Supper.'

"This pledge was signed by every member of the faculty, and by 118 out of the 208 students at that time connected with the college. It was my privilege to be one of the original members. In the year 1831, 33 out of the 37 students who entered the college signed this pledge, and annually the roll is brought out, and the new students requested to affix their signatures. The names of about three-fourths of each class are found on the roll, and the total membership at present considerably exceeds 2,000.

"In order to secure a larger number of signatures to the 'Temperance Pledge,' a new pledge was adopted by the society in 1849, at the same time leaving it optional with the signer to adopt either the old or modified pledge. This pledge is in these words:

"We, the undersigned officers and students of Amherst College, relying on divine aid, pledge to one another our mutual promise that while connected with the institution we will not use intoxicating drinks as a beverage.'

"It is obvious that the influence of such a society, sustained by the entire faculty and a large majority of the students, cannot fail to be eminently salutary in its influence on the temperance principles and habits of the students; and hence it is that Amherst College has for more than half a century occupied such an elevated position for sound morality and evangelical piety among our American colleges."

Tobacco Paralysis.—An exchange says that Mr. Lord, of Savannah, has chewed plug on one side of his mouth for twenty years. He has now quit, for the reason that the side of his face on which he chews is completely paralyzed.

ADULTERATED HONEY.

STRAINED honey is very likely to be adulterated with glucose. Not long ago a friend brought us for examination a specimen of strained honey which is put up in Chicago as pure strained honey. We found it to be almost pure glucose. The same firm manufactures "Pure Vermont Maple Sugar," which never had any acquaintance with maple trees in Vermont or any other locality.

Honey is also adulterated in the comb by feeding the bees upon glucose. If the bees are fed this kind of sugar, the contents of the comb will be of the same character. We took occasion to call particular attention to this fact in a recent talk before the Southern Michigan Bee-keepers' Association, on "The Adulteration of Sweets." The members of the Association are very anxious to secure the passage of a law against the adulteration of honey so as to protect their industry; yet quite a number acknowledged that they were in the habit of feeding glucose to their bees, by which means they lay themselves open to the charge of employing their bees to perpetrate the very same fraud against which they wish to have laws enacted. It makes not the slightest difference whether the glucose is mixed with the honey before it is strained or after; or whether it is introduced by a human hand or by a bee.

In a recent article in the *Bulletin* of the National Board of Health, Dr. Kedzie remarked as follows:—

"This substitution of starch sugar in place of honey is a shameless fraud, and imperils an important industry,—bee farming. A very promising foreign demand for honey will soon stop unless this fraud is prevented. Congress ought to pass a law to protect the bee-keepers and the honey-eaters. It may not have power to prevent persons feeding glucose to their bees, but it can compel them to label their honey for just what it is, or send them to prison for obtaining money under false pretenses, if they sell such stuff for honey."

We have the honor to be a member of a committee appointed by the Bee-keepers' Association of Michigan to secure the passage of a law against this kind of adulteration;

and we shall endeavor to do all in our power to secure the passage of such a law as will check the fraud so far as possible.

A Teetotal Church.—The M. E. church of Ashbury Park, N. Y., recently adopted the following resolution:—

"Believing that in the present earnest religious temperance movement it is eminently becoming that the church of Christ should be foremost and outspoken in her declarations of total abstinence principles, that thus her light may shine among men; and believing that the principle and pledge of strict temperance are embodied in the discipline of our church, and solemnly binding on all her members; therefore, we, members of the First Methodist Episcopal church of Ashbury Park, do, by the act of subscribing our names hereto, declare our adherence to the disciplinary pledge of total abstinence from the use of all alcoholic liquors as a drink; and we interpret the clause, 'unless in cases of extreme necessity,' to mean 'only by advice and direction of a physician in good and regular standing, when practicable.'"

Of the two hundred members of the society, not one refused to sign the above resolution. The example of this church is worthy of imitation. If a tobacco clause were added we could hardly ask for a more thorough-going pledge.

"Spanking" as a Remedy.—Dr. Taylor, of New York, recommends spanking as a means of exciting respiration in still-born infants. An eminent French physician recommends the same remedy for hysteria. A Philadelphia physician recollects that as a small boy he "took some doses of this same preparation for certain emotional diseases, such as slight kleptomania (toward apples), acute ira, and disorder of the organs of speech (prophania)," and recommends the remedy as a most efficient measure in all such disorders.

—A recently suggested method of exciting respiration in cases of suspended breathing from any cause, particularly from chloroform narcosis, is tickling the inside of the nose with a roll of paper.

Effects of Alcohol and Tobacco on the Eye.—Dr. Webster reported to the *Medical Record*, recently, twenty cases in each of which impairment of vision was produced by alcohol or tobacco, or both. A few months ago, a gentleman who had smoked until he was nearly blind decided to visit the Sanitarium for treatment, being advised to do so by a friend, an old patient at the Sanitarium, who had been cured of the tobacco habit and its consequences by a few months' treatment. Business matters detained the gentleman, however, so that his visit was put off for a few weeks. In the meantime, knowing that he would have to discard tobacco when he came to us for treatment, he threw away his cigar, and to his great delight soon found his sight returning. He continued to improve so rapidly that his visit was indefinitely postponed, and at last accounts he was nearly well.

Hop Bitters.—Many persons who claim to be temperate, even total abstainers, patronize "Hop Bitters," "Vinegar Bitters," and many other varieties of bitter compounds sold under the name of "bitters," not stopping to consider whether whisky in disguise is not just as harmful as when taken under its proper name. It is well known that all of these compounds contain alcohol in large proportion. This is true without exception. "Hop Bitters" contain about sixteen per cent of alcohol, a larger proportion than is found in porter, lager beer, ale, and most wines. A man may be drunk on bitters as well as rum; and the addition of the bitter substance does not in any degree neutralize the effects of the alcoholic poison. Beware of bitters!

Died from Tea-Drinking.—A physician tells a story of a woman who, while living alone during the winter, her husband and sons being absent in the lumber woods, attempted to subsist on strong tea and fine flour bread. The result was a gradual diminution in the natural desire for food, and after a time contraction of the stomach from disuse, to such an extent that she finally died of actual starvation.

This incident presents a strong practical

argument against the theory held by some that tea is a kind of substitute for food, taking the place of nourishment by lessening the wastes of the body.

Typhoid Fever from Milk.—A writer in the *British Medical Journal* recently called attention to the frequency with which epidemics of typhoid fever are traced to the use of milk contaminated with impure water. Sometimes the water is added to the milk; but this is not necessary to render it poisonous, as many cases have occurred in which the contamination was occasioned by washing the milk cans with the impure water. In other cases the drinking of impure water by the cows has seemed to be sufficient to induce the disease. The article referred to mentions three epidemics of typhoid of a very serious character, all of which originated in one or the other of these ways. In one case the well was located within a few feet of a filthy privy. In another, the well was situated in a barn-yard which was exceedingly foul, making the well really a cesspool. The water was described as "stinking abominably."

Hygienic Value of the Electric Light.—Many persons have expressed the fear that the electric light would be bad for the eyes. A series of experiments recently conducted by Prof. Cohn, of Breslau, the investigator of color-blindness, show that this opinion is wholly unfounded. The following is a statement of some of the results arrived at by Prof. Cohn:—

"While testing the influence of electric light on visual perception and the sense of color, Dr. Cohn proved, he thinks, that letters, spots, and colors were perceived at a much greater distance under electric illumination than by gas-light, or even daylight. Compared with daylight, the electric light increased the sensation of yellow sixfold, and green and blue about twofold. Eyes that in daylight or gas-light could perceive and distinguish colors only with difficulty, were much aided by the electric light, and the visual perception was much strengthened. In all cases of distant signaling, Dr. Cohn believes that the electric light will prove exceedingly and especially useful."

The incandescent light of the Edison system will be especially soft and grateful to the eyes.

Bean-flour Bread.—It is well known that in England bean-flour is often used in bread-making "in order to give due tenacity and lightness to bread made from damaged wheat-en flour. Boiled rice is also employed to increase the quantity of bread to be obtained from a sack of flour. A sack of 280 pounds should yield, according to Letheby, ninety-five four-pound loaves; but by adding three or four pounds of rice, boiled for several hours in as many gallons of water, to the flour, at least a hundred four-pound loaves can be got—a gain of twenty pounds of bread, or more than five per cent. By this use of rice or boiled potatoes, which, being nearly pure starch, are perhaps even more effectual than rice, the bread is indirectly adulterated with water." As adulteration of bread with water is a fraud which affects only the pocket-book, it may be useful to many to know that bread can often be improved in appearance and flavor by the above means. The addition of bean-flour might be especially advantageous, as beans are rich in nitrogenous and oleaginous elements, which are deficient in white or fine flour. A small proportion of oatmeal added to bread increases greatly its nourishing properties.

All Drunk.—The following was the report of a grand educational dinner held in England some time since:—

"The cloth having been withdrawn, after the usual loyal and national toasts, 'The Royal Family' was drunk; 'Her Majesty's Ministers' were drunk; 'The Houses of Parliament' were drunk; 'The Universities of Scotland' were drunk; 'Popular Education in its extended sense' was drunk; 'The Clergy of Scotland of all Denominations' were drunk; 'The Parish Schoolmasters' were drunk; other parties not named were drunk; 'The Fine Arts' were drunk; 'The Press' was drunk; 'The Strangers' were drunk."

Reference to the toasts offered is probably intended; but there is certainly reason to believe that after so much drinking, the guests were certainly profoundly drunk.

Copper in Pickles.—A chemist recently examined a large number of samples of pickles, collected in various parts of this State and in the city of Chicago. Among them he found one sample which contained four per cent of blue vitriol. Copper is used for the purpose of giving to the pickles a green color.

Drink and Cold.—A Cincinnati medical journal gives an account of a party who spent a cold night on a western prairie, according to which it appears that "they all suffered just according as they took in the whisky; those that got drunk froze to death; those that drank less, but too much, died after a while; those that drank only moderately will feel it as long as they live. Three did n't drink any; they were only cold, but did not suffer nor freeze."

An Ignominious Death.—We have several times taken occasion to expose the villainous frauds perpetrated by a man who claimed to have been a missionary in South America, and advertised to send free of expense a recipe for the cure of the results of "youthful indiscretions." In order to give an "odor of sanctity" to his dirty business, the charlatan advertised himself as having rooms in the Bible House in New York. It seems from the following paragraph from the New York *Methodist*, that the world is at last rid of this shameless quack, whose wonderful South American weeds were not sufficiently potent to save him from a death which, although otherwise to him, is to the world a happy event; let all kindred impostors take warning if they do not desire a similar obituary written for them:—

"We are happy to announce the death of Rev. T. J. Inman. He was for many years a missionary in South America—so he said. While there, he discovered something which proved to be of the greatest value as a medicine—so he said. In his anxiety to do good he flooded the country with well-written circulars, and in response came many thousands of letters with money inclosures to his rooms at the Bible House in this city. The receipts ran up to the enormous amount of \$200,000, and how much more we have not the means

of knowing. Now, it appears that this benefactor of his race never had a room in the Bible House, that his name was not Inman, that he had never been a missionary, and that his precious feet had never trod the soil of South America. But he is dead! Let his ten thousand believers and dupes erect to his memory a monument of brass that will pierce the azure sky."

—The Secretary of the Homeopathic Society of Northern New York, in a report of a recent meeting, which was published in the New York *Homeopathic Times*, asserts that it has been "very conclusively demonstrated that high potencies have no disease-producing power," and adds that "the vast accumulations of chimerical provings which have made our school a reproach and a by-word, have been swept away with cyclonic effectiveness."

This is very sensible talk, but the writer still further demonstrates the lucid condition of his mental faculties as follows: "I firmly believe that when our reputed cures are reported in connection with all the cases treated, we shall find that their frequency is not greater than those of daily occurrence without the intervention of medicine of any kind."

—In Sweden the penalty for drunkenness is deprivation of the right to vote, the punishment being inflicted when an individual is convicted of having been drunk four times. It is in this country too often the case that not only the voters but the men voted for are sadly under the influence of liquor on the very day of election, as well as on a large proportion of the days between. Liquor-drinking must be made a crime or a misdemeanor which shall bring disgrace upon the drinker, before it can be abolished.

—An eminent sanitary authority in England recently asserted that thousands upon thousands of the poor in that country are never washed clean from birth to death unless they go to prison or to the work-house. There are a few such people in this country. We met a man a few years ago who asserted that a drop of water had not touched his back for forty years.

—The Friends are equally noted for their temperance and their longevity.

—The total amount of money expended each year by the Protestant and Catholic churches of Great Britain for missionary purposes, is exceeded by the amount expended in the same country in two days for liquor.

—A little boy seeing a drunken man lying before a grog-shop, opened the door and said to the keeper, "See here, Mister, your sign has fallen down."

—The death of a child one year old, from gangrene resulting from having its ears pierced, was reported to the Board of Health, of one of our large cities a short time ago.

—A county in Texas spends annually \$100,000 for tobacco, \$300,000 for whisky, and only \$3,000 for religious services.

—The population of the globe at present is estimated at 1,456,000,000. The increase is about 1,000,000 per month.

—A new potato disease has broken out in Ireland. It is a fungous growth which affects chiefly the stems of the plant.

—A single establishment in the United States produces 50,000 lbs. of oleomargarine butter daily.

—The consumption of horse-flesh in Paris has now reached the aggregate of 4,000,000 lbs. a year.

—More people die from breaking the laws of health than from war, plague, and famine.

—More than 40,000 persons have died of diphtheria within a few months, in Austria.

Talks with Correspondents.

Pure Sugar.—G. W. W. asks: "Which kind of sugar is most likely to be pure—light? dark? or Orleans?"

The purity of the sugar is not in any degree indicated by its color. We examined a specimen of sugar a few days ago which was almost pure glucose, or corn sugar; yet it was white as snow.

In selecting sugar it is almost impossible to distinguish that which is adulterated from that which is genuine without applying the chemical tests by which glucose may be detected. The proper tests have been described in recent numbers of this journal. The only sugar which is at all safe to buy without testing, if a genuine article is desired, is a coarse,

granulated sugar. The coarser the grain of the sugar, the greater the probability of its purity. The variety of sugar known as "Crown A" or "Confectioners A" is the only kind of sugar used at the Sanitarium. The soft sugars can be easily and largely adulterated without the fraud being detected except by chemical analysis. By means of the "Sanitary Detective" any one can distinguish between pure sugar and that which is injuriously adulterated with glucose.

A correspondent asks: "What are the objections to the use of glucose sugar?"

There are three cogent reasons which may be offered why glucose sugar is to be objected to as a substitute for cane sugar. 1. It is a fraud, since an article which costs not more than three or four cents a pound, or less, is substituted for one that costs double that amount. This is as much a robbery as is out and out stealing. 2. It has not been shown that glucose is a food; that is, it remains yet to be proven that corn sugar is a substitute for cane sugar any further than in the matter of taste. Whether or not glucose is a food, must be shown by a series of careful experiments for the purpose of determining this point. We have planned such a series, and hope some time to be able to devote the necessary time to investigate the matter thoroughly. 3. The process of manufacture of glucose is such as to contaminate the product with various impurities of a deleterious character, and the methods of purification employed are not sufficiently perfect to remove them.

To Detect Impure Water.—A correspondent asks: "How can a person who is not a chemist detect impure water?"

A careful observance of the following rules will enable almost any person to escape danger from the use of water containing dangerous organic impurities:—

1. Never use water which has a perceptible taste or odor.

2. Never employ water which is procured from a suspicious source, as a well in a barnyard, or near a privy or cesspool, or from a cistern not recently cleansed.

3. Discard as dangerous, water which will not stand either of the following tests:—

Test Number One. Dissolve in two tablespoonfuls of water which has been thoroughly boiled, unless distilled water can be obtained, twelve grains of caustic potash and four grains of permanganate of potash. Add one drop of this solution to a teacupful of the water to be tested; if the water is impure the pink color at first produced will

very quickly disappear. Add two drops more if the color disappears within a minute. If the color now disappears within fifteen minutes, the water is too impure for safe use.

Test Number Two. Put a little of the suspected water in a clean vial and add a pinch of the best white sugar. Cork and put in a warm place. If the water becomes turbid in a day or two, it is unfit for use.

How to Detect Adulteration in Food.—Mrs. L. C. A. asks, "How can we get along without eating adulterated food?"

We know of no way in which the danger from adulteration can be avoided but by examination of all such articles used as may be liable to adulteration. We have made a practice of examining the sugar, canned fruit, butter, sirup, wall-paper, and other articles subject to sophistication which are employed at the Sanitarium, for several years. In order to encourage the same caution on the part of others we have devised the "Sanitary Detective," an advertisement of which can be found in another column. Those who have employed the "Detective" are pleased with the results.

LITERARY NOTICES.

THE ORIGINAL CHATTERBOX. Edited by J. Erskine Clark, M. A. Boston: Estes and Lauriat.

An American reprint of the Original English "Chatterbox" from duplicate stereotype plates, to which is added an American supplement. This is an exceedingly attractive journal for children and youth. It contains thirty-two pages, with sixteen full-page illustrations. The steel engraving entitled, "Ought and Carry One," is offered as a premium. Price per year, \$1.00. Specimen copies sent free.

We have received a copy of *The Alpha*, a paper published monthly by the Moral Education Society of Washington, D. C., the object of which can best be shown by a quotation from the leading article in the number before us. "The object of this paper is to give right notions, awaken right feelings, and lead to right behavior about the sexual system. On hardly any other subject are correct ideas and firmly settled principles more important, for there is hardly any other in regard to which misunderstanding and misbehavior are followed by so disastrous consequences. These abuses, with their miserable fruits, are largely due to ignorance of physiological law. To impart sound knowledge, therefore, in place of such igno-

rance, would tend to remedy existing ills, and to prevent their recurrence in the future." If every issue of this paper is as good as the one before us, we can most heartily recommend it to all.

INDICATIONS OF CHARACTER IN THE HEAD AND FACE. New York: Fowler and Wells.

This is a little work by H. S. Drayton, upon an old but interesting subject. The author endeavors to point out rules and procedures by which character may be practically diagnosed, and to show that phrenologists are by no means alone in the study and determination of the physical indications of character, but that scientists in both Europe and America give them the weight of their attention. The book has a number of good illustrations.

FIRESIDE READINGS. Elkhart, Ind.: Menonite Pub. Co.

This little volume is a collection of essays, poems, and sentences, by various authors. The selections are all excellent, and we do not see how it can do other than fulfill its object, viz.: The cultivation of the true, the beautiful, and the good. For those who have but little time to devote to reading, this little work will be found valuable, since its selections are all short, yet of such a character as to furnish food for much thought.

We have received a copy of *Donahoe's Magazine* for March. Although the journal is devoted especially to the interests of the Irish race, yet the editor has provided a table of contents in which no one can fail to be interested. Chief among the list we would mention an illustrated article, the fifth of a series, an "Outline of Geology and Geological Notes of Ireland." The journal also deals with the leading topics of agitation among the Irish in a very candid and sensible manner. Price per year, \$2.00.

THE DUTY OF THE CHRISTIAN IN RESPECT TO THE LAWS OF HEALTH. By Rev. J. Morgan Smith, of Grand Rapids.

This is the reprint of a paper on the above subject, read at the Sanitary Convention in Grand Rapids, Mich., Feb. 18, 1880, and reprinted for circulation from the Annual Report of the Michigan State Board of Health for 1880. The arguments adduced are in answer to the following questions:—

"What is the Christian's duty to sanitary science? What ought Christians to do, as a body, if the positions of that science are proven? Shall the churches include them in their moral standards? Shall it be a matter of conscience to sustain them, and inconsistent for a church-member to disregard them?" The questions are very op-

portune, and are very ably answered. We highly recommend the reading of the paper to every one.

THE SECOND ANNUAL REPORT OF THE SECRETARY OF THE STATE OF MICHIGAN, RELATING TO FARMS AND FARM PRODUCTS, is an interesting document.

In the introductory letter, the area of improved land in farms is stated to have increased 1,128,252 acres in the last ten years. The wheat crop for 1879 was an average of 19.30 bushels per acre, making that year the greatest wheat year in the history of Michigan. Many other interesting facts are given which cannot fail to make the report of great value to all interested in agriculture.

THE "INAUGURAL MESSAGE" of the new governor of Michigan, David H. Jerome, is a vigorous pamphlet of 38 pp. It contains a concise statement of the present condition of the various public institutions of the State, together with the principal industries which are sources of revenue to the State, and makes various recommendations and suggestions which show that our new governor is a man of well defined opinions and shrewd foresight. An additional appropriation of \$2,000 annually is recommended for the use of the State Board of Health, together with other appropriations for necessary improvements.

The contents of the *NORTH AMERICAN REVIEW* for March must win the attention of all by the timeliness of the topics discussed. First, we have a thoughtful and moderate article by Bishop Coxe on "Theology in the Public Schools." The author would sternly exclude from the school-room all sectarian dogmas, whether Papist or Protestant, but he insists on the retention of the Bible, first because that book is the principal fountain of our English speech, and secondly because it is really the base of our social system. The second article is by Captain Eads, who endeavors to show the practicability of his ship-railway, its advantages over all canal schemes, and why the United States can without risk guarantee the payment of 6 per cent. interest on \$50,000,000 of the capital stock of the proposed company. Judge H. H. Chalmers, writing of the "Effects of Negro Sufferage," bespeaks for the Southern States, while engaged with the solution of the great problem which has been forced upon them, the sympathy and counsel of the North. The other articles are "The Free-School System," by John D. Philbrick, being a reply to the recent stricture of Mr. Richard Grant White on the public schools; "Theological Charlatanism," by Mr. John Fiske, whose typical theological charlatan is Mr. Joseph Cook; and, finally, a review of some recent publications in Physics, by Prof. A. W. Wright.

Publishers' Page.

A Sanitary Convention under the auspices of the State Board of Health, will be held in this place at the Opera House, March 29 and 30, beginning at 3 P. M. of Tuesday, and closing with an evening session on Wednesday. It is hoped that the attendance at this meeting and the interest in it will be better than in any previous meeting of the kind held in the State. Many prominent sanitarians will be present to add to the interest of the convention by papers, addresses, and discussions. A cordial invitation is extended to all to attend. Manufacturers of, and dealers in, sanitary apparatus of all sorts, are invited to put their goods on exhibition at this meeting.

Samples of sugar, honey, vinegar, canned fruit, or other articles of food thought to be adulterated, will be examined without charge when sent by subscribers, expressage being prepaid in every case. Any one who is provided with the "Sanitary Detective" can detect most forms of adulterations himself.

Dyspeptics and others will find the "Prepared Foods" furnished by the Sanitarium bakery superior to any other "Health Foods" offered for sale. A sample package containing the different kinds of crackers and "Prepared Foods" will be sent by mail, post-paid, on receipt of 25 cents. The "Diabetic Food" is the best food known for those suffering with diabetes, being a perfect substitute for meat, and the most concentrated form of nutriment known. It is equally useful for persons suffering with acid dyspepsia. We say this after having tested the merits of these foods for months. They were at first manufactured for our own use, as we could not obtain the articles desired elsewhere; but arrangements have now been made to manufacture upon a large scale to supply the demand for them, which cannot be met in any other way.

The "Sanitary Detective" is doing a useful work. It has already made quite a stir among the manufacturers of adulterated sugar, and we hope will exert considerable influence in compelling them to abandon their nefarious business. It contains ten different tests put up in a neat case. Price, only \$3.00. Will be furnished with GOOD HEALTH for \$3.50. Full directions for use accompany each case.

The perihelionists are growing fat over the fact that a disease termed "winter cholera" is prevailing in Chicago and several other cities, which they take to be an indication that their lugubrious predictions concerning the approach of plagues and pestilences are about to be fulfilled. For the benefit of these gloomy prognosticators who are vainly attempting to revive in modern times faith in the long-ex-

ploded art of astrology, it should be known that the so-called "winter cholera" is not cholera at all, but a simple catarrh of the small intestines, which originates from errors in diet, and taking cold. The disease is a very mild one, no deaths having occurred from it. All the remedy required is rest for a few days, keeping the extremities warm, and giving careful attention to diet. The food taken should be bland in character, vegetables and fruit being avoided. Milk and well boiled and strained oatmeal gruel are among the most suitable articles of food.

Dr. E. B. Harmon is very desirous of obtaining the following numbers of the HEALTH REFORMER, the former name of this journal: Jan., 1870, Feb., 1871, Sept., 1872, and Jan., 1874. Any person having these numbers, and willing to part with them, may write to Dr. Harmon at 207, 6th street, Buffalo, N. Y.

There has been so great a call for the chapters to boys and girls in "Plain Facts for Old and Young," in separate form, that we are now preparing them for circulation in separate pamphlets. They will probably be ready in a few weeks.

We recently learned of a physician who was meeting with such remarkable success in the treatment of diphtheria that he was the butt of no little jealousy on the part of his medical brethren. Our interest was increased by learning the fact that the secret of his success was that his patients were treated by the methods described in "Diphtheria," a little work which has had a very large and rapid sale, and we have reason to believe, has saved many lives. The new edition just published has been improved by the addition of four colored plates of much interest. The price is 25 cents, post-paid.

Just as the last form goes to press, we learn that Pierce's Palace Invalid's Hotel, the headquarters of quackdom, at Buffalo, N. Y., lies in ashes. Notwithstanding the most extraordinary efforts made by its proprietor to obtain popularity for his institution by wholesale advertising in nearly every newspaper in the country, and by other adroit means, such as securing an election to a seat in Congress, etc., the quackish character of the institution has been so well known that the patronage has been so small that at the time of the fire there were only twenty patients in the institution. We have just met a patient who escaped only one hour before the fire, with a helpless wife, and have learned of others who left about the same time, like Lot fleeing from Sodom, feeling impressed with the idea that the gross intemperance and profanity which prevailed in the institution would call down upon it some awful calamity. Although we have no occasion for personal animosity against the institution or its founder, we cannot repress the wish that all the products and possessions of other quacks might have been present on the occasion to add fuel to the flames of a grand funereal pyre for medical quackery.