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NEW SERIES—VOL. 28

THE HERALD OF HEALTH

DEVOTED TO THE CULTURE OF THE

BODY AND MIND.

OUR MOTTO:

"A Higher Type of Manhood—Physical, Intellectual, and Moral."

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THE

HERALD OF HEALTH.

JANUARY, 1877.

THE RELATIONS OF INTEMPERANCE TO FOOD.

BY VIRGIL W. BLANCHARD, M. D.

THE evil of intemperance, arising from the use of brain stimulants, practically illimitable. Everywhere, ıd in increased ramifications, it is ex-nding its roots in the soil of human ɔciety. Taken collectively, the con-ımption of alcohol, tobacco, and opi-m is increasing in every civilized land. he efforts of the legislator, moralist, hilanthropist and scientist have roved, so far, comparatively unavail-ıg. Like a mighty tidal wave, gather-ıg volume and momentum to itself in s progress, this curse is to-day deso-ıting the peace, happiness and pros-erity of civilization. Every means ıat has been adopted to arrest its rogress has been as unavailing as a arrier of sand to arrest the current f a mighty, impetuous river. Must hu-ıan reason necessarily conclude from ıis, that the evil of intemperance is "a ɔreordained cause;" that is, invincible efore human art and power. An ir-sistable, heaven-appointed demon ɔurge, to visit with retributive jus-ce the guilty human heart. Civiliza-ation and science can accept no ıch premises as tenable. Evil is ıe inevitable fruit, or result, of trans-ression. Disobedience of natural law, the prolific soil of human pain, ɔrrow and degredation. If I violate physical, intellectual, or moral law, ature reproves and chastens me with ıe rod of pain, sorrow, or degradation It is the reproving, chastening hand of a loving, merciful parent, rather than the consuming thunderbolt of an inexorable demon.

In this view of the subject, the loving, merciful conservatism of Nature assumes sublime proportions. Inspired by this sentiment, as we feel the rod, we involuntarily exclaim: "We are transgressors; let us cease to do evil, and learn to do well."

Intemperance as an evil has its root, or cause, in transgression. In a violation of some of the basic or fundamental laws of human existence. Till obedience is substituted for disobedience, no human effort can arrest or mitigate the effects of the evil. Truly did Horace exclaim: "*Sublata causa tollitur effectus.*" Let us remove the cause by ceasing to do evil and learning to do well.

But what is the cause of intemperance from the use of brain stimulants? you ask. I answer, the question may be clearly answered in a few sentences. Brain stimulants, alcohol, opium and tobacco are universally used, and there must be some want, or necessity that their use supplies. No one will dispute this. To assume that the civilized world is spending hundreds of millions of dollars annually, without a purpose, is a proposition that cannot be maintained. There must be a want or necessity in the hu-

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man system that induces their use. On studying the physiological effects of brain stimulants upon the human system, the cause of their use becomes apparent. It is found that they temporarily supply the place of brain or nerve food—of food that supplies the waste in the nervous tissue that results from functional activity. Under their effects vital action in the nervous tissue is intensified; and as a result, the wheels of the mind revolve and its levers vibrate with an increased speed, without a corresponding effort of the will. Here we find the solution of the problem. A brain stimulant, by increasing the force and rapidity of the circulation of the blood in the nervous tissue, heightens and intensifies its intellectual and organic function, through a proportionally increased function of nutrition. In a more concrete form, the answer would be: The root and cause of intemperance lies in the fact, that brain stimulants temporarily supply the place of brain and nerve food. A substitute implies a deficiency. If it can be shown, in addition to the fact that brain stimulants temporarily supply the place of brain and nerve food, that there is a deficiency in brain and nerve building material in the diet of the masses, in which a substitute for such food would be applicable, my proposition would become logically impregnable. The former proposition no physiologist will dispute, and the latter premise no chemist will deny.

In the present dietetic system it is clearly understood, by all who have given attention to the subject, that fat forming and muscle forming food is the rule, and nerve and brain building material is the exception. No attention has been paid to the vital point of regulating and adapting the diet to meet the inevitable waste in the different tissues of the body. That the human body is a system of machines, each requiring to be fed in a given time, with a given amount of food material of a peculiar chemical character, is a capital point that our best physiologists have entirely overlooked. To fully supply each tissue with food adapted to meet the waste resulting from its function, and at the same time to avoid an excess that can only burden the digestive organs, is the basic principle of dietetic science.

Function is a synonym of labor; and labor results in waste. In other words, a waste results from the function of each organ in proportion to its activity. This waste must be supplied by food fitted for this end by the digestive organs. Now the labor of the nervous tissue as an organ of the human body, is incomparably greater than that of any other belonging to it. It is the life engine, the motive power, that awakens into activity all the other tissues and organs in the human body. It at once, and at the same time, originates and distributes life force. It is this tissue that causes the lungs to breathe, the heart to beat, and the stomach to digest. It is from this tissue that consciousness, intellection, sensation and motion originate, and through its agency all of the reparative, secretory, and excretory functions of the body are carried on. In its gray cells the life force or vital energy is elaborated and stored, and through its white portion distributed to the various tissues and organs of the body. As has been explained, waste is always in proportion to labor, and the waste of an organ must be met by adequate supply of proper food, or its function will become impaired.

Now, those chemical elements that are food to the nervous tissue, do not serve a like purpose to the muscular, the adipose, and the osseous. Each tissue must have food adapted to supply and restore the chemical elements that enter into its constitution. Now, is the supply of nerve food in the present dietetic system equal to the demand? Are we getting a proper supply of nerve building material in the diet of the masses to meet the enormous waste in the nervous tissue, resulting from the intense intellectual activity of the present age? Compare the present condition of society, as respects intellectual activity and production, with its condition 25 years ago. Is there not a fourfold increased intellectual activity? In a given number of the popula-

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on are there not four books and newspapers read, four subjects studied and mastered, four opinions promulgated nd defended in the place of a single ne 25 years ago? Would not this imly a fourfold increased waste in the ubstance of the nervous tissue? Is it ot a fair, logical, inevitable deduction? Has there been a proportional increase n nerve and brain building food, or naterial, in the diet of the masses?

In what does nerve food consist? n what do we find it? Is it meat? no; white bread? no; potatoes? no. If it s not found in these staples, in what is t to be found? I answer, in the exteior of the wheat kernel, in the skin of the potato, and in milk, partially also in eggs and fish. I answer, the chief food staples, in the present dietetic system, are almost entirely deficient in brain and nerve building material. In view of these facts, is it a result to be wondered at, that the starving nervous tissue in the overworked masses attempts to satisfy an intolerable sense of craving, of physical hunger, by the use of stimulating poisons, that temporarily supply the place of brain and nerve food? I answer, the cause of intemperance is based upon a fundamental error in the present dietetic system. Let it always be borne in mind that stimulating brain poisons—alcohol, opium and tobacco—temporarily supply the place of brain and nerve food.

What is the remedy for intemperance? I answer, nerve food—building material to supply the waste of the nervous tissue in the masses. I answer, further, a reform in the present popular system of dietetics, by reducing the proportion of fat and muscle forming elements, and increasing the nerve and brain building material in a proper ratio. Let the supply in each case meet the demand and no more. A study of this subject, and a practical application of the theory that I am advocating for the past 15 years, gives me a solid basis of fact on which to rest its advocacy.

Food beverage—a liquid food composed largely of brain and nerve building elements, a combination, concrete, soluable, and one that is so rapidly taken into the circulation that the patient feels immediately its invigorating, energizing power, has proved in my hands an almost certain remedy. It at once, and at the same time, allays thirst and invigorates without stimulating, imparting to the system a permanent basis of nervous vigor and energy.

I am satisfied that here is a vast field, as yet uncultivated, for the advancement of the moral and material interests of the human race.

The possibilities of chemical science are almost boundless. It seems to me, in the production of concrete forms of food that shall be fitted to supply each waste of the physical system, and at the same time impose the least possible tax upon the organs of digestion, the grand possibilities of the human mind and body are to be finally realized.

Here is the only true remedy for the evil of intemperance.

Stimulating poisons will in the end be supplanted by food beverages that will so invigorate, and energize without stimulating, that there will be no sense of mental and physical craving, which is to-day temporarily appeased by the use of the former. Let public attention be directed to the intolerable vices of the present popular dietetic system. Let the subject be discussed and agitated till the public mind becomes convinced of the paramount importance of the topic to physical intelligence, and moral life and development. Let the food question demand the attention of the broadest culture to be found in the field of science. Then, in the perfected physical body, the intellectual and moral faculties will find a perfect organ for the expression of their own divine capabilities.

BURNS AND SCALDS.—Common whiting, reduced by cold water to the consistence of thick cream, is to be spread on a light linen rag, and the whole burnt surface instantly covered, and thus excluded from the action of the air. The ease it affords is instantaneous, and it only requires to be kept moist by sprinkling with cold water.

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HOW TO GIVE A VAPOR BATH.

HAVING heated in the fire half a dozen hard half bricks, or porous rocks of nearly equal size, to full or partial redness, put a vessel, such as a washbasin, under a common basket or cane-bottom chair, and put into it two quarts of boiling water; put before the chair (face toward a window or door) a pail two-thirds full of water, as warm as the feet can bear; put the patient in the chair (the bottom covered with a thick cloth or double towel) divested of all his clothing, and surrounded chair and pail to the floor, with a large, thick woolen blanket, or two, if one is not large enough, and covered with a sheet, if the blanket be thin or have holes in it; his feet being in the pail of warm water before the chair, let its folded ends be pinned behind, and its upper edge or side around the neck. If this be done on a carpet, let there be first spread down a piece of old carpet, or comfortable, to absorb the perspiration and water that will fall from the patient. Now give him some warm drink, hot water for instance, and take, in the tongs, one of those hot bricks and go behind the chair, open the blanket at the floor and let the brick down *gently* into the water, to generate the vapor. Hold on to it, so that you may lift it out, if it make too much, until it will settle altogether into the basin without raising too much heat, when you may let it go. Now wash him all over, under the blanket, with warm, soapy water, and close it. As some bricks become cool put in others, until he perspires freely and becomes warm. Let the patient loosen the blanket from the body, by putting his hands between it and the knees, etc., and let a bystander lift it from his shoulders. If the vapor becomes too hot, open the blanket above and at the bottom, and let through a current of cool air, fresh from the window or door (the top of the window is best), open from the time he is covered in the bath. If the water at his feet becomes cool, put more hot water into it. After he has sweat some 30 minutes take him out, dash a little cool water in his face and on his breast and spine; and, if this is pleasant, all over him. Wipe him dry, and if he wishes to sit up, put on his clothing, seat him in an arm-chair, in which a blanket or a comfort is spread; or, if he prefers it, put him in bed, with a bottle of hot water to his feet, giving him, in either case, a little ginger tea, and keeping the room comfortably warm, and well ventilated. The baths may be repeated every day, until the perspiration becomes free and general, then every two days, at most, for a week, then every three, for another week, then every four, as long as their action is beneficial.

Never measure your bath by minutes or hours. The object of vapor bathing is, in cases of cold, to open the pores and let out the perspiration. In patients filled with cankery fluids, it is to carry out the virus that may be afloat in the system at the time, and to excite the skin to action by the stimulus of heat. The first will be accomplished when the patient sweats freely all over, and his flesh is hot, and particularly on the knees, and the tops of the feet just back of the toes. The second should be continued as long as, by giving freely of the warm drink before mentioned, with occasionally a little cayenne, he can comfortably endure it.

WHEN VAPOR BATHING IS NECESSARY.

High heat is a tonic. When the skin is cold, lax and clammy, it has lost its tone of tension. Hot vapor will stimulate it to a natural action, and enable it to hold the heat of the body in quantity sufficient to keep the whole warm. If the skin be very hot and parched, its tension is too great. Sponging with cool water and drinking bland fluids in this case until the perspiration is free, is better than hot bathing, as there is so much heat directly under the skin that none is needed outside of it. After giving emetics and injections, which let down the inward action and take off the ten-

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on of the skin, the vapor may be applied to advantage, and it will aid in removing the morbific matter from the capillaries, and deep-seated glands, tc. If the skin be dirty or scurfy, nough it be neither parched nor lammy, hot vapor is necessary to cleanse it. If it be clean, of natural color and temperature, and so active that a cup or two of weak cayenne tea will excite a perspiration, but not be succeeded by chills, and the extremities be not cold nor inactive, bathing is not necessary.—*A. Curtis, M. D.*

UNCONSCIOUS CEREBRATION.

BY J. E. SNÓDGRASS.

NOT the least attractive of the many strikingly exceptional articles contributed to the October issue of THE HERALD OF HEALTH, by the editor and his well chosen corps of colabors, was the "Talk about Apples." I have not been more entertained and instructed by any magazine article for a long while, than I was by it.

Having said this much in commendation, the author will have to allow me to confess that there was one sentence in it which was a decided blemish—a blemish which I was not prepared for, in consideration of the discrimination shown by the author in his articles generally, when treating of scientific questions. I allude to his condemnation of the use of the divining rod as mere "trickery." I will reproduce the portion of the article in which this occurs, as follows :

"It is the peach, or some other twig, that the conjurer uses, who goes about to tell you where there are beds of ore or veins of water. The apple is too true and sturdy to lend itself to this trickery. Instead of turning in his hand, it would be more likely to turn his face to shame."

Not so fast, friend Benton! You have unconsciously slandered the divining rod. Albeit some of the users of it act in the spirit of trickery, doubtless there is a philosophy hid in it, which I propose to make an effort to rescue from the banishment to which you have so cavalierly consigned it.

No one who has followed Dr. Carpenter in his article on "Unconscious Cerebration," ought to have any doubt that the indications of the divining rod, which have often been found reliable, are to be referred to that source. If the experimenter, and all who accompany him, be persons of passive habits of mind, or capable of introverting and rendering passive their cerebral powers—in order to insure which passive result the diviner had better be a stranger to the ground where the water or other subterranean treasure is sought, and also to all traditional impressions previously made upon the mind of the occupant or his neighbors, when, as generally is the case, curiosity has summoned them to the place of trial. These conditions being observed, the divining rod becomes not seldom a true indicator of the fact sought for—practically a tongue to those who consciously or unconsciously are impressed with the belief that what is sought is at hand, though unseen.

The bearer of the rod holds the same relation to the spectators that the 'medium" holds to what goes under the name of a "spiritual circle," but is only a psychological group, in the scientific phraseology proper to be employed. By the power of pathetism the recognized or unrecognized thought of the spectators (their opinion, if you prefer that word) is brought to bear upon the digital muscles of the diviner, causing them to turn the rod earthward at the spot where some spectator or spectators may be impressed, consciously or unconsciously, that there is hidden beneath the instrument the coveted boon, whether that boon be metal, water, or oil. And I was told, while on a visit to the Pennsylvania oil region, by an intelligent citizen, that

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the divining rod had frequently been used with apparent success for the location of oil wells.

The philosophy which I have ventured to make clear in the foregoing remarks will probably remain occult to readers not familiar with the workings of the psychical forces so well known to the experimenter in psychology, and only be rewarded with the smile of incredulity. But so long as for such efforts as this we get nothing worse than a smile—albeit a smile of incredulity only — we may deem ourselves fortunate indeed, in remembrance of the very different spirit in which new truths were received in other days.

I close in the confidence that at least the entertaining author of the "Talk about Apples" will appreciate what I have ventured to suggest in the spirit of conjecture—for it is not the purpose of this article to establish a theory, so much as to suggest the solution of a fact in general experience, which it is not wise, I think, to attempt to dispose of as the author of the article under notice has attempted to do.

THE TURKISH BATH AS AN ELEMENT OF REFINEMENT.

AS a country grows older and civilization advances, the better classes are inclined to pay less deference to mere wealth, and devote less time to its acquisition, but seek rather those elements and influences which have for their end a higher cultivation, and a more rational enjoyment of existence. The example which we now frequently see of eminent laborers who have acquired large sums, devoting the toil of a lifetime to the amelioration of their fellow-men, gives us enlarged hopes for the future. The fact, that, as a people, we devote too large a share of our existence to the mere heaping up of this world's goods is acknowledged by all. We struggle, and in the effort exhaust our powers, and thus are prevented from enjoyiag the full fruition of our labors. For this reason we should hail with delight any agent or means that promises to enlarge our powers, or increase the enjoyment of what we already possess.

The peculiarity of the Turkish Bath is that it will do both, and no person or community can long persist in its use without becoming fully convinced of this. By its frequent use, what had previously been a long period of sickness, is reduced to a minimum, or dispensed with altogether, thus giving an actual gain in time; furthermore, the increase of vital activity consequent upon its use, is apparent in the quickened energies, both physical and mental, while many powers that would otherwise have remained dormant, are thus brought into complete action. The increase in the enjoyment of life is obvious to all who have even but partially experienced its delights.

Many have been, and are, inclined to treat the Turkish Bath as an immense bugbear, a fearful looking for of things unutterable, something calculated to almost annihilate their existence; but such ideas are unworthy of a thinking or reasoning mind. The Bath, properly taken, should be only delightful to each and every one, and when that result is not reached, the reason may be looked for either in its maladministration, or in some abnormal condition of the recipient.

The mere sense of purity from a thoroughly cleansed body is more delightful than the dantiest feast ever placed before mortal. The calm quiet imparted to the nervous system, and the deliciousness of sensation, approaches the nearest to that condition of perfect health which is permitted to man here below.

The amount of avoidable disease and suffering in the community is fearful to contemplate, and it should be the aim of all good citizens to promote whatever may alleviate, even in a small degree, one moiety of this suffering—how much more an agent that offers such a

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bountiful reward to those who may enter in and enjoy.

Then again, the Turkish Bath may be, and in Great Britian has been, used with marked success as an antidote to the cravings of the drunkard. The whole mucous surface of an alcohol drinker is in an inflamed condition. It is recognized as a disease by those most competent to treat that malady. The effect of the Bath is by copious sweating to cleanse the blood of all inflammatory impurities, and leave instead a pure and healthy action. Thus, by freely drinking of water, and an abundant perspiration, the internal fire is effectually quenched, the irritated nerves soothed and quieted, and the whole economy left in a normal condition. Perspiration eliminates only effete and poisonous matter from the system; by drinking cold water the blood is replenished with wholesome material in exchange, and consequently the whole body is renewed and invigorated. This is why the Bath is so thoroughly applicable to such a variety of cases.

The advantage to every community of its individuals seeking their enjoyment in such pure and health-giving pleasures, is apparent to every mind, and the amount of time which it necessarily involves is an advantage rather than otherwise. Inasmuch as our people travel through life on too much of a high pressure, any institution that teaches moderation, and how to make haste slowly, is desirable as a partial offset. It is only by leisure that the finer graces of life are brought out, and if we are content to always crowd through life, we thereby more and more render ourselves unfit to fill any place in the community other than that of hewers of wood and drawers of water.

Again, as a powerful means of physical education and improvement, the Turkish Bath is invaluable. Those who are pleased with a fine physical presence—and who is not?—and would desire to promote it in their own persons, must first seek the establishment of their health on a sound basis, and no one thing will do more to promote the harmonious action of each and every organ of the body than the Bath. As has been said of its action, "Powerfully aiding nutrition, it manifestly promotes growth and strength."

The influence of clean linen and fine clothing upon the manners of men has long been acknowledged. How much more that of a thoroughly renovated external surface, as well as a purified blood, can readily be imagined. The beauty and delicacy of the skin which is brought about by the action of the Bath, is exquisitely manifest to every one who has ventured upon its trial.

Therefore, whatever has for its aim the avoidance of disease, and the elevation of the community to a higher plane of life, is earnestly to be sought for by all lovers of a refined humanity.

THE TIME IS SHORT.

BY JOHN W. CHADWICK.

THE time is short; the more the reason, then,
For filling it as full as it can hold
With thrills of beauty, yearnings for the truth,
And joys of love and labor manifold.

Then should it chance, as we would fain believe,
Life's glory waits us in some other sphere,
Its first great joy shall be we did not miss
God's meaning in the glory that is here.

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OUR DESSERT TABLE.

APPROPRIATE CONTRIBUTIONS FOR THIS DEPARTMENT SOLICITED.

ADDRESS TO SCOTTISH WHISKY.

Parent of want and woe and crime,
Fell source of most the ills we dree;
Waster of talents, strength and time,
The poor man's deadliest enemy—
The mad'ning pulse, the reeling brain,
And burning hearts attest thy reign.

I see thy victims as they pass,
With haggard cheek and blood-shot eye,
Hurrying to drain another glass
To drown that inward agony,
Which in each bosom burns, a hell,
A brute desire unquestionably!

I view thy favorite haunts, vile Power,
The ale-house, tap-room, low and mean,
Where still to waste the precious hour
Thy squalid votaries convene;
Tobacco's scent infects the air,
While through the smoke grim faces glare.

I hear the wild, delirious laugh,
I see dark passion's withering frown,
As still fierce draughts they madly quaff,
In hopes their woe and care to drown.
Vain hope! the never-dying worm
Is reveling on each wasting form!

It hath come to a dreadful pass,
With the poor wretch, whose nerves unstrung,
Require both hands to lift the glass,
Whose contents down his throat are flung.
Reversed is God's and Nature's plan,
The brute hath triumphed o'er the man!

Seductive poison! slaves to thee,
When injured Reason leaves her throne,
Say they were happy, blithe and free;
But the false boasts their hearts disown.
Fools that they are! they do not know
The pleasure they for thee forego.

The fragrance of the woods and fields,
The knowledge drawn from books and men—
All that is useful they despise,
For what is hurtful, false and vain!
Fatal infatuation binds,
Gross darkness envelops their minds.

Upon these scenes I need not dwell,
Where thou presidest day by day.
They're spread too widely, known too well—
Thou makest, when beneath thy sway,
The tenor of domestic life
Perpetual heart-burning and strife.

Besotted slaves, for them I sigh,
Oh, what can stop their mad career?
Although an angel from the sky
Were sent to warn them, would they hear?
No! they would scoff, curse, and blaspheme—
This is no fabling poet's dream!

Vile drug, farewell! thy power shall fail
To wreck, destroy the human race;
Knowledge and virtue shall prevail,
And all the arts that raise and bless—
For oh! if men were good and wise,
This earth were still a Paradise!

A MODEL MAIDEN.

'Tis not alone that she is fair,
And hath a wealth of golden hair;
'Tis not that she can play and sing,
To charm a critic or a king;
'Tis not that she is gentle, kind,
And wears no chignon huge behind,
Nor high-heeled boot, nor corset laced
To show her slenderness of waist;
'Tis not that she can talk with ease
On well-nigh any theme you please;
'Tis not that she can row, and ride,
And do a dozen things beside:
The reasons why I love Miss Brown
Are that she never wears a frown,
Ne'er sulks, or pouts, or mopes, or frets,
Or fusses about "styles" or "sets;"
Ne'er nurses lapdogs by the fire,
Nor bids her friends their charms admire;
Ne'er bets upon the Derby day,
And when she's lost omits to pay;
By bonnets does not bound her talk,
And is not indisposed to walk;
Ne'er bullies her small brothers, nor
Esteems their childish games a bore;
With pigments ne'er her cheek defiles,
Nor practices coquettish wiles;
Needs not a maid to pack her things,
Nor plagues papa for diamond rings;
On biscuit is content to lunch;
Loves Shakespeare, Milton, Pope, and *Punch*
Never descends to vulgar slang,
And ne'er was known the door to bang!

Punch.

MAN AND WOMAN.

Man was saying: "How can we,
In our little boats at sea,
Pass the guarda-costas by?"
"Row!" said Woman in reply.

Man was saying "How forget
Perils that our lives beset,
Strife and poverty's low cry?"
"Sleep!" said Woman in reply.

Man was saying: "How be sure
Beauty's favor to secure,
Nor the subtle philter try?"
"Love!" said Woman in reply.

Victor Hugo.

GERMAN LOVE SONG.

Thou art the rest, the languor sweet!
Thou my desire! thou my retreat!
I consecrate my heart to thee,
Thy home through all eternity.

Come in to me, and shut the door,
So fast that none shall enter more:
Fill all my soul with dear delight;
Oh, tarry with me day and night!

Helen S. Conant.

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EDITORIAL DEPARTMENT.

Herald of Health AND Journal of Physical Culture
Advocates A Higher Type of Manhood, Physical, Intellectual and Moral

NEW YORK, JANUARY, 1877.

WATER.

"To the days of the aged it addeth length;
To the might of the strong it addeth strength;
It freshens the heart, it brightens the sight;
'Tis like quaffing a goblet of morning light."

☞ *The* PUBLISHERS *do not hold themselves as indorsing every article that may appear in* THE HERALD. *They will allow the largest liberty of expression, believing that by so doing this magazine will prove to be more useful and acceptable to its patrons.*

TOPICS OF THE MONTH.

BY M. L. HOLBROOK, M. D., EDITOR.

A HAPPY NEW YEAR to our friends and readers everywhere! and not only a happy first of January, but happy months all through, till another year shall come. This is our greeting to one and all, old and young. And we will only add the old trite maxim, "Be good and you will be happy." "Don't believe a word of it," says one old grumbler, for I have been good all my life, and yet here I am, poor, old, sick and miserable." Ah, how is that? Good, did you say; that is, you have led a good life, as the world goes. You have not been very immoral, have not been in any ring to rob the government, have not been a liar, a thief, a blackguard. But this is not enough. Goodness is a greater word than most people think. It means more than this. To be good in the highest sense, is to be healthy, intelligent, brave, cautious, industrious, benevolent, friendly and useful. There are a great many good people in the world, who are good for just nothing at all. So we repeat—we wish you all a Happy New Year, and add to this, be good all round and you will be happy.

FLORIDA—A GLOWING LETTER.—Perhaps a brief account of experience in the far South may prove acceptable to your readers, and at the same time might induce some of them to remove to a climate where business and pleasure may be combined with a degree of profit not known to agriculturists of the north.

For many years I managed by hard labor and rigid economy to eke out a subsistence upon a farm not a hundred miles from New York city, and the contrast is so great that I wish others to participate in the advantages I am now enjoying. But few of the farmers of the north are aware that within 70 hours by railroad from New York city there is a land of flowers and fruits that rivals the imaginations of poets. Thousands upon thousands encounter the trouble and expense of a journey of 3,000 miles to the Pacific slope to seek a home, where a few years of labor will bring wealth and comfort not to be obtained in the East. Some have settled in the fertile valleys of California and realized their expectations; but had they known that greater advantages could have been attained at one-tenth the cost, within an easy distance of their former homes, the vast majority of them would have selected Florida, and made that their future home.

In addition to the products cultivated in other parts of the United States, may be named the orange, lemon, lime, pomegranate, citron, shaddock, loquat, pineapple, papau, banana, custard, apple, fig-marigold, guava, date, palm, cocoa-nut, figs, olives, almonds, grapes, prunes, Madeira nuts, Spanish chestnuts

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and Brazil nuts, and other productions not known to northern soils; corn and cotton side by side, sugar cane and rice upon the same farm.

It may seem like exaggeration to state that one acre of our soil is brought to produce a larger net profit than many farms do at the north; but it is only a simple fact, that either oranges or bananas will give a yearly income of $1,000 per acre, with no more labor than would be required for a properly cultivated apple orchard of the same extent, and either of these fruits once planted will continue to bear enormous crops for 75 to 100 years without renewal.

A bearing orange grove is a mine of profit. The crop is usually sold on the trees at from $15 to $30 per 1,000, and after they are ten years old many of them will bear from 2,000 to 3,000 oranges each, and they are usually set 20 by 20 feet, which gives 100 trees to the acre, and it requires but little calculation to sum up the income; and this is only a sample of many others that may be cultivated with nearly as great a profit. Let your hard working readers think of a country where fruits are in season all the year round, and flowers in blossom every month of the year—a climate so genial, mild and healthy that the death rate is less than any State in the Union. Where the whole world is open for a market, with railroad and water transportation for all the products that can be raised, and the market has never yet been supplied with semi tropical fruits, then if they hesitate to "pack up" and enter into the promised land, they deserve the evils they are now contending with.

Were it not for trespassing too much upon your space, I would give facts from my own experience; but there is no such thing as ignoring the simple truth, and it is clear to any one who will take the trouble to investigate it, that any industrious man who comes to Florida, and plants semi-tropical fruits, and exercises the same care and attention to the business that he is compelled to at the north, *cannot fail to become wealthy;* his farm will be worth ten times as much as one of the same size at the north, and it requires les capital to commence operations, and h will get returns sooner for his labor an capital.

As I desire to induce others to follo my example, I shall at any time b willing to give any information in m power to any one who desires to b come a *bona fide* settler. If this sub ject should prove acceptable to you readers, I should be pleased to send yo details about fruit raising in our Stat for your valuable publication.—J. K.

[The above letter is rather more fl rid than most letters from Florida ar and we print it with the suggestio that none go to Florida without firs thoroughly investigating all the fact and conditions; not forgetting that hot climate for life is rather debilita ing, and produces an enervated con dition anything but desirable. Stil Florida has some advantages, with it disadvantages not to be forgotten—Ed.

The following letter on this subjec will be in place here. In it the write says:

In speaking of orange lands, all land in Florida will produce oranges, so fa as my experience goes. I have see in '67 fine oranges and orange trees i Bradford, Alachua, Levy, Marion, an a few other counties in the interior o the State—was in Florida then onl five months; came to Florida again i December 1875, was up the St. John river, stopped a few weeks in Orang county, saw some fine groves, cam back and stayed in Augustine, sa fine oranges trees here, where they ar sheltered from the coast winds. Bein one of the hard-up sort, I took care o a so-called gentleman's place, for wage last summer. I made a trip 20 mile south from Augustine, and four mile west from the coast. The old settler do not plant many trees; but I foun the orange trees doing finely, as wel as any I have seen. My circumstance required a homestead of Uncle Sam and as good pine lands are recom mended as best for orange culture, an seeing the trees I spoke of, I took homestead. There is Government land here to be homesteaded, and I hear i

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aid that some of the grants which are etter lands for general culture can be urchased low, from $2.50 to $5 per ere. As to lands in other parts of f Florida, I am not posted, but beeve they can be bought cheap in large uantities, where uncultivated. Cultiated lands do not generally bring iore than from $5 to $25 per acre any istance from towns, if they are on a ailroad.

I should prefer to be further in the nterior; but it is not so healthy as here, oo much fever and ague. As to the ffect of climate, last summer was my irst summer in Florida; until about the middle of July I could stand it well, but from that time until frost it was quite debilitating. When frost came in November it braced me up again, and I felt as strong as north. But I am not naturally one of the strong ones, and have a severe wound received in the army, so that I am not a fair specimen. But I hear others who are strong say the same. If you could see my place and fixtures, you would undoubtedly say, "That is a lazy Florida bachelor"; but if you had seen me in Colorado you might have said the same. But I must say the summer season is debilitating from July to October, or November. I do not believe, from what I have seen, that the climate is so degenerating—it is the mode of living. I see some of the native born do as much and look as healthy as people north. I have found no place that I think I could do as well with the same amount of labor, nor that would suit my condition, being weakly, as well as Florida. As I have said, I do not believe it is the climate, for as soon as you cross Mason and Dixon's line you begin to find a peculiar, and, may I say, a degenerate people. The light was north of the line spoken of, the further south the further from the light, and the greater degeneracy—not caused by climate, but want of light.

I shall endeavor before I close this, to have some one to tell you more than I can of lands, etc. Hoping you may succeed in bringing a colony of Hygienists somewhere into Florida.

LEWIS SEEBOLD.

A VEGETARIAN COMMUNITY.—Scattered here and there over this fair land are to be found many who are tired of the incessant scramble for life, weary of the incessant struggle against the fraud, monopoly, selfishness, animalism, which characterize our present civilization. Is it not time for those who have been baptized into a love of truth, purity, health, harmony, and progress, to begin to consider whether it might not be better to give their efforts to the establishment of a different system of things—to strengthen, sustain and protect each other in true living, by means of associative life, than continue to waste their energies in fruitless endeavors to stem the tide of corruption inside of "society as it is," isolate and alone? How many there are who have been practical health and dress reformers for a time, for instance; but afterward, through the pressure which has been brought to bear upon them from their surroundings, have succumbed to the "old order of things," become negative to the anti-reform spirit, which is everywhere abundant, and finally gone back, in practice, if not in theory; bodily, if not spiritually and entirely, to the fleshpots of Egypt and the skirts of Babylon. Starting out with fresh vigor and firm resolve to do good work, by example at least, in behalf of physical righteousness and mental emancipation, they have become gradually weakened in their good resolutions, and finally overwhelmed by the spirit of compromise and retardism, which is ever ready to drag down and discourage the true disciple of truth and progress.

This is sad. The heart aches at the thought of these downfalls, these "backslidings" so numerous; and the thoughtful student of human affairs inquires for the cause and the remedy. The former, as hinted at above, is, in a word, *isolation*; the latter will be found in *association*. All those, therefore, who deplore the fact, are invited to consider seriously whether it may be necessary that it should continue. In other words, shall there never be a cessation of the evils that afflict human society, simply because those who would be glad to live true lives them-

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selves, and who earnestly desire to see the entire race pure, healthy, and happy, allow themselves to be held in the selfish orbit of isolate life, unsustained, unstrengthened, unaided by each other, at the mercy of that system of things which develops these evils, and will always continue to develop them so long as those who alone can correct them remain aloof from each other. It is not necessary. I propose immediate steps toward a union; and those who feel ready or desirous to leave behind them the animal and animalizing diet, the hurtful, fickle, foolish fashions, the isolate interests, mutual antagonism, and financial cannibalism, the tale-bearing gossip and scandal, and other unsatisfactory elements of modern life, and to dedicate themselves to something more worthy the dignity of human nature, are invited to communicate with the undersigned without delay, giving all needful particulars of a personal nature. Address KADMUS ADELFOS,

Box 26, Matfield, Mass.

EDITOR'S STUDIES IN HYGIENE.

DIPHTHERIA is one of the most dreaded diseases that can attack a household, and wherever it exists in a malignant, or even mild form, in any neighborhood, great care should be observed in attending in season to every case. As a general rule, it attacks feeble persons, or those whose blood is not pure, more frequently than any other; indeed it is doubtful if it often attacks a perfectly healthy person. The most important things to do first, are to see that the excretory organs do their duty and carry off as far as possible all foul matter from the bowels. Copious injections and a tepid bath for the body, or even a pack to bring out through the skin morbid matter, and if there is fever to reduce it. Pure, fresh air for the lungs, and such quantity of strong lemon acid for the stimulation of the kidneys as can be taken without discomfort. All this is general in its effects. The local treatment requires compresses of ice water about the throat, as high up as possible, so as to reduce the inflammation which may be present, or prevent it from appearing. The throat itself is the seat of the disease, and requires to be treated so as to kill the dense fungoid growth that destroys the tissues of this part of the body, and generates a poison which absorbed into the blood carries deadly effects all through the system. The destruction of this growth is best effected as follows: Take carbolic acid, 1 part; sulphurous acid, 3 parts; perchloride of iron, 4 parts. Mix thoroughly, and apply the vapor by means of a spray apparatus directly into the throat, to such parts as show tendency to disease, or if this is not convenient, by means of a camel's hair brush to the affected parts every two hours. No possible harm can come from this application, and it most effectually destroys the poisonous growth of diphtheria. The strength should be maintained by suitable nourishment. If this treatment is thoroughly carried out a majority of cases of diphtheria would recover.

CAUSE OF TYPHOID FEVER. — The latest investigations concerning the cause of typhoid fever go to show that it consists in the growth of a microscopic fungus plant, originating probably from the excretions of the bowels of animals, and when finding their way in even small quantities into the water we drink, the germs seem to find a place to grow in the mucous membrane, especially of the illeum, causing ulcerations, and absorption into the blood of the poison, where it spreads to the entire system. Under the microscope these growths assume very curious forms, leaving no doubt of their nature. Exactly the same kind of plant is found in the water in some regions in Germany, and it is notorious that typhoid fever prevails there extensively. With these facts be-

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re us, it is very easy to see how ty-
noid fever may spread in a locality
here the water may be impregnated
om fecal remains, near houses, barns
in cultivated fields. It is believed
y many that if we know the cause of
disease we may remove it. Now here
a chance for people to try their hand
t preventing a great scourge, It can
nly be done by purifying our water
upply, which can only be done by
reater cleanliness generally.

BREATHING THROUGH THE MOUTH.—
'atlin taught the world the import-
nce of shutting the mouth and breath-
ng through the nose. It would seem
hat his little book, entitled, "Shut
'our Mouth," is bearing fruit in Ger-
nany, where new thoughts receive
nore attention from physicians than
nywhere else in the world. Respir-
ition by the mouth is easier than by
he nose, but not so safe. The nose
o a certain extent fits the air for en-
tering the lungs. The sense of smell
prevents our breathing an air loaded
with poisonous vapors. The moisture
of the nasal cavities to some extent
saturates the air and makes it less ir-
ritating to the throat and larynx. The
inequalities of the nasal passage and
the hairs catch the dust before it goes
far enough to harm. On the other
hand, breathing through the mouth
dries the throat, and in children may
cause false croup, catarrh, and it may
so affect the Eustachian tube as to
cause injury to the ear and deafness.
So important, in the eyes of Dr. Guye
is the importance of breathing through
the nose, that he has invented a little
instrument to apply to the mouth in
sleep, which holds it shut and compels
nasal breathing.

HOW TO MAKE A CHEAP AND POW-
ERFUL DISINFECTANT.—Dissolve half
a drachm of nitrate of lead in a
pint of boiling water, now dissolve
two drachms of common salt in a
bucket of water; when both are dis-
solved pour the two mixtures togeth-
er, and when the sediment has set-
tled you have a pail full of clear fluid,
which is a saturated solution of the
chloride of lead. A cloth saturated
with the liquid and hung up in a room
will at once sweeten a fetid atmos-
phere. Poured down a sink, water-
closet, or drain, or on any decaying mass,
it will produce the same result. The
nitrate of lead is very cheap, and a
pound of it would make several bar-
rels of the disinfectant. The salt which
furnishes the chlorine would not cost
more than the water.

THE ORIGIN OF BREAD.—A tradi-
tion relating to Adam and Eve has
some points not before explained so
clearly as therein. Adam grieved over
the death of Abel, and looked down-
ward, never lifting his eyes even at the
face of his wife Eve. So God pitied
his case, and as a consolation sent the
Angel Gabriel, who taught him how to
make and eat bread from wheat. At
the first the kernels were as large as
ostrich eggs. After the deluge they
shrank to the size of goose eggs, and
in the days of Solomon they were no
larger than grapes. The present size,
but little larger than mustard seed, is
probably owing to the domination of
the Turks, who cast a blight on man,
beast, and vegetation everywhere they
go. Adam taught his wife Eve the art
of making bread, and since then women
have turned the mill and heated the
oven in every true believer's house.

POISONING BY A HAT.—The follow-
ing case is of considerable interest: A
man wore a new felt hat for one day,
and, though it did not press on his
head, he had severe headache. An
eruption appeared, attended with
swelling of his forehead, proceeding
in some parts to suppuration. The eyes
also became inflamed and almost closed,
and the swelling extended more or less
over the whole face. A chemist found,
on examination, that the brown leather
lining was colored with an aniline dye
containing poison.

INFLUENCE OF THE EXTERNAL USE
OF WATER ON THE VESSELS OF THE
BRAIN.—Dr. Max Schueller gives the
results of a large number of experi-
ments on animals, to determine the
action of external applications of water
upon the vessels of the pia mater. The

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arteries of the brain were observed by trephining the skull. When the nerves supplying the parts were divided, the following effects were observed:

Ice applied to the head caused a decided contraction of the caliber of the vessels.

A moist, cold compress on the back or abdomen caused an immediate and lasting dilatation of the arteries.

Full baths gave analogous, but more intense effects.

A cold douche on the back or belly produced alternating changes in the caliber of the vessels, and afterwards dilatation.

A warm douche also caused the alternating changes of caliber.

Cold and warm injections into the rectum were followed by dilatation of the vessels.

The moist pack produced first a transient dilatation of the vessels, followed by a gradual and considerable narrowing of their caliber, lasting an hour or more, with slowing of the pulse and respiration, and diminution of the temperature and reflex excitability.

Cold or warm frictions with moist cloths caused generally a contraction of the cerebral vessels. The same effect, but in a less degree, was observed with the use of a dry cloth.

EXERCISE FOR THE TEETH.—There is very little doubt but the human teeth have become through successive ages of civilization more fragile and liable to decay than those is either pleasant and profitable. Just how much of this is due to lack of care and cleanliness, and just how much to food, no one can tell; but it is evident these causes are among the chief that cause so much decay of the teeth, and it would seem reasonable that man in civilization should make good in some way the loss it entails. Now in barbarous tribes of men the teeth are generally sound, and yet a tooth brush and soap is never used, and this may be because the teeth are exercised more by hard food, and cleaned by the abundant flow of saliva which would naturally come from hard food. Man cannot, however, go back to a savage life, so he must contrive means of keeping his teeth so they shall not decay. That one of these means is the tooth brush and tooth soap is certain; but is this sufficient? We think not, and believe that exercise is an additional means of toughening the teeth and making them strong. But how are they to be exercised? Surely it cannot be done on soft bread and such food as is too often found on our tables. It may be that the eating of raw wheat would give the proper exercise, and we suggest that it be tried in this way. Each day let the teeth be exercised on a teaspoonful of clean, dry, uncooked wheat. Children become fond of it, and if chewed fine it is very sweet, promotes the rapid flow of much saliva. Unless swallowed whole it cannot do harm. It must not be supposed that any effect, however, to prevent entirely the decay of the teeth, weakened by ages of bad dietetic habits, can in one generation be effected, and so the dentist must for the present be called in to our aid.

CARRYING WEIGHTS ON THE HEAD.—The Hindoo girls are gracefully formed. From their earliest childhood they are accustomed to carry burdens on their heads. The water for family use is always brought by the girls in earthen jars, carefully poised in this way. This exercise is said to strengthen the muscles of the back, while the chest is thrown forward. No crooked backs are seen in Hindostan. Dr. Henry Spry, medical officer, says that "this exercise of carrying small vessels of water on the head might be advantageously introduced into our boarding-schools and private families, and that it might entirely supersede the present machinery of dumb-bells, backboards, skipping ropes, etc. The young lady ought to be taught to carry the jar as these Hindoo women do, without ever touching it with her hands." The same practice of carrying water leads to precisely the same results in the south of Spain and in the south of Italy, as in India. A Neapolitan female peasant will carry on her head a pail full of water to the very brim, over a rough

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d, and not spill a drop of it; and the quisition of this art or knack gives the same erect and elastic gait, and same expanded chest and well-med back and shoulders.

THE ESSENTIALS OF AN OVERCOAT. The essential requirements of the ercoat are warmth and lightness, d the difficulty is to secure the form without that degree of oppression ich is incompatible with health and mfort. The weight or pressure of e overcoat is referred chiefly to the oulders, where it does not fail to ake itself felt in any increase of the rrounding temperature, though easi- borne in very cold weather. An vercoat of moderate dimensions and rdinary texture weighs from eight to welve pounds, and this additional eight cannot be carried without aug-enting the "wear and tear" of the uscles. Let the tailor warrant an easy, ght, warm overcoat for winter, as he as a light one for spring and fall wear.

LIQUOR LAWS.—The Temperance Advocate says: "If pumpkin-pie produced the deplorable results in the way of vice and crime which proverbially accompany whisky and other alcoholic beverages, it would be the duty of the State to make its manufacture and sale unlawful. It is because it does not that it is properly left free from such legislative restriction. Broken heads, wife-beatings, and child-murders are in no sense a sequence of the custom of eating pumpkin-pie; but they *are* a common fruition of the traffic in alcoholic liquors."

THE DISEASE GERMS.—The germ theory of disease is pronounced upon by the members of a medical society as follows: That so far as inquiry has been made as to the results of the active principles in infective diseases, it is probable that in a certain number the matter is particulate or molecular in form, and in the instances named in no sense a soluble substance. That in regard to the causes of septicæmia, pyæmia, puerperal fever, erysipelas, and hospital gangrene, and in cholera, small-pox, the carbuncular diseases of men and animals, of typhoid and relapsing fevers, and diphtheria, there is not satisfactory proof that they are necessarily connected with minute vegetable organisms. That the real nature of these causes is still uncertain.

ACCORDING to statistics that have just been published, out of a population of more than 36,000,000 in France, there are 37,927 blind and 29,512 deaf and dumb, so that in 950 inhabitants there is one blind, and in 17,123 there is one deaf and dumb person. In Paris alone there are 7,333 mad people, while in all France there are 17,123 male and 14,964 female lunatics.

SLEEP IS THE BEST STIMULANT.—The best possible thing for a man to do when he feels too weak to carry anything through, is to go to bed and sleep as long as he can. This is the only recuperation of brain power, the only actual recuperation of brain force; because during sleep the brain is in a state of rest, in a condition to receive and appropriate particles of nutriment from the blood, which take the place of those which have been consumed by previous labor, since the very act of thinking burns up solid particles, as every turn of the wheel or screw of the steamer is the result of consumption by fire of the fuel in the furnace. The supply of consumed brain substance can only be had from the nutritive particles in the blood, which were obtained from the food eaten previously; and the brain is so constituted that it can best receive and appropriate to itself those nutritive particles during a state of rest, of quiet, and stillness of sleep. Mere stimulants supply nothing in themselves; they goad the brain, and force it to a greater consumption of its substance, until it is so exhausted that there is not power enough left to receive a supply.

CURRENT LITERATURE.

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OBST UND BROD, EINE WISSENSCHAFTLICHE DIAETETIC. Von Gustav Schlickeysen. Mit einer Tafel und mehreren Abbildungen. Berlin: Verlag von Theobald Grieben, 1875. (S. 169).

[Fruit and Bread, a Scientific Diet. By Gustav Schlickeysen. With a Chart and several Il-

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lustrations. Berlin : Published by Theobald Grieben, 1875. pp. 169.]

This little work is now being translated from the German by the Editor of THE HERALD OF HEALTH, and will be published as soon as completed.

The old question, as much discussed in the days of Socrates as among us, as to the proper food of man, is here treated from the standpoint of modern science; the argument being based upon the study of the works of Darwin, Huxley, Haeckel, Vogt, and indeed all the great writers upon evolution and anthropology, and is intended to be an exhaustive treatise upon the subject, so far as is consistent with the purpose of adapting it to the general, as well as strictly scientific reader.

The author's position is a peculiar one. He is a vegetarian, but rejects what are usually called vegetables, and argues that the proper food of man is strictly fruit and grains: and these, he thinks, should be eaten in their natural and uncooked state, although he recognizes the necessity of a gradual adaptation to the change proposed.

In this connection he uses and emphasizes a word that has, in the sense in which he employs it, no exact equivalent in English. It is the German word *Spannkraft*, and indicates that vital and electrical property which plants receive directly from the sun, and which he contends is greatly impaired in the process of cooking. By bread he does not therefore mean a product of baking, but simply grain foods in general, however prepared. His argument against cooking is well sustained, and if not fully assented to, must at least tend to a simplification of our culinary processes, especially with regard to fruits. The author's original and ingenious treatment of this branch of his subject, is worthy of especial attention. The work is divided into three parts, as follows:

PART I.—Anthropology, treating of the origin and development of man, both as a race and as an individual. In this part is condensed much scientific information. It presents an interesting collection of facts in comparative anatomy, together with a bird's eye view of the animal kingdom as it appears in the light of evolution. It is thus of interest to the general reader, as well as a contribution to the cause which it advocates.

PART II.—Physiology, treating of the process of nutrition, the chemical elements and essential properties of food, the injurious effects of cooking, water and air as elements of nutrition, and finally making a concise statement of physiological laws.

PART III.—Dietetics, in which the principles previously established are more directly applied to the choice and preparation of foods. It includes also a well arranged series of hygienic rules and practical suggestions with reference both to children and adults.

Among his concluding remarks, the author says: "The fruit and grain diet realizes the emancipation of woman. With it she is no longer the slave of the kitchen, for the kitchen ceases to exist. The time thus gained she may devote to higher employments, to the care and education of her children, to garden work and to personal culture."

The work will have an especial interest as presenting in the main, the views of a new school of German health reformers. It is not generally known in this country that within the last generation there has been developed in Germany a very considerable popular sentiment in favor of a strictly hygienic diet, and against all artificial stimulants, including beer and tobacco. There is now in existence a national vegetarian society, numbering some five hundred members, widely scattered but closely united in sentiment, Its influence is felt outside of its own ranks; one of its best features being that of encouraging the sale of hygienic food preparations. In its society manual and address book it announces the places at which these articles may be purchased, in the principal cities and towns throughout Germany. In this its work corresponds to that of the new American "Health Food Company," and to the similar enterprise of Dr. Nichols in London.

The extraordinary development of vegetarianism in England within the past few years, has exerted an influence in other countries, and the subject promises to come again conspicuously before the public.

The translation now undertaken, is therefore timely, and will answer an excellent purpose if it contributes to a better acquaintance between American and German health reformers, and to a mutual exchange of views. As to this, however, the Germans have greatly the advantage of us, for the works of the leading American writers upon hygiene have already been translated and published in Germany, while this is the pioneer effort at placing before American hygienists a German treatise upon diet from the vegetarian standpoint.

The translation is already well progressed, and is being made with much care. It will be enriched also by some additional material, and, it is hoped, by the personal experience of the author, who has for many years lived in accordance with the principles he advocates, and to whom a request of this nature has been addressed.

It is designed to make the book, with its original and supplementary matter, a really valuable source of information, both scientific and historical, upon the subject treated.

With regard to its size, price, and number of copies to be issued, it is desirable to have some previous advice, and the translator, Dr. Holbrook, would gladly receive from the readers of THE HERALD OF HEALTH, and all others interested, some intimation of the interest they may feel in it, and of the substantial encouragement they are disposed to accord to it.

The price will be between $1 and $1.50, according to size and edition; and subscriptions addressed to the editor are now solicited, payable when the book is ready for delivery. A generous response to this will insure a speedy publication of the work.—*Edwin F. Bacon.*

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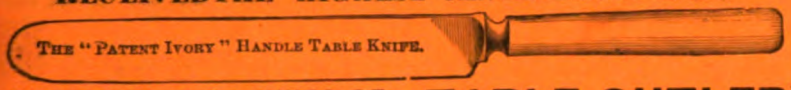
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BY

M. L. HOLBROOK, M. D.

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Appetite and Work.
Exciting Appetite.
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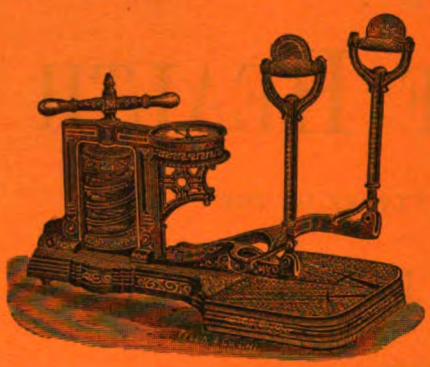
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MARCH, 1877.

UNWILLING MATERNITY.

BY ELIZABETH OAKES SMITH.

GEORGE ELIOT is at considerable pains to describe a character of whom one of the strongest experiences in her life may be designated as above. She limns this individual with touch after touch, that shall give it force and coherence. It is the mother of Daniel Deronda, who, with proclivities to art, is unwilling to be subjected to the marriage bond and its consequences. She marries at length a man whom she feels she can rule, that she may escape from the thraldom of her own family. She becomes the mother of an unloved child, from whom she separates herself while he is an infant, because he needs affection which she cannot give, and he is a hindrance and obstruction in that artistic sphere in which she moves, contented in heart and triumphant in ambition.

Thus much. Now this character, which strikes the domestic, maternal woman as a monstrous delineation, is by no means without its parallel in the woman of to-day. Indeed there is a vast number of the sex whose womanhood is so crudely developed, that, after assuming the marriage relation, and without any high mental or artistic tendencies, they still have an insurmountable repugnance to maternity. She may have married the man of her choice, and yet does not delight

"To look as ladies like to be, who love their lords."

She is loath to yield that highest testimony to her affections, and surest guarantee of her fidelity to the man whose name she is willing to bear, and whose fortune she divides. Now this seems to me an absolute meanness on her part, if not a fraud. A well constituted pair, desiring the full companionship implied in the relation of marriage, naturally desires paternity. It is the ultimate of the condition, and involves the comfort and security, the tenderness, the sacredness, and all the manifold amenities and delights of a household. It invests the pair with perennial youth. Health, gladness, responsibility enhance the dignities that pertain to life, and which augment as it advances—till the white head becomes surrounded by an aureola, and the children arise and call them blessed. Yea, he is honored in the gates where he sits with the elders of the city. Thus, in speaking of a pure, uncontaminated marriage, we naturally speak in the figurative language of scripture, than which nothing better can be found.

Where no children crown the ordinance of marriage, disagreeable, often wicked suspicions arise in regard to the couple; certain it is they are bereft of that which imparts fullness and handsomeness to the relation. They seem to outsiders mismatched and pitiful; and every well-wisher at once

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suggests that they should adopt children from some favored pair whose quiver is full of them. The object of marriage is defeated in a childless union.

Men more frequently marry with this object in view than women, because the squeamishness and false modesty of the sex, superadded to the foolish teachings of our literature, have combined to give the latter an idea that it is indelicate to talk about it. George Eliot makes the young, worldly Gwendolen say to herself, as excuse for the wrong step she is about to take by her marriage with a man who has already five children and their injured mother to think about: "Perhaps we shall have no children," thus squarely facing the subject.

Many a man has an indescribable longing for paternity, and he will make great sacrifices that he may set up the family altar and hear the patter of little feet in his household, and no woman has a right to become the wife of such a one and be unwilling to become a mother. It is a mean, unwomanly quality of mind that underlies this unwillingness. The father of a family, Lord Bacon says, has given hostages to society, and he is a better man, or likely to be in every way a better man, because of this tender relation. His sense of responsibility is deepened, his natural love of protectiveness augmented, and he has a more realizing nearness to the infinite Father, as he reverently utters "Our Father who art in Heaven," for his own paternity expands to a divine Fatherhood.

The mother is no less elevated in the scale of womanhood by her maternity. The beautiful submissiveness of the mother of Jesus to her destiny, which the old painters symbolized by the folded hands of the Virgin over her breast, may be realized by the unselfish, pure-minded wife. She is invested by her conception with a divine sacredness; and she, by uniting her life with one man, has nothing more to do with the exciting pleasures and uncurbed imaginings of the worldling. Her husband may prove infirm of manhood, frivolous, or evil-doing; that does not exhonerate her from the solemn and sacred duties that hem her in by her state of motherhood.

For what reason do men and women form this relation, sanctioned by the Church, and recognized by the laws of all civilized communities? No one, not the coarsest of mind, will refer it to an animal status; few will explain it by a desire to live, or board together; fewer still to the comfort on one side of having a permanent escort when traveling or going out, and on the other by the convenience of having buttons sewed on, and the place taken care of. The thrifty will say that two will live cheaper than one, on the ground that the wife divides the toil and knows how to economize.

These are all outside reasons, none of which alone justifies the relation. Most of these conditions can be met by the ordinary methods of compensation, while marriage presupposes something more intimate and sacred than is to be found in these views of the question. If it is not accepted from an interior, sacred recognition of obligations to be incurred, marriage becomes no better than any other commercial contract, and assumes an indecency even. Sterne has said, with more fitness to truth than delicacy of expression: "The only motive that can justify marriage to a woman is the desire for children, and how any one such, past that period can ask the blessing of God upon her concupiscence, is beyond my comprehension."

This is coarsely put, but the truth is there. Women of culture, of a full, perfected organization, do not scruple to admit this desire, so needful to the race, and which may thus be made by marriage so helpful to good morals. This desire alone takes away the grossness of a willingness to form a relation with the other sex, and crowns marriage as something holy and beneficent, as well as becoming to rational beings. It is well known that Margaret Fuller never scrupled to express an ardent desire for motherhood, and the crowning and indorsement of her marriage by the consummated child, was welcomed by her with the most profound satisfaction and

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thankfulness. Her whole being was permeated, as by a divine, spiritual blessedness. This is no merely ideal state, which only a remarkable woman may be supposed to feel; it is the natural instinct of a pure woman, and it ceases to be a part of the natural requirements of her organization only when worldliness, selfishness, or depravity have done their work of corrupting her.

In the early experience of our country a woman would have blushed with shame at any imputed unwillingness on her part to become a mother. She had not been demoralized by false opinions, nor enfeebled by sentimental reading, and knew nothing of the evil practices of our times. Bright and active, rational and cheery, year by year the olive branches multiplied around her table, and the good "minister" christened the gathering babies with becoming praise of the orderly household. Fathers stood amid their children with a patriarchal grace, for the language of discontent, and mawkish complaint was unheard in their households. Ten and twelve was but an ordinary number of the children, and the grand, stately mother of John and Charles Wesley counted to herself nineteen. Mrs. Somerville, the peer of Laplace, numbered twelve, I think, it may be thirteen, while Elizabeth Fry was the mother of an equally well filled quiver. Napoleon, willing to rebuke the pretentions of Madame De Stael to greatness, and show her that her one child by no means came up to the standard by whice he judged a woman, replied to her question, "Who is the greatest woman?" by saying, "She who has borne the most children."

A statue has been raised by the Netherlanders in honor of a woman who mothered upwards of 20, and a well known mistress of an eating house in New York city, fresh, fair, and 40 or more, full of a genial activity, has given her country 25 healthful men and women.

Profound acquirements, the engrossments of public benefactions, and the activities of pursuits of any kind, have not been any hinderance to the natural instinct of maternity in women of large capacities and high moral discernment. They were wives, and the aspect of motherdom was the obvious consequence. The one picture of the Roman matron receiving her fashionable friend amid the sanctities of her household, and when asked to show the lady her jewels, bringing forward her sons as her jewels, is full of suggestive sweetness. The commendation which this woman has received upon the page of history, demonstrates that the universal sentiment of mankind is in accordance with the dignified simplicity of wife and mother thus presented to view. Who can calculate the amount of elevation that might dawn upon the race if the majorities of the sex were akin in character to this Roman Cornelia.

It is altogether natural that a woman should desire to prolong the period of girlhood, that most lovely frontier of womanhood, graced by the innocence of the child, and the bloom of youth; but when she begins to be called an old girl, or as the Irish suggestively style it a "stale girl" it is better for her to assume the matronly robe, as affording her not only the best prospect of happiness, but of position also. Some women I have known to defer their marriage from year to year, even when affianced to the man of all others most desired as the future husband, simply because of this repugnance to child-bearing. I will cite a case that came under my own observation. Miss A. had been for 10 years engaged to her lover, and all that time no obstacle had intervened to postpone a union every way acceptable to their friends. Their devoted attachment to each other was well known and much admired, and the gentleman was sometimes blamed for deferring the marriage, as some thought because of pecuniary considerations; but the true reason was to be found in the unwillingness of the destined bride to hazard the state of maternity, which she rather openly expressed. Year after year she prevailed upon the good-natured lover to wait—she would be ready in the spring, she would be ready in the fall—and

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thus life ebbed away, till the flush of youth was fading from them both.

At length the patience of the man was exhausted, and he threateningly told her that his position in society and sufficiency of fortune justified him in settling himself in the world. He felt an irresistable desire to be the father of children, the head of a household; he had hoped for all this through her lovingness of him, but if she continued averse to marriage he must break off their engagement, and ally himself to another, from whom he perhaps should derive less of tender sympathy, but whose unselfishness might gratify this need of his for a home and the delights of paternity.

The lady received this plain statement with floods of tears, and soon came to terms. The marriage was duly solemnized, and the happy pair took the usual journey, and set up their *penates* in great content. Now mark the irony of Nature, who may not be trifled with, with impunity. The husband had his full fruition of contemplated felicity in becoming a father, for in five years and less, by twins and triplets, the wife had presented him with eight living, healthful children.

Much of the contempt or indifference with which marriage is coming to be regarded, may be traced to the false notions prevailing upon this subject alone. The earlier inhabitants of our country were pioneers, and became possessors of great landed estates, from the profits of which they lived in something more than comfort, and were able to raise and educate their large families with comparative ease; but in the process of evolving the present state of the country, estates have been divided and subdivided till these old families are comparatively poor, and the young people now must look to their own exertions for a competence in life; but they would scorn the pretty log cabin where their ancestors lived on the outskirts of civilization, and they scorn also the more imposing farm-house, with its plain dressing and homely comforts. The sewing machine, the railway and express and telegram render it possible for the country matron or maid to dress as fashionably as the denizen of the city, and they do not fail to avail themselves of the opportunity; reporters and newspapers expatiate upon the silks and velvets and diamonds worn by ladies at receptions and entertainments, till a universal appetite for ostentatious display in dress has been created, and has been fostered by the tone of the press, as well as by the vanities and rivalries of the sex. This ostentation pervades every aspect of society, and is found in our expensive furniture, our over large houses, and a general contempt for labor.

The consequence is, that a young man cannot marry; the expense is too great, and the club becomes his place of resort. He rather avoids women, and is gradually losing the refinements of social intercourse, to say nothing of his deterioration in morals. If he marry, the wife will not keep house at a moderate expenditure of taste and money, and they are compelled to board. Here again is a new temptation to extravagance. All the earnings of the man are swallowed up in board bills, and dress and millinery bills. It is easy to foresee the end. Children are an expense and incumbrance, and not to be thought of. There is no check upon the husband by the tender council of the wife, and no silent plea from the face of an innocent child; he becomes wreckless, forges or purloins, and winds up a sad career in a prison, or meets death by his own hand.

Now, why did these two come together? I see no motive above a gross sensualism or foolish vanity. No high or holy impulse mingled in their vapid worldliness. Neither made society any better for their existence; and if we could go behind the scenes and inquire into their childless union, we should most likely find it was made the worse by them.

Yet this is the experience of thousands, and is the growing evil of the day; and much of it—all I am inclined to believe—lies at the door of women. They do not uphold the sacredness of marriage; they do not insist upon a higher moral status for themselves or

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the other sex. A vast, a multitudinous aspect of crime underlies these childless unions; and women have too willingly lent themselves too it, by their unwomanly love of ease, of fashion and display.

They defraud the world of its element of youth and innocence by the presence of the child, and they dwarf their own souls by ignoring a state which is truly the perfection of womanhood, no less than the promoter of health and beauty. Let them live "in maiden meditation, fancy free," if they choose, but do not marry without a motive to sanction it, a pure expression of affection ultimated by the presence of a third, in the shape of a lovely image of the best life of the two.

The work-woman honestly and unflinchingly redeems her marriage contract, and in this way she is more praiseworthy and more to be honored than the would-be fine lady who evades her marriage obligations. She is not a fraud, nor a mean pretender to affection or morality. All is decent, true and real with her, and she has no fears of her good man, that he will give her cause for jealousy. I hardly understand with what face a woman, who is unwilling to be a mother, can reproach her husband for inconstancy; she has no permanent hold upon his affections, and her own life is no help to his sense of good morals. There should be mutual helpfulness in the relation of marriage, and as women are supposed to more fully represent the spiritual element, a man has a perfect right to take the law of companionship from his wife, and when she, by her imbecility or turpitude, disappoints his expectations the ruin is dreadful.

The medical records and the law records teem with the terrible disclosures of suffering and crime proceeding from the false estimate of embryotic life, and the wreckless destruction of it; a crime as real, as palpable as that of any murder to be found upon criminal dockets; and these crimes will be repeated, and this aspect of bad morals continue, till women awake to a living sense of the sacredness of marriage; till they return to a sense of the beauty of the household; till they feel that the family relation is the divinely appointed method for the true elevation of the race. The family, one man and one woman, living reverently together, rearing their children in a true filial and fraternal bond, is the one image upon earth of that heavenly mansion of which the Master spoke,

> "When soon or late they reach that coast
> O'er life's rough ocean driven,
> May they rejoice, no wanderer lost
> A family in Heaven."

CHRONIC DISEASE—ITS CAUSE AND REMEDY.

BY VIRGIL W. BLANCHARD, M. D.

CHRONIC disease is one of the peculiar products of civilization. Physical vigor, activity and endurance seem to proportionally decline in the higher ranks of society as knowledge and refinement become the conspicuous, dominant elements in the character of a nation. So universally have these changes been observed, that historical writers have generally accepted the pernicious dogma as a fundamental truth; that physical decline is a natural, universal sequence of intellectual development and domination. As a result of this false impression, a feeble, sickly physical system is at present regarded as a kind of natural, or necessary concomitant of intellectual power. That this is the rule, at the present hour, among the higher classes in the ranks of civilization, I do not deny; but I insist that it is not a natural, legitimate result but that it is a natural result due to the violation of some of the basic laws of human existence. I not only aver this, but I venture to confidently assert, that in the perfected physical system is found primarily the only true basis of intellectual activity and power.

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This conclusion would make chronic disease not a natural product of civilization, but its most formidable obstacle; its worst enemy. A natural product, or a legitimate effect, so long as the cause exists, is inevitable; but an obstacle or an enemy may be removed or overcome.

The spectacle presented to-day by the higher ranks of civilization is fearful to contemplate. Not one family in five is exempt from the terrible visitation. "Can the demon be exorcised?" "Is there a ray of hope?" are the hopeless, wailing interrogations of millions.

Every means that has been tried has utterly failed. Nostrums, drugs, medical systems, have one by one awakened hopes that have never been realized. Still, with an ever increasing fatal momentum, through its ever deepening, widening channel, the curse rolls on. I answer confidently, the plague may be stayed; that there *is* hope. I answer, that the root of the deadly, universal curse known as chronic disease, lies in the fatal error of civilization in making physical culture secondary to intellectual. I answer, that Nature designed a perfected physical system as the only soil capable of bearing the noblest and divinest fruits of intellect. I answer, that vigor, activity, and persistence of the intellectual element in human nature are naturally the outgrowths of force, energy and endurance of the physical. I answer, that the culture and refinement of civilization to-day, are in and of themselves false, morbid products; or they would, through a natural, proper culture of the physical nature, develop the highest possibilities of the intellectual and moral.

The human body, as a single organ, has one general, dominant function, viz.: the production of vital energy, or life force, through which its organic processes are performed; and by means of which the function of intellection is carried on. If this force is present in an abundant, natural volume, both the physical and intellectual nature are replete with energy and activity. Latent life force in the physical system is the equivalent of physical and intellectual health. And health is a synonym of activity, power and production. Chronic disease, excepting the specific and malignant types, is simply a deficiency of life force. In the presence of chronic disease the physical system does not produce life force sufficient to meet the wants of the organic processes and the intellectual function. As a result, certain necessary physical functions are imperfectly performed. As the physical system is, in itself, an organ for the production of life force, a derangement of one or more of its functional processes still further diminishes its production. Here we have a solution of the problem.

Chronic disease, in the general acceptation of the term, is simply a condition resulting from a want of life force or vital energy within the physical system. Not organic, but functional in character, and hence curable. But how curable? I answer, by simply supplying the deficiency of life force, or vital energy. But can life force or vital energy be supplied to the physical system to meet a deficiency? If so, how? I answer, by simply supplying the physical system with proper food. I answer, that the physical system as a single organ has one general, dominant function, viz.: to develop or produce life force, or vital energy, from proper, assimilable food. I answer, that life force can have no other origin than from proper, assimilable food. And I repeat, that the paramount function of the human body, as a single organ, is to develop from proper food material this life awakening and life sustaining power.

From this point of view the fatal error of the past is clearly seen and understood. Nostrums, drugs, arbitrary and pernicious rules and systems are seen usurping the place that can naturally be filled only by food.

In a reform in the dietetic system of the present age is found the only true remedy for chronic disease. But this reform must be based upon natural philosophical principles. Physiological laws must be obeyed.

Life force has its origin in food; but in food of a peculiar character. The

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uman body has its active and pas-ve organs. What a steam engine or ater wheel is in a manufacturing stablishment, the nervous tissue is mong the other organs in the human ody. It is the life awakening and life nduring agent. It is the life motor, he life engine. The other organs move nd act only as they are moved upon nd actuated by its power. Its func-ion is the general, universal function f the human body, and it requires ood to supply its waste in proportion o its activity and energy. Hence the atural demand for food to supply the vaste of the nervous tissue is propor-ionally much greater than for any ther form required by the physical ystem. And the almost utter defi-iency of nerve and brain food in the iet of the masses naturally suggests hysical debility and mental inca-acity; just those physical and men-al conditions that are known to civil-zation by the term chronic disease. And to make the disaster more com-plete, unnecessary elements in the form of fat forming and muscle forming ma-terial are substituted for the natural, necessary supply requisite for the nerv-ous tissue. What then is the true se-cret of physical and intellectual health? I answer, first, to supply the waste in each tissue of the physical system with a requisite amount of proper assim-ilable food; and second, to avoid bur-dening the organs of digestion with an excess. Here is the true philosophy of dietetic science. It may all be summed up in seven words; *supply the waste in the physical system.*

The possibilities of dietetic science as a means of uplifting the human race are practically illimitable. A healthy physical system is to-day the exception, rather than the rule. That the divine capabilities of the human soul can only find a just expression through a perfect physical organ, is a fact that is not at present in any just degree understood. That chronic disease is almost invariably only a just punish-ment for a violation of natural di-etetic law, rather than a natural se-quence of intellectual culture and re-finement, civilization fails to compre-hend. Till a just understanding and appreciation of its true cause and proper remedy is entertained by the public mind, this scourge will continue to visit upon the transgressor the just penalties due to a violation of the most important fundamental law of human existence.

BE ALWAYS GIVING.

THE sun gives ever; so the earth—
What can it give so much 'tis worth?
The ocean gives in many ways,
Gives baths, gives fishes, rivers, bays;
So, too, the air, it gives us breath;
When it stops giving comes in death.
Give, give, be always giving;
Who gives not is not living;
The more you give
The more you live.

God's love hath in us wealth unheaped;
Only by giving is it reaped;
The body withers, and the mind
Is pent in by a selfish rind.
Give strength, give thought, give deeds, give pelf,
Give love, give tears, and give thyself.
Give, give, be always giving;
Who gives not is not living;
The more we give
The more we live.

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OUR DESSERT TABLE.

APPROPRIATE CONTRIBUTIONS FOR THIS DEPARTMENT SOLICITED.

LINES TO A CRUEL TEAMSTER.

Oh, teamster spare that horse!
How hard it tries to go!
There's load enough for two—
Don't strike another blow.
Give him a helping hand,
Or ease the load, I pray,
And he your kindness will
A thousandfold repay.

How patiently he toils
All through the heat and cold,
A faithful servant still,
Though wearied, worn and old.
Poor dumb, unconscious horse!
And yet he seems to know,
Caressing oft the hand
That deals the cruel blow.

What an imploring look,
And what a knowing eye;
And yet without the power
Of utt'ring e'en a cry.
See how he writhes and shakes.
While smarting with the pain;
Oh, cruel driver, pause!
Don't use the whip again.

Humanity at last,
Brought to a sense of shame,
Will punish those who give
Unnecessary pain.
Oh, driver, spare that horse;
How hard he tries to go!
There's load enough for two—
Don't strike another blow.

MORAL COSMETICS.

Ye who would have your features florid,
Lithe limbs, bright eyes, unwrinkled forehead,
From ages devastation horrid,
Adopt this plan,
'Twill make in climate cold or torrid
A hale old man.

Avoid in youth luxurious diet,
Restrain the passions lawless riot,
Devoted to domestic quiet,
Be wisely gay;
So shall ye, spite of age's fiat,
Resist decay.

Seek not in Mammon's worship, pleasure,
But find your richest, dearest treasure,
In God, his word, his work, not leisure;
The mind, not sense
Is the sole scale by which to measure
Your opulence.

This is the solace, this the science,
Lifes purest, sweetest, best appliance,
That disappoints not man's reliance
Whate'er his state,
But challenges, with calm defiance
Time, Fortune, Fate.

THE POET AND GRASSHOPPER

Happy insect! ever blest
With a more than mortal rest,
Rosy dews and leaves among,
Humble joys and gentle song!
Wretched poet! ever curst
With a life of lives the worst,
Sad despondence, restless fears,
Endless jealousies and tears.
In the burning summer thou
Warblest on the verdant bough,
Meditating cheerful play,
Mindless of the piercing ray;
Scorched in Cupid's fervors, I
Ever weep and ever die.
Proud to gratify thy will
Ready nature waits thee still:
Balmy wines to thee she pours,
Weeping through the dewy flowers,
Rich as those by Hebe given
To the thirsty sons of Heaven.
Yet, alas! we both agree
Miserable thou like me!
Each alike in youth rehearses
Gentle strains and tender verses;
Ever wandering far from home,
Mindless of the days to come,
(Such as aged winter brings
Trembling on his icy wings),
Both alike at last we die,
Thou art starved and so am I.

GOOD-NIGHT.

[*A beautiful German song, from Korner.*]

Good-night!
To each weary, toil-worn wight,
Now the day so sweetly closes;
Every aching brow reposes
Peacefully till morning light.
Good-night!

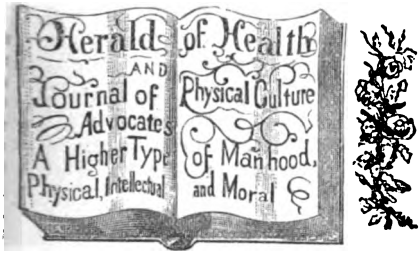
Home to rest!
Close the eye and calm the breast!
Stillness through the streets is stealing,
And the watchman's horn is pealing,
And the night calls softly, "haste
Home to rest!"

Sweetly sleep!
Eden's breezes round you sweep,
O'er the peace-forsaken lover
Let the darling image hover,
As he lies in transport deep,
Sweetly sleep.

So good-night!
Slumber on till morning light;
Slumber till another morrow
Brings its stores of joy and sorrow;
Fearless in the Father's sight,
Slumber on—good-night.

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EDITORIAL DEPARTMENT.



NEW YORK, MARCH, 1877.

WATER.

"To the days of the aged it addeth length;
To the might of the strong it addeth strength;
It freshens the heart, it brightens the sight;
'Tis like quaffing a goblet of morning light."

☞ *The* PUBLISHERS *do not hold themselves as indorsing every article that may appear in* THE HERALD. *They will allow the largest liberty of expression, believing that by so doing this magazine will prove to be more useful and acceptable to its patrons.*

TOPICS OF THE MONTH.

BY M. L. HOLBROOK, M. D., EDITOR.

ADVICE TO THE BOYS.—Mr. James T. Fields, formerly editor of the Atlantic Monthly, and distinguished as a man of letters and lecturer, has written a letter of advice to boys, which we consider as appropriate to a place in these columns. It certainly ought to be read by every one who desires to begin a student life right. Mr. Field says: "If I were a boy again, I would practice *perseverance* oftener, and never give a thing up because it was hard or inconvenient to do it. If we want light we must conquer darkness. When I think of mathematics, I blush at the recollection of how often I 'caved in' years ago. There is no trait more valuable than a determination to persevere when the right thing is to be accomplished. We are all inclined to give up too easily in trying or in unpleasant situations, and the point I would establish with myself, if the choice were again within my grasp, would be never to relinquish my hold on a possible success, if mortal strength or brains in my case were adequate to the occasion. That was a capital lesson which Professor Faraday taught one of his students in the lecture-room after some chemical experiments. The lights had been put out in the hall, and by accident some small article dropped on the floor from the professor's hand. The professor lingered behind, endeavoring to pick it up. 'Never mind,' said the student; 'it is of no consequence to-night, sir, whether we find it or not.' 'That is true,' replied the professor; 'but it is of grave consequence to me as a principle, that I am not foiled in my *determination* to find it.' Perseverance can sometimes equal genius in its results. 'There are only two creatures,' says the Eastern proverb, 'who can surmount the Pyramids—the eagle and the snail.'

"If I were a boy again I would school myself into a habit of attention oftener; I would let nothing come between me and the subject in hand. I would remember that an expert on the ice never tries to skate in two directions at once. One of our great mistakes, while we are young, is that we do not attend strictly to what we are about, just then, at that particular moment; we do not bend our energies close enough to what we are doing or learning; we wander into a half-interest only, and so never acquire fully what is needful for us to become master of. The practice of being habitually attentive is one easily obtained, if we begin early enough. I often hear grown-up people say, 'I couldn't fix my attention on the sermon, or book, although I wished to do so;' and the reason, is a habit of attention was never formed in youth. Let me tell you a sad instance of a neglected power of concentration. A friend asked me once to lend him an interesting book, something that would enchain his attention, for he said he

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was losing the power to read. After a few days he brought back the volume, saying it was no doubt a work of great value and beauty, but that the will to enjoy it had gone from him forever, for other matters would intrude themselves on the page he was trying to understand and enjoy, and rows of figures constantly marshaled themselves on the margin, adding themselves up at the bottom of the leaf.

"If I were to live my life over again I would pay more attention to the cultivation of *memory*. I would strengthen that faculty by every possible means, and on every possible occasion. It takes a little hard work at first to remember things accurately, but memory soon helps itself, and gives very little trouble. It only needs early cultivation to become a *power*. Everybody can acquire it. When I was a youth, a classmate of mine came to me with a long face and told me that he was in danger of being supplanted in the regard of a young person of the gentler sex by a smart fellow belonging to another school, who was daily in the habit of calling on the lady and repeating to her from memory whole poems of considerable length. 'What would you do?' sighed the lad to me. 'Do,' said I; 'I would beat him on his own ground, and at once commit to memory the whole of 'Paradise Lost,' book by book, and every time the intruder left Amelia's house I would rush in and fire away! Depend upon it,' I said, 'she is quite taken by surprise with the skillful *memory* of her new acquaintance, and you must beat him with surpassing feats of the same quality.' 'Oh, but,' said my friend, 'I have, as you know, a very *poor* memory?' 'The more reason now, for cultivating that department of your intellect.' I rejoined. 'If you give way to idle repining and do nothing, that fellow will soon be firmly seated in your place. I should not wonder if he were now at work on Thompson's 'Seasons' for his infamous purpose. Delay no longer, but attack John Milton after supper to-night, and win the prize above all competition!' Ezekiel began in good earnest, and before the summer was over he had memorized the whole of 'Paradise Lost,' rehearsed it to Amelia and gained the victory!"

We regard this advice as wholesome and hope our young readers will profit by it. Mr. Field might have added some other advice of perhaps equal value. He might have spoken of the necessity of preserving the health, of caring for the teeth, the stomach, the lungs, the heart, etc.; but probably the occasion did not require it. Possibly he thought THE HERALD OF HEALTH would attend to these branches of the subject, as it most certainly will.

THE HUMOROUS ELEMENT OF THE AMERICAN REVOLUTION. — Our esteemed friend, Prof. Moses Coit Tyler of Michigan University, has just delivered a lecture before the Historical Society of New York, on the above subject, which for brilliancy and beauty we have hardly heard equaled. The audience, from beginning to end, were held as if charmed by the orator, as he proceeded to show that our great revolution, with its serious, earnest side, had also a human and humorous element which has been almost forgotten. This lecture will certainly be in demand wherever a popular course of lectures is given for years to come. While we say this of the lecture, we want to add a word of reproof to the Historical Society for so far forgetting the comfort of both speaker and audience as to allow a hall to be crowded to its utmost without any ventilation. We know a number of persons who were made ill by it. We fancy even the presiding officer of the evening had his mind weakened by the air, as he evidently showed signs of mental weariness on several occasions. We should like to hear Prof. Tyler lecture in a hall with an atmosphere absolutely pure, and of a proper temperature. If he could do so well under such unfavorable circumstances, what could he not do under favorable ones? And if an audience could enjoy a lecture highly with such odds against them, how enhanced would have been their delight in a ventilated hall. Had we been near the window we should cer-

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inly, as an example, have broken out ew lights, running the risk of being rested for the act. Certainly the storical Society should subscribe for IE HERALD OF HEALTH, and em- oy a hygienist for a janitor, and also ucate themselves to a love of pure r. Necessary as it is to preserve the story of our country, it is more im- ortant to preserve the country itself, maintaining the vigor and health of s members.

THE TURKISH BATH.—In the gas fac- ries and metal-smelting houses, and robably in other trades where men e exposed to great heat, a plan is lopted which has considerable physi- ogical interest, and is specially illus- ative of the nutritive capabilities of ie bath. In the retort-house, the okers are kept for many hours in a eluge of perspiration; the drain is onsequently very active, and it is ne- essary to supply the loss occasioned is object, each man is allowed a cer- in quantity of oatmeal daily; the atmeal is served out by the foreman, nd is scalded with hot water and made ito thin gruel. This is the drink with hich the men supply the place of the y that drain, by means of drink. With erspired fluid. They give forth, in he shape of perspiration, water hold- ig in solution the used and useless aterials of the frame, and they re- eive in return a wholesome nutritive aterial. Can we wonder that these ien are perfect athletæ in form; that hey are in the finest possible condition or labor; and that, although working buildings open to every draught of old wind, and bathed in perspiration, hey never, indeed they cannot, take old.

Let us apply this lesson of the retort ouse to the ill-nourished, weakly in- alid; or, better still, to weakly, ill- onditioned children. Let us suppose hat we have the power, by an easy, leasant process, of extracting the old, he bad, the useless, even the decayed nd diseased stuff, how simple the oper- tion by which we could give back in s place wholesome and nutritious ma- erial. Where would be atrophy and scrofula, if we had this power? And this power is, I believe, fast approach- ing, fast coming within our reach, by means of the Turkish Bath. We squeeze the sponge as we will; we re- plenish it as we will.

The faculty of preventing disease, as exercised by the skin, besides being indirect and operating on the general health of the body, is also direct. The skin repels the depressing effects of cold, of alterations of temperature, of extreme dryness or moisture, by virtue of its own healthy structure, by its in- trinsic power of generating heat; and it also repels other causes of disease, such as animal and miasmatic poisons, by its emunctory power, which en- ables it to carry them directly out of the body. In unwholesome states of the atmosphere, in an atmosphere of ma- laria, which must necessarily pass into the body with the inhaled air, and be- ing in the lungs, must be absorbed by the blood, we naturally inquire, by what means we escape the morbid ef- fects of such malaria? The answer is: the malaria is conducted out of the body as rapidly as it is introduced, by the emunctory organs—by the liver, kidneys, and notably by the skin. If the powers of the skin be weak, then the poisons are detained in the blood, and disease is the result; but if the skin be healthy and active, then they can do no evil; and ultimately they become innocuous. Thus the bath, by conducing to the health of the skin, becomes a direct means of preventing disease.—*Erasmus Wilson, M. D., F. R. S.*

THE LIMITS TO PHYSICAL CULTURE. —In the case of physical culture, the point specially to be determined by actual physiological investigation, is to what extent the body may be benefit- ed. This known, any one may easily discover for himself when the limit is reached, and will understand that to carry his training still further is a pos- itive disadvantage and injury. Such an investigation has lately been made by Dr. Burcq, of Paris, in the *Ecole de la Faisanderie*, a gymnasium where are drilled the soldiers who are des- tined to be the gymnastic instructors

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of the French army. No better set of men could be selected for examination, for the reason that each individual is virtually intended hereafter to serve as a model for others, and therefore his physical culture is brought to the best possible state. Dr. Bureq continued his investigations with the utmost care and minuteness for six months, during which period the progress of over a thousand men was closely watched and criticized. As a general result, he tells us now that gymnastic exercises:

1. Increase the muscular forces up to 25, and even up to 38 per cent., at the same time tending to equilibrate them in the two halves of the body.

2. Increase the pulmonary capacity at least one-sixth.

3. Increase the weight of men up to 15 per cent., while on the other hand diminishing the volume. This augmentation exclusively benefits the muscular system, as is demonstrated by its elevated dynamometric value.

And Dr. Bureq further observes that, during the first half of the six months' course at the school, the increase of force was most markedly noted.

To Dr. Bureq's admirable studies upon this body of trained gymn may be added those of M. Eugene P who for a long period has been obse ing the results which methodical ph ical exercise produces in certain valids, and in a large number of peo of various callings, notably arti-ts, terary and business men, and othe whose muscles are normally less volu inous than those of the picked soldi at the *Faisanderie* school.

By means of a variety of ingenio mechanical apparatus, and by a cour of investigation wholly different fr that of Dr. Bureq, M. Paz reaches pr cisely the same results. He notes e pecially the increase in weight and d crease in volume of the body, abo referred to, and also the augmentati of pulmonary capacity. Three op atic singers, who were rigorously train for a year, attained a maximum lu power corresponding exactly to an i crease of one-sixth. It follows, ther fore, that Dr. Bureq's results may considered in the light of a general la and likewise as a guide to what is co rect physical culture. In this view, commend them to the attention of co lege authorities and students.

EDITOR'S STUDIES IN HYGIENE.

CLEANING CARPETS.—The subject of carpets and disease is one I am often troubled about. They are so continually quite overlooked in cleaning rooms where contagious diseases have been, and are doubtless the means of carrying disease to others. I use damp cornmeal and salt. To sweep a carpet thoroughly with a broom, take a pint of meal and a half pint of salt and moisten them together with just water enough to keep the meal from flying about, not wet enough to stick to the carpet, sprinkle pretty thickly on one side of the room, and sweep straight across; add a little more meal as the dust begins to fly—this cleans the carpet nicely, too. But for daily sweeping I use a carpet sweeper—this effectually gathers up the dust, shreds, and par cles of lint which usually fly furiousl and must settle down onto every pa ticle of furniture in the room, an then be removed with the dustin cloth. I have found the carpet swee er a grand helper all round, savi dust, labor, and weary backs. Ev in the sick-room it can be used slowl and thus guard against the no which sweepers make. The cost of will certainly be made up to the w man who has many rooms to sweep. think it will sweep a room sufficient four times out of five; the fifth time use the cornmeal and salt, and a go broom. E. R. B.

PURE AIR.—That pure air is th great sanative, and that its presence

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ıore valuable remedy than the ·le materia medica combined to efit abnormal conditions, of this ·e remains not a doubt. We cannot too profoundly impressed with this amount idea in practical medicine.

pecial floating germs in the air pro·e particular epidemics, often en·ıic diseases; infest wounds and ul·s; cause most low forms of fever, and ·ct physical evils to which all the ·oc of war, a thousand times multi·ed, would be evanescent when com·red with the ravages of the atmos·eric dust.—*S. H. Potter, M. D.*

DISTURBED OR BROKEN NIGHT REST. A lady writes to know how she can prove her sleep. She eats nothing, e says, for four hours before bedtime, d yet wakes up dreaming, and is ex·usted as if she had not slept at all. ıe has no dyspepsia, and wonders hat is the matter. Our history of the se is too slight to enable us to state ·finitely where the trouble lies, and ıerefore we can give only general ad·ce, applicable to nearly all cases. So ır as we know, the object of sleep is) repair the wear and tear of the ody during hours of wakefulness. If ıis is not well done, then the follow·ıg day there exists a lack of sound, ealthy feeling, which only those who ave experienced can describe; but es·ecially does the brain and nerves suf·r more than any other parts of the ody. During sleep the vessels of the rain contract, and diminish the quan·ity of blood circulating there to such n extent as to cause unconciousness. Thought action ceases, repair action egins. Still, where there is poverty f blood repair is slow, and sleep is not ound; hence a first essential to sound efreshing sleep is sufficient blood to nake repairs. Now it sometimes hap·ens, that an early, light supper does ıot furnish sufficient pabulum for the lood to repair the organism with during leep, and for such it may be better to at some light, easily digestible food before going to bed. We have known reat benefit to come from this. We do not, however, advise a hearty meal at this hour, nor all to eat then, but only such as by practice find it beneficial. Then, again, the position in bed is of consequence. Poor sleepers will find it advantageous often to raise the head of the bed a foot higher than the foot, and then to sleep on a tolerably thick hair pillow, so as to bring the head a little higher than the shoulders. The object of this is to make the work of the heart in throwing blood to the brain harder, so it will not throw so much. A level bed, with the head almost as low as the feet, causes an easy flow of blood to the brain, and sometimes wakefulness, when the vessels cannot contract on it and keep the brain empty.

Then the bed itself should be good. A very hard or very soft bed is not the thing. Hair mattresses are generally best, but these might be improved. Then the bedding should be porous, so as to allow free interchange of air. Air-tight beds are bad. So, too, the room should be large and airy, and the feet kept warm, and persons with a sensitive skin should have as light clothing as possible. Heavy clothing sometimes keeps the sensory nerves of the skin so active, that they send to the brain sensory currents that keep this organ active.

Whether sleeping with the head to the north makes any difference we do not know. It seems to in some cases, and in others not. It may be well to try it. Generally sensitive folks sleep better to have a bed to themselves.

VACCINATION AND ITS DANGERS.—A very noteworthy contribution to the literature of vaccination appears in the Allgemeine Medicinische Central Zeitung, No. 30, 1876, in the shape of a review of an article by Dr. Ebertz, on the question, Can vaccination produce diseases?

The facts are, that in June last a physician in a German village vaccinated 23 children. Within two weeks six of them were seized with edematous swellings, erysipelatous inflammation, and icterus. One died; the remainder, after a tedious convalescence, recovered.

The medical authorities made a most

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careful *post mortem* in the fatal case. Their conclusion was that the death was due to septic infection conveyed in the virus employed to vaccinate the child.

As a mild form of diphtheria had prevailed not long before, and as a few light cases of erysipelas were in the village, some impurity of the air was supposed present, and the recommendation is made that for a considerable time after the disappearance of these affections (and of course during their presence) children should not be vaccinated.

TYPHOID FEVER PROBABLY CAUSED BY INFECTED MILK.—Here is a lesson which is specially applicable in farming districts: Some time ago an article appeared in the London Lancet, showing that it is highly probable that typhoid fever may be spread by milk exposed to the emanations of typhoid fever patients. As further evidence in the same direction, I communicate the following:

In the month of August last, a young man, sick of typhoid fever, was brought to his father's house from Philadelphia. The fever has prevailed at this house up to this date, with intervals of a few weeks between some of the cases, five in all. On November 26th, I was called to my first case outside of this family, and from that date I have seen about 25 cases, occuring in about twenty families, and spread along a narrow tract two miles long.

Every one of the families had been supplied with milk obtained at the first-mentioned place. There had been no epidemic before the case was brought from the city, and there has not been a single case in the neighborhood where other milk was used.

On investigation it was found that the washing of this sick family, who sold the milk, was done at the springhouse where the milk was kept prepared for sale. The clothing of the sick, and of the one who died, was washed in ths same boiler as were the pans and cans in which the milk was kept and served. The clothing lying around before being washed may have been another source of infection. The sale of this milk was stopped, and there has not been a new case for about two weeks. S. P. BARTLESON, M. D.

MACCARONI AND WINE DIET.—The Italian, with whom maccaroni is a staple, partakes of fewer meals than the Englishman. He is more sober, because his food is of the most solid and nutritious character, and his sunny climate produces a redundancy of fruits refreshing to the thirst. He partakes of wine in more moderation and of a weaker alcoholic strength than do the bulk of the inhabitants of Britain; the poorest classes rarely partake even of this feeble intoxicant. The Italian who, born in humble life, comes to London and prospers, takes wine—mostly French claret, costing here about 10*s*. or 12*s*. a dozen, but in great moderation. It is a law of the body, that in proportion as men eat carbonaceous food, especially cereal, so they acquire proportionate distaste for alcoholic liquors. If a man consumes one pound of maccaroni daily, he can scarcely, unless he be a man of most gross appetite, consume more than a pint of claret daily. If he consumes half a pound of maccaroni he might like three pints of wine, that is, provided he takes no other food. If he perseveres in taking this quantity of wine he will be able to take less and less maccaroni, and will seem to require more and more wine, until at last he becomes a Jack Falstaff, consuming much sack, but little bread, showing that Shakespeare observed the relation between little bread and much wine. Suppose the Italian consumes full meals of maccaroni, he will infallibly lose his taste for wine, so that he will gradually take it on rare occasions only. This has been proved by inquiry into the diet of London Italian organ grinders and image men, who make their own maccaroni and live at a cost of not more, including lodging, than three to six pence a day; and although earning moderate wages, yet are healthy and money saving because so very temperate. About twenty years ago, I knew these facts from their publication in the Times, but residence in London has enabled me to verify them. Let temperance

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:mers be encouraged to follow out vegetarian cure for intemperance. ırate the body with nutritious veg- ›le food, unfermented, and with but e salt, and with much fruit, and hol will be out of place.

CH. O. GROOM NAPIER.

RUITS.—Fruits are especially val- le as articles of food for those who suffering from inactivity of the ·els and kidneys. There is no bet- regulator of the bowels than fruit ·rally used. The liberal use of fruit ·ing the winter season will prevent ing biliousness, by keeping the liver l bowels in good condition.—*Health ormer.*

'URKISH BATHS.—One of the best nedies for rheumatism is the Turk- Bath. We see now, as we write, a tient who had not walked for a long ıe, walking about with only a cane, d this he half of the time forgets, e result of a few weeks of Turkish th bathing.

A NEW BOOK.—Dr. E. D. Babbitt, of Eighth street, New York, is prepar- g a book on "Light and Color," which omises to be interesting, and have special value to the world. It will clude chapters on Nature's laws of rmony in color, form, sound, etc.; e Etherio-Atomic Law, a new phi- sophy of force; Chromo-Chemistry, cluding the laws of chemical affin- ; Chromo-Philosophy, including e laws of reflection, refraction, ab- rption, transparency, etc.; Chromo- talism, or color as related to animal e; Chromo-Therapeutics, or color related to healing; Chromo-Horti- lture, or color as related to veget- le growth; Chromo-Dynamics, or lor as related to cosmic force; Chro- o-Mentalism, or color as related to ental action.

Dr. B. claims to have discovered the ndamental laws of light and color, and e think his book will be in demand, for e have need of something new on this bject now. From what we have seen the work, it will prove very interest- g, and a rich mine of scientific discov- y.

CURRENT LITERATURE.

—:o:—

We find on our table for review this month, three small books relating to the subject of intemperance. We take special pleasure in noticing them, because we believe they will help mankind more than many pretensious volumes encased in gilt and morocco. The titles are as follows:

THE PHYSICAL, MORAL AND SOCIAL EFFECTS OF ALCOHOLIC POISON, as a Beverage and as a Medicine. By J. H. Kellogg, M. D., Battle Creek, Michigan: Published at the office of the Health Reformer, 1877, pp. 128. Price 20 cents.

THE CONSTITUTIONAL AMENDMENT, Prohibiting the Manufacture and Sale of Intoxicating Liquors, except for Medical and Manufacturing purposes, with a speech by Hon. Henry W. Blair, of New Hampshire, advocating the amendment.

THE QUARTERLY JOURNAL OF INEBRIETY. Published under the auspices of the American Association for the Cure of Inebriates.

The first book opens with a very good definition of temperance, namely, that it consists in "the proper use of good things, and the total abstinence from bad things." Alcohol, under whatever pretence taken, he regards as bad, and therefore to be wholly discarded, as well from the physician's medicine case as from the social board. In defence of this position the author seems to have gone through the entire literature of the subject, and skimmed the cream of the argument from every source, giving in brief paragraphs pretty much all the essential facts and considerations that, from the beginning of this great controversy, have been urged against the use of artificial stimulants. He says, "The only true platform upon which the cause of temperance will ever find a substantial basis is total abstinence, not only from alcoholic drinks, but from every other stimulant or narcotic." He thus, in the beginning, rejects "tobacco, opium, hashish, tea, coffee, absinthe," and in fact everything but what may properly and strictly be termed food, and then proceeds to his attack upon alcohol with an accumulation of facts, figures, and pointed quotations that would serve as a capital reference book for temperance lecturers and writers. The leading divisions of the book are, True Temperance; What is Alcohol? Physical Effects of Alcohol; Moral and Social Effects of Alcohol; The Drunkard's Arguments Answered, Causes and Cure of Intemperance; Alcoholic Medication; Wine and the Bible."

The book is written in clear, good English, and is gotten up in a neat and popular style. As such, it is an acceptable contribution to the literature of temperance.

The Constitutional Amendment, with the Hon. Mr. Blair's speech, is a neat pamphlet, published for 10 cents, by the National Temperance Society. The Amendment to the Constitution, prepared by Mr. Blair, is to the effect that on January 1st., A. D. 1900, "the manufacture and sale

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of distilled alcoholic intoxicating liquors, and their importation and sale in the United States, shall be entirely prohibited, except as they may be required for scientific purposes, or medicinal." It may not be generally known that an effort of this kind has been looked forward too for some time, but in order to make it easy for those who have capital invested in the business to make suitable arrangements, it puts off the day for the taking effect of the amendment till the year 1900. Fermented liquors, like beer and ale, are not included in the measure. We have hardly space to follow Mr. Blair through his powerful argument, and hope our readers will obtain and read it for themselves. We may say, that in the main the people are not quite ripe enough to pass a wise judgment on this subject. The enormity of the evil of intemperance is as yet too little understood. But the time for the agitation of the question has come, and if the nation can be educated up to its requirements it will be a blessed thing, and the speech of Mr. Blair will help to do it.

The third publication, the "Journal of Inebriety," is very different in its character from either of the others. It does not so much aim to cut off the top root of intemperance, as to cure those who have made themselves inebriates. It is a well printed journal, and, what is better, well edited. It contains the President's address before the seventh annual meeting of The American Association for the Cure of Inebriates, by Dr. T. L. Mason, and the address delivered by Dr. George M. Beard before the same association, on causes of the recent increase of inebriety in America. This little paper is one of great interest, dealing as it does with the subject in a thoroughly scientific manner. He deals with intemperance both as a vice and as a disease, makes wise distinctions regarding both, and indicates the directions in which we are to look for a cure.

Altogether these three books cover a field entirely different. The first is radical, and if its advice could be carried out we should have no need of a Constitutional Amendment, or any methods of cure. The second depends on legal enactments, but leaves ale, beer and wine to do their work. The third is only paliative, cutting off here and there a bit of the evil. All, however, are needful, for intemperance is a vice and demon that needs every means applied that human reason can invent. Let them, therefore, all have a wide circulation.

"THE JUKES," A STUDY OF CRIME, PAUPERISM, DISEASE AND HEREDITY, also further study of Criminals. By R. L. Dugdale. New York: G. P. Putnam's Sons.

The publication of this book adds another powerful argument to the many already published to prove that the propagation of rascality takes place principally through the lower, sensual and diseased classes, that are already steeped in vice and crime. The "Jukes," probably furnishes the best evidence we have had that crime repeats itself in the same family in a most wonderful degree. Mr. Max Jukes, the progenitor of the most criminals than any m living, would certainly take the prize if he w now in this mundane sphere. But, alas, he h gone to his reward. He was born in one the years between 1720 and 1740, but the ex year the family record saith not; what sort a father and mother and ancestors back him he had, no one knows. He seems to ha been found in the county jail in his old ag which is not much in his favor. He was also Dutch parentage, jolly, companionable, a h drinker, a hard worker by spells, but general averse to steady work, and fond of hunti and fishing. He had a numerous progeny, bo legitimate and illegitimate, who went on pro gating rascals by the score and hundred un 1876, when the whole number of descendants w over a thousand. We will now let the auth sum up the story of their lives in a short pa agraph. He says:

"Passing from the actual record, we ma an estimate of the entire family, based o what is known of those whose lives ha been learned. The total number of persons in cluded in the foregoing statement reach 70 besides these, 125 additional names have be gathered since the text of this report w prepared, whose general character was sim lar. If all the collateral lines which ha not been traced could be added to the n here tabulated, the aggregate would rea at least 1,200 persons, living and dead. N out of 709 persons we have 180, who ha either been to the poor-house or receiv outdoor relief to the extent of 300 year Allowing that the best members of th family have emigrated, it would be a low est mate to say that 80 of the additional 500 ar or have been, dependents, adding 350 years the relief, making an aggregate of 280 perso under pauper training, receiving 1,150 years public charity. Great as this is, it is not all. I a former portion of this report, it was sta the pauper records cover 255 years, of wh only 64 years could be consulted, the difficult of getting the remaining 191 years being, most cases, insuperable. Allowing that the 191 years would yield as many years of re as the 64 which have actually been searc we should have an aggregate of 2,300 years relief. Allowing 150 years of alms-house life \$100 a year, the sum expended equals \$15 and for 2,150 years of outdoor relief, at moderate rate of \$15 a year, \$32 250, making aggregate expenditure of \$48,250 in 75 years this single family, 52 per cent. of whose wo are harlots in some degree.

"In summing up we find over \$1,250,0 loss in 75 years, caused by a single family strong, without reckoning the cash paid whisky, or taking into account the entail of pauperism and crime of the survivors in next generation, and the incurable dis idiotcy and insanity growing out of this bauchery, and reaching into the third fourth generation. It is getting to be time ask, do our courts, our laws, our alms-ho and our jails deal with the question pro ed?"

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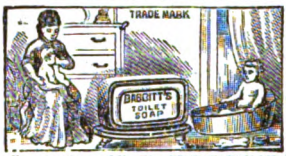
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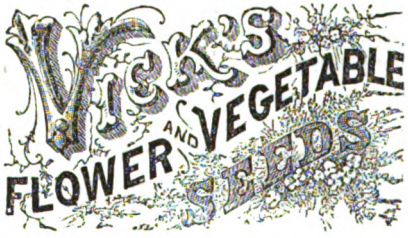
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Appetite and Work.
Exciting Appetite.
Apples as Food.
Asparagus Toast.
Barberry Jam.
Barberry Jelly.
Barley Soup.
Barley Molded.
Barley Water, plain.
Be Agreeable at Meals.
Bean Soup.
Beans without Pork.
Beef & Tomato Soup.
Corn and Rye Biscuits.
Delicious Biscuits.
Wheatmeal Biscuits.
Minerals in Blood.
Boardingschool Tables.
Daily wants of Body.
Food for Brain.
Apple Bread.
Brown Bread.
Boston Brown Bread.
Brown & Sweet Bread.
Buttermilk Bread.
Graham Yeast Bread.
Heald's Favorite Bread.
Sea-water Bread.
Oatmeal Bread.
Wholesome Rye Bread.
Bread with Potatoes.
Yankee Brown Bread.
Hygienic Breakfast.
Barley Broth.
Sweet Potato Buns.
Butter.
Buttermilk.
Cabbage and Milk.
Buckwheat Cakes.
Cocoanut Custard.
Corn Cakes.
Cornmeal B'fast Cakes.
Corn Cakes with Fruit.
Cup Cakes.
Graham Cup Cakes.
Delicate Cakes.
Remarks on Cakes.
Gold Cakes.
Ground Rice Cakes.
Hygienic B'fast Cakes.
Ice Cream Cakes.
Oatmeal Cakes.
Orange Cakes.
Strawberry Shortcakes.
Yankee St'wberrycake.
Cauliflower.
Cheese & Bread Toast.
Chestnuts.
Chocolate and Cocoa.
To Prepare Chocolate.
Codfish.
Hygienic Coffee.
Food for Consumptives
Graham Crackers.
Oatmeal Cracknels.
Custards of All Kinds.
Strawberry Dessert.
Diet and Work.
Daily variation of Diet.
Diet of Farm Laborers.
Diet of Students.
School Dietaries.
Dietetic Habits.
Digestion.
Fashionable Dinners.
American Temperance Beverage.
Apple Barley Water.
Barley Water.
Blackberry Water.
Egg Tea.
English Tea.
Fig Water.
Spring Drinks.
Gooseberry Water.
Grape Drink.
English Lemonade.
Hot Lemonade.
Milk Lemonade.
Orange Lemonade.
Pineapple Lemonade.
Tea Lemonade.
Whey Lemonade.
Preserved Lemon Juice.
Lemon Sherbet.
Lemon Water.
Plum Water.
Raspberry Water.
Rhubarb Tea.
Strawberry Sherbet.
Sugar Water.
Summer Beverages.
Tamarind Water.
Toast Water.
Simplicity in Eating.
Eating Grape Seeds.
Eating when Tired.
Egg Plant.
Egg Sandwiches.
Baked Eggs.
Boiled Eggs.
Dropped Eggs.
Scrambled Eggs.
Hard Boiled Eggs.
Soft Boiled Eggs.
Egg Tea.
Eggs without Boiling.
Eggs with Spinach.
Energy and Food.
Experiments of Fick and Wislicenus.
Diet of Farm Laborers.
Food for Feeble Children.
Right Use of Fats.
Best Season for Fish.
Shell Fish.
Flesh and the Excretions.
Substitutes for Flesh.
Amount of Food Required Daily.
Food and Animal Heat.
Food and Strength.
Animal Food and Bravery.
Brainworkers & Food.
Food for the Brain.
Analysis of Foods.
Effects of Food.
Fried Egg Sandwich.
Time to Eat Fruit.
Fruit Essence.
Fruit Juices.
Fruit Jellies.
The best Fruits.
Graham Gems.
Graham Muffins.
Oatmeal and Graham Gems.
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Grape Jam.
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Honey for Sore Throat.
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How to make Maple Sirup.
Distribution of Meals.
Hearty Mid-day Meal.
Extract of Meat.
Salted vs. Fresh Meat.
Oatmeal Mush.
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Baked Omelet.
The Queen's Omelet.
Sandwich Omelet.
Oranges before Breakfast.
Oysters in Summer.
Raw Oysters.
Apple Pie.
Float Pie.
Puff Pie.
Pie for Dyspeptics.
French Pie.
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Mock Apple Pie.
Pumpkin & Squash Pie.
Quaker & Mince Pie.
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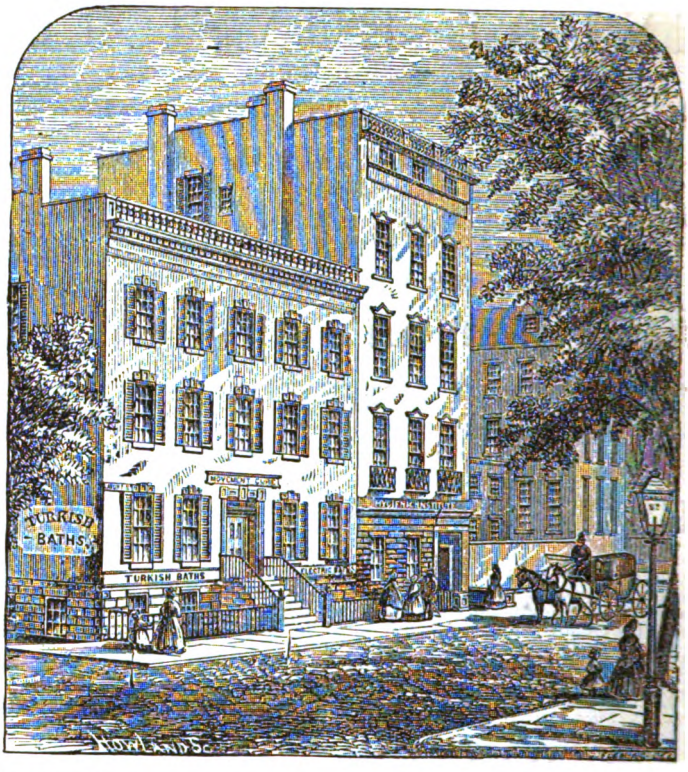
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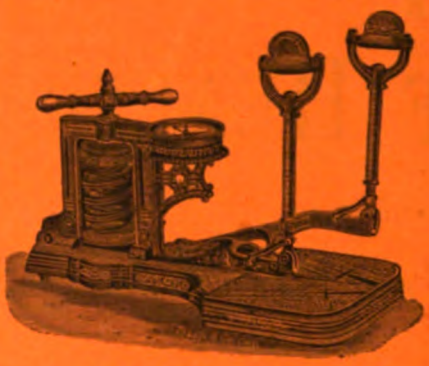
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INJURIOUS EFFECTS OF HURRYING TO CATCH TRAINS.

NO one who has had the opportunity of comparing an English ation with a continental one, when e train is in, can help feeling what contrast they offer. There all is mparatively orderly, and the pasngers have all to be in good time, for e barrier is closed some minutes bere the train is due. Here there is a gular rush, which thickens as the last inute arrives, and it is the rule rather an the exception for some one to be shed into a carriage as the train, oves off. The frantic efforts made like by old and young, with and without carpet bags, to secure their train especially conspicuous at Cannon reet about five in the evening. Why ese persons cannot start a minute arlier, so as to do away with the necessity for this overstrain, as it turns ut to be for a proportion of them, is n inscrutable mystery to those who do ot follow the same practice. The revalent custom of just catching a rain is every now and then productve of a serious lesson to those who ractice it. A death from such sudden ffort is not at all uncommon with persons of advanced life; and cases are very now and again being recorded in he papers of elderly persons who have lied suddenly after or during an attempt to catch a train, or, at other imes, an omnibus. It is only a few nonths ago that an aged female died on the platform of the Denmark Hill station after an effort which was too much for her. Still more recently even a sadder case has occurred.

A gentleman and his son the other morning were a little late for their customary town train on the South Western, and had "to make a run for it." They were successful in their attempt, and caught the train. But the younger gentleman gasped for breath, made a few motions with his hand, and would have fallen if he had not been caught. Before the train arrived at the next station he was dead. The verdict of the coroner's jury, following the opinion of the medical witness, was to the effect; "That death arose from syncope of the heart, brought on by running, after a hearty meal." Such was the end of a gentleman only 30 years of age.

The wonder is not that so many fatal cases are recorded, but that there are not more. The number of persons, not all young, who systematically delay till the last moment, and then make a rush for their train, is to be counted by hundreds on each of the great lines into London. A large majority of these are persons who are in no wise trained, or otherwise prepared for such efforts. The bulk of them are men whose ways are sedentary, and who rarely make an effort of any importance at any other time. There is no preparation on the part of the in-

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ternal organs to undergo sudden strain; and when they are subjected to it, sooner or later untoward consequences result. In athletes, long and careful preparation precedes violent effort, and even then unpleasant results are not unknown. But sudden strain upon organs not so trained, is much more liable to induce disastrous sequelæ. Of course it must be admitted that the proportion of fatal accidents is very small, compared to the large number of those who are given to the practice of having to rush for the train, and consequently many are strengthened thereby in their injudicious procedure. But the present case shows that even with young and apparently, if really not quite, healthy persons there is danger and risk in so doing. The father did his run with impunity, while the younger man died; showing that it is not necessarily the aged whose tissues fail under demand. So far as can be ascertained, the deceased gentleman was well, and in good health. He certainly may have been the subject of some occult disease of the heart or great vessels, such as occasionally are found, unsuspected and giving no sign, but it is by no means necessary to assume that such was the case. He made a sudden effort after a hearty meal, and syncope of the heart followed. The hearty meal diminished the space in which the heart beats, and the organ, taxed by sudden effort at the same time, stopped, and the gentleman died. This is an accident which, if rare, is one to which any of those persons who habitually tarry to the last minute, and then have to make a sudden effort, is liable. It does not follow that there is only danger when the heart and arteries are the subjects of chronic changes, so less able to support a sudden demand; it exists even for those who are too young to have entered upon degenerative changes.

The dangers of such sudden strain are not confined to failure of the heart upon the spot. Very commonly in those cases where apparently healthy old people are found dead in bed, there may be traced out a history of sudden effort made during the preceding day. The overstrain so put upon the heart does not manifest itself fully at the time, but during the sleep of the ensuing night. Even in cases of fatal syncope of the heart, preceding rupture are found at times with a clot blocking the opening. These are extreme cases truly, but they demonstrate beyond doubt that serious injury may be inflicted upon the heart without instantaneous consequences. A distinguished physician over-exerted himself some time ago in an Alpine climb of unusual severity, and had an attack of cardiac syncope of very serious character near the Æggischhorn, necessitating an instant resort to the recumbent posture. Great caution was required to reach the inn, though no general fatigue was complained of. At three o'clock in the morning a similar attack awakened him quite suddenly, showing how effort during the day may be followed by great disturbance of the heart afterward. This physician is a young and healthy man, else that night attack might have been fatal to him just as much so as the original attack during the Alpine ascent. With elderly people sudden exertion during the day is undoubtedly one cause of failure of the heart's action during the night: so that the effort may really be only apparently made with impunity.

Nor are these fatal results the only untoward consequences of sudden demand upon the powers. Much more commonly the effort is followed by shortness of breath on exertion, by palpitation easily induced, by incapacity to undergo any violent effort, and even by enfeeblement of the powers for some considerable time after the effort which produced these consequences has been made. It is impossible to impress upon business men the risks they run from their habits of delay until it becomes necessary to make a severe effort to catch their train. Doubtless it is done by a multitude of persons as a regular practice, but absolute impunity cannot be secured; and at intervals some one pays the penalty, and furnishes an illustration of the dangers which beset the practice.—*Sanitary Record.*

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HYGEIA; OR, THE CITY OF HEALTH.

To the Editor of The Herald of Health:

HAVE you heard of Dr. Richardson's "Model City of Hygeia?" Of course you have, for you newspaper-makers know everything. Well, that's where Paul and I live, and it's the most delightful place one could desire. The earth, the air and the water, the sources whence all life draws its nutriment, are as pure and as clear as the goddess Hygeia herself could desire. This purity has been secured by a scientific adoption of the principles of drainage, and a scrupulous care for such disposal of all decomposing vegetable and animal matter as shall at once utilize it and prevent it from offending the senses. Dr. Richardson has told you all about the details incident to this fundamental requisite for a model city. He has also told you how we secure for each home all the sunlight we need; and you know we need all we can get, just as much as plants do. The especial delight of the house-plans of our city is the disposal of the kitchens at the top, with elevators for transport of supplies and waste. It is so very comfortable to bring a fresh nose as well as a fresh palate to one's table, instead of having the former servant bothering one for an hour or more in advance, with all the smells of Cologne, and some others. Of course you will take it for granted that we all cultivate flowers, both in winter and summer, and our nurseries are so complete that each is not only "a thing of beauty and a joy forever," but it is as useful as it is beautiful, in more ways than one; for since the doctors have been doing the work they left undone for so many years, during which they were doing what they ought not to do, and have told us that fresh fruits and vegetables are very much better liver pills than Mr. Tutt's patent ones, we prefer to let good mother Nature manufacture our liver pills in her unrivaled vegetable non-alcoholic laboratory, rather than buy them by the gross from Mr. Tutt. We like our pills fresh, as we do our dinners, and the Tutt's pills have been spread over the fences so long they must be very stale.

Now then, Mr. Editor, I shall take it for granted that you understand that the political, municipal and domestic hygiene of our city is just as good as the best skill of the nineteenth century can effect, and with that premise I turn to the special point which I have in mind, namely, the hygiene of the babies and the schooling of the youths. Paul and I, and our neighbors believe that the children of a model city ought to be model children, and we propose to begin and continue this part of our nursery work in such a way that each shoot shall not only be fit to survive but foreordained to survive the so-called perils of infancy.

We are not ready to accept it as a "mysterious dispensation of Providence" that carries off one-fourth of all the babies before they are five years old. Our studies in natural science and our apprehension of Divinity do not reveal any such clumsy workmanship by the "Builder of all the worlds." We have come to think that it is very irreverent, yes, blasphemous, for man to attribute the result of his own ignorance to his Maker; and we are trying to deduce from the proofs of the erroneous conduct of life which human nature has furnished, such lessons as may be of profit to us in our nurseries.

We find, upon studying the rational causes which sweep off this fourth of all the babies under five years, that they are to be found in one of three groups, namely, 1. Hereditary tendencies. 2. Mismanagement in the nursery. 3. Zymotic or contagious diseases.

You will remember that I promised to tell you some of the results of our studies upon the causes which kill off a fourth of all the babies before they are five years old in other cities, and how we succeed in keeping them alive and well in our model city.

Of the three general causes of this mortality, namely, hereditary tendencies, mismanagement in the nursery,

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and zymotic or contagious diseases, I am going to tell you some facts concerning each, leaving you to decide any theories which the facts may warrant.

First, as regards the question of hereditary tendencies, all the world knows that we each inherit certain unmistakable forms of noses, ears and mouths, together with characteristic coloring of hair, eyes, and skin, and a large part of the world knows that certain deformities, like an extra finger or an extra toe, are often perpetuated through several generations. Now, if any one of our cows should produce a two-headed calf, we shouldn't take any special pains to facilitate the reproduction of the monstrosity, and we think that common sense and the public sense too, in this case, would sustain us in the position, though the two do not always act in concert. And here in Hygeia we believe that six-toed people are no more justified in reproducing themselves than is a two-headed calf. More than this. We know that there are certain forms of disease which have been kept in existence for ages by means of the simple fact of hereditary transmission; among which are *scrofula*, *consumption* and *insanity*. Let the opportunities for this transmission cease to be legitimate, and these diseases must be exterminated with just as much certainty as that the plague, leprosy and kindred diseases have been eradicated. And by a perfectly rational mode of procedure; a simple recognition of the fact that doctors of medicine are just as necessary for the legitimation of marriage as are doctors of divinity. In other cities, as you know, any pair of runaway lovers, who are determined to marry in spite of parental or any other opposition, can always find a clergyman who is ready and willing to tie them and pocket his fee, "asking no questions, for conscience's sake." One of the parties may be more fit for the lunatic asylum than for matrimony, and the other may be as full of scrofula as a fatted pig. What matters it to the officiating parson, ministering in God's name? He wants a fee to give to his wife, who wants a new bonnet, and so on *ad infinitum*.

It is plain enough to see how diseases are thus kept rampant by the mere fact of allowing the church to have control over the entire question of marriage; for as all know, the getting of a license from a lawyer is as easy as it is to buy a glass of rum. You pay your money and you get your rum.

We don't leave this momentous question with the ministers and lawyers here in Hygeia, In this respect we are trinitarians, and our third person in the trinity, whose sanction is necessary to legalize marriage, is the doctor.

We employ our doctors here to keep us in health, and they understand the science of prevention to perfection. They are not of the routine class, who look at you like an owl, take out a book, write a prescription for an opiate to put you to sleep, and leave you exposed to any number of recurring attacks from the underlying cause which they choose not to find. Oh, no! They are radicals in every sense of the word and the radicals or roots which they handle most are not aconite root nor yet rhubarb root, but rather the roots of disease; hence they go to the roots of the question of marriage and declare that the scrofulous, the consumptive, and the insane, shall not marry.—V.

MENTAL DYSPEPSIA—ITS CAUSE AND ITS REMEDY.

BY VIRGIL W. BLANCHARD, M. D.

THE average American is, to a greater or less extent, a confirmed dyspeptic. He complains of his stomach as the weakest part of his physical system. It is to him the heel of Achilles, where the arrows of pain and disease inflict the mortal wound. Like the bankrupt treasury of a nation, it not only ceases to afford a generous relief to a thousand legitimate demands, but

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ecomes a cause of pain, apprehen- and torment.

The stomach supplies building ma- al to the architectural edifice of the nan body. It supplies material to air the waste incidental to organic l intellectual life. The nervous tis- must suffer waste, in order that the rent of thought may flow. Every ught, every logical process, is the duct of a descent of certain chemi- elements of the nervous tissue from condition of organic life to that of d matter. Thought is a direct pro- t of the disorganization of a portion the human brain. The flame of ught as truly feeds upon the materi- substance of the brain, as the smelt- process in the reduction of ore con- nes the glowing coal in the furnace. n mental dyspepsia the stomach has sed to furnish the brain with suffi- nt material to make good the waste sed by the intellectual effort. The cessive steps by which the scholar is consciously led down a pathway of ysical bankruptcy, having their or- n in mental dyspepsia, are import- t and interesting from a physiological int of view. The relations existing tween mental dyspepsia and intem- rance, are entirely overlooked by the ysiological writer and teacher.

In the briefest possible manner I will tempt a delineation that thousands ill recognize in their own personal ex- rience. Of course in a brief glance ithin so wide and important a field, ly a few of its most important points n receive attention.

The nervous tissue is, without excep- on, the most important of any part of e body. Within the gray cells of this ssue the *spiritus vitalis*, or life force, elaborated and stored; that subtle, ysterious life principle, that awakens to activity all of the phenomena of itality exhibited by the various organs f the body. Now this tissue requires constant supply of building material o compensate for the waste that is con- inually going on in its substance. Ev- ry thought of the brain, every con- raction of a muscle, and every secre- ory or excretory function of an organ equires in the act a certain expendi- ture of *spiritus vitalis*, or vital energy; and the production and distribution of this life force requires in turn the consumption and disorganization of a certain volume of food.

Now, an animal tissue has the cannabil habit of feeding upon its own substance; relying upon the stomach to replace the amount consumed as rapidly as it takes place. Let it always be borne in mind that the nervous tissue, in the elaboration and distribution of its own proper secretion, life force, feeds upon itself; and also that it is required of this tissue to supply all the other tissues in the body with the life principle; or, in other words, that this tissue is at once, and at the same time, the fountain of organic and rational life. From this it will be clearly understood that the labor performed by the nervous tissue is incomparably greater than any other in the human body.

Now the amount of food, or building material required by a living tissue to meet the waste resulting from labor, is always in proportion to the amount of labor performed. Food is a latent form of vital action, and vital action is the source of labor. Hence, whenever it happens that the stomach is not supplied with proper and sufficient food to repair the waste of nervous tissue, almost infinite physiological mischief and disaster follows. The nervous tissues falter in their function, and the wheels and levers in the various dependent organs vibrate with a diminished speed; the instinct of self-preservation becomes aroused, and the starving nervous tissue, through the sense of hunger, clamors for food. Every other tissue, experiencing a deficiency in vital action, demands food. Like the voice of a multitude the cry goes up to the ear of reason: Food! food! food!

The victim of this dietetic error is rationally conscious of a deficiency. His reason hears the voice of nature, but her language is unintelligible. She is not a master of dietetic science. The victim devours with an almost insatiable appetite the fat and muscle forming varieties of food, that chiefly constitute the present popular bill of fare. At last his digestive organs falter in

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their function, beneath the weight of the useless burden. His consciousness is aware of a deficiency; his nature, intellectual and physical, feels crushed beneath an unsatisfied want, and staggers and reels under the invisible burden. If the labor he is accustomed to perform is chiefly intellectual, the mischief and disaster to his whole frame is doubly increased; for the process of intellection occasions a much greater proportional waste of the elements that compose its substance, than is exhibited by the other portions of the nervous tissue in the performance of purely organic processes.

At this juncture the condition of the victim, from a physiological point of view, is painful in the extreme; for the stomach, in common with the other organs of the body, experiencing a deficiency in vital energy, besides being crushed beneath a fatal burden, signally fails to fulfill its important office of supplying the waste incidental to vital action; and the blood in consequence becomes still more impoverished in elements requisite to supply the demands of the nervous tissue. The germ of that uncomfortable disease, mental dyspepsia, has now taken root; the victim is tortured with a longing and craving that is almost insupportable. He feels depressed, languid, gloomy; a sense of weariness, which he expresses in the significant word "goneness," never forsakes him. He toils at his daily task, but he does it with a painful effort. He will not admit to his friends that he is sick; and he becomes ill-natured and indolent. An effort that he once would have made with assurance and delight, now assumes proportions from which he recoils with fear and distrust. At last the torture becomes insupportable and he calls a physician. Then the crisis has come. Nine times out of ten, "to brace up his system," and to quiet his rebellious nerves, the medical practitioner prescribes a brain stimulant, either alcohol or opium, as the proper remedy; or frequently combines them in a single prescription. A poison is given to supply the place of concrete, assimilable brain food. Under its stimulating effects the victim feels invigorated. But the seeming salutary effect is founded upon the fatal physiological law, that brain stimulants temporarily supply the place of brain and nerve food. The dose of the poison from time to time is given more frequently, and increased in quantity as the demand arises. The victim finds on experience, that during the period of excitement resulting from its stimulating effects, that he can resume his interrupted labor. But between the periods of excitement his mental and physical torture seem to be doubly aggravated. It may be that his daily toil earns his daily bread. If so, he must work, even if he works under the excitement of a stimulating poison. But his nature, physical and intellectual, is being fettered by a chain, whose invisible links are stronger than those of steel.

In this manner the appetite for stimulating brain poisons is innocently and unconsciously acquired by the victim of mental dyspepsia. In this path which I have just delineated, thousands of gifted minds in our land are at this moment descending to the shame, ruin and degradation of a drunkard's grave.

On whom does the guilt rest? I answer: First, upon society, for permitting the dietetic error that makes the ruin possible. Second, upon the physician, who substitutes a poison for assimilable brain food. The number of these victims is increasing from year to year, in a frightful ratio.

After a little reflection all will agree that intellectual activity has increased in our land the past fifty years at least 400 per cent. That among a given number of population four books and four newspapers are read, four subjects studied and mastered, four opinions promulgated and defended, in the place of a single one fifty years ago.

Now what does this enormous increase in intellectual activity suggest to the physiologist? I answer: It suggests a proportional increase in the present dietetic system of those elements of food that supply the waste of the nervous tissue arising from the intellectual process.

No one will venture to dispute these premises. Has there been such an in-

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rease. I answer: There has not been, s every chemist and physiologist is ware. As a result of this dietetic er- or, the average individual engaged in ny occupation or profession requiring ontinuous and intense intellectual ac- ivity, is usually broken down, physic- .lly and intellectually, between the ages of forty and fifty years. He crawls up on the shelf to die, a physical and in- ellectual wreck, leaving a gap in the anks to be filled by a younger victim. As a result, the word "scholar" is to- lay painfully suggestive: first, of men- al dyspepsia; and second, of brain stimulation. The manner in which the scholar, the victim of mental dyspepsia, innocently and unconsciously acquires the appetite for the stimulating poison, has just been described. The writer of this article has met, in his professional experience, a multitude of these cases.

Mental dyspepsia, as a disease, is ter- rible; but to have it become the prison walls of an abominable, fatal vice, while the victim is unconscious of dan- ger, is, indeed, a horrible doom. Thous- ands of the best scholars in our land have become slaves of stimulating brain poisons, through mental dyspepsia. Mental power and culture are royal pre- rogatives. In the minds of the masses they confer a kind of dignity and no- bility, even on an element of vice that may be associated with them in the same character. As a result, the schol- arly drunkard is to-day diffusing the vice of intemperance in every circle of human society, giving it a certain re- spectability and dignity derived from its association with commanding intel- lectual powers.. Like the thistle seed caught in the plumage of the eagle, this deadly vice is thus bourne to take root in the virgin soil, which it had otherwise never reached.

The remedy for mental dyspepsia is suggested by its cause. It can be noth- ing else but natural, assimilable brain food, joined to an efficient fulfillment of the digestive function. This food must contain in itself the same chem- ical elements that enter into the consti- tution of the nervous tissue. It must be concrete, soluble, with chemical af- finities so easily broken as to impose the least possible tax upon the digestive or- gans. To this we must add an observ- ance of physical laws relating to the functions of digestion and assimilation.

THE OLD EVENINGS.

I wandered by the old house,
But others now lived there,
I thought about the old times,
And all we used to share.
How happy t'was our wont to meet,
When friends came frank and free;
Ah, when shall we such faces greet
As once we used to see,
In those old merry evenings—
Those pleasant, friendly evenings,
Beneath the old roof tree!

But what though we'd the old house,
We still should lack old cheer;
The old friends in the old house
Were all that made it dear!
And these are fled, or changed, or dead,
And never more shall we
Revive the music of their tread,
The joys that used to be
In those sweet friendly evenings—
Those long departed evenings,
Beneath the old roof tree!

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OUR DESSERT TABLE.

APPROPRIATE CONTRIBUTIONS FOR THIS DEPARTMENT SOLICITED.

MY KINGDOM.

I am a king, whose kingdom
Mayhap you have not seen,
But it is the happiest country
The north and south between.

My loving subjects greet me
Each morning with a kiss,
And in this happy kingdom
No strife or discord is.

Home is this peaceful kingdom,
And love the crown I wear.
The kings of earth may envy,
But none my throne may share.

With wife and children paying
Their tribute kiss of love,
I wonder how much better
Is God's great Home above.

Yes, home's the little kingdom
Where I reign lovingly,
And earth's mightiest kings and princes
Are poor, compared with me.

Eben E. Rexford.

REGALITY OF MIND.

(From Singhalese Proverbs.)

What is high birth? A paltry dower;
This you may have, with wealth and power,
And all that heart can wish or find,
They will not cure an ignorant mind.
But, though one comes of low degree,
In homeliness and poverty
Is born and nursed; if he be wise
Kings shall accept his ministries.
For unto Wisdom's regal sway,
The scepter and the crown give way.
Compared with this, each potentate
Has but a pitiful estate;
For measured limits do not fence
The empire of Intelligence.

Joel Benton.

MIRTH.

'Tis mirth that fills the veins with blood,
More than wine, or sleep, or food.
Let each man keep his heart at ease,
No man dies of that disease.
He that would his body keep
From disease, he must not weep.
But whosoever laughs and sings,
Never he his body brings
Into fevers, gouts, or rheums,
Or lingerly his lungs consumes,
But contented, lives for aye—
The more he laughs the more he may.

IF I WERE A SUNBEAM.

(From the Kindergarten.)

If I were a sunbeam
I know what I'd do;
I'd seek the white lilies
The wet meadows through.

I'd steal in among them,
Soft light I would shed,
Until every lily
Had lifted its head.

If I were a sunbeam,
I know where I'd go;
I'd visit the hovels
Made gloomy by woe.

Till sad hearts looked upward,
I'd shine and I'd shine;
Then they'd think of heaven,
Their sweet home and mine.

Are you not a sunbeam?
Whose life is so glad,
With radiance far brighter
Than sun ever had.

Since God has so blessed you,
Go! shed rays divine!
Let love be the sunbeam,
With which you will shine.

FATE.

We fancy in our flight,
Our chosen way to go;
While ere we felt its might
Our Father aimed the bow.

We feel no fetters bind
Our feet from hour to hour;
Yet, as we look behind,
We *feel* some unseen power

Has shaped our way through good,
To lead us to a height
Where never to have stood,
Would rob us of our might.

That we are blindly led
Proud reason doth deny;
Yet where we may be sped
To tell we vainly try.

When fortune smiles in power
We feel a very god;
She frowns—and that same hour
We grovel with the clod.

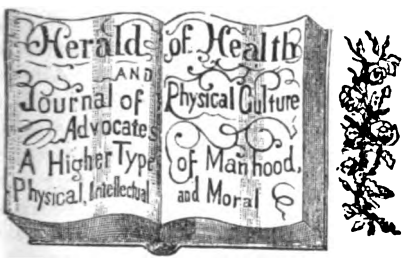
Virgil W. Blanchard, M. D.

DEFINITION OF LOVE.

Love's like a whirlwind sweeping past,
It scatters doubts and fears;
It hopes and trusts until the last;
It visits fools and seers.

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EDITORIAL DEPARTMENT.



NEW YORK, APRIL, 1877.

WATER.

"To the days of the aged it addeth length;
To the might of the strong it addeth strength;
It freshens the heart, it brightens the sight;
'Tis like quaffing a goblet of morning light."

☞ *The* PUBLISHERS *do not hold themselves as ndorsing every article that may appear in* THE HERALD. *They will allow the largest liberty of expression, believing that by so doing this magazine will prove to be more useful and acceptable to its patrons.*

TOPICS OF THE MONTH.

BY M. L. HOLBROOK, M. D., EDITOR.

THE WOMAN'S CONGRESS. — It may now seem out of date to speak of the Woman's Congress, which convened in Philadelphia during last October. Nevertheless, I do not think this association for the advancement of women should be remembered only during the brief period when it holds its yearly meetings. It is an organization full of vigorous life, and embracing in its membership the very best and most intelligent women in America—women who have distinguished themselves in literature, art, science, and the professions.

An organization of women so widespread in its extent, and so far-reaching in its aims, is something unique in the history of the world. It belongs distinctively to the latter half of the nineteenth century, and could never, in the very nature of things, have come into existence before. It could scarcely have been attempted before the present decade. Ten years ago it would have been overwhelmed with sneers and contempt, not only from most men, but from many women. Now men have reached the period of "respectful consideration" for what women may have to say; and so the congress which this association annually holds, is thronged by attentive and sympathizing audiences, and every attention and compliment is paid it as a body.

This society has already outgrown its original plan, which was to confine its deliberations to subjects pertaining exclusively to domestic and womanly matters. But women awoke, no doubt with some surprise, to the fact that they were interested, and frequently very much concerned, in matters belonging emphatically to the outside world. And so the self-imposed boundaries of this society have been gradually overstepped, and before the last congress were presented papers, both practical and profound in their character, on art, science, finance, morals, and even politics. Nor was there any apparent sudden disintegration of society at such a spectacle. Large audiences listened every day, and applauded to the echo. Even the reporters listened and applauded too. One was overheard to remark: "Well, I have never taken much stock in strong-minded women; but if these are strong-minded women, then I shall go in for strong-minded women in future."

And that was what they truly were—strong-minded women every one of them, and women who were proud of their strength of mind and purpose, which had enabled them to accomplish something in the world. More than that, they probably every one of them believed in woman's suffrage. There was Julia Ward Howe, conspicuous upon the platform during the last congress, and elected president of the association for the present year, a well-known woman suffragist. There was Lucy Stone, who has labored all her

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life to bring the ballot to women. Mrs. Livermore, who has preached woman suffrage throughout the length and breadth of the land. Miss Willard, the eloquent and earnest president of the Woman's National Temperance Association, who there, upon that platform, announced her conversion to the belief of the need of suffrage for women. The president of last year, and the vice president of this—Miss Maria Mitchell—is no less a woman suffragist than the rest.

I chanced to be talking with Miss Mitchell, when two ladies came to her, and one, introducing the other, said, "I cannot convince this lady that you believe that women should vote."

"Indeed I do!" replied Miss Mitchell, with strong emphasis upon the words; "women will never have equal opportunities for labor and development, until they have an equal voice with men in politics. We are all woman suffragists here," she added with a smile.

Thus it will be seen that Maria Mitchell, one of the grandest women in America, who has few peers in scientific attainments even among men, has perceived, with her clear, keen judgment, and mathematical mind, the absolute need of political equality for women, and does not hesitate to express her opinion.

There was one thing which attracted my attention, and which was worthy of note: the apparent absence of the corset among the ladies who addressed the congress. With perhaps one or two exceptions, the ladies who appeared upon the platform were women whose full waists, and gracefully curved outlines of form, could only have been attained by perfect freedom from confinement in the time-honored corset. There were no small waists to be seen there; and, for the most part, the outlines of the waist, rounding downward and outward over the hips, and upward over the bust, were the perfection of beauty. The fact was suggestive of the question whether there might not be some connection between a well-developed physique, and a well-developed brain.

There was another point to which I must call attention. All the ladies who took part in this congress were well dressed, and were some of them dressed richly, but with marked plainness and simplicity. Black silk was the prevailing dress, relieved by dainty lace and bows of ribbon. While on the one hand there was no lavish display of showy fashionable costumes, neither was there any eccentricity perceptible. All or nearly all, wore overskirts, more or less draped; many wore their dresses slightly trailing, as being the most appropriate for a platform costume. But not one out of the whole assembly seemed to consider that it was any more commendable to waste one's time, energies and opportunities, over dress, in the name of reform, than in that of fashion. In brief, the assembly was one to command the highest respect of every person; and from its apparent moderation and conservatism, to do the best work for women, among classes who would be frightened by any extravagance or radicalism. MRS. E. B. DUFFEY.

PETER COOPER.—The following from Dr. Bland will be read with interest, as it concerns one of the most useful men that ever lived:

"Peter Cooper is justly one of the most famous men of the age, and few men are more widely known personally. Dr. Zachos has written a brief but admirable biography of him, and many newspaper and magazine writers have contributed sketches of his life and character; but the subject is not exhausted, and I take leave to give a brief analysis of his character, and some reflections upon his life. During a recent interview with him, I made a phrenological examination of his head, and noted the following prominent facts:

"He has a large brain, the measurements of the head being 23x15 inches. Fully two-thirds of the brain is found in front of a line drawn from ear to ear, across the front portion of the organ of firmness, thus giving a decided predominance of the intellectual and moral faculties over the selfish and social. The organs of observation are full, and those of reflection large; but the moral group ranks all the others in development, veneration and benevolence being the largest organs in the

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ad. Acquisitiveness, constructive-ss, combativeness, destructiveness d caution are fully, but not largely, veloped; but firmness and self-esteem e large, and the social group are from ll to large.

"Thus it will be seen, that the life of ter Cooper is a vindication of the ience of phrenology. The character ven, and an expert phrenologist would able to substantially predict the ca-er of the man; and I can readily be-eve his statement, that for thirty years fore he built Cooper Institute, the ief object of his life was to honestly quire sufficient wealth to erect and dow such an institution, and dedicate to the noble function of educating e poor young men and young women f his native city and country.

"Peter Cooper loves God supremely, nd his neighbor as himself. He is a an of large practical ability, hence it s easy for him to make money; but the ccumulation of wealth affords him far ess pleasure than giving it away. He s one of the few men who can appre-iate that sublime declaration of Christ: 'It is more blessed to give than to re-eive.'

"Mr. Cooper is 87 years old, but so perfect is his constitution, and so admirable has been his habits of life, and so equable the action of his mind, he looks twenty years younger, and enjoys the use of his faculties to a most remarkable degree, considering his great age."

SCIENCE OR HISTORY.—It is questionable with some whether science or history is the most profitable study. Prof. William B. Carpenter, in a late lecture, helps to settle the matter by some very judicious remarks. He says:

"Canon Kingsley has acquired a great reputation as a historian. He held the Professorship of History at the University of Cambridge for many years, and, in fact, has only recently withdrawn from it. Canon Kingsley also early acquired a considerable amount of scientific culture, and he was always fond of studying natural history. Now, he lately said to the workingmen of Bristol that he strongly recommended them to cultivate science, rather than to study history; having himself almost entirely withdrawn from the study of history for this reason, that he found it more and more difficult to satisfy himself about the truth of any past event; whilst, on the other hand, in the study of science, he felt that we were always approaching nearer the truth. As we study scientific truth, we gain a certain point, and may feel satisfied we are right up to that point, though there may be something beyond; while the elevation we have gained enables us to look higher still. It is like ascending a mountain; the nearer we get to the top, the clearer and more extensive the view. I think this is a far better discipline to the mind than that of digging down into the dark depths of the past, in the search for that which we cannot hope ever to bring thoroughly to the light. It so happened that shortly after I had the opportunity of asking another of our great historians, Mr. Froude, what he thought of Canon Kingsley's remark. He said, 'I entirely agree with it;' and in some further conversation I had with him on the subject, I was very much struck with finding how thoroughly his own mind had been led, by the very important and profound researches he has made into our history, to the same conclusion—the difficulty of arriving at absolute truth upon any historical subject. Now we do hope and believe that there is absolute truth in science, which if not at present in our possession, is yet within our reach: and that the nearer we are able to approach to it, the clearer will be our habitual perception of the difference between the real and the unreal, the firmer will be our grasp of all the questions that rise in the ordinary course of our lives, the sounder will be the judgment we form as to great political events and great social changes.

DOES MILK CURDLE IN THE STOMACH?—The moment milk enters the human stomach the digestive fluids change it into curd. The cheesy part

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is separated from the whey, or watery part. We often hear mothers say when their infant vomits up curd, that their milk does not agree with it, that its stomach is sour and curdles the milk, and the curd is very hard. The truth is that the milk in the stomach always curdles before it digests. If it did not curdle it would prove that the stomach was weak.

Those infants who are fed at regular intervals are less apt to overfeed than those who are fed at irregular periods. We have found that infants nursed at intervals of two hours are much more apt to suffer from indigestion. Some mothers may ask, why is human milk more digestible than cow's? The principal reasons are two: first, the amount of curd is greater in cow's milk; and, second, the curd is harder, *i. e.*, the casein from human milk is more porous, and is on this account more easily dissolved and digested.

PRECAUTIONS IN SCARLET FEVER.—The funerals of those who die of infectious diseases should be strictly private.

Disinfect the clothes, bedding and room by sprinkling them with a solution of commercial carbolic acid two parts to one hundred parts of water, or other disinfectants may be used in a similer way. Let the door be closed for several days. Sulphur may be burned in the room sufficiently to fill it with sulphur four times a day. Continue this for four or more days. Then strip off the paper, scrape the walls and ceiling, and whitewash them. Scrub the wood work with strong suds and a solution of carbolic acid.

THE TURKISH BATH—SHAMPOOING.—Dr. Stainbach Wilson, who has a fine Turkish bath in Atlanta, Ga., where those of our readers going South should not fail to call as they pass through, writes to the Atlanta Medical Journal an article on Turkish baths, from which we make the following extract:

"Shampooing in the hot room is not only one of the most useful, but the most delightful of all the processes of the Turkish bath, as every bather will testify. The feeling of delightful repose of body and mind under this hot heat and friction is indescribable, and can never be fully appreciated until enjoyed.

"As to the shampooing, a few words of description will suffice. It consists in a thorough rubbing of the whole surface of the body with the *hands* of the attendant, and not with coarse, rough cloths, horse-brushes, or brickbats, as some seem to imagine. All the rubbing and scrubbing, pulling, scraping, baking and roasting described by some, exist only in imagination, and are no parts of a well conducted, scientific Turkish bath. When the shampooing is done in the hot room, as I contend it should be, nothing more is necessary in the way of a thorough cleansing, and a perfect capillary circulation, than a good rubbing with the hands, followed by percussion or slapping over the surface, and then by a moderately coarse cloth and good soap. This does the work fully, and leaves the bather with plenty of skin for all the purposes for which this investment was designed; at the same time greatly facilitating its most important functions.

"Except in some rare cases, neither flesh-brushes nor coarse, rough cloths should be used in the Turkish bath; because they are useless, and might, in some cases, be injurious.

"Having now sweated, shampooed, percussed, and soaped our bather, we will now put him in the lavatorium or wash-room. Here we have a temperature approaching 100° F., but of course it feels much cooler after passing from a room heated to 160°. Still he is not likely to complain of the transition, which is rather pleasant than otherwise.

"Getting him into the room, he next takes a warm shower or spray bath; and the temperature of this is gradually reduced until the water is quite cool, or cold. The object of this is not only to cleanse him, but to close the pores of his skin, and cause a vigorous reaction, which is very readily done after passing through the hot room,

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ich has caused such a strong deter-
ıation to the skin. After this the
blest patients generally react with-
; difficulty."

'urkish baths have come into so gen-
.l use, that we propose to give brief
:ices of them hereafter. In our next
shall print an article from the Lon-
ɑ Lancet on the Turkish bath.

SPECIAL NOTICE.—Those of our sub-
ibers whose subscriptions extended
the April number, on account of the
s of four numbers last year, will find
l of the amount due to the end of
is year enclosed in this number. By
ıding $1.25, instead of the amount
the bill, they may receive either one
the two books offered as premiums,
scriptions of which will be seen on
r prospectus page. The names of
e books are, "A Plea for Art in the
ouse," and "Household Decoration."
The price of each book is $1, and they
.ll be sent singly for that.

AN ASSEMBLY OF VEGETARIANS.—
person who was present at the annu-
dinner of the Vegetarian Society, in
anchester, recently, writes: "Seldom
ıs it been my lot to witness a more ro-
ıst company of ladies and gentlemen,
ith the glow of health visibly mant-
ng their cheeks, than was assembled
ɑ this last occasion at Manchester.
or have these excellent people merely
ıe looks of health; they have also
:urdy appetites. Not many bald heads
re seen. Perhaps the one thing that
ırprised me most on the last occasion
:ferred to, was the splendidly efficient
ıanner in which every vegetarian pres-
nt showed off the capacity of a good
ppetite. In the Finnish language it is
aid that the word stomach is synony-
ıous with soul; and in this view I can
onfidently state that a vegetarian has
. very capacious soul indeed. To all
hose, therefore, who are deficient in ap-
)etite, I would say, Become vegetarians.

LETTER FROM MRS. E. OAKES SMITH.
—*Editor Herald of Health.* — I read
'our timely book, "Parturition With-
)ut Pain," at the time of its publica-
tion, with great interest, pleased with the wisdom of its pages, and thrice pleased with the delicacy which pervaded its utterance upon a subject, liable to be profanely handled, by one by whom the laws of our being are regarded as sacred. I fear the growing repugnance of women to maternity has its foundation in some moral aspect, other than physical suffering, and less to be justified; still the aspect so ably treated in your book, is not to be overlooked, and unquestionably is of great moment to sensitive, timid women, and leads to much of suffering; and much of crime. I could wish to see your work in the hands of every married woman, sure that it would give them comfort and faith in the Divine Providence for preserving the race, and teach them that the fruits of Paradise have gone beyond its walls, and thus have removed the curse entailed by sin.

An instance came within my own observation, of a lady, Mrs. G., wife of a lawyer, who suffered greatly in childbirth, but having followed the instructions given in your book implicitly, found herself a mother literally without pain. She described her experience as approaching the pleasurable, so miraculously was it devoid of suffering.

I am not at liberty to give the name of the lady, who is purely an intelligent, domestic woman, but I give you mine as guarantee of its genuineness.

ELIZABETH OAKES SMITH.

THE RENAUD BOUQUET TOOTHWASH.
—We were handed recently by the proprietor, a bottle of the Renaud Bouquet Toothwash, and we are free to confess that the trial of it gave us a most agreeable sensation. We certainly never have seen anything that did its work quite so neatly, and left the mouth in so nice a condition; but there is something more than this about it; other preparations simply clean the teeth, this has a new element in it—the new French carbolate—which is life-preserving. It is combined so as to make a perfectly sweet and pure solution, harmless as rain water, yet aromatic, cleansing, and a thorough disinfectant.

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EDITOR'S STUDIES IN HYGIENE.

IDIOTCY.—At a recent meeting of the Obstetrical Society, of London, Dr. J. L. Down read a paper on the above subject. His observations extended over 18 years, and included over 2,000 cases. The firstborn constituted no less than 24 per cent. of all the idiot children observed. No doubt this may be largely attributed to the exalted emotional life of the mother, not forgetting the anxiety, inseparable from marriage, of the male parent; but increased difficulties in childbirth seemed to be an important factor. Suspended animation had occurred in no less than 20 per cent., and apparently exerted much influence in the production of idiotcy. Prolonged labor was also a frequent cause. A very potential cause in the production of idiotcy, was the physical health of the mother during gestation, especially prolonged sickness, fright, intense anxiety, and great emotional excitement. A marked preponderance of male over female idiots existed—more than twice as many—due, probably, to the larger size of the cranium, giving rise to prolonged and difficult parturition, continued pressure, and suspended animation.

DRINK AND DISEASE.—A recent number of the Lancet gives some curious calculations which have been made of the proportional amount devoted by the workingmen of Birmingham to the support respectively of their liquor saloons and of their hospitals. The figures bear something like the ratio of 30 to 1. $15,000 is contributed annually by them to the medical institutions of the town, and $450,000 is spent in drink. The Lancet further asks: "What proportion does the contribution of the workingmen bear to the total expenses of the hospitals? and what proportion of the work of these medical institutions is occasioned by the drink on which they spend so much?" Commenting on the state of the case, the writer says: "We remove every obstacle to as free a consumption of liquor as is consistent with the maintenance of equilibrium, and then, with a benevolent appropriateness, we provide hospitals in which the consequences of drink may be recovered from, or ameliorated." The corrective suggested for this state of affairs is, that the drink sold within a certain area should be so taxed as to defray the expenses of skilled treatment for those whom drink has incapacitated for their work.

A NEW FOOD.—Steam-cooked wheat, wheat, being hulled, steam-cooked, then crushed between iron rollers, has been introduced in this city. By this new process of cooking grain whole and unbroken (after the hull has been removed), it is claimed that all parts are made digestible, being at the same time nutritious, and delicious to the taste. It is said to be well adapted for invalids and children, aiding digestion and regulating the system, and a desirable article of food for all. Its keeping quality is greatly enhanced by the new process, while it can be prepared for the table in six or eight minutes. It is put up for sale in two-pound packages, with directions; each two pounds being equal to three pounds of raw wheat. The inventor has also introduced a hulled, steam-cooked, and crushed oats, which can be prepared for use as quickly as the wheat. These two preparations have received the highest award at the Centennial Exhibition.

TREATMENT OF CHILDREN IN EGYPT.—A correspondent of the London Times, writing from Egypt, says: "The philosopher who deemed him happiest who has the fewest wants, ought to have an Egyptian fellah. He is sometimes even born in the fields. The women work up to the day of their confinement. They lie up one day, and are out again the next, and the baby is laid near them in the fields on a bit of sacking. Ignorance and poverty lead to other sad consequences. Premature old age comes on at 40, and the population is kept down by a terrible infant mortality. Out of the 140,000 annual deaths, 80,000 are of infant children. It has

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een calculated that three out of every ve that are born die before the age of vo. For those that survive, an old gyptian custom, that is still practiced, symbolical of their future. The ild is put into a sieve and rolled out to the beating of drums. 'It is order to harden him,' say the people."

How heathenish this seems when applied to the far off people of Egypt; but fter all are the English and American ildren so very much better treated. s it not true that about one-half die bere five years of age?

BLUE GLASS FOR PLANTS.—The experiments of Prof. Draper on the influnce of different colored light on plants, owed that the roots germinated less uickly than in the open ground; but owed a greater degree of vitality. he interest in the blue glass cure at ne present time, has, no doubt, some undation on which to rest, even hough its merits can not be equal to hat is claimed. It will certainly do ood if it calls attention to the great vane of light as a sanitary agent. The ntire upper floor of a new hospital in ew York is devoted to sun baths; the oom also contains a fine aquarium for sh and other animals, and an abundnce of tropical plants. Dr. Walter as added a splendid blue light bath to is health establishment, at Wernersille, Pa. These are moves in the right irection. The time may come when a un bath will be quite as essential in a ouse as a water bath. At any rate we hall in time learn to tear away the eavy curtains from our windows and et the glorious light come in.

FRUIT FOR A SUMMER DIET.—Now hat the warm season of the year is at and, it may be worth while to call the ttention of our readers to the fact hat, if they wish to keep well, they hould add as much fruit to their daily ood as possible. It will save doctors' ills and, what is more important, much llness. Of course there are many who annot, or think they cannot, eat fruit. The cause often is a spoiled stomach. In such cases it takes time and care to habituate this organ to the change, and sometimes it cannot be done at all. Leaving out such cases, we advise the liberal use of fruit from this time on, wherever it can be obtained.

IRON IN GRAIN.—There are few physicians who do not recommend iron in a multitude of diseases, and especially in chlorosis. Many health reformers and hygienists have opposed this practice, declaring there was quite enough iron in grain, when we did not remove it all by our process of grinding. It is pleasant to see this view coming up among scientific physicians. A writer in a French medical journal says that the ordinary preparations of iron are not absorbed in any large quantity into the blood when given as a medicine, and that a preferable mode of getting this mineral is in bread made from such grains as are known to contain an abundance of it.

A SUBSCRIBER desires to know if blue glasses are better for weak eyes than those of any other color; to which we answer, no. Gray glasses are to be preferred; or those of a smoky color. Many birds and reptiles have reddish oil drops in the eye to neutralize the effects of the blue color, and this serves to protect them. We might add that many people weaken their eyes by exclusion from light, and by bad food, and then seek a remedy in glasses, when they should seek it in other ways.

CHILDREN A SOURCE OF HEALTH.—Some one has written, "Blessed is the hand that prepares a pleasure for a child, for there is no saying when and where it may bloom forth." This is very true. Great as are the cares a child imposes, if healthy and well born and bred, it pays its way from the very first. Wherever there are healthy children in a house, they shed a brightness, a cheer, a health-giving power that nothing else can. Heaven bless the children.

THE CAUSE OF CANCER.—The cause of epithelial cancer has at last been found out. What do you think it is? Some wonderful thing that nobody can comprehend? Not at all! Simply uncleanness, either of the skin or of the blood. Nothing more. Great discov-

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BY

M. L. HOLBROOK, M. D.

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Aids to Digestion.
Almond Custard.
Appetite and Work.
Exciting Appetite.
Apples as Food.
Asparagus Toast.
Barberry Jam.
Barberry Jelly.
Barley Soup.
Barley Molded.
Barley Water, plain.
Be Agreeable at Meals.
Bean Soup.
Beans without Pork.
Beef & Tomato Soup.
Corn and Rye Biscuits.
Delicious Biscuits.
Wheatmeal Biscuits.
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Boardingschool Tables.
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Boston Brown Bread.
Brown & Sweet Bread.
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Graham Yeast Bread.
Heald's Favorite Bread.
Sea-water Bread.
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Wholesome Rye Bread.
Bread with Potatoes.
Yankee Brown Bread.
Hygienic Breakfast.
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To Prepare Chocolate.
Codfish.
Hygienic Coffee.
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Oatmeal Cracknels.
Custards of All Kinds.
Strawberry Dessert.
Diet and Work.
Daily variation of Diet.
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Diet of Students.
School Dietaries.
Dietetic Habits.
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Apple Barley Water.
Barley Water.
Blackberry Water.
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Gooseberry Water.
Grape Drink.
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Hot Lemonade.
Milk Lemonade.
Orange Lemonade.
Pineapple Lemonade.
Tea Lemonade.
Whey Lemonade.
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Lemon Water.
Plum Water.
Raspberry Water.
Rhubarb Tea.
Strawberry Sherbet.
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Summer Beverages.
Tamarind Water.
Toast Water.
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Eating when Tired.
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Boiled Eggs.
Dropped Eggs.
Scrambled Eggs.
Hard Boiled Eggs.
Soft Boiled Eggs.
Egg Tea.
Eggs without Boiling.
Eggs with Spinach.
Energy and Food.
Experiments of Fick and Wislicenus.
Diet of Farm Laborers.
Food for Feeble Children.
Right Use of Fats.
Best Season for Fish.
Shell Fish.
Flesh and the Excretions.
Substitutes for Flesh.
Amount of Food Required Daily.
Food and Animal Heat.
Food and Strength.
Animal Food and Bravery.
Brainworkers & Food.
Food for the Brain.
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Fruit Jellies.
The best Fruits.
Graham Gems.
Graham Muffins.
Oatmeal and Graham Gems.
Graham Puffs.
Grape Jam.
Grape Jelly.
Oatmeal Jelly.
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Tomato Gravy.
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Float Pie.
Puff Pie.
Pie for Dyspeptics.
French Pie.
Lemon Pie.
Mock Apple Pie.
Pumpkin & Squash Pie.
Quaker & Mince Pie.
Raspberry Pie.
Rice Pie.
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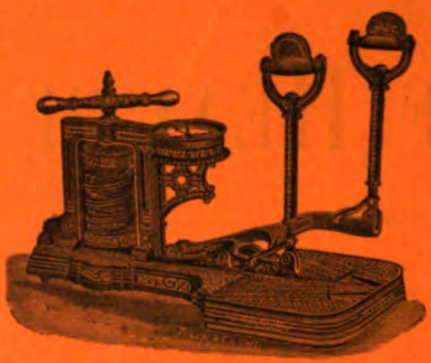
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THE

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MAY, 1877

THE INFLUENCE OF THE TURKISH BATH ON RESPIRATION.

BY JOHN CHARLES BUCKNILL, M. D., F. R. S.

I HAVE recently observed a remarkable change which takes place in the relative activity of the cutaneous and respiratory functions during profuse sweating caused by the Turkish bath, which appears to me to have an important bearing on therapeutics, and which I desire to make known in order that other observers, with better means at their disposal than I possess, may be led to pursue the investigation.

My observations were made only on one subject, a man of 58 years of age. On four occasions I found his pulse, before entering the bath after exercise, to be 70, and his respiration 18. After remaining five minutes in the bath at 160° F. the pulse was 80, and the respiration 21; but after remaining 20 minutes in the bath, when profuse perspiration had been induced, the pulse was 100 and the respiration 13, and this rate continued until leaving the bath 10 minutes later. After washing and cooling for 30 minutes, the pulse had sunk to 65, while the respiration had risen to 18. I have asked my friend, Dr. Williams, of the Sussex County Asylum, to verify these facts, which he has kindly done upon six patients, the details of observations upon whom I append.

Excluding the sixth observation, in which the respiratory movement became so slight that it could not be counted, and omitting small decimals, it will be seen that in the five remaining cases before the bath the mean of the pulse was 90, and the mean of the respiration 20.6.

During the free perspiration caused by the bath the mean of the pulse rose to 108, while the mean of the respiration fell to 16.4.

After washing and cooling the pulse fell to a mean of 83, and the respiration rose to a mean of 21.

The small effect upon the bodily temperature of an air bath of 175° is to be remarked, only raising it on the average 1.7°. This is the more curious since animals whose cutaneous function has been stopped by varnishing rapidly lose their heat.

During the free perspiration caused by the bath, the mean of the pulse-respiration ratio changed from 20.6 : 92 (say 20 : 90) to 13.5 : 90.

After the cooling process the change in the mean of the pulse-respiration ratio was still greater, being 21 : 83.

Is the whole of this change attributable to the well-known vicarious function of the skin to that of the lungs?

Dr. Williams writes me that he was much struck by the diminution of the respiratory murmur after sweating had set in.

I trust that some one will carry this inquiry further by means of the spirometer.

No 1.—Admitted with recurrent ma-

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nia. Is now convalescent and in good bodily health. Temperature of bath 175°; was in 15 minutes. Skin acted freely. In the habit of having Turkish baths.—Observations before entering bath: Pulse 80; temperature 98; respiration 21, and respiratory murmur loud. When skin was acting freely: Pulse 100; temperature 99.6°; respiration 17; respiratory murmur indistinct. After a wash, cold douche, etc.: Pulse 70; temperature 98.2°; respiration 20, and respiratory murmur again strong.

No. 2.—Admitted with melancholia. Is now convalescent, and in very good bodily health. Temperature of bath 180°; was in 20 minutes. Skin acted very freely.—Observations before bath: Pulse 84; temperature 98.4°; respiration 18; respiratory murmur loud. After skin had acted freely: Pulse, 100; respiration 16; respiratory murmur indistinct; temperature 100°. After a wash, cold douche, etc.: Pulse 80; respiration 20; respiratory murmur loud; temperature 98°.

No. 3.—Admitted with recurrent mania. Has now a lucid interval, and is in robust health. Has regularly had a bath for years. Temperature of bath 175°; was in 20 minutes.—Observations before bath: Pulse 76; temperature 98.7°; respiration 20; very strong respiratory murmur. Observations when skin had acted freely: Pulse 100; respiration 15; respiratory murmur slight: temperature 99.8°. After a wash, cold douche, etc.: Pulse, 80; temperature 98.4°; respiration 20; respiratory murmur again strong.

No. 4.—Admitted with strong suicidal impulse and refusal of food. Is now convalescent, and has been treated with the Turkish bath. In good bodily health. Temperature of bath was in 20 minutes.—Observations before bath: Pulse 120, evidently from nervousness; respiration 20, murmur fairly loud; temperature 98.5°. When skin had acted freely: Pulse 120; temperature 100°; respiration 16; murmur barely perceptible. After a wash, cold douche, etc.: Pulse 100; temperature 98.7°; respiration 20; murmur still indistinct.

No. 5.—A case of chronic dementia in good bodily health, and has frequently had the bath. Temperature of bath 175°; was in 30 minutes.—Observations before bath: Pulse 100; temperature 98.6°; respiration 24; murmur loud and irregular. When skin had acted freely: Pulse 120; temperature 101°; respiration 18; murmur indistinct. After a wash, douche, etc. Pulse 80; temperature 97.9°; respiration 24.

No. 6.—A case of dementia, in good bodily health. Had not taken a Turkish bath before. Temperature of bath 180°; was in 30 minutes.—Observations before bath: Pulse 80; temperature 98.5°; respiration 16; murmur plainly audible. When perspiration was profuse: Pulse 60, was a little faint; temperature 99.5°; respiration so slight that it could not be counted. After washing, douche, etc.: Pulse 100; temperature 98°; respiration 24.

[The above cases, though made up largely of dry facts and figures, all go to show that the Turkish bath is one of the most valuable of therapeutic agents in chronic diseases. It is not only that, but a sanitary agent in the prevention of disease, of great importance to all dwellers in cities, where its use is rapidly extending.—ED.)

REPARATION AND EXCRETION—THEIR RELATIONS TO FOOD.

BY VIRGIL W. BLANCHARD, M. D.

THE human body is constantly undergoing the process of death and recreation. The only stable elements in the fabric are the laws, or principles, of organic and soul life.

Material elements, in the hands of these laws or principles, are constantly changing their forms and shifting their relations. The transformation in structure constantly going on in the living

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nal tissue, is one of the greatest of wonders known to science. A wonful consuming and building up pros, out of the ashes of whose flame s, phœnix-like, that condition of al activity that we call life.

ife is evolved from death, and death the inevitable doom of life. The enomenon of life, or vital activity, ings from the descent of living, orized tissue, from the condition of e to that of amorphous, or dead mat-. Death—absolute death—is only e cessation of the tearing down pross essential to life.

Disorganized or dead matter must be moved from the living tissue, and the id repaired with new material. This w material, after it becomes incorpated into the void left by the removal the dead or waste matter, must be ndowed with organic vitality—elevatl from the condition of dead, to that f living matter. Thus recreation fols in the footsteps of death.

A living animal tissue *can have* no table material elements. They are assing away, and new ones are taking heir places with a rapidity just in proortion to the activity or life energy hat may be present in the structure.

Life, from this view is, in the sternst scientific sense, a stream, a current. New material must constantly flow into the grasp of the organic and soul aw, or principle, the only stable elenents within the human body. In their grasp it is elevated to the condition of life. It then dies, that vital activity may be evolved. It then flows out of the system as so much dead or effete matter.

The rapidity with which the tearing down and building up process is taking place in the living animal tissue, as the result of an active, vigorous function, is wonderful to contemplate. Some entire portions of the muscular and nervous tissues are destroyed and rebuilt daily. And it is estimated that most of the soft tissues of the human body are entirely destroyed and rebuilt once in every three months during the life of the individual.

Now, the human body, from a strictly anatomical and physiological point of view, is merely a group or assemblage of organs, or machines; each one having a distinct purpose or function to fulfill, and each serving in unity with the others to form a perfectly harmonious whole. It is the office of one of these organs or machines to prepare the new material for the architectural process; another transports it to where it is needed; another places it in its proper relations; another elevates it from the condition of dead matter to that of organic vitality. Then it dies, that life may be evolved. And after its death another removes it from the system.

This new material thus must constantly be supplied or contained in the food elements that are daily required by the human system. Food, even before it enters the human stomach, is in reality a latent form of the activity of life. Within the grasp of the organic and soul law, or principle, it supplies an otherwise passive capacity with motion, force, energy; awakens what would otherwise be a passive law or principle, into a condition of vital activity.

The architectural or building up process, constantly going on in every tissue of the living human body, is known to science by the term "reparation;" and the tearing down process, joined to the removal of its resulting waste, by the term "excretion." These two functions are obviously the two most important ones in the living animal tissue. In the presence of their natural, efficient fulfillment may be found health, vigor, activity and endurance; and in the absence of such fulfillment, inability, pain, disease.

Now, in order that the reader may obtain a clear understanding of the true relations of food to these two most important functions, it will be necessary to pause for a moment and inquire what organs, or machines, of the human body are brought into exercise in their fulfillment; and also into the manner by which they are carried on.

This inquiry is necessary for the reason that an organ of the human body must be fed with a proper supply of necessary food in proportion to its ac-

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tivity—in proportion to the amount of labor that it is required to perform; for, as has been explained, the life or vital activity of an organ arises from the presence of a food current flowing through its substance, and the descent of food material in its structure from the condition of organic life to that of dead matter.

The process of death and recreation constantly going on in every living animal tissue, is the transcendent wonder of physiological science.

It is the office of reason to supply the stomach with food material. In this organ the proper and requisite food elements that it may contain are endowed with chemical and vital conditions that fit them to enter the blood.

The blood, through the arterial system, distributes the food elements that it may contain to the capillary vessels. The walls of these vessels are the true organs of respiration; also the true organs of primary excretion. This vessel is at once, and at the same time, the ever busy architect and scavenger of animal life. The capillary vessel is a minute tube, formed of an exquisitely delicate membrane. Its interior diameter varies from one to two thousandths of an inch. To such an extent do these minute tubes penetrate and traverse the soft tissues of the living animal, that the substance of every fiber of which they are composed is brought into absolute contact with the exterior surface of the delicate membranous walls of which they are constituted. Hence, as a result of this arrangement, the substance of every fiber entering into the constitution of the soft tissues of the human body is, through the wall of the capillary vessel, brought into a proper relation with a blood current within it, which should contain an abundant supply of building material to compensate the loss or waste resulting from life; and this also affords a direct channel through which the waste or disorganized matter, resulting from vital activity, may be conveyed to the secondary excretory organs for elimination from the system.

We have, then, in the wall of the capillary vessel, the architect and scavenger of the substance of the tissue. We have also in the blood current within the agent that supplies the requisite new building material essential to the repair of the tissue; and also the agent that removes the waste or dead matter to the secondary organs of excretion for elimination.

Now let us reverently pause for a moment and study the grand spectacle of new birth, or creation, ever going on in animal life. As soon as waste or dead matter accumulates in the substance of the tissue on the exterior surface of the wall of the capillary vessel, the delicate membrane of which it is composed perceives, grasps, and transfers it to the blood current within, to be conveyed by it to the secondary excretory organs for elimination from the system. Then this membranous wall of the capillary vessel, as if conscious of the void left in the substance of the tissue by the displacement of the disorganized matter, and at the same time, as if conscious of the quality and quantity of new building material requisite to fill the void, reaches fourth a mysterious hand of vital magnetism into the blood current within, and as the necessary elements come within its reach, grasps them, and transfers them to the vacancy; and then, by bringing into play a mysterious life-endowing power, raises the new material from the condition of dead matter to that of organic life; thus constituting it a homogeneous part of the living animal tissue. The waste, or dead matter, as has been explained, after it has been transferred to the blood current within the capillary vessel, is conveyed to the secondary excretory organs.

The most important of the secondary excretory organs are the kidneys, the lungs, and the skin. These are simply strainers, whose office is to remove from the blood disorganized, dead, poisonous matter, as fast as such accumulation takes place.

Overlooking the details that have been enumerated—that have been necessary to a clear understanding of the subject—what, I ask, are the prominent, capital elements in the picture just drawn of the process of death and re-

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eation constantly going on in the liv-ig animal tissue? I answer: first, the applying the stomach with food mate-ial. Second, its preparation by this or-an for the blood. Third, its distribu-ion by the capillary vessels. Fourth, its ransference by the wall of the capil-ary vessel from the blood current with-n to fill the void in the tissues occa-ioned by the removal of the waste or lead matter. Fifth, its elevation to he condition of organic life. Sixth, ts death, that life may be evolved. Seventh, its removal as waste or dead natter by the wall of the capillary vessel into the blood current within. Eighth, its elimination from the blood by the secondary excretory organs.

Here, in this picture is seen, with an absolute scientific correctness, the food current flowing into and out of the grasp of the organic and soul law, or principle; the only stable elements found within the human system.

We are now prepared to briefly consider the true relations of food to the processes of reparation and excretion. Food is simply a latent form of the activity of life. Its presence awakens a principle into motion, activity, energy. It is required in quantity just in proportion to the presence of the quality of intensity in the process of vital activity. Its component parts are determined by the constitution of the active tissue, or organ.

In a living human body the nervous tissue is to-day composed of the same chemical elements that it was a year ago; yet during the year this same tissue may have been torn down and rebuilt a score of times. The same is true of the muscular, the adipose, the serous, the mucous, and even the osseous. Once in from six to nine years even the densest bones are rebuilt.

From the standpoint that we have now reached in the discussion of the subject, what, I ask, is the most important relation that food obviously holds to its most conspicuous element? It can be no other than that which food holds to that constant, intense vital activity exhibited in the tearing down and rebuilding process, excretion and reparation.

Labor, vital activity, on the part of the living animal tissue, arises from a loss that can only be repaired by food. The vast labor of the wall of the capillary vessel, joined to that of the kidneys, the lungs and the skin, must obviously require a large expenditure of food material to supply the waste resulting from vital activity. The dead, effete matter must be removed from the living tissue, and the void caused by its removal must be rebuilt. Where is the active agent in this unceasing, herculean task? From whence springs this wonderful, this marvelous creative power? Does it inherently reside in the wall of the capillary vessel, the kidney, the lungs and the skin? I answer, that these organs are only passive machines, that move and act only as they are actuated; that in the gray cell of the sympathetic nervous system the creative power originates. That in the wall and contents of this organ is experienced that waste consequent upon this vast expenditure of vital activity.

It was estimated by the late Prof. Cresson R. Styles, that the wall of the gray cells of the sympathetic nervous tissue that supply with *spiritus vitalis* the biceps muscle in the arm of the blacksmith and quarryman is destroyed and rebuilt as often as once in six hours, while they are vigorously engaged in plying their vocation.

There is a vast demand for food elements to supply the waste of the nervous tissue in the physical system of the manual laborer, that has been heretofore entirely overlooked. His system requires brain and nerve-building food in almost or quite an equal degree as the system of an individual engaged entirely in intellectual pursuits, although for another purpose. It should never be forgotten or overlooked, that vital activity, exhibited in the exercise of the muscular system, has its origin in the gray cell of the sympathetic nervous tissue, the same as intellectual activity originates in the gray cell of the cerebral tissue.

In view of these facts that are here presented, in view of the vast waste of the nervous tissue in the organic processes of reparation and excretion,

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joined to that resulting from intellectual activity, all in the presence of a comparative absence of brain and nerve building food in the diet of the masses, is it a marvel, or is it not a natural result of cause and effect, that not one individual in five at the present day can boast the possession of a sound, healthy, enduring physical system?

THE EDUCATION OF GIRLS.

BY J. K. NICHOLS, M. D.

A FEW months ago, having as our guest a distinguished London physician fresh from the mother country, we invited him to visit several schools for girls, public and private, which are well known in Massachusetts. The visits were very agreeable and interesting to the medical gentleman, and he was surprised at the vivacity and proficiency of the pupils. "But," said he, "they all look to me like semi-invalids. Do you regard these girls as fairly representing the standard of health in your schools generally? They excite my wonder, and also, I must say, my pity." He remarked further, "I have medical charge of the pupils of several schools in London, and if I should find half as many thin, pale faces in any one of them, I should order a discontinuance of the school, and institute investigation into the causes of such manifest decline in physical health."

It is true, American girls do not generally, under any condition of life, resemble the robust and healthful English girls whom we see walking and riding constantly in the open air in England. But climate is not alone chargeable with causing this difference; school discipline and school studies, early and late, among children as well as maidens, have very much to do in producing this effeminacy, and these abnormal conditions. Among the poor, children are pressed into the public schools, which everywhere open their doors to receive them, at a very tender age. The design of the mothers is "to get them out of the way," and no thought is given to the little girls by the parents after they are driven from their homes in the morning. At school, the great object is to "keep them still" and urge them to the task of learning their lessons. There is but one rule, and one method of discipline for all; the naturally dull children must conform to the standard, as well as those who are "good" and quick to learn. Here, in this "infant" or primary department of our public schools, are the seeds of disease early sown. For twelve or fifteen long years, and for nine long months in each year, in our cities, are the young girls incarcerated in the public schools, and who wonders at the pale faces and the feeble constitutions seen in the collections of girls in our more advanced institutions of learning?

Boys are combative, and less conscientious than girls; they resist the enfeebling influences of the school-room better, and even if they were not by nature physically stronger they would not break down so readily. It would unquestionably be better for girls not to enter school until they are eight years old, and then the number of studies should be not more than two at any time during their school days. These studies should be such as will fit them for usefulness in the sphere in life which they will probably fill. Eight-tenths of the girls in our high schools, academies and seminaries are looking forward to a matrimonial alliance as the great and desirable event in their future lives, and this change will come to more than three quarters of all those who live to the age of 30 years. The sphere in life which a majority of our girls are destined to fill is the most sacred and interesting of all positions: that of a wife and mother. To insure personal happiness in this relation, and to confer it upon others, it is absolutely

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:essary that there should be a good gree of physical health. A knowlge of all the languages, dead and ing, a power to comprehend the abuse problems of geometry and algea, is as dross compared with sound alth in the maternal relations, or in :t in any relation which a woman n possibly occupy. Why, then, should e study of such branches in our high nools be allowed to interfere with althful development, and those vital ocesses which are peculiarly active girls of the age of those in such hools? It is indeed a depressing ght, the groups of girls released at ght from our public schools, struging homeward, laden with six or ght text-books, which they are to pore over with intense anxiety during the long evening hours—hours which should be devoted to healthful recreation. An anxious school-girl is a pitiable object, as with that anxiety comes cough, sleeplessness, loss of appetite, and a long train of formidable evils. We are almost willing to say that girls ought to be prohibited by statute law from studying out of school hours. A law of this nature would seem to be as much needed as that which prohibits manufacturing establishments from employing youth under a certain age. The manifest evils which exist in our school system have been often pointed out; few changes have been made, but reform cannot be much longer delayed. —*Journal of Chemistry.*

READINGS.

SHAKER DIETETICS. — Their diet is mple, but sufficient. Pork is never aten, and only a part of the shaker eople eat any meat at all. Many use o food produced by animals; denying hemselves even butter, milk, and eggs. t Mount Lebanon, and in some of the ther societies, two tables are set, one ith, the other without meat. They onsume much fruit, eating it every eal; and they have always fine and xtensive vegetable gardens and orhards. Father Evans (the shakers call im Elder Evans, but we like Father etter), now about 70 years old, and at he head of the shaker community, at ebanon, has not eaten flesh for nearly 0 years, and he is hale and hearty; uch more so than most men of his ge; yet when he commenced his vegtable diet he was in a declining state f health; as he tells us, "a candidate or consumption."

A WISE LAW.—In the province of Biscay a landowner must plant two aplings for every timber tree he cuts down. In Java the birth of every child s celebrated by planting a fruit tree, which is carefully tended as the record of the age of the child whose birth it registers. This wise regard for the future deserves imitation.

WHAT POSTERITY WILL THINK.— "Our enlightened posterity will look back upon us who eat oxen and sheep, just as we look back upon cannibals." So says the late Winwood Reade, in his essay on "The Future of the Human Race." There are several other practices they will perhaps look back upon with a slight amount of disgust. One is war, one intemperance, and one licentiousness. Hurry up, oh good time coming! if you want us to enjoy your delightful society.

ASPARAGUS AND RHEUMATISM.—The advantages of asparagus are not sufficiently appreciated. It is said that those who suffer from rheumatism are cured in a few days by feeding on this delicious esculent; while more chronic cases are much relieved, especially if the patient avoids all acids. The Jerusalem artichoke affords a similar relief. It may be well to remark, that most plants that grow naturally near the seacoast contain more or less iodine, and in all rheumatic complaints iodine has long been used.—*Dietetic Reformer.*

[We have long held that the Turkish bath is the best remedy for rheumatism, but if asparagus will cure it, too we are glad. Let some of the afflicted try it and report.—ED.]

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OUR DESSERT TABLE.

APPROPRIATE CONTRIBUTIONS FOR THIS DEPARTMENT SOLICITED.

LIFE'S MISSION.

Brush off the cobwebs from the brain,
That indolence hath woven there,
And rouse the heart and soul to work
With earnest thought and care;
And see how much there is to do,
How much that has a claim on you.

A claim of duty—plain to see
With half an open eye.
Perhaps not what your heart might wish,
Whose hopes are towering high,
Dreaming of fairer, loftier things,
On fancy's wild, delusive wings.

But plain reality stands forth
And bids you think of now!
Nor mar the hours with further dreams
That make the spirit bow
With discontent, not meant for you,
With all life's earnest work to do.

Leave dreaming to the writer's brain,
Who gives them shape and word;
And let your heart with present need
And present work be stirred,
However poor, or plain, or small,
The eye of God can see it all,

He notes the patient faithfulness,
Earnest in doing well,
And He in time will give to such
A higher place to dwell—
Of trust and honor, or renown,
Or give at last the victor's crown.

Think oft of others—think and see
The toiling, struggling mass;
Those who are burdened more than you
Along life's rugged pass;
And cheer them on, as best you may,
Along the dark and toilsome way.

Plant roses where the brambles grow,
Crush out the weed and thorn,
That other hearts may see and know
'Tis good that you were born;
To bless where there is sore distress,
And comfort those who're comfortless.

Beware lest you neglect or wrong,
Cause sorrow, pain, or grief,
To fill another's cup of life;
For life may be too brief
To make amend by toil or care,
For ills that kindliness might spare.

The bitter cup of suffering
Needs much to soothe and cheer,
And if you cannot cause a smile,
Oh do not cause a tear!
The crushed heart by your wrongs distressed
May curse you where it might have blessed.

Remember, too, its piteous cry
Ascends in grief to God,
Who in return will surely smite
With his avenging rod;
Though conscience may be blind or dim
He reads it all as done to him.

'Twere vain to look for happiness
Unbroken by the cross,
Or earthly bliss might tend to bring
The soul's eternal loss:
In duty's path lies work and care,
With faith and patience, hope and prayer.

Anna Linden.

OUR DARLING FLO'.

Little feet in motion ever,
Up and down on every floor;
Little hands, with proud endeavor,
Reaching knobs of every door.

Active brain and busy fingers,
Searching wardrobes everywhere;
Little form that *always* lingers
Watchfully by mamma's chair.

Little one whose laughter only
Maketh all around her glad;
Brightening hours that would be lonely,
Cheering hearts that would be sad.

Fairer than earth's fairest flower
Is her smiling face to me;
Chattering, romping every hour,
In action winsome full of glee.

Oh, I pray that guardian angels
Will blessings on her pathway pour:
Smooth each rugged rock before her,
Keep *her* pure, my darling Flo'!

REMEMBER.

Remember that the hands which clasp
Our close in kindly greeting
To-day, may folded lie ere dawn,
O'er hearts no longer beating.

Remember that the words we speak
In thoughtless haste or scorn,
May strike some sensitive, tender heart,
And pierce it as a thorn!

Remember that an angry frown,
May damp a summer's day,
And that a cheerful, sunny smile,
Will keep the gloom away.

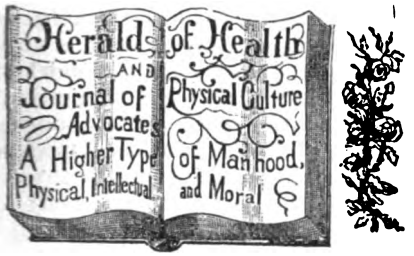
Remember that a kindly word,
Will soothe a troubled heart;
And that a tear of sympathy
Robs pain of half its smart.

Remember that whate'er we do
Is recorded in Heaven above,
And let our deeds be only those
Of kindliness and love.

Nellie Brown.

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EDITORIAL DEPARTMENT.



NEW YORK, MAY, 1877.

WATER.

"To the days of the aged it addeth length;
To the might of the strong it addeth strength;
It freshens the heart, it brightens the sight;
'Tis like quaffing a goblet of morning light."

☞ *The* PUBLISHERS *do not hold themselves as indorsing every article that may appear in* THE HERALD. *They will allow the largest liberty of expression, believing that by so doing this magazine will prove to be more useful and acceptable to its patrons.*

TOPICS OF THE MONTH.

BY M. L. HOLBROOK, M. D., EDITOR.

AN ELEMENT OF WEAKNESS.—It is curious to observe how very few really strong men there are in the world. Plenty there are, indeed, who seem strong, and when they are not put to the test pass for such; but a little trial shows where they are weak. Some go to the wall in one way and some in another. Some have poor digestion and thin blood, and have no physical stamina with which to contend with the elements of Nature which work against them. Some have good digestion, but lack in will power, and can use their strength to no advantage. Some have no judgment, and cannot get their forces into battle array. Some have no energy, and let every opportunity slip, because they are never ready to do anything: and some starting out will have no perseverance, pluck, or courage, and tire out when hard work is to be done. According to the theory of natural selection, time eliminates more or less of these weaklings from society, and leaves the stronger to continue the race. But Nature does not seem to be in any hurry to weed out her poorest specimens, preferring evidently to give them one more chance—to let them try again. There are many forms of weakness in human character, some of which are worse than others, and all of which might be more or less eradicated by a little attention to bodily and mental hygiene. But it is our intention here to call attention to only one, and that is the weakness of easily falling into a passion. This may seem a slight matter, but it is not. The person who easily falls into a rage is weak, no matter how gifted in other respects. It is evidence of a lack of self-control, and self-control is a very important element of strength. The Bible says that "He that ruleth his own spirit is greater than he that taketh a city," and nothing could be more true. Inability to control one's own temper shows either a want of effort, of training, or it is an indication of an unbalanced character; or, indeed, it may be an indication of nervous disease. George Washington is often held up to us as an example of a well balanced character, both physically and mentally. He rarely "slopped over," says one humorist. This gave him immense strength. He was not easily thrown off the track. He ruled his own spirit. All cannot do this as easily as as he did, for his mental faculties were evenly balanced; but all can train themselves into the habit of doing it in a greater or less degree if they try. Some do not believe this. They think they cannot do any different from what they do. Their organization, they say is so and so, and cannot be changed. Nonsense! Only the other day we were taking a Turkish bath with an esteemed friend, and the conversation turned on this very point.

"A man cannot do any differently from the way he is organized to do,"

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said he. The remark was overheard by a couple of gentlemen in the bath at the same time, who gave striking examples against this theory. One said that in youth he was very passionate, and that he could never bear to be contradicted. He would strike a man in the face if he said a word against him. The result was he often got into scrapes, and more than once soundly thrashed. This led him to ask himself the question: Does it pay to fly into a passion at a slight insult; and can I break up the diseased habit? He made up his mind that he could, and he did.

The other case was similar. The man said that in early life he was so passionate the he once pounded another nearly to death in a rage; and this so frightened him that he resolved never to strike a man again as long as he lived. This was years ago, and he kept his word. In both cases the weakness had been cured. Both could bear insults now and not strike back. It may be that a man cannot do differently from the way he is organized, in a general sense. A man cannot fly like a bird, for instance, or live on chalk; but these points do not bear on our question. In the matter of habit, or imperfections of organization, a man has by force of will and reason control over himself, and can change his nature very decidedly, as every one knows. If he could not, life would hardly be worth having. Let every one, then, apply this bit of mental hygiene to his own case, and in this way greatly strengthen his character.

RELATION OF EDUCATION TO OCCUPATION.—We educate, if we educate truly, for the sake of making more manhood in a man. Education has relation to success, to a reputation, to profits pecuniary. We do not ignore that relation; but it is secondary. The primary reason why men should be educated, is, that they need more manhood. If a man dwells in a tavern all his life, he does not feel the need of much education. If a man pursues a mechanical life, the education is limited that he feels the need of. We send our boys to college if they are going to be preachers, or lawyers, or professional or literary men; we educate them for the profession they are to follow; but if a man is to be a sailor, or a builder or a farmer, he is not supposed to need a college education. Education is esteemed according to its marketable value in the department in which a man is employed. Knowledge is sought or neglected according to whether or not it is regarded as an element of success in a man's business relations. It does not enter into the apprehension of men that education is the development of what a man is, and that knowledge is useful because it contributes to that development. They do not look upon the acquisition of knowledge as making more of one's self. If you were to look at the whole sphere of men's lives you would find that there is a fundamental low-mindedness, in regard to the mass of mankind, as to the necessity of education. You would find that the great majority of mankind are searching after anything rather than knowledge. It may almost be said of men, in this respect, "Eyes have they, but they see not; and ears have they, but they hear not." Things are every day taking place around about them from which they might derive valuable knowledge, but they never question them. They see in the sky phenomena which might teach them lessons of wisdom, but they do not interrogate them. They might learn many things from the birds and insects which come under their notice, but they do not. The goods which they are continually handling do not provoke inquiry in them. They go into their store in the morning, and stand behind the counter all day, serving their customers, and their object is to win patronage. The fabrics which come from the Orient suggest to them no question of manufacture, or of political economy. They buy and sell them for two, five, ten years, and never think of making any inquiry concerning them.

There is a large, stately building, not far from the Forty-second street station, off at the right as you go up, and there are men who are, and have been

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iving cars in sight of it several times lay for six or eight years, and I have iled to find one of them who could ll me what that building was, from ıich fact I infer that Yankees are not ıployed on that line. There stands at conspicuous object, and I have re-ıatedly tried to find out from these en what it was, and I have not found ıt yet.

I perceive that many persons are em-oyed in the manufacture of interest-ıg machinery, who know nothing in ɔnnection with it but the mere me-ıanical routine of their work. I per-ɛive that frequently persons who are ɔnversant with books know nothing bout the production of them—neither bout the process of binding them, nor bout the material with which they re bound, nor about many other curi-us things belonging to them. They tupidly handle them from day to day, rom week to week, from month to ıonth, and from year to year, and all hey think of is selling them and get-ing the money for them.

Men have the price with which to ɛet wisdom in their own callings, whe-ıer they are in the store, in mechan-cal pursuits, or on the farm; their ɔusiness is filled with elements that ɔhould stimulate them to inquiry; and ɛet there are multitudes of young men who go on and on, with very little curi-ɔsity, with very little application, and with very little accumulation of knowl-ɛdge. It is too bad! There are a great ıany men who do not drink, who do ıot give way unduly to their appetites, who are well dressed, who are obedient, who have the favor of their employers, who are very correct in their conduct, and with whom there is nothing the matter except *emptiness*. They are ɛmpty and they do not know it.

HENRY WARD BEECHER.

IS THE TURKISH BATH WEAKENING? —A very common prejudice against the hot air bath is, that it has a tendency to debilitate and weaken. I frequently hear people remark; "I am not very strong; I am thin enough already; the bath would sweat the very life out of me." It is an error to suppose that the perspiration excited by the bath weakens. I have been employed almost constantly in the bath, as shampooer, for the past six years. The first two months at the business I gained 18 pounds in weight. All new shampooers gain from five to ten pounds the first month, and continue to improve in health. Those who think they must "stimulate," or take "Plantation Bitters," or whisky under some other disguised name, will find this bath an invigorator that leaves no "sting behind."

If you have a cold that makes you ache all over, and your bones feel as if they were being split with a saw, while you sneeze as if you would snap your head off, try a Turkish bath, and you will know how a child feels sleeping quietly in the arms of its mother. Has the "ile you struck" ceased to flow; and have you the blues instead of petroleum? or has gold fallen and you with it? and you now feel that you are gored by the "bulls" and torn by the "bears," take a Turkish bath; and when your children retire they will say to each other, "What made father so pleasant to-night?" In short, friend, if you are sick or well, sad or joyful, in prosperity or adversity; or in any other condition, take a Turkish bath, and you will not care for a horseback or buggy ride; neither will you sigh for the White mountains, Saratoga, nor Newport. HARVEY HUMPHREY.

A PRACTICAL WORD FROM TYNDALL. —Prof. Tyndall, in a very thoughtful address to students, which ought to be read by every young man and woman, has given a practical word on health which we would like to quote. Indeed we should like to give the whole address if we had space. He says:

"Take care of your health. There have been men who by a wise attention to this subject might have risen to any eminence, but who by unwise neglect on this point have come to nothing. Imagine Hercules as oarsman in a rotten boat; what can he do there but by the very force of his stroke expedite the ruin of his craft. Take care, then, of the timbers of your boat, and avoid all practices likely to introduce wet or dry

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rot among them. And this is not to be accomplished by desultory or intermittent efforts of the will; but by the formation of habits. No doubt the will has sometimes to put forth its strength to strangle or crush a special temptation; but the formation of right habits is essential to your permanent security. They diminish your chance of falling when assailed, and they augment your chance of recovery when overthrown."

There! Are not these golden words? Keep them in mind, young men and women, and it will be well with you.

NONSENSE.—Dr. Mary Putnam Jacobi, at the last commencement exercises of the Woman's Medical College, delivered a long address on medical science which contained some remarkable statements. One was to the effect that all remedies are worthless for a sick person if they do not injure a well one. Perhaps Dr. Jacobi was talking learnedly, and had some secret meaning to her words; but to us it seemed a statement of one whose medical education had been one-sided and imperfect, rather than large and generous.

Let us see if her statements will bear their own weight. Fresh air is one of Nature's remedies, and it will not hurt a well man. So, too, is exercise. Dryden said: "The wise for cure on exercise depend," and it is just as good for the well as for the sick. Water is a remedy in fever and in many diseases and rightly used wont hurt a well man. The movement cure, lifting cure, electricity, are all good remedies in their place, and won't hurt well folks; and so of a great many other things. Dr. J. has had, no doubt, rare advantages of study, and ought to be an ornament to her profession; but she must not talk so loosely as this, if she wants to continue in the esteem of the thoughtful.

HONORABLE MENTION.—It gives us very great pleasure to mention the fact that Mrs. Katy J. Jackson, of the Dansville Hygienic Home on the Hillside, graduated as a Doctor of Medicine, at the Commencement of the Woman's Medical College, in New York March 27th, receiving not only the prize of a fine case of surgical instruments for attainments, but also being awarded the honor of delivering the valedictory. Her address was an able one, holding the large and thoughtful audience during its entire delivery, and was devoted largely to the considerations of sanitary science. We congratulate Dr. Jackson, whose womanly virtues, as well as scientific attainments, will give her a high rank in the profession; and especially that branch of it devoted to hygienic medication. Long may she live to wear the honors so faithfully won.

EDITOR'S STUDIES IN HYGIENE.

THE BODY LIKE A MAGNETO-ELECTRIC ENGINE.—It is interesting to know that the body is a much more economical machine than any constructed by man, and can turn a larger part of the energy of its food into work. Bodies, however, like machines, differ in this respect; and some work more economically than others. This depends partly on the condition of the digestive apparatus, and partly on the food. Man is not altogether like a heat engine, but more like a magneto-electrical engine, and when we come to understand him thoroughly as such, we shall be able to manage the bodily functions better than now. Our physiologists have a great deal to say about the heat of the body, and the necessity of so feeding ourselves as to maintain heat; but if man is more like an electrical than a heat engine, as Joule asserts, then we must so feed him as to develop electricity as well as heat. Just how this is to be done is not yet known, but time will help us to work out the problem. From present indications fruit, especially the subacid kinds, such

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grapes and apples, will play an important part in the process. Acids are portant elements in the working of e electro-magnetic engines, and the ids of fruits are perhaps useful in the man body in the same way. The esent science of food is only half comete. It deals too much with the emistry of food, as it relates to the uilding up of tissues and the production of heat, and too little to those iemical, or rather vital changes, which enerate that wonderful element we, r want of a better name, call the life rce, and which is in some way no oubt allied to electricity.

EXCUSE FOR USING TOBACCO.—A oung friend who smokes wants us to ell him what are the best excuses for he use of tobacco. We will tell him what excuse a learned physician who nokes gives. It is this: "Tobacco ossesses a certain soothing influence, nd makes time pass agreeably. Thus he smoker in his chair, puffing away almly and thoughtfully, is a type of composure. It seems to lighten his burdens and shorten the journey of life." In other words, it is an easy way to drown care, and make life seem different from what it is. Now, we submit it to any thoughtful young man, whether there are not better ways of soothing ourselves and making time pass agreeably, than by smoking. If there are not, then we are very much mistaken, and we will never say another word against tobacco. We know one man who was a smoker. He thought it soothed him and made time pass agreeably: but his wife thought it made her time pass disagreeably, and she begged him to stop. He did so, and spent his leisure hours in study, became fascinated with books, and now passes hours most delightfully in informing his mind. He is a great deal happier than before, and so is his wife.

DRIED RAISINS.—Are dried raisins unwholesome? asks a little boy who likes to eat them, and whose mother says they are very bad food. We do not like to say anything to cause trouble between mother and child, but will simply state that the very best dried raisins may be eaten very sparingly, if they are chewed finely, and the seeds and skins ejected. Their unhealthfulness consists in swallowing them half chewed, and taking too many of them. With brown bread they make a very nice repast. By stewing them in a little water they are softened and made very nice and wholesome.

PUGNACIOUS BOYS.—Mrs. M. sends us the query: How shall a very pugnacious, quarrelsome boy be changed into a mild, docile, good boy? She says he is very strong and active, never keeps still, and makes more trouble than she can bear. We fancy there are a good many mothers who would like advice on this same subject. They might get a hint from Nature. The most pugnacious, quarrelsome animals are those that live on flesh, and most enduring ones those that live on vegetable food. If a bear, whose natural food is flesh, is fed on bread he becomes docile; then if fed on flesh again he becomes ferocious. This has been demonstrated by experiment. Now, the same effects may be produced on a wayward boy by giving him only vegetable and farinaceous food. It is one of the best ways of treating such a case. The moral health will improve on it—that is, provided the food is wisely chosen and abundant. On the other hand, a child with too little pugnacity may be benefited by more flesh food.

FRUIT AS A DIET.—A variety of influences are at work to hasten the adoption of a fruit diet. One is the high price of meat, the low price of corn, and the reported unprofitableness of growing either. Meat, although so dear to consumers, is said not to pay the producers. Among the most profitable crops of the future on the farm, as well as in the garden, is fruit. The profits of production, after the cost is deducted, is said to be far larger than for either corn or meat. The profit on fruit growing per acre has been variously stated at from £20 to even as much as £200. It is certain that it pays well, or the growers would never pay such rents as they do in the neighborhood of London and other large cities.

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The taste for fruit as an article of diet has hardly yet been excited in this country. Let that be once roused, and there can be hardly any limit to the consumption of such a nation as England. Instead of an occasional apple or pear now and then as a luxury, there ought to be no reason why the workingman of the future should buy in his apples, and pears, and plums by the peck, bushel or sack, as he does his potatoes now. Even on the ground of nutrition good fruits rank high, while as a pleasant change and substitution for other foods, they prove most wholesome and satisfying. One meal a day of fruit would give an immense impetus to fruit cultivation.

[The above is from an English journal. In England there is no such an amount of fruit as in America, where their use if rapidly extending. Even here, however, they might be used more freely to advantage. One meal of fruit each day is not too much.]

SUBSTITUTE FOR BUTTER. — Many persons object to the use of butter, and would like to know it there is any substitute from the vegetable kingdom. We will say that in England sweet oil is used by the vegetarians who do not use butter. Peanut oil is also coming into use as a substitute for sweet oil.

The rapid extension of the cultivation of peanuts in North Carolina, Virginia, Tennessee, Georgia and South Carolina, is due to the use now made of them for the oil they contain. According to official agricultural reports, previous to the year 1860 the whole crop aggregated only 150,000 bushels per annum, grown principally in North Carolina; last year's crop reached 2,000,000 bushels, valued at $3,000,000. In a commercial point of view the oil is much more important than the nuts themselves. It is in large demand, answering for many purposes as a substitute for almond and olive oils, and keeps a long time without becoming rancid. The amount of oil contained in the nut varies according to latitude, and other favorable conditions and circumstances.

Perhaps better still, would be a moderate use of those nuts which contain oil in abundance. A certain amount of fatty food seems essential to health, and where butter disagrees, as it does with many, some of these substitutes will no doubt be suitable.

READING AT MEALS. — The Laws of Life says: So far as this is usually practiced, we do not see any special objection to it. On the other hand, we think in many cases persons will more thoroughly masticate their food while reading. The topics usually looked over are not such as call for much mental exertion, but are rather diverting to the mind. We should oppose any course of reading or conversation at the table which called for intellectual exertion because this requires a flow of blood to the brain, which antagonizes, as it were, the demand of the stomach for an extra amount of blood which is normal under the digestive act.

TO MAKE GRUEL FOR BABIES.—The Laws of Life gives the following: Sift the best of fine ground, unbolted wheat flour from the hand into boiling water, stirring it until it is of the consistence of rather thick gruel. Let it cook for fifteen or twenty minutes, then reduce it to thin gruel—so thin that it can be fed through a bottle if need be—with the best of milk, using enough to make the quantity of milk about equal to the water. Experience will tell. Strain it while hot through a fine sieve or straining cloth.

IMPURE ICE. — According to The Lancet, the notion that ice purifies itself by the process of freezing, is not based on trustworthy observation; and it asserts that tons of ice are daily consumed in London which have been obtained from ponds the water of which no one would think of drinking. It also cites the outbreak of a disease among the frequenters of one of our large American hotels. It was characterized by giddiness, nausea, vomiting, diarrhea, and severe abdominal pain, accompanied by fever, loss of appetite, continued indigestion, and mental depression. An analysis showed the water from which the ice was made to be horribly foul; while an examination of the pond from which it was taken

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owed it to be chiefly a homogeneous ass of marsh mud and decomposing wdust.

Here is a health hint worth having. ar too much ice is used anyway. Wa- r does not need to be near the freez- ig point to give satisfaction. We ought o test our ice water with a thermom- er. Have one on the ice pitcher. It ould prevent our taking it too cold.

SALICYLIC ACID AND THE TEETH.—The new remedy for rheumatism, so opular just now, seems to have met ith its first opposition from the dent- ts in Paris, who have noticed that it as very injurious effects upon the eeth. An English observer has no- iced bad effects upon the bones. "If hese things are so," says a medical ournal, "then this remedy ought to be t once condemned."

NERVOUS EXHAUSTION.—Dr. J. H. ackson has a word on this subject in he last issue of The Laws of Life, which s sensible, and deserving of a place ere. He says: "Seek to remove, in he first place, the causes, whatever hey may be, which have induced pros- ration. No doubt the nervous centers rom which all nervous power and force re derived are exhausted, and where his is the case, time is required in ord- r that their nutrition may be thor- oughly re-established. Let the person then avoid overdoing, always working or taking his pleasures within the lim- its of any taxation of body or mind; let him secure agreeable social associ- ates; live largely in the open air; sleep as much as possible; eat nutritious but unstimulating food, such, for instance, as is afforded by the various prepara- tions of milk, fruits and grains, prin- cipally of wheat, so far as grains are concerned, because it contains more of the nerve making constituents than other grain. Avoid the use of condi- ments of all kinds, and alcoholic li- quors; remembering, however, that if the person is not already accustomed to such a diet, the change must be made gradually, although positively, in order that the nervous system may not be thrown into perturbation by sudden withdrawal of its accustomed stimula- tion. All of the habits of life, in re- gard to work, exercise, pleasure, eating and sleeping, should be in accordance with a thorough regularity of action in each twenty-four hours. He should take two baths each week, in which the body should be washed very thoroughly with tepid water, and rubbed after- ward to insure good capillary circula tion.

"Some of the most eminent phys- icians are coming to advise as the best means for a permanent cure of nervous prostration and debility, a radical change in dietetic habits, embracing the use of unstimulating, but nutriti- ous food, in the place of the more stim- ulating articles, such as meats and con- diments. By carefully following such a course, health should be restored."

DISINFECTION HINTS.—For the sick- room free ventilation, when it can be secured, together with an even temper- ature, is all that can be required.

For rapid deodorization and disinfec- tion chlorine is the most effective agent.

For steady and continuous effect ozone is the best. In the absence of ozone iodine exposed in the solid form to the air is the best.

For the deodorization and disinfec- tion of fluid and semi-fluid substances undergoing decomposition, iodine is the best.

For the deodorization and disinfec- tion of solid bodies that cannot be de- stroyed, a mixture of chloride of zinc or sulphate of zinc with sawdust is best. A mixture of carbolic acid and sawdust ranks next.

For clothing exposure to a tempera- ture of 212° F., is the only true method.

For substances that may be destroyed heat to destruction should always be used.

[So says Dr. Mansfield. We may add that sunshine and ventillation are Na- ture's disinfectants, and very excellent ones. Germs do not thrive in them.]

OATMEAL.—Oatmeal should only be purchased at places where there is a quick sale for it, as it absorbs moisture from the air, and very quickly becomes rancid and unpleasant.

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CURRENT LITERATURE.

—:o:—

HOW TO TEACH ACCORDING TO TEMPERAMENT AND MENTAL DEVELOPMENT; or, Phrenology in the School-room and the Family. By Nelson W. Sizer. 12mo, cloth. pp. 331. Price $1.50. New York: S. R. Wells & Co.

Here is a book that is worth its weight in gold, both to the teacher and to the parent. The author is one of the most practical of men, and thoroughly in earnest in doing his share in elevating the race. He has no high sounding theories, no inflated notions of things; no idea that he can bring about a millenium at a short notice. He simply believes there is a right way and a wrong way to educate, and that the right way has its foundation in a correct knowledge of the mind and body. Of course he deals largely in general principles, not going into the particulars. These can be carried out by the parent and teacher. We should like to see the work in the hands of every teacher and parent in the world. The application of the principles it sets forth could not fail to be useful. We only regret that the author does not have a fine steel engraving of his own head and face in the book, instead of a woodcut that does not do him justice.

CAPTAIN WATERS AND BILL HIS BO'SON, a Tale of the Ocean and of the Farm. By R. O. Sault (Chas. F. Swain), pp. 300. Price $1.00. New York: John P. Jewett & Co.

The book tells the story of Captain Waters, for many years a sea captain, and his final retirement to the farm, where he took his bo'son and steward, and Lizzie the cook, for servants and assistants. Their life as farmers is portrayed in a most interesting manner, and much amusement is afforded by the curious way in which the sailors "navigate the farm." Some of the descriptions are very humorous indeed, and would offer a fine opportunity for the artist. Of course a story of this kind must have more or less love in it, and there is something fresh and unconventional about this part of the book, and it strikes us that, while it might not suit professional novel writers, it will suit a very large class of people. Susie Morton, the heroine of the tale, is portrayed as a girl of uncommon health beauty, and good sense. She is the daughter of a well off New York merchant, but loved a country life, and spent much of her time on the captain's farm, with her grandfather, where she learned all the arts of domestic economy. Of course she had admirers in abundance, and her hand was sought by a young Livingstone, who belonged to one of the aristocratic families of New York, who had plenty of money, but was dissipated. Her parents wanted Susie to marry Livingstone, but she saw that, with all his wealth, he would only make her life unhappy: and nothing could induce her to accept his hand or give him her heart. So Livingstone married a poor, but good-for-nothing girl, who wanted money and position. But she had a hard time of it, and could not even go on her wedding tour because her husband got drunk on their wedding day and remained so nearly a month. Susie, however, did not remain single long, but was married for love to a young man of real merit, though with little wealth, as they went along prosperously. We cannot but thank our author for writing so interesting a story, and having it so imbued with temperance principles. Boys and girls can only be instructed and benefited by its perusal. We may add that it contains 300 pages, is well bound, and sells at about two-thirds the price of books of its kind that is for $1.00.

HOW TO RAISE FRUITS. A Handbook of Fruit Culture, being a Guide to the Proper Cultivation and Management of Fruit Trees, and of Grapes and Small Fruits. By Thomas Greg. 12mo, cloth, fully illustrated. Price $1.00. New York: S. R. Wells & Co.

This little book starts out with the statement that there ought to be a hundred times as much fruit eaten in the United States as there is. That it ought not to be eaten sparingly, but should appear as an important article of diet on the tables of rich and poor, as potatoes, bread and meat do. To this we quite agree. In support of this belief he quotes many authorities to show how healthful, nutritious, and agreeable to the palate fruit is; to which we also agree, and if the book helps to induce a greater consumption of this article it will prove a benefaction. The practical part of the book is largely devoted to lists of the best fruit trees, vines, etc., and their planting and after culture. From a pretty careful examination of this part we are pleased to say that it is very well done, and that class for whom it is intended, those with moderate means, may consult it with profit.

UNION LEAFLETS; or Tracts treating of some of the most pressing Needs of the Temperance Cause.

The Woman's National Christian Temperance Union, at its late session in Newark, appointed a committee to prepare and publish Temperance Leaflets. The first package is now ready, and contains the following: Our Leaflets, Tract Circulation, Bible Wine, Medical Letter and Reply, Courage my Sister, Juvenile Instruction, To the Teacher, The Crusade, Responsibility of Parents, "Pray, Pray," Public Opinion, Letter to Mothers, Alcohol in our Food, Women's Christian Temperance Union. There are 32 pages in the package, and it is sold for the very low price of ten cents. But for the purpose of inducing a large use by the quantity, they offer them at the rate of 1,000 pages for $1, when tho order amounts to the sum of $1, or more for one kind. Send ten cents for a specimen package to Miss Julia Coleman, 443 Clermont avenue, Brooklyn, N. Y.

THE NATIONAL QUARTERLY REVIEW, for April. D. A. Gorton & Co., 291 Broadway, New York.

Since the death of Dr. Sears, who formerly so ably edited this journal, the editorship has fallen into the hands of Dr. D. A. Gorton, and it could hardly have fallen into better. The April number shows the work of a man of original but bold and independent thought. We are sure that Dr. G. will keep abreast of the times and discuss subjects of general interest to a progressive but reasonable class.

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Editor of The Herald of Health.

To which has been added a letter

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giving his experience in abstaining from animal food.

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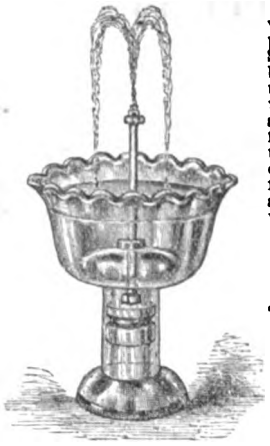
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CARE OF THE ORGANS OF UNDERSTANDING.

TRANSLATED FROM THE GERMAN—TWO PAPERS.—NO. 1.

MAN can only become intelligent, 1st, when his organs of understanding, to which the brain with its nerves, the organs of sense and sensation, as well as the organs of speech belong; and when, 2d, these organs by use (exercise, education) have been trained to vigorous action. It is therefore a chief requisite to intelligence and intelligent conduct, that the organs of the understanding should be properly nourished, wisely cultivated, and guarded from harm.

The proper nourishment of these organs requires first of all things the proper quantity of good blood, and an undisturbed circulation of the same through them. Their proper nutrition is maintained by restraining them within proper limits, restraining them from excesses and giving to them sufficient rest.

The intellectual faculties are best strengthened by uniformly increased activity, and by proper rest.

The accustoming of the organs of understanding to work, is best accomplished by arousing them repeatedly and regularly to the same activity. Such arousing should be gradually increased in strength and duration, followed by the necessary rest and recuperation. They should also be protected from injury, from false nourishment, from too long continued excitement, and from external violence.

The brain, the center of all intellectual activity, requires for its welfare, more than any other organ, the proper quantity of good blood, as well as a free current uniformly distributed to all its parts. When the brain is employed, attention should be given to the gradual increase of its activity, and to sufficient rest, especially in sleep. Violent excitements of the brain, especially such as are frequently repeated or long continued, produce a condition termed "nervousness," which consists in great excitability and weakness. Such excitement can act upon the brain directly, as in the case of mental emotion and passion, or through the conducting sense and sensory nerves, as in the case of violent impressions from sight and hearing, excitement of the nerves of feeling by washing in cold water, bathing, showering, and violent pains; or they may influence the brain through the blood, as in the case of benumbing materials, spirits, strong coffee and tea, etc. Violent shocks of the brain, as blows upon the head, concussion, falls, and the like, may very easily cause disturbance of its activity. A high degree of heat or cold acting upon the skull may be very injurious to the brain, especially in the case of children—as in sunstroke. Therefore the brain requires to be well nourished, protected from mental excesses, from great excitement, and external violence.

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In many persons the brain has been made less useful from youth for the rest of life, and inclined to convulsions, by being compelled to work too early, before it is properly developed and hardened.

Sleep is that natural condition in which the activity of the brain has been for a short time suspended. This rest is the consequence of its activity while awake, through which the substance of the brain gradually loses its power of action, and in which, as in the entire body, there is a deficiency of oxygen. During sleep the substance of the brain is repaired by rest and nourishment, and oxygen is stored up in it, and in other parts of the body.

On account of the cessation of the activity of the brain during sleep, sensation, consciousness, mental action and voluntary motion are suspended; while the involuntary, so called vegetative processes, which serve for nourishment continue undisturbed. The greater the demand made upon the brain in its wakeful condition the more necessary is a quiet, deep and long sleep. Children, on the contrary, who should never be kept from sleep when they are sleepy, require from 10 to 12 hours sleep. Just so is sleep a greater necessity for weaklings, invalids, and thin-blooded persons, than for the strong and healthy.

In the healthiest persons the brain is often so active in sleep that its impressions are easily recalled after awaking; but this activity, called dreaming, occurs quite involuntarily, and for the most part incoherently. Talking in sleep, especially in the case of children and young, lively persons, is no evidence of disease.

During sleep less oxygen is consumed than when awake, and almost twice as much is stored up. The body can, therefore, economize oxygen during sleep, because the activity of the mind and senses, as well as voluntary motion, is suspended; and the involuntary action, that of the heart and respiratory apparatus, is lessened, and as a consequence the nutritive processes proceed more slowly. The oxygen taken up during sleep is stored away in the tissues, and upon its quantity depends our power of work during the day. A well nourished man can take up more oxygen than a badly nourished or sick one; so it is clear, that whilethe former upon waking is ready for work, the latter feels languid and weary.

Sleep—which as a rule is most sound and quiet at the beginning, and must then be least disturbed—strengthens the brain, and with it the entire nervous and muscular systems, when it is properly long, quiet, deep and unbroken. In order to secure this we must consider not merely how often and how long, but also where and how we sleep. The sleeping-room must be large, moderately warm, and still, as well as filled with a pure, dry air at a temperature of about 60° F. If possible it must face toward the morning or midday sun, and be far removed from moist, damp, or badly smelling localities. The air should not be spoiled by foul exhalations—as by many persons sleeping in one room—soiled underclothing, night vessels, oil or candle lights, heating materials, etc., nor by perfumes or flowers; but it should be maintained in a state of purity by proper ventilation.

Plants are very objectionable in a sleeping-room, because they exhale carbonic acid during the night. Sleeping near open windows, by cold walls, or in a draft is very injurious. The best method of ventilating a sleeping-room is to have it in connection with another room in which the windows are open, or merely covered with gauze. Where several persons sleep in a room it should be especially well ventilated. The natural ventilation depends upon the difference between the external and internal temperature; therefore a cold sleeping-room requires for an easy renewal of the air windows loosely closed, or open; of course not too near the bed. If a sleeping-room is heated, ventilation takes place in consequence of the difference of temperature between the external and internal air. High and roomy sleeping-rooms are preferable to low and narrow ones, because they are less rapidly filled with bad air; but even these require ventilation. The bad habit of sleeping in impure air is

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ertainly the cause of many acute and hronic diseases.

Attention is to be given to the light n a sleeping-room, in order that the yes may not be injured by it. In the eating of a room it is very important o avoid coal gases, which may be gen-rated by glowing stoves, bad draft, or badly closing dampers, and may asily cause death by suffocation.

The bed should be of proper length nd breadth, neither too hard nor too soft, too cold nor too warm, The best bed is a hair mattress. The covering should be light and porous, sufficiently warm in winter and cool in summer, properly covering the whole body, especially the extremities. The pillow should be cool, and just high enough to raise the head into line with the spinal column when lying upon the side. Small children, thin-blooded persons, weaklings and invalids should sleep in warm beds. Curtained beds are injurious so far as the prevent the entrance of fresh air and the escape of the exhalations of the sleeper. Just so is the sleeping together of several persons, especially of young and old, in the same bed unhealthful. The night-clothing should be light and wide. The position in bed should be regulated by the feeling and experience of each person. Attention must be given to the greatest cleanliness of the clothing and bedding. Near bedtime all should avoid hearty suppers, exciting thoughts and occupations, violent emotions and depressing cares.

Consciousness, which is an activity of the brain, and which is naturally suspended in sleep, may be lost through various circumstances; by external influences, as terror, drunkenness, poisoning, etc.; and also through interior diseased conditions, as apoplexy, convulsions, etc. With loss of consciousness the activity of the senses, sensation and voluntary motion are, of course, suspended. There are several degrees of loss of consciousness, which may be designated as inclination to faint, light fainting, deep fainting, and apparent death.

The fainting person should be laid down, a pale, thin-blooded one with the head low, a full-blooded one with the head high, and all tight clothing removed, then fan him, the window being open, sprinkle with cold water, wash the forehead with vinegar or Cologne water, hold spirits of ammonia to his nose, and excite sneezing by tickling the inner surface of the nostril. In cases of deep fainting vinegar injections, warm hand and foot baths, and brushing the soles of the feet may be employed.

RELATIONS OF FATIGUE AND SLEEP TO FOOD.

BY VIRGIL W. BLANCHARD, M. D.

THE relations of fatigue and sleep to food form one of the most interesting topics of physiological science. The human body is constantly undergoing disorganization and recreation. The phenomena of life is evolved from the decay of living animal tissue to a dead state. This dead matter must be removed from the living tissue as fast as it accumulates, and the void it leaves be rebuilt with new material,

This tearing down and building up process is in reality the most important function carried on in the human body; for from the disorganization of the substance of the living tissues arises the vital activity denominated life; and in the subsequent necessary reparative, or rebuilding process, is found the most important application of the vital principle.

Fatigue and sleep are necessary conditions of life, growing out of the tearing down and building up process constantly going on in the tissues and organs. And as the rebuilding process is dependent upon a proper supply of food, the relations between fatigue and sleep and food become an interesting subject of inquiry. Fatigue and sleep

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are links in the same chain of effect produced by a common cause. They are directly or indirectly due to the waste of activity. Fatigue is a physical and mental condition indicating to a greater or less degree the necessity of sleep. There is, however, this distinction, fatigue may not result in sleep; but natural sleep is always to a greater or less degree preceded by fatigue. From this fatigue is seen to be an admonition, and sleep is an authoratative command from Nature to suspend the activity of life, that the disorganized elements may be repaired.

Fatigue demands a partial and sleep an entire suspension of functional activity arising from the domination of the will and reasoning faculties. These demands are made in accordance with one of the most important basic physiological laws of physical existence, and disaster and ruin are sure to follow their unfulfillment. The human body is not like a steam engine that will continue to run smoothly without repairs, so long as breakage of some of its parts has not taken place. In the living tissue, as has been explained, the activity of life is evolved from the disorganization or destruction of its substance; hence a continual, constant process of repair becomes necessary. And whenever the process of disorganization goes on for a time in a tissue more rapidly than the repair follows, the sensation denominated fatigue is experienced; and whenever the former process has advanced to a certain degree beyond the latter, the sensation of sleep becomes an inexorable physiological necessity, that the process of reparation, or recreation, may overtake the one of disorganization, or death.

It is the office of reason to supply the digestive organs with sufficient proper building material to compensate the daily waste in the human body. It is the office of the digestive organs to reduce this food material to vital conditions that fit it to enter the blood. The blood supplies the various tissues with material to compensate the waste continually going on in their substance. An important relation between proper food in requisite quantity, and fatigue and sleep becomes at this point apparent. If the blood contains a requisite supply of food material to repair the waste in a tissue, the conditions of fatigue and sleep will be of the shortest possible duration compatible with the function of reparation. On the other hand, if there is a deficiency of proper food elements in the blood to repair the waste of the body, the condition of fatigue and sleep will be prolonged till the digestive organs afford the necessary supply.

How many thousands in our land feel crushed beneath a sense of mental and physical fatigue, accompanied by a perpetual desire to sleep. In these cases the physical system may present outwardly a natural, perfect development; nothing being wanting but vital activity, vigor, energy. The pulse, the tongue, and the character of the various excretions refuse to divulge the secret of an absence in the blood of proper food material to compensate the greatest waste in the physical system resulting from the production of the activity of life. That the cause of the difficulty in these cases lies in an error in the selection of food, is to-day not clearly understood.

The important physiological law, which I will now embody in a single sentence, has been entirely overlooked in the premises. Nature through fatigue and sleep compels a condition of inactivity in a tissue or organ of the body, just in proportion to the deficiency in the blood of proper food material to supply the waste resulting from its natural activity. No one can determine the capacity of a human brain to labor and achieve until it has been supplied for a period of time with sufficient food of the proper kind to meet the waste caused by mental activity. And until the sympathetic nervous tissue has been for a period of time supplied with proper food to fully compensate the waste resulting from the production of vital activity essential in the organic process, is it possible for the physical system to acquire those conditions of vigor and endurance that are essential elements of perfect health.

But, you ask, why discriminate in fa-

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vor of the nervous tissue? I answer, that all phases of vital activity exhibited by the human body arise from the function of the nervous tissue; that all the other tissues and organs that enter into the fabrication of the human body are passive, and move and act only as they are moved upon and actuated by the life force emanating from the nervous system. The nervous tissue is the fountain of the activity of life in the human body; and the waste resulting from its production is in exact proportion to the activity or intensity of its function. Now, as the function of this tissue is incomparably greater than that of any other belonging to the human body, the amount of food material required to compensate its waste must be largely in excess of any other variety, or its necessary, legitimate demands will not be supplied, there is a sense of fatigue, and a tendency to inactivity and sleep, just in proportion to the deficiency of food elements in the blood.

From a deficiency of a requisite proportion of nerve and brain building elements, joined to an excess of muscle and fat forming material in the diet of the masses, the nervous tissue in the average individual is not supplied with a requisite amount of proper food, while the demands of the muscular and adipose tissues are more than satisfied. The physical system may exhibit externally the characteristics of plumpness in muscular and adipose development, while at the same time a constant sense of fatigue, or languor, and a tendency to sleep may be present.

Tens of thousands in our land—and a large proportion of these victims are found among the cultured of the female sex—are suffering from this hitherto unexplained morbid condition, without sympathy from friends, or a hope of recovery from the incapacity and indolence induced by a deficiency of brain and nerve food.

"You must possess yourself of more will power, more energy and perseverance, and not allow yourself to sink into this condition of mental and physical indolence," is the substance of the abusive exhortation that is eternally being dinned into the ear of the poor sufferer.

"You eat heartily, and you look the very picture of health, and we all know that your weakness and 'goneness,' as you term it, are only the freaks of a morbid imagination that you should utterly and forever dismiss from your mind," is the substance of another exhortation that often grates upon and tortures the sensitive nature of the victim.

Imprisoned in the dungeon of this deficiency of proper food elements in the blood to supply the waste in the nervous tissue, necessary to a natural mental and physical activity, what have this class of invalids been enabled to do in this age of dietetic darkness and ignorance but to continue to live and suffer? The writer has in his mind's eye the case of a patient who for seventeen years lay in a condition of utter physical and mental imbecility, exhausting the skill of the best medical talent in vain; and who was speedily and permanently restored to health by the substitution and exclusive use of milk, in the place of fat and muscle forming food that had previously constituted her diet.

In the majority of such cases, it is true, there is an attendant dyspeptic condition, which is sometimes a formidable obstacle to overcome; bnt with proper food, rightly prepared, joined to a strict obedience to physiological laws, the sufferer is usually able to speedily rejoice in the possession of permanent mental and physical vigor and endurance.

Beyond this particular class of sufferers I have just mentioned, is the vast field of mental imbecility and chronic disease; conditions that exhibit the same symptoms of mental and physical fatigue, and a tendency to sleep, together with pain and functional irregularities, or actual organic disease. Here the same want of proper food in the blood to supply the waste in the nervous tissue is found as the original source of mischief; a want that must be supplied before recovery can take place.

In view of the fact that brain stimulants—as alcohol, opium, or tobacco—

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temporarily supply the place of brain and nerve food in the human system; thus temporarily relieving the sense of fatigue, and removing the tendency to sleep, is their use to be wondered at, even though their secondary effects are those of deadly poisons, when it is remembered that the diet of the masses does not contain, on the average, more than a third of the nerve and brain building elements necessary to give the mental and physical nature the highest degree of vigor and endurance?

What practical hints may be gathered from the facts that have been presented in the discussion of this subject? I answer, that if you feel a sense of fatigue and a tendency to sleep, without any sufficient cause, physical or mental, at once reduce the fat and muscle forming elements in your diet and at the same time increase the brain and nerve building material till these unpleasant symptoms disappear. If your sleep is broken or disturbed, or if your system demands more than eight hours of sleep in twenty-four, let the same rule be observed.

At least one-third of the possible achievement of the human mind and body is lost by ignoring the physiological law which ordains that insufficient and improper nerve food will produce an unatural sense of fatigue and tendency to sleep proportionate to the departure from the proper standard.

READINGS.

I THINK there is more danger to young men from carelessness in money matters than there is from drink or from lust, For the most part, the men who are in danger from their passions are men of coarse organizations. Men who are organized with a strong under nature are the men who are peculiarly beset in this direction. Not that they are the only ones who are thus beset; but, looking at it comprehensively, men of basilar organizations are specially in danger from lustful temptations of the flesh. Men who are organized for business are usually organized higher, with more brain, of a finer quality, with more executive power, with more power of thought, and with less passional feeling. It is not exclusively and always so; but as a general rule I think it is true that men are not so much in danger from gluttony, from intemperance, and from wasteful lusts, as from financial mistakes, and from a total blindness of conscience as to right and wrong in the administration of commercial and business affairs. And there ought somewhere to be a catechism for business men which contained questions relating to commercial affairs, such as the newspapers do not discuss to any purpose, such as the pulpits do not often discuss, such as are certainly not discussed on the stump, and such as are not discussed in our schools. Men grope and find their way as best they can in darkness as to morality in their business transactions; and the great need of our time is the need of a revelation of right and wrong in regard to business affairs.—*H. W. B.*

MANY have observed that children who begin to go to school at 10 or 12 often overtake and pass those who began at four or five, by the time they are 17 or 18; and far surpass the others in the struggle which most must engage in during adult life. The country lad is also very apt, in this struggle, to get the better of the more precocious child of the city. A very large proportion of the most successful in business and public life were brought up in the country, and in childhood had their muscles more cultivated than their brains. The best thing a little child can do is to grow. Let it have an abundance of muscular exercise; let it have plain, unstimulating and nourishing food; let it, as a consequence, enjoy sound, refreshing sleep, thus acquiring a robust frame, and it will be far better fitted for the battle of life than the one who, as an infant prodigy

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of precocity, delighted the vanity of the parents.—*Dr. H. P. Galchel.*

THERE is a host of people who seem to have little else to do but to consider their physical condition and to administer doses for its improvement; people who are positively dissipated and intemperate in their use of medicines, and appear to think this world not so much a vale of tears as a vale of drugs; people to whom a new prescription affords a delight only equaled by that which a savant would experience from the possession of a bone of the extinct megatherium.

If they are in the least under the weather it never occurs to them to allow Nature to work out her own salvation, but they take her affairs into their own hands, and having small acquaintance with her processes, the result resembles that of a novice attempting the tasks of a superior, and making them more difficult for that superior to accomplish. One of the peculiar pleasures of such persons consists in persuading others to try their methods of cure. The most delicate compliment you can pay them is to swallow some nauseating mixture upon their recommendation, which all the while bears a strong family likeness to that of those who, with bad complexions, assure you that soap is wholesome for the skin, or of bald people who extol the virtues of certain washes they have employed.

This art of dosing does not interfere, however, with the usefulness of the family physician, but rather supplies him with practice by laying the foundation for positive disease. The stomach which has been unrighteously corrected rebels at length; the nerves that have been too often artificially soothed finally refuse to acknowledge the power of the charmer; the strength engendered by stimulants proves but a broken reed; appetites fortified by frequent tonics surrender some day without reserve.

If the science of medicine itself is as yet only experimental, must not amateur dosing, beyond question, belong to the most objectionable class of empiricisms?

AS A PART of the physiological instruction both pertinent and profitable for the pupils of our public schools, would be enlightened teaching as to the effect of alcohol upon the human system. There can be no doubt that such instruction would be the means of saving many a victim now recruited from among the pupils of public schools for the unhappy army of drunkards, whose deathly tramp is heard throughout the land. We note with satisfaction the fact that in Great Britain the subject is attracting attention, and that school officers are being chosen with special reference to it. The Daily News of South Wales says that of 15 newly elected members of the Swansea School Board 10 gave in their adhesion to the introduction of temperance literature and lessons into the schools under their control. A Scotch paper states that the Greenock School Board have decided that their school teachers shall be instructed to make frequent allusion to the sin of drunkenness, and to advise children to avoid its temptations, the counsel being enforced by frequent illustrations drawn from the newspapers, and impressed upon the minds of the scholars by songs in praise of temperance. We hail this as a most important effort in the right direction, and one which we shall hope to see ere long more fully and effectively inaugurated on this side of the Atlantic.—*Temperance Advocate.*

WHEN a man has symptoms, when he is a little out of order, he doses, and gets worse, as he ought to; and when churches are a little disordered they dose, and get a good deal worse. When a man is out of order physically, if he is abstemious, and his system has stamina, resiliency, vitality, he gets well. The doctor has the credit of curing him, but it is his system that does the work. Nothing is so curative as life power.—*H. W. B.*

MANY of the most hard-worked professional men in London are habitual abstainers from alcohol, on the basis of personal experience, and from the fact that they have found its use to interfere with their physical health and mental activity.

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OUR DESSERT TABLE.

APPROPRIATE CONTRIBUTIONS FOR THIS DEPARTMENT SOLICITED.

HYGEIA'S SUMMER GREETING.

The summer hours! The hours of light!
When nights are brief and days are long;
When sunny rays glow warm and bright,
With flowers that bloom and birds of song;
Those radiant days have come again;
Say, will their coming be in vain?

Thou who through many a weary day,
Hast sadly borne the wintry hours,
Hast felt thy fond hopes melt away
Before disease's withering powers;
Unto thy soul sweet Summer's voice,
Calls in her breezy tones, "rejoice!"

There is a healing in the ray
Which Nature flings o'er all mankind,
When glad birds float on every spray,
And odors float on every wind;
Borne from the woods by zephirs fair,
From each sweet flower that breathes them there

Those wild flowers love the tangled dells,
In woodland nooks, by murmuring stream,
And shadowy dales, they sweetly dwell,
And make the charm of Summer's dream.
Seek thou their homes, and thou shalt be,
Like them, from cankering ailments free.

Trust not to drugs to ease thine ills;
In these reside no power to aid;
Seek thou, by meads and wandering rills,
By woodland walk and flowery glade,
The boon more precious far than wealth;
The joy of life—the *heaven of health*.

There is a magic in the breeze,
To fan the fever from thy face;
It is mid flowers, and birds, and trees,
That Hygeia makes her dwelling-place;
She lives amid the fairy bowers,
Which Nature rears, of wildwood flowers.

These are the Leeches, whose sweet art
Can bring once more health's blooming glow,
And bind again the broken heart
By sickness and by grief laid low.
Leave thou thy chamber's gloomy cell;
Come thou to seek them, and be well!

The sunshine falls on mead and plain,
The medicine that God distills;
The trembling limbs, the wearied brain,
With its reviving beams He fills,
Till man's whole being, 'neath its light,
Like summer flowers, grows warm and bright.

Drink thou this light! Make thine these hours
Of warmth, and life, and radiant beams;
Whose light feet speed o'er fairy flowers;
Those sunbright hours which pass like dreams,
Make them thine own, while yet they be!
This is the Summer's voice to thee.

Wesley Water Cure. *B. Frank Taylor.*

Man is his own star, and that soul that can
Be honest, is the only perfect man.

LOST FOR WANT OF A WORD.

"Lost for want of a word!"
Fallen among thieves and dying,
Priests and Levites passing
The place where he is lying.
He is too faint to call,
Too far off to be heard—
There are those beside life's highway
Lost for want of a word!

"Lost for want of a word!"
All in the black night straying,
Among the mazes of thought.
False lights ever betraying.
Oh, that a human voice
The murky darkness had stirred!
Lost and benighted forever,
Lost for want of a word!

"Lost for want of a word!"
Too high, it may be, and noble.
To be ever checked in his sin,
Or led to Christ in his trouble.
No one boldly and truly
To show him where he has erred—
Poor handful of dust and ashes,
Lost for want of a word!

"Lost for want of a word!"
A word that *you* might have spoken—
Who knows what eyes may be dim,
Or hearts may be aching and broken?
Go, scatter beside all waters,
Nor sicken at hope deferred;
Let never a soul by thy numbness
Be lost for want of a word.

MORE FOR TOBACCO THAN BREAD.

A poor man sat at the close of the year,
Smoking the sad hours away:
Wondering if ever the sky would get clear,
In the dawn of a brighter day.

"I've worked," said he, "hard all my days,
Always been honest and just:
Others have prospered in all their ways,
While I am reduced to a crust.

"My poor wife has delved from morn till night,
Sharing the very worst fare;
Our children are in the raggedest plight,
And we but an inch from despair.

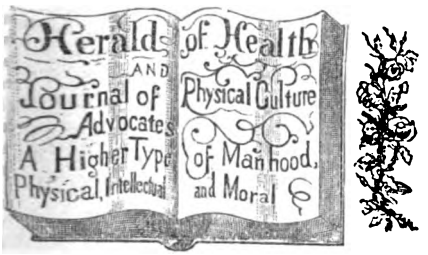
"'O God!' my poor heart has often said,
'Can there be justice here?
One overloaded with all that is good,
Another must poverty bear?'"

Justice! poor man, is it justice you claim?
It will most certainly come;
For worse than all the evils you name,
Has been your attachment to rum.

Justice! poor man, the most terrible blast,
Will smite thy shelterless head;
For of all thy hard earnings, thou hast
Spent more for tobacco than bread. *J. S.*

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EDITORIAL DEPARTMENT.



NEW YORK, JUNE, 1877.

WATER.

"To the days of the aged it addeth length;
To the might of the strong it addeth strength;
It freshens the heart, it brightens the sight;
'Tis like quaffing a goblet of morning light."

☞ *The* PUBLISHERS *do not hold themselves as endorsing every article that may appear in* THE HERALD. *They will allow the largest liberty of expression, believing that by so doing this magazine will prove to be more useful and acceptable to its patrons.*

TOPICS OF THE MONTH.

BY M. L. HOLBROOK, M. D., EDITOR.

A NEW DANGER.—The great temperance revival which is sweeping over Pennsylvania, Ohio, and parts of other States, is one of the epidemics for good that may be welcomed at any time; but especially at such a time as this. Still such epidemics have their dangers, and it is well enough to know what these dangers are.

When reforms are entered upon in that state of excitement which sometimes attends movements like this, the reasoning faculties are not so active; judgment is laid aside, and feeling rules. Now feeling is a good thing to have, but if it is allowed to guide our actions entirely it may lead us into error. Feeling and judgment and good common sense should go together. The danger to which we refer is, that in proportion as people leave off the use of intoxicating liquors they may increase the use of tea and coffee, and especially of tobacco. We have just received a paper from a friend in Ohio, where the great temperance revival is very strongly felt, in which the writer says:

"It is unpleasantly and painfully noticeable, where the Murphy pledge has been taken by a large number, that in proportion as the consumption of beer and strong drink has decreased, the consumption of tobacco, by snuff, cigar, or pipe has increased. Now it is well known that the use of tobacco is often but the stepping-stone to inordinate drinking, as it creates a desire for strong stimulus. Why will not the signers of the Murphy pledge strike out for full manhood? Why not purify, restore and perfect the whole physical man, by abandoning every artificial habit. Those who have signed the Murphy pledge will be far less likely to relapse if they cut off also the use of tobacco.

"If the expense incurred by drinking impoverishes families, the expense incurred by the use of tobacco must seriously deplete the resources of those who use it. We respectfully and kindly ask every signer of the Murphy pledge who is addicted to the use of tobacco in any form, to examine and watch himself, and see if the use of the weed is not increasing upon him, and beware in time, and cut off also this worse than useless expense; and avoid the great danger it involves of falling back into the destructive cup. Resolve to have a purified body and intellect—a sound mind in a sound body—and let a reinvigorated will dominate over a manhood emancipated and set free from all vicious, health-destroying, purse-impoverishing habits and practices. He who cannot renounce the use of tobacco as well as rum, may well suspect himself not to be out of danger.

"In regard to the use of tobacco and its injurious effects, we commend to the candid consideration of every reader of this article, the opinion of an eminent English medical man, the senior physician to the Metropolitan Free Hos-

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pital in London, who, in a dissertation on the use of tobacco, expresses himself as follows:

"'But I can testify from long observation, that the chronic use of tobacco in any form is a very prevalent cause of debility and manifold diseases. Take first of all the sense of sight. One of our most celebrated ophthalmic surgeons tells me that he is continually consulted by young gentlemen for weakness of vision caused by smoking, and I myself have in many cases seen the prolonged use of tobacco, especially when it is chewed, cause total loss of sight. Then take the circulatory system, and we find smokers subject to palpitation of the heart, and far less able to bear up against extremes of cold and heat than they were before making use of tobacco. The teeth are often, very often, rendered black and unseemly by the use of cigars and pipes; and the mouth of the chewer is a filthy object to contemplate with the eye of a lover of human health and beauty. The use of tobacco is apt to cause relaxation of the muscles of the back of the mouth, and dusky discoloration of the fauces, with hoarseness from congestion of the vocal cords. The overwhelming majority of cases of cancer of the lip are found in men who smoke, and cancer of the tongue has often been said to be caused by the irritation of the fumes of the pipe or cigar. Great smokers lose to a great extent their vivacity, become less vital than they used to be, and less easily moved by slight stimuli which might prove pleasurable to non-smokers. They are notoriously dyspeptic; they are subject to constipation and *malaise;* and when deprived of their stimulus are more miserable perhaps, even than drinkers. I cannot see why men smoke when women do not. We should, I am sure, object strongly to our women destroying the pearly whiteness of their teeth, or losing their vivacity and impressionability by the use of any such poison as nicotine, even in small doses. Hence I must take the liberty to protest against a custom which has been inveighed against by Brodie, Copland, Critchett, Guerin, Mantegazza, Cacopardo, and numerous heads of my profession in all countries.'"

AN INQUIRY.—I wish to make an inquiry through the columns of your journal relative to a matter that has sorely puzzled me. From what, or how do children inherit tendencies or traits that neither parents or relatives are known to possess? Sometimes a "new departure" is made in the color of hair or eyes, or in physical and mental tendencies, tastes, disposition, etc.

To illustrate: I am acquainted with members of a family whose parents and ancestors, as far as is known, were possessed of perfect digestive organs, and lived to an advanced age, never suffering from dyspepsia or kindred diseases. They left to the world 11 sons and daughters, physically well developed, and with more than an average amount of mental vigor and good sense; but 11 miserable dyspeptics of the worst type, from their childhood up. None died young, and some of them are now living, upward of 70 years of age, constant sufferers from this terrible disease, and never in a long life having the pleasure of eating a meal without suffering. It is not lack of care; for they are much given to investigating causes, to remedy defects, and the study of works on health, and the practice of knowledge therein obtained; but in every instance it has proved of no avail in relieving their constant misery.

The query, "who has sinned?" constantly presents itself in such cases; and if you can throw any light on this dark subject, and thereby save from suffering those who have not yet traveled the rough paths of life, you will greatly oblige more than myself.

The world must have more knowledge of inherited tendencies, or it will be forever, as now, cursed with living deaths and constant pain. When Napoleon said the greatest woman was "she who had borne the most children," he proved himself ignorant of the most vital matters of life, and deserves the lasting censure of all good women. May a greater and better than this selfish and ambitious warrior arise

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l substitute this saying for his : "She he greatest woman who understands t the laws of her own existence, and es to the world only children who pure, healthful and intelligent, and it by her own free choice." K. M. F.

JNWISE MARRIAGES. — Dr. Henry udsley in a recent lecture said: "I tually know a man who is so deeply erested in the doctrine of crossing at he devotes most of his time to the provement of bantam fowls and cu- ous pigeons, and who married a mad oman, whom he confines in a garret, id by whom he has insane progeny. have met with many instances which ove how little people are disposed to ok beyond their immediate gratifica- on in the matter. If it were put to vo persons passionately in love with ach other, that they would have chil- ren one of whom would certainly die rematurely of consumption, another ecome insane, and a third, perhaps, ommit suicide, or end his days in a vorkhouse or jail, I am afraid that in hree cases out of four they would not ractice self-denial and prevent these alamities, but indulge their self-grati- ication, and vaguely trust 'the uni- ersal plan will protect.'"

WEDDING JOURNEYS.—When a young man and woman marry they generally think they must take a wedding trip of greater or less extent, according as their purses are long or short. The idea is well enough in its place, if carried out in accordance with the laws of hygiene ; but this is not always the case. We have just received a notice of the death of a friend, a beautiful and noble young lady. The cause was a cold caught on her wedding tour. Such cases are not rare ; but even when death does not result, injuries which last for life may be received. It would be far better to give up the wedding trip than to injure the constitution by it. There is never a time more unsuited to journeys than just after marriage. The feelings are then at their highest pitch, and they advertise the fact by every look and movement, so that they are recognized wherever they go as a newly married couple. There ought to be a reform in this matter of wedding tours. Physiologists and hygienists should set the example. Let them be conducted strictly in accordance with the laws of hygiene, or given up altogether. It is said that the daughter of Dr. Hammond, recently married to an Italian marquis, has set a good example in this respect. The father, an eminent physician, stamped the idea of a wedding journey as something barbarous and unphysiological, and so after the marriage, by his advice, the couple were left in quiet at their own home. If this is so, it is an example well worth imitating. At any rate, let no newly married couple violate every physiological law by a wedding journey that may injure the health past all recovery.

SMOKERS NOT VICTORIOUS.—We have received the monthly letter of the English Anti-Tobacco Society, and find in it the following interesting statement, which we hope our exchanges will copy :

"Weston the great pedestrian is an abstainer, not only from alcoholic liquors, but also from tobacco and all narcotics. During his first trial in London he was, however, induced by a physician to chew coca leaves in order to sustain him ; but, instead of sustaining him, they narcotised him and almost forced him to sleep. In a letter to Dr. Ledward he says that he neither uses nor believes in the use of the coca leaf, or any false stimulant. This fact speaks for itself, and we commend Mr. Weston's example to young men who are anxious to develop their physical nature. To such it will be interesting to know that it has been the custom of the Blackheath Hockey Club for the last 12 years, to play a match twice a year between smokers and non-smokers. The smokers have never once been victorious, and only once has there been a tie, although the smokers have almost always been more numerous than their antagonists, having on one occasion been as many as 21 against 11."

ADVANTAGES OF A VEGETABLE DIET. —It is very uncommon to find a veget-

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tarian's clothing saturated with a tobacco stench, or caught unloading the filthy juice of tobacco upon others' carpets and floors.

Why is not that food that comes directly from the products of the earth as palatable, useful and healthful as that which is first modified by the animal creation? Is it not a mistaken notion that mankind must daily devour meat to bring the strength and health to endure labor. The stomach assimilates and accommodates itself to the uses to which it is obliged to yield to satisfy the whims of its master or gormandizer.

If you desire to live a long life, with health as an accompaniment, you will do best to discard the flesh pots of Egypt, and choose more from the grains, fruits and vegetables. There is no grain diet more healthful than oatmeal, properly cooked and prepared. When properly served up it is delicious; and even buttermilk has its votaries, its strong, healthful, old and honored friends. Tropical fruits are good and useful in their seasons.

As a rule, those who eat the least meat and drink the least stimulants will be less troubled with the gout, eruptions and skin diseases of every nature. In fact vegetarians usually escape fevers and other ailments, and, with regular outdoor habits, are generally the longest-lived and the most happy people. SOLOMON W. JEWETT.

A SWARM OF B'S.—*The Queen B's*—Be honest, Be charitable, Be pure-minded. *The Working B's*—Be healthy, Be industrious, Be orderly, Be punctual, Be ready, Be temperate, Be courageous, Be prudent, Be economical, Be dignified, Be polite, and you will be prosperous and happy. E. F. B.

PETER COOPER ON TOBACCO. — *Dr. M. L. Holbrook—Dear Sir:* I wish to say, in answer to your note, that I have avoided the use of tobacco because I consider it an expensive, uncleanly and unwholesome habit.

Yours very truly, PETER COOPER.

GIVING UP THE SALE OF TOBACCO. — A grocer, who is an annual subscriber of £2, in sending in his last year's subscription, said he felt it was inconsistent to subscribe to the Society while his business turn-over in the article of tobacco was about £100 per week. Subsequently he issued a circular to his customers announcing his intention to discontinue the sale of tobacco and snuff, as he had for some time felt it wrong to deal in an article which is injurious to the system. Communications of a similar character have also been received from several other grocers, one of whom informs us that he has discontinued the sale of tobacco as well as its use. He says "I wavered for a year or two about giving it up, in fear of injuring the other portion of my business, but after 12 months' trial I am thankful to say that business is greatly increased. I am keeping two extra men; and I consider it the most successful year I have experienced in business." Another states that although he has lost some customers by not selling tobacco, he has increased his returns; and that many of his customers have commended him for being true to his principles. He adds that if it is wrong to use tobacco it is also wrong to sell it.—*Monthly Letter of the Anti-Tobacco Society.*

BLANCHARD FOOD CURE CO. — Dr. Blanchard, proprietor of the various food preparations advertised on another page, has opened elegant rooms at 27 Union square, New York, for the sale of his own foods, and also for every variety of wholesome articles which he can procure. Above his salesroom he has an office and elegant parlors, where he lectures on health topics two or three times a week. This institution promises to be a valuable center for the spread of wholesome foods for brain and nerves, and valuable thoughts on health subjects. The Doctor and his energetic assistant, Mr. Barlow, will be glad to see any person interested, and explain to them his work; and those not able to call will receive circulars free by writing for them. We commend them to our numerous readers.

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EDITOR'S STUDIES IN HYGIENE.

Y OF HYGEIA, State of Common Sense.

Editor.—We think we are getting le nearer to the perfect type of a an being than the Greeks were a they killed off all the sickly chil-, in that we allow no marriages be-n parties who have no medical cer-ate for good health, and freedom a hereditary taint of insanity, con-ption and scrofula. The minister ne lawyer who would give a pair of ple leave to repeat themselves with-this certificate, would be put out of church here, and sent to the house orrection. Beside this precaution, keep a careful watch over the nurs-from the moment a new member ves, and allow no nurses among us o have not learned how to wash and ss a baby without tormenting it with senseless details of less enlightened mmunities. Elsewhere we have seen te enough of that kind of hydro-bia which makes a child dread its r apology for a bath, when that h consists in a few dabs here and re with a rag squeezed out of a lit-cup of hot water. I, for one, would it with my last fist against such an ringement of my inalienable right to ter.

Ve put the new baby all over into ter as soon as he gets here, and ev-day after that as long as he is in nursery, and until he is able to do same service for himself. The old bby who says she never washed her-all over, and would be ashamed to it if she did, comes over from the t town and puts on a doleful look of mpassion for our baptist ways; but pursue them just as persistently, and en she takes up a baby and finds t it hasn't any bellyband nor any er band on its little body "to give hape," she is sure it is going to "fall pieces," and if it don't it will have a ak back and a crooked spine, and a usand and one other deformities; d when we tell her we think the wer which has brought it so far will able to carry on the work without any of our aid in shaping it, she begins to wipe her specs; and when we tell her our babies never have any colic because they wear no bands over their bellies, and that we think "Mrs. Winslow" has made more drunkards than any other opium or rumseller, and that she and her abominable "soothing sirup" ought to be pitched into the sea, the poor old lady "knits into the middle of her needle," puts her knitting into her bag and her specs into her case and goes home to solace herself with a cup of green tea, and to thank the Lord that she don't live among that set of "crack-brained dress reformers," as she calls us. But in spite of her and all the other old fogies, we have the loveliest babies that ever you saw or dreamed of. VIRGINIA.

LONGEVITY OF THE ISRAELITES.—Dr. B. W. Richardson, of London, has recently investigated this subject. The result of his research has shown that, both on the Continent and in England, Jews possess a higher vitality than do the general community by whom they are surrounded. Tracing the causes for this greater longevity, he says he cannot attach too much importance to the sanitary laws that obtain among the Jews, instancing those in regard to diet, cleanliness, and abstinence from strong drink. In fact the Decalogue from beginning to end is one sanitary lesson, teaching them to subdue the passions which torment the brain and distress the body.

PROLONGED BATHS.—A medical exchange says: "In a visit to Leuk, some years ago, we witnessed the method there employed of giving patients baths of several hours' duration. In modern balneology these prolonged baths, in which the patient remains six hours, or even a whole day, seems to be dying out of notice. Dr. Kisch thinks this is to be regretted. Prolonged baths of 37° or 38° C. are an admirable means of soothing irritated nerves, and influencing the skin by imbibation and saturation. The excretory organs are also

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stimulated by them, and the healing of open wounds and ulcers greatly assisted. They supply an admirable anæsthetic in cases of neuralgia and hyperæsthesia, or exposure of the cutis, and further, adds a means of promoting the general metamorphosis of tissue and the expulsion of unhealthy materials present in the body."

SWEET CORN.—Sweet corn is more wholesome than the white or yellow. It contains much less starch, but more dextrine, which gives it its peculiar sweetness. There is not much difference in the amount of sugar in the sweet or yellow corn. Sweet corn ought to be cultivated more extensively than it is. Planted late, it makes excellent food for the autumn months, being not only nutritious but very wholesome. Children grow fat on it, and so might adults if they used it in greater abundance. Its yield is so small that it is not profitable to produce it for other purposes than those it has at present.

"FOOLISH MODES OF SALUTATION.—The various forms of greeting by bodily contact, such as shaking hands, kissing, and rubbing noses, all equally absurd, are also all to be condemned by the hygienist. Mr. Gibbons, in a lecture delivered before the Australian Health Society, points out the danger that is often incurred by the general practice of kissing children by all persons who come in contact with them. In this way, he says, diphtheria, scarlatina, and other diseases are often conveyed. We may add that adults occasionally contract syphilis from kissing. Hand-shaking conveys itch and the like. Such senseless modes of salutation are probably survivals of a primitive barbarism or brute ancestry."

[The above we cut from a medical exchange, but we do not think all hygienists agree with it. Still it is well enough to know the dangers and guard against them.—ED.]

SLEEPING WITH THE MOUTH OPEN.—Dr. Jackson says the cause in most cases proceeds from obstruction of the nasal air passages, by acute or chronic catarrh, owing to which it is not easy to breathe in the natural way; the mouth is opened for the better inhalation of air, and thus the habit is formed. In some instances, however, the case is simply a habit which the person has fallen into carelessly, helped along undoubtedly by a debilitated condition of the body. The cure for it consists in getting rid of the obstruction of the nasal passages, and the improvement of the general bodily health; but more particularly, I think, in the establishment of a right consciousness in regard to the matter. I have known of several instances where a cure was effected by bringing the will of the person to bear upon the habit. Fix your mind firmly and with determination upon this point that you must keep your mouth shut when you go to sleep; have some person for awhile wake you up when your mouth drops open. In this way you will get control of the matter in a little while.

LADIES' PHYSIOLOGICAL SOCIETY.—Under the leadership of Dr. Abbie E. Cutter, the ladies of Louisville, Ky. have formed a physiological society with the following constitution, which may serve as a guide for those who desire to form similar organizations elsewhere:

ART. 1. This society shall be called the Ladies' Physiological Association of Louisville, Ky. Its object is to promote among women a knowledge of the human system, of the laws of life, health and development, and of the best means of relieving sickness and suffering.

ART. 2. The society shall provide instruction upon all subjects belonging to the science of man, especially hygiene, physiology, psychology, and anatomy, in their practical bearings upon the prevention and cure of disease, the training of children and youth, and the general improvement of the human race. But no subjects shall be introduced for consideration by the society which have not a direct bearing upon social and personal improvement and happiness.

ART. 3. The society shall procure a collection of apparatus, illustrations, engravings, etc., as a physiological museum, to which the members of the association shall have access, and a suit

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library for the use of its mem-

INDIVIDUALITY IN BRAIN STRUCTURE. — Dr. J. C. Bucknill remarks: "No one brain is like any other brain. Whether by force of inheritance from parent organism, or through the influence of education or other modifying circumstances, every mind possesses such peculiarity and individuality in the relative susceptibility and strength of its organs, that the same disturbing influence never produces in two brains exactly the same pathological effects." The Doctor might have added that the same is true of the body, and of all its organs. There is no reason why the brains of people should be all alike, any more than their hands and feet.

COLD BATHS IN TYPHOID FEVER.—Dr. Mayet has lately furnished, in the Gazette Hebdomadaire, some interesting statistics from Lyons hospitals in regard to the treatment of typhoid fever with cold baths. It is shown that the typhoid patients thus treated, although taken from amongst those most seriously attacked, have always, since 1874, presented a less mortality than those who have been treated otherwise. He also points out to his colleagues that the mortality of typhoid patients has been increasing in the hospitals as the number of patients subjected to baths has been diminished.

JAUNDICE FROM PORK AND BEANS.—A severe epidemic of jaundice broke out in a portion of the German army a few years ago. The staff surgeon proved that the cause of the epidemic was a preponderance in the rations of the affected regiment, of pork and dried peas and beans; and also that the number of cases in the battalions attacked was directly proportional to the quantity of these articles of food supplied to the men.

Pork and beans, while it may often cause jaundice, is also the cause of many other troubles of the digestive organs. The pork should be omitted, and the beans well cooked and thoroughly chewed. They are very rich in nitrogenous elements and should not be eaten too frequently.

CAUTERIZING THE THROAT IN DIPHTHERIA.—"Is there any danger in cauterizing the throat in diphtheria?" ask a dozen correspondents. We will simply say in regard to this, that the object of cauterizing is to kill the growth on the mucous membrane, and the danger lies in abrading the surface so that the poison may be absorbed and go all through the system. The destruction of this growth is now easy by many ways not subject to this danger.

A SHORT nap in a horizontal position is the best preparative for any extraordinary exertion, either of body or mind.

CURRENT LITERATURE.

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FOURTH ANNUAL REPORT of the Secretary of the State Board of Health of the State of Michigan, for 1876. Lansing, Mich.: W. S George & Co., State Printers.

The report of the Board of Health of Michigan is the fourth one which has appeared. It contains about 200 octavo pages, with some 50 articles. Many of these relate to topics of interest only to the people of the State. Several of the papers, however, have much more than a local value. This is especially the case with one entitled "Achievements of Hygienic Science and Art," by Dr. Hitchcock. Dr. H. undertakes to show what is the money value of the premature loss of life, and the unnecessary or preventable sickness, and his figures show a sum only a little less than $5,000,000, as actual loss from these two causes alone. The other expenses of disease, in the shape of medical fees, nursing, etc., makes an item of over $2,000,000 to be added. Most of this sum ought to be saved, and would be, if a wise application of hygiene were made. The author then goes on to tell how premature deaths may be prevented and the death rate reduced. These measures are purely preventative, and such as THE HERALD OF HEALTH has advocated for years. The great obstacle in the way is the traffic in intoxicating liquors, which he would have in some way suppressed. The paper by the same author on "Criminal Abortion," is an excellent one. There is also a very elaborate paper on the "Water Supply of Michigan," and one on "Methods of Collecting Vital Statistics." The report of the able Secretary, Dr. H. B. Baker, is a very full one, and contains many valuable suggestions.

REPORT OF THE COMMISSIONER OF AGRICULTURE FOR 1875. Washington: Government Printing Office.

It has been the habit of the American press to find a great deal of fault with our government agricultural reports, and, we think, generally without reason. The one before us is certainly not a valueless volume but full of in-

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formation. There are over 500 pages, containing some 20 articles on different subjects, illustrated with over 60 cuts. The reports of the entomologist and chemist, and the papers on forest statistics, and a list of the forest trees of the United States, seem to us well worthy of special study.

THE READING, CLUB, AND HANDY SPEAKER. By George M. Baker. Boston: Lee & Shepard. New York: Charles T. Dillingham. Price 50 cts.

This is number four of a collection of serious, humorous, pathetic, patriotic and dramatic pieces, for readings and recitations. Mr. Baker has published several books designed for secular use, and this one, like all the others, is very good. Reading is such a healthful exercise that it ought to be cultivated by all. Readings and recitations ought to be made means of enjoyment in thousands of families and neighborhoods where they are hardly thought of. Books like this cannot fail to prove very useful.

STATE REGULATION OF VICE. By A. M. Powell. New York: A. M. Powell, 58 Reade street. Price 15 cents.

Mr. Powell is well known as a most able champion of temperance, and one of the editors of The National Temperance Advocate. He does not confine his efforts to one reform, however, but applies himself to many, and in this pamphlet he stands manfully against the regulation of vice by the state. He says:

"After all has been done which can be to eradicate the disease which is the inevitable accompaniment of prostitution, and to reclaim and rehabilitate its present victims, the major part of the important problem remains still to be solved. It is the preventive. No solution is possible except upon the basis of an equal standard of morality for men and women. If prostitution is necessary for men it is honorable for women. It is neither a necessity for men nor honorable for women. Children should be taught the true function of sex, and the sacred obligations which pertain to true marriage and parentage. Young men should be admonished that there is not for them, more than for their sisters, any proper season for 'sowing wild oats.' Older men should aspire to a higher type of manhood than that which worships at the shrine of undisciplined desire and ignoble passion. For women generally there should be enlarged and equal opportunities, especially industrial, educational and political, that vicious men may less readily take advantage of their helplessness and necessities. In this mission for the uplifting of humanity, parents, teachers, enlightened scientists, physicians, and Christian ministers, one and all, should bear a part. Labor thus intelligently and conscientiously bestowed can not fail of a benificent fruition."

THE PROPHETIC SOUL: a Sermon. By O. B. Frothingham. New York: G. P. Putnam's Sons. Price 10 cents.

This sermon contains the following remarkable paragraph:

"When a person contracts a vicious habit, the pure mind is able to give the person's history, even in minute details, with an accuracy like supernatural insight; the whole progress of the life will be disclosed, and may be presented with a vividness that has been known to startle the weakling into terror; the effect of the vice on the physical system, on the functions, on the habits, through these on the course of life, on the conduct of business, on success in undertakings, on social relations and on man's standing before the world, on his reputation, so onward till his fate comes upon him and sums up his career in shame and sorrow. The calculation of time may be inexact within several years, but the prophecy will stand justified by fact of history."

HEALTH IN THE SUNBEAM; OR THE BLUE GLASS CURE. By E. B. Foote, Jr., M. D. New York: American News Co. Price 10 cents.

We have here a very sensible discussion of a subject that has lately been treated in a manner calculated only to excite ridicule. "The Blue Glass Mania," introduced by Gen. Pleasanton's absurdly unscientific book, has passed, and there remains yet something to be said in favor of blue glass, and Dr. Foote has in this little pamphlet given the gist of the whole matter in a very concise and readable form. In conclusion he gives a summary of the experience of Dr. James Jackson with sun baths, at the Dansville Health Institute. Those who desire to know the plain truth about blue glass will do well to send for Dr. Foote's book.

THE PHONETIC JOURNAL for April, 1877. Issued by Pitman, Bath, England. Price per year, $2.

Mr. Pitman, the inventor of phonography, who edits and publishes this journal, has succeeded in gaining for it a circulation of over 10,000 copies. This is not, however, to be wondered at, for it is by far the very best magazine of its kind published. Those interested in shorthand writing and the science of phonetics cannot do better than subscribe for it. It is devoted to the propagation of phonetic shorthand, phonetic reading and writing and printing. Its typographical appearance is beautiful, and the matter the very best. The April number has an excellent article on "Labor and Longevity." Persons wishing to subscribe may send the amount to us. Each number contains about 50 pages octavo.

THE BREWER'S FORTUNE. By Mary Dwight Chellis. New York: National Temperance Publication House. Price $1.

Mrs. Chellis is a powerful writer, and her object is always one of the noblest—that of imbuing the young with temperance principles. The story is pleasantly told, and parents may put it into the hands of their children with the assurance that it will do them good.

THE DIETETIC REFORMER AND VEGETARIAN MESSENGER. London: F. Pitman.

This is a monthly magazine devoted to facts and information on the food question. No more earnest and noble exponent of reform in our eating habits is published anywhere. Every number is worth ten times its cost to those who would study the aspect of food which it presents. Price per year $1.

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NATURAL AND SCIENTIFIC DIET.

BY GUSTAVE SCHLICKEYSEN.

Translated from the German

BY M. L. HOLBROOK, M. D.

Editor of The Herald of Health.

To which has been added a letter

BY JAMES C. JACKSON, M. D.,

giving his experience in abstaining from animal food.

This remarkable book, translated with care, is one of the most interesting productions on the natural food of man yet given to the world. From the standpoint of anthropology, physiology, experience; from history, comparative anatomy, embryology; from an unperverted instinct, and morality, our author shows man to be by nature frugivorous, using this word in its broadest sense to include fruits and grains; and while necessity may have compelled him to resort to flesh rather than to starve, yet this does not change his nature. As an original contribution to the all absorbing subject of food, it will prove more interesting than any novel, and we believe more profitable reading. The benefits of its perusal will be:

1. To show what is the natural food of man.
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4. To emancipate women from the drudgery of the kitchen.
5. To lead to increased use of fruit.
6. To diminish the use of flesh, and, where possible, to do away with its use altogether.
7. Gradually to improve the health, and add to the enjoyments and value of life.

The work is greatly enriched by an original paper from Dr. James C. Jackson, physician in chief of "Our Home on the Hillside, at Dansville, N. Y., giving his experience in abstaining from the use of animal food for a quarter of a century.

In addition also it will contain a complete and

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